



Thank you for the impact you are having on mental health

Ontario Shores Foundation for Mental Health (the Foundation) has had an extraordinary second year, thanks to increased support from our donors and volunteers and a visionary investment in dementia research and program innovation. On behalf of the Foundation and Ontario Shores Centre for Mental Health Sciences (Ontario Shores) we thank the many Founding Donors and new donors whose generous gifts will help to make life better for individuals living with mental illness.

Every donation has a story, every donation has impact and every donation is appreciated. We share some of these stories with you in our second annual Impact Report - stories about future impact and about the difference previous gifts have made.

We are delighted to report we received \$2,260,000 in 2010-2011. These funds are supporting initiatives to bring Ontario Shores' expertise to individuals where they live to help them receive specialized treatment in their community. They will advance research to enhance models of care, help patients learn to manage their illness, renovate space to better support recovery and to promote mental health. Donations will also help Ontario Shores reach out to youth so the next generation is more understanding toward individuals with mental illness and better equipped to seek help for themselves or others when it is needed.

Thank you to all the patients, families, friends, staff, board members, volunteers, corporations, foundations and organizations who donated to the Foundation in 2010-2011 for your generous support – you are helping us have an impact.



Dan Carter
Chair



Jennifer Clark
Executive Director

Ontario Shores Foundation for
Mental Health



**Dr. Eric
Fonberg**
Chair



**Glenna
Raymond**
President and
CEO

Ontario Shores Centre for
Mental Health Sciences

Building a Foundation of Hope for the Future

Ontario Shores Foundation for Mental Health was established in 2009 to raise funds to support the priorities of Ontario Shores Centre for Mental Health Sciences and its partner organizations that help care for its patients. Our top priority is raising \$5 million to expand and accelerate dementia research, examine ways to delay onset of the disease and explore and enhance care for individuals living with dementia in the community. Other important priorities include initiatives to prevent or minimize – through early identification and intervention – mental illnesses in children and youth, and programs and events that promote mental health and reduce the stigma of mental illness. Donations and sponsorships support innovation, research, education, and renovating and building recovery-focused space.

Our donors and sponsors are helping address mental health issues locally, provincially and nationally.

Ontario Shores Centre for Mental Health Sciences

Ontario Shores Centre for Mental Health Sciences has been providing treatment to individuals with severe mental illness for over 90 years. Becoming a public hospital in 2006, Ontario Shores is a leader in mental health care, providing specialized assessment and treatment for adults and seniors who live in Scarborough, North York, York and Durham Regions, Haliburton, Peterborough and Northumberland Counties, and City of Kawartha Lakes, and for youth from across Ontario.

At Ontario Shores interprofessional teams of mental health professionals work in partnership with patients and their families to help individuals recover and sustain their best health. Ontario Shores is dedicated to innovation, research and teaching, reducing stigma and advancing the mental health care system.

Awareness and Stigma Reduction S.O.S. – Stomping Out Stigma

Hearing first-hand about their journeys of recovery from people who are successfully managing their mental illnesses is proven to be one of the most effective ways to break down the stigma surrounding mental illness and make it easier for people who need help to seek it. In addition to its week-long, school-based mental health education sessions, the Talking About Mental Illness (TAMI) program holds S.O.S. Summits. Summits bring together high school student leaders and teachers in an intensive day of education, experiential exercises, and conversation with survivors who share their stories and talk about the effects of stigma on their recovery. Student leaders leave equipped and motivated to promote the elimination of stigma in their schools.

Each year the Kaiser Foundation recognizes the contributions of a young volunteer by granting \$10,000 to the recipient's charity of choice. Megan Lummis, a TAMI volunteer who speaks candidly about her journey of recovery at S.O.S. Summits, is the 2010 Kaiser Foundation Excellence in Youth Leadership Award recipient. She chose Ontario Shores Foundation for Mental Health to receive the grant to support TAMI.

Together with donations from RBC Foundation, students of Whitby's All Saints Catholic Secondary School, and from those who support Ontario Shores Foundation's strategic priorities, Megan's gift through the Kaiser Foundation supported S.O.S. Summits in Durham Region and York Region. The summits were attended by more than 270 student ambassadors and teachers who then took the message of compassion, understanding and hope back to thousands more. These donations are also supporting the development of a TAMI program for students in grades seven and eight and greater involvement of parents. Our goal is to provide funds so Ontario Shores and its TAMI Coalition partners can take this remarkable program to students across the province, and beyond.



Awareness and Stigma Reduction Powerful Messages through the Arts

Mental illnesses strike without regard to age, sex, ethnicity, socio-economic status, geography, or level of education, and can have profound effects on an individual and their families. Recovering from mental illness is a journey, and with the right skills and tools, can be managed so those affected can live meaningful lives. One of the best ways to illustrate this is to have well-known, highly successful people share their stories of living with mental illness with the public.

