

K.C. CHAN (陳加才) MSW, RSW, R&Dip.SW,

Experience

- 2013 – Present *The Chinese University of Hong Kong*
Full-time Lecturer

- 2001– April 2013 *Mount Sinai Hospital* Toronto, ON
**Program Manager of Wellness Centre -
A Community Psychogeriatric & Mental Health Centre**
- Mount Sinai Hospital is a University of Toronto teaching hospital

- 2003–2013 *University of Toronto* Toronto, ON
**Practicum Instructor/Adjunct Practice Lecturer(Faculty of Social
Work)**

- 1996–2006 *KC & Associates* Toronto, ON
Psychotherapist (Private Practice)
- Specialized in working with individuals with mental health, and
evidence-based psychotherapy (e.g. CBT, IPT)

Education

- University of Toronto
- Post-graduate Diploma: Social Work Research (a research oriented
post-MSW program).
- University of Hong Kong
- Degree: Master of Social Work
- Chinese University of Hong Kong
- Degree: Bachelor of Science

Awards

- 2009 - Mount Sinai Hospital's Karen McGibbon's Award for
Service Excellence (Community Mental Health Program)
- 2010 - Joel Sadavoy Community Mental Health Award

Membership /Professional Affiliation

- Assessor, Residential Aged Care Accreditation Scheme (RACAS),
Hong Kong Association of Gerontology (since 2017)Member, Hong
Kong Association of Gerontology (since 2017)
- Registered Social Worker, Hong Kong Social Workers Registration
Board (since 2013)
- Registered Social Worker of the Ontario College of Social Workers and
Social Services Workers/College-approved Psychotherapist
Practitioner (2000-2014 - active) (2015 – inactive) –Member of
International Psychogeriatric Association (IPA) (2008 – 2015)

Executive Member of the Toronto Seniors' Mental Health & Addiction Committee (sponsored by the Toronto Central LHIN (2007-2009)
Member of the Ethnoracial Services Committee of Centre for Addiction and Mental Health (CAMH) – (2001-2003)

Trainer/Moderator
(Selected)

- Moderator, Panel session of “Mental Health & Ageing: The Way Forward” – Symposium (08/06/2018)
- Facilitator, Professor Joel Sadavoy’s training workshop on Problem-solving Therapy, under the “Mental Health & Ageing: The Way Forward – Symposium & Workshop (09/06/2018)
- Trainer, New Life Psychiatric Rehabilitation Association, Hong Kong (01/2015 to 01/2019)
Remark: SWD Commissioned Training Courses for Professionals on Geriatric Mental Health
- Guest Speaker, Sik Sik Yuen Geriatric Depression Seminar, funded by The Hong Kong Jockey Club Charities Trust (03/09/2018)
- Trainer, In-house training workshop on elderly depression and suicide, organized by The Tsung Tsin Mission of Hong Kong Social Service (08/02/2018 & 15/03/2015)
- Trainer, training module of Certified Dementia Care Planner (CDCP) course delivered by the Hong Kong Alzheimer’s Disease Association (15/12/2017 & 20/12/2017)
- Trainer, Professional development workshop on “Screening and Assessment of Possible Cognitive Impairments in Older Adults” – organized by the New Life Psychiatric Institute (09/12/2017)
- Lecture titled “A Novel Approach in Identifying Elders with Possible Cognitive Impairment through Periodic Screenings”. 6th International Summer University. Jinan, China. (July 6-19, 2015)

Community Services

Mentor – OSC/UBS NGO Leadership Programme – A training and mentorship programmed jointly delivered by Operation Santa Clause, UBS & CUHK.

Chair, Parent-Teacher Association, Catholic Mission School (since 2013)

School Manager, Catholic Mission School (May 2014 – August 2015)

Member of the Working Group on Older Adults with Mental Disorders, New Life Psychiatric Rehabilitation Association (since 2014)

Member of Selection Committee, 2015 HKSAR Junior High School Student Award, Unison Hope (2015-05-01 to 2015-07-10)

Member of the Advisory Committee of the Seniors' Month coordinated by the Ontario Senior Secretariat of the Ministry of Immigration and Citizenship (2007 -2009)

Chair and founding member of the Chinese Mental Health Network in Toronto (2001-2013)

Co-chair of the diversity workgroup under the Toronto Seniors' Mental Health and Addiction Committee (2007-2009)

Executive Board member of East Metro Youth Service – the largest youth mental health services serving Toronto East (2005 to 2010)

Consultant and trainer of the Wenchuan Earthquake Psychological Assistance Team (WEPAT) of the Chinese Immigrant Relief Fund (CIER) of Toronto (2008)

Trainer and Consultant for the Toronto SARS Support Line (2003)

Member of the SARS Research Grant Allocation Panel of CCCS (2003)

Publications/
Reports

Peer-Reviewed Publications:

Lai, Daniel WL, et al. "The experience of growing old in chronic mental health patients." *Aging & mental health* (2019): 1-9.

