

District Managed Grant from DDF (District Designated Funds)

Area of focus: Disease prevention and treatment

Mental Health Awareness Education

Total Budget: 4,500

Activity Type: Coping support, mental health recognition, resource sharing and supportive support and prevention education.

Target Audience: Workshops will be targeted to the many community members and organizations. Partnerships with CMP and Charles Wang and NAMI (National Alliance on Mental Illness) assure wide participation. Community members include parents at PS 130, employees of businesses that participated in RC of Chinatown Covid Project, students and trainees from CMP, patients at Charles Wang Community Health Center, residents at Chung Pak senior housing. There has also been wide interest among other Rotarians and Rotaractors as a result of our participation in the District Mental Health Initiative

Summary: The Rotary Club of Chinatown in collaboration with POND PRACTICE Community Mental Health Services will provide in both Chinese and English in understandable language the meaning of mental health conditions, knowing the warning signs, common illnesses, referral and treatment of medical, social and counselling support.

The District grant Funds will be used to provide a series of workshops in partnership with community organizations CMP, and Charles B Wang Community Center and a mental health professional from Pond Practice, who is knowledgeable about the community, versed in how to reach out to other trusted adults or mental health professionals and supportive services. The two-hour workshops will be interactive and provide a safe space where individuals can be exposed to and encouraged to bring awareness of the various internal and external influences that can result in stress, or feelings of lack of control. These workshops are especially important in the wake of anti-Asian hate incidents, feelings of isolation and loss that continue post COVID and immigrant bashing.

The Rotary Club of Chinatown will provide and distribute bilingual educational materials that do not promote any controversial ideas, political, or religious agendas. The materials will provide educational content that promotes positive behaviours, and mental well-being skill to maintain either in groups or as individuals. Materials will be Rotary branded.

GOALS: Provide community members simple ways to cope and strengthen their mental health through self-awareness, emotional understanding of how to help someone /family member by having a respectful conversation, and techniques to help others. Teaching ways of being non-judgemental and supportive.

Total Project Budget:

Club Contribution: \$ 2,500

District Contribution: \$2,000.

Line item budget attached: This is a working document and can be modified after the DDF grant is approved and for final reporting.

Project Contact Person:

Primary Contact: Dr Evelyn Isaacs