The 3rd Annual **Imagine Film Festival** featured seven films selected to entertain as well as demystify mental illness. The 2010 Festival, which attracted national and international media attention, concluded with a sold out appearance by singer/songwriter Chantal Kreviazuk who delivered a powerful message of hope for people living with mental illness and their families. The films and featured guest presentation were made possible with the generous support of Scotiabank Group and other sponsors and donors— a great way to ensure everyone and anyone can benefit from greater understanding and appreciation of mental health.



Chantal Kreviazuk opens up in W
IAN MUSICIAN TALKS AT ONTARIO SHORES ABOUT MENTAL ILLNESS

In October 2010, with a grant from Ontario Shores Foundation's strategic priorities fund, Ontario Shores' **Let's Talk Speaker Series** featured Ned Vizzini, author of "Its Kind of a Funny Story". Based on first-hand experience with severe depression and thoughts of suicide while a student and recent graduate, Ned humorously provided powerful and compelling advice on "How Not to Go Crazy in High School" to students visiting Ontario Shores. The grant also supported a partnership with Durham College's Students' Association to bring Ned's "How Not to Go Crazy in College" presentation to their members.

Innovation Research and Education Excellence in Education

Ontario Shores' psychiatrist Dr. Zohar Waisman, is the first recipient of the Dr. Peter Prendergast Prize for Excellence in Education, an award made possible with a grant from the Foundation. This Prize recognizes Dr. Waisman's many contributions to the academic environment at Ontario Shores, including developing training programs for psychiatry residents from the University of Toronto and continuing education programs for international and community-based psychiatrists.

"He is a role model, medical expert, communicator, collaborator, health advocate, manager, scholar and professional. As a supervisor and mentor, Dr. Waisman is outstanding," said Dr. Kira Payne, one of the resident psychiatrists who studied with Dr. Waisman.

Recovery-Focused Environments Share the Space and Share the Resources to Better Share the Journey

Involvement of family members can often be very helpful in an individual's journey of recovery, but it can be challenging for family members to access the educational resources, peer support and respite they need in order to effectively participate in their loved one's journey. A grant from the Foundation's strategic priorities fund for a Family Resource Room sparked a more ambitious plan championed by Ontario Shores' Family Council.

"We very much appreciate the grant from Ontario Shores Foundation and the matching money from the hospital for a Family Resource Room. With input from families, patients, a review of various family resource centres, and through research into best practices in programs for families of individuals living with mental illness, we learned there is so much more that can be offered at Ontario Shores," says Christine Holland, Family Council Member and member of the Family Resource Centre Steering Committee.

"Building on the best that we have seen elsewhere, our vision goes a step further to create a truly integrated and inclusive program – and space. Our vision brings patients, family members, staff, researchers and students together at Ontario Shores to collaboratively offer programs and services that will teach families how to help care for and support their loved one and themselves. Families need a place to come together to support one another, to learn from those who live with mental illness and to access resources and programs offered by partner organizations. We are finalizing plans for a space that reflects our vision, and when it is ready, knowledge, experience, respect and hope will be its foundation."

Innovation, Research and Education Community-Based Program Promotes Independence

With support from Ontario Shores Foundation's strategic priorities fund and a gift from the Rotary Club of Whitby, Ontario Shores partnered with Durham Mental Health Services in 2010 to launch **New Directions**, a recovery-oriented vocational service program.



"Coming to the program has helped me a lot" said Theresa, a New Directions client. "It helps me to be more independent and makes me feel happy."

Over the past year, **New Directions** has provided 21 clients with valuable social, community and pre-employment skills. Currently, 16 individuals, many with schizophrenia and related disorders, ranging in age from 35 to 86 are benefiting from programs that include communication and computer skills, cooking and grocery shopping support, employment preparation and a variety of creative components such as art, writing and book clubs. One client is actively seeking employment through Ontario Shores Employment Supports service.

Innovation Research and Education Bringing Leaders Together to Drive Change

Hospital leaders from across Canada came together at the second annual **Thought Leadership Forum** hosted by Ontario Shores to explore ways to minimize the use of seclusion and restraint. The Forum brought leaders together to ask bold questions, have frank discussions and investigate new practices in mental health care that promote recovery.

Sponsored by Borden Ladner Gervais LLP, the 2010 Thought Leadership Forum held in Toronto brought together over 70 mental health professionals. Working with each other and thought leaders from Canada, the United Kingdom and the United States, they identified key changes in practice and ways to affect and sustain these changes that are safe for both patients and staff.