Wong MMC, Leung TYK, and Chan KC. The application of a small group learning approach to social group work teaching-an exploratory study. *Social Work with Groups* 2018: 1-16.

Chan KC, Lai DWL, Yau S. Management of residual symptoms and psychotropic medication side-effects among older or soon-to-be-old adults with chronic mental illness. *European Geriatric Medicine*. Vol 8: Suppl 1. S237-8.

Lai DW, Chan KC, Yau S. Meanings of Aging of People Living with Mental Illness: Implications to Promoting Healthy Aging Practices. *Innovation in Aging* 2017. Vol 1: S1. p.864.

Chan K, Sadavoy J. Concerns of using the Mini-Cog to screen Chinese Elders of possible dementia. *Geriatric Mental Health Care* 2016. Vol.3: 3-4. P.36-40

Chan K, Sadavoy J. Wellness Centre – An Evidence-guided Approach To Delivering Culturally Relevant Community Psychogeriatric Services For Chinese Elders, *ISRN Psychiatry*. Vol. 2012. Art. ID 815707.

Chan K, Leszcz, M, Choi P, Li S, Siu Y, Chiu A. A Pilot Study to explore the value and applicability of Integrated Group Psychotherapy to depressive Chinese elders. *Journal of International Psychogeriatrics*. Sept 2011. Vol. 23 (S1) Supp. p.375-376 (Abstract).

Dong W, Fung K, Chan, KC. Community mobilization and empowerment for combating a pandemic. *Journal of Epidemiology & Community Health*, Feb 2010 Vol. 64 p.182-83.

Chan KC, Sadavoy J, Choi M, Wesson V, Wong J, Liu KY. Enhancing Help-Seeking Behaviour in Chinese seniors with Depression and Dementia. *Canadian Journal of Geriatrics*. Apr 2009 Vol. 12 (1) Supp. p. 47. (Abstract)

Book Chapters/ Reports/Articles:

陳加才. 建構科技化友好社區 提倡粵港優質退休生活. <紫荊論壇> 2018 Nov-Dec., v.42, p.62-65.

陳加才.香港應全力應對老齡化危機. <紫荊論壇> 2017 Nov-Dec., v.36, p.30-35.

(Chan KC. Aging tsunami – Challenges to Hong Kong. *Bauhinia Tribune*, 2017 Nov.-Dec., v.36, p. 30-35 - in Chinese)

Dong W, Fung K, Chan, KC. Public Health Crisis and the Strength of Community Organizations. *Public Health Sciences*. China Renmin University Press, Beijing. 2009. p. 288-302 (Book Chapter)

April 2011 "Sexual disinhibition among demented patients" – Enhancing Awareness and Handling Skills of Staff on the Intimacy Needs Handbook. Published by Yee Hong Centre for Geriatric Care

Dec. 2006 "Managing Rage and Anger". *Journal of I Life*, Volume 23 Dec 2006 – a periodical published by a national self-help

organization in Taiwan for patients and families of anxiety and depression (*in Chinese*). Original was in English being posted at the www.mshwellness.com

Nov. 2004 "How to Manage Anger". *World Journal – Toronto Chinese Newspaper (in Chinese)*

Aug. 2004 "Treating Depression: Q&A". *Herald Monthly*, Volume 17. No. 8, August 2004 issue (*in Chinese*)

Jan. 2004 "Cutting through Anxiety and Attaining Peace of Mind". *Herald Monthly*, Volume 17, No. 1, January 2004 issue (*in Chinese*)

Nov. 2003 Chapter: "Anger Management: Anger-Control vs. Anger Controls", *Leading Harmony Live Training Manual*, SEAS Centre

Presentations
(Selected)

Peer-reviewed Conferences:

Chu, CY, Chan KC. A Qualitative Study on Carer-Resident Relationship and Functional Status Change in Older Adults Receiving Residential Long-term Care. 2016 International Psychogeriatric Association (IPA) Asian Regional Meeting. Taipei. December 9-11, 2016

