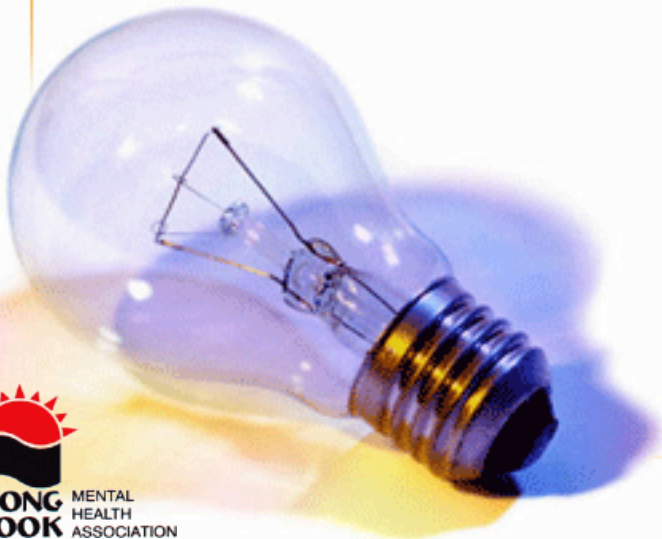


# **Journey to Promote Mental Health:** **a training series for community service workers**

**Hong Fook Mental Health Association**



Funded by:

Financé par :

Citizenship and  
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# Project Overview





## Project Background

- Emerging recognition that settlement is a health issue
- A great needs from settlement agency staff to increase their capacity in working with clients facing mental health issues
- In October 2008, OCASI, in partnership with Hong Fook, launched the “*Journey to Promote Mental Health*” Project with funding from CIC
- April 2011, Hong Fook applied for funding on its own and the project got an additional 2 year’s extension funding by CIC
- The project proposed to conduct twenty-seven training series within 2 years



## **Project Objectives:**

- **To enhance knowledge of mental health among settlement workers and increase their capacity to serve newcomers more effectively.**



## Training Format

- **Informative and interactive**
- **Small group discussion, case studies, role-plays, guests sharing**
- **Practical knowledge and day to day skills**

# Training content



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# Day 1

## Migration and Mental Health Related Issues

- **Holistic Health**
- **Social determinates of health**
- **Migration process its and impact on health & mental health.**
- **Myths & Facts of Mental Health and Illness**
- **Stigma**
- **Introduction to Major categories of mental illness: focus on Depression, Anxiety Disorders & Schizophrenia), Suicide**
- **Prevention and treatment**
- **Practical application of knowledge**



## **Day 2**

### **Culture, Mental Health System, Community Resources**

- **Cultural competent approach to intervention and communication**
- **Strength based approach in supporting individuals**
- **Introduction to mental health system, community resources**
- **Importance of self care & workers' own mental health, burnout prevention**





## What do participants like most:

- **Role play**
- **Case studies**
- **The content (informative)**
- **Discussions**
- **Team of facilitators: the varieties of styles**
- **Consumers' sharing**
- **Local resources and networking**
- **Self care**



## Direct impact of the training on participants

- **Dispelled myths about mental illness**
- **Reduced stigma**
- **Reduced biases and stereotypes**
- **Increased confidence in ability to serve**
- **Increased knowledge about how to use community resources and mental health system**
- **Increased ability to care for self**



## Highlights of participants' comments:

- *“I feel I learned a lot that can be used at work and in my private life as we "walk along" with those who suffer with mental illness” (Ottawa)*
- *“informative and knowledgeable regarding immigrant issues and mental health, everything was very relevant, especially dealing with newcomers “ (Thunder Bay)*
- *“thank you for very important & informative workshop, thank you for your courage in CHALLENGING our biases & stereotypes & fear of mental illness. keep up the good work!” (St. Catharines)*

**Thanks for travelling along the path with us...**



EDWARD DULLARD.  
KILKENNY, IRELAND.