Chan KC, Sadavoy J. A Cost-effective Approach of Identifying Community-dwelling Elders with Possible Dementia through Periodic Mini-Cog Screening. The Royal Australian and New Zealand College of Psychiatrists (RANZCP) 2016 New Zealand Conference. Christchurch, NZ, October 12-14, 2016

Chan KC, Sadavoy J. Concerns of using Mini-Cog as a dementia screening tool for Chinese elders. 2015 International Congress, International Psychogeriatric Association (IPA). Berlin, October 13-16, 2015

Chan LF, Yau S, Lai, DWL, Chan KC. Comorbidity of medical illness among soon-to-be-old and aging adults with mental illness in Hong Kong: Implications for the Directions of Service Provision. International Association of Gerontology and Geriatrics (IAGG) Asia/Oceanic 2015 Congress. Chiang Mai, Thailand. October 19-22, 2015.

Chan KC, Wong AT, Leung TK. Golden Dreams of Elders in Hong Kong. Conference on Aging – Putting Aging Research and Clinical Practice in Cultural Context. Dept. of Psychology, CUHK & Gerontological Society of America. Hong Kong. January 5-6, 2015. (Workshop)

Chan KC, Sadavoy J. Single-session educational intervention promoting positive post-screening help-seeking for elders with possible dementia and depression. 2014 International Meeting, International Psychogeriatric Association. Beijing, China. October 23-26, 2014.

Chan KC, Sadavoy J. Wellness Centre: An Evidence-Guided Approach to Delivering Culturally Relevant Community Psychogeriatric Services for Chinese Elders. Knowledge Mobilization Symposium. Vancouver, BC. September 30-October 2, 2012

Chan KC, Sadavoy J, Wesson J, Chiu M. The Reitman Centre* CARERS Program - a problem-focused caregiver support and training program tested in the Toronto Chinese community. Knowledge

Mobilization Symposium. Vancouver, BC. September 30-October 2, 2012

Chan KC, Li S, Siu Y, Chiu A. Integrated Group Psychotherapy to depressive Chinese Seniors - A Pilot Study. Diversity and Equity in Mental Health & Addiction Conference. Toronto, Ontario, May 27, 2011 (Workshop)

Chan KC, Sadavoy J, Choi M, Wong J, Wesson V, Liu KY, Fu A. Early identification of possible depression and dementia in at-risk community-dwelling ethnic elders through targeted screening. 60th Annual Meeting of Canadian Psychiatric Association. Toronto, Ontario. September 23-26 2010.

Chan KC, Sadavoy J, Choi M, Wong J, Wesson V, Liu KY. Feasibility of depression and dementia screening targeting at-risk community-dwelling elders. 14th International Congress. International Psychogeriatric Association. Montreal, Canada. September 1-5, 2009 (Poster).

Sadavoy J, Yau A, Chan KC, Quilan J, Tam J. Managing the Challenges of Diversity in Emergency Geriatric Mental Health. 29th Annual Scientific Meeting, Canadian Geriatric Society. Toronto, Canada. April 23-25, 2009 (Poster)

Chan KC, Sadavoy J, Steinberg R. From Research to Service Delivery – How to build an accessible and culturally competent community psychogeriatric services. Leading Practices Presentation. HealthAchieve 2008 Conference, Ontario Hospital Association. Toronto. November 3-5, 2008.

Chan, KC, Sadavoy, J. Making community-based care culturally relevant – An evidence-based approach to building mainstream mental health services for ethnic elders in Canada. Culture and International Mental Health Conference. University of Manchester. Manchester, UK. July 7 & 8, 2008. (plenary speaker)

Sadavoy, J., Chan, K.C. From Research to Service Delivery – Building culturally competent community-based psychogeriatric services for ethnic seniors. International Psychogeriatric Association (IPA) 2008 European Meeting, Dublin, Ireland, April 7-11, 2008

Chan, K.C. The potential and cultural considerations of applying Interpersonal Psychotherapy (IPT) to Chinese depressive patients – A preliminary exploration. Presented at the World Mental Health Congress, Hong Kong, August 19-23, 2007

Chan, KC. From feeling distress to being empowered, the Chinese community's response to SARS crisis. Presented in the workshop (session A-2) named: "*Beyond SARS: Ethnic organization's role in a highly diversified society*" at the 9th Metropolis Conference, Toronto, Ontario, March 2, 2007 (Workshop)

Sadavoy, J and Chan, K.C. Wellness Centre: An Engagement Model Aiming at Improving Mental Health Care Access for Ethnocultural Groups. Presented at the American Psychiatric

Association's 56th Institute on Psychiatric Service, Atlanta, Georgia, October 9, 2004

Other Academic or
Research Activities

2015 Co-investigator, Meanings of Aging of People Living with Mental Illness: Implications to Promoting Healthy Aging Practices. (approved by ethics review by the SBRE of CUHK)

2014 -2015 Co-investigator, The Pattern and Impact of Elder Care Arrangements in Shanghai and Hong Kong: Convergence or Divergence; Funded by South China Programme, Hong Kong Institute of Asia Pacific Studies, The Chinese University of Hong Kong

2012 Invited reviewer for the Journal of *International Psychogeriatrics*

2012 Co-investigator, The meaning, values, and challenges of care-giving from the perspectives of carers of family members with Alzheimer's Disease and Related Dementia (ADRD): A preliminary Qualitative Study using Focus Group Methodology.

2012 Trainer, The Carer Demonstration Project Care-Coordinator - PST(Problem-Solving Therapy) training workshops

2008- 2012 Co-principal investigator of the Screening for Mental Health Concerns for at-Risk Community Living Chinese Seniors, a study registered with the clinicaltrials.gov.

2005 Co-applicant of a research proposal titled: Health Care in a Diversified Society (successful in receiving the seed funding from Canadian Institute for Health Research- CIHR)

2003- 2005 Co-investigator of the research project titled "Optimizing the Pathway to Healthcare Utilization: A Consumer Decision Support Kiosk" funded by EJLB Foundation Grant (\$60,000 CND)

Continuing
Professional
Education/Training

Workshop: A Gestalt Therapy Approach to Working with Addictive and Self-Medicating Behaviors
by Dr. Philip Brownell

Seminar on Contemporary Gestalt Therapy
by Dr. Philip Brownell

Accelerated Experiential Dynamic Therapy (AEDP) – A cutting-edge psychotherapy for emotional regulation
by Dr. Danny Yeung

Integrative Model of Group Psychotherapy
by Dr. Melyn Leszcz

Advanced Interpersonal Psychotherapy (IPT), CME, CAMH, CEPD (University of Toronto) –
by Dr. Holly Swartz and Dr. Paula Ravitz

Cognitive Therapy Workshop. An introduction to Cognitive Behaviour Therapy with Older People, Mount Sinai Hospital
by Dr. Ken Laidlaw

Alternative Dispute Resolution in Health Settings, Global Health Summer Institute 2006, Faculty of Medicine, University of Toronto

by Alan Levy of ADR Settlement
Professional training on “Interpersonal Psychotherapy (IPT) –
Summer Training Institute 2005”
by Dr. Paula Ravitz of Centre for Addiction and Mental
Health
Advanced training on psychogeriatric assessment and care
by Dr. Joel Sadavoy, University of Toronto and President
of International Psychogeriatric Association
Seminar: “Cognitive Therapy: An Overview”
by Dr. Aaron Beck of the University of Pennsylvania
Psycho-educational Multi-family Group Training
by Dr. William McFarlane of Maine Medical Centre
Supervision Training for social work field educators
by Practicum Office, Faculty of Social Work, University of
Toronto
Workshop on Cognitive Behaviour Therapy (CBT)
by Dr. Andy Cheek of University of Toronto Psychiatric
Services
Mount Sinai Hospital Academic Day XIV: “The Convergence of
Mind and Brain: Foundations of Contemporary Psychotherapy” -
focused on Trauma & Neuroscience
by Dr. Bessel van der Kolk, Boston University
Dr. Mark Solms, University College London & Anna
Freud Ctr.
Dr. Richard Brockman, Columbia University
Mount Sinai Hospital Academic Day XV: “Attachment &
Psychotherapy”- focused on Attachment & Borderline Personality
Disorder
by Dr. Jeremy Holmes, King’s College Cambridge
Dr. Karlen Lyons-Ruth, Harvard Medical School
• Dr. Paul Pilkonis, University of Pittsburgh School
of Medicine
Seminar: “Cultural Competency in Treatment: Necessity or
Political Correctness”
▪ by Dr. Stanley Sue of University of California, Davis

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