"Change is never accomplished in isolation. It is through open forums like this where we all come together and share our unique combination of experiences to develop an effective strategy on this important issue," said Glenna Raymond, Ontario Shores President and CEO.

**Mental Health
Thought
Leadership Forum**

Innovation Research and Education Providing Choice and Motivating Change

Like diabetes, heart disease, asthma and other chronic conditions, mental illness can be managed. Managing chronic disease is easy to say, but not always easy to do, especially if you have more than one. And people living with mental illness have an increased risk of developing chronic physical health problems as well.

Over the last decade there has been growing evidence of the effectiveness of self-management of chronic disease. Ontario Shores' focus on recovery aligns healthcare professionals with patients – as partners on the journey to best health. In keeping with this new approach, and with a \$10,000 grant from Pfizer Canada, Ontario Shores is training staff in its **Metabolic and Weight Management Clinic** and in partner organizations that help care for its patients, on how best to motivate



and educate patients to take care of themselves through **Choices and Changes** workshops. As anyone who has ever tried to quit smoking, lose weight or take up a proscribed exercise program knows, changing behaviour -- as a patient and as a healthcare professional -- is both hard to do and to sustain. The workshops made possible by Pfizer's support are helping patients maintain their best health and clinicians provide enhanced care.

The following individuals, corporations, foundations and organizations generously gave to Ontario Shores Foundation for Mental Health between April 1, 2010 and March 31, 2011.

Thank you!

\$25,000+	Joanne Ashley*	Deana DeLarge*	Ian F.T. Kennedy and Family*	Glenna and David Raymond*
RBC Foundation	Tariq Asmi and Jennifer Gibson*	Deanna L. Dennison	Eva W. Kent	Surinder Razdan*
Scotiabank Group*	B Sharp Technologies*	Diane M. Deveaux	Ladies Link Tour Golf Association	Fran and Robert Schachter
\$10,000 to \$24,999	Mary Jane N. Baker	Dr. Michael Dewson and Ann Atkey	Roshan Lal*	Gloria and Michael Schachter
Hearts of Durham	David Baker and Newstart Canada*	Zoran Dobranic	Gary Lee	Narendra and Kamlesh Sethi
Kaiser Foundation	Sharon Baker and wellSpring Consulting*	Sean and Helen Donohue*	Joseph and Ruby Lo*	Junaid Shaikh*
Pfizer Canada Inc.	Beth Bandler	Janice and Earl Dusek*	Patrick Mabey	Courtney Shewan*
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Innovation Research and Education

Staying Home Longer

- 500,000 Canadians have dementia; 71,000 are younger than 65.
- In 2010, there was 1 new case diagnosed every 5 minutes; by 2030 it will be 1 every 2 minutes.

These statistics from the Alzheimer's Society of Canada paint an alarming picture of the immediate need for research and innovation in dementia treatment and care.

In addition to traditional research focused on drug-therapy to prevent, delay and/or reverse dementia, there is growing evidence of the effectiveness of non-drug therapies to improve mood, reduce problem behaviour, and enhance caregiver support. Together, drug- and non-drug therapies have the best chance of delaying a move to a long-term care home and reducing the need for specialized care.

Ontario Shores is taking the lead to investigate and implement this combined approach by investing \$2 million toward the establishment of an academic Chair, jointly with the University of Toronto's Faculty of Medicine. The Foundation's goal is to raise an additional \$3 million to fully fund the Chair and provide sufficient resources to expand and accelerate discovery of the disease, examine ways to delay onset and explore and enhance community care.



Rosann Pultz speaks with Clinical Manager, Steve Mathew, regarding her husband, Philip's, care.

Contributing to Mental Health Now and in the Future

Retired entrepreneur Robert Wordham and his wife Joanne believe strongly in "giving back" to society, to help those less fortunate than their family. Compelled by grim statistics of the prevalence of mental illness and its cost to Canadian productivity, stories of the devastation it can cause, and Ontario Shores' vision of Recovering Best Health, Nurturing Hope and Inspiring Discovery, the Wordham family contributed \$10,000 to the strategic priorities fund. Wanting to have an even greater impact in the future, the Wordhams purchased a life insurance policy through their holding company that will ultimately provide \$100,000 to the Foundation to support the strategic priorities of the day.

"There are many creative ways to give," says Foundation Board Member, Bob Wordham, "Joanne and I (with our children's blessing) look for ways to maximize our support for causes that are important to us where we live, in Mississauga, and beyond; and in a tax effective manner. Gifts through insurance policies and bequests are excellent ways to meet both goals."

Choosing to leave a legacy brings meaning and purpose to a life well lived. Legacy gifts can be endowed, to strengthen the Foundation and its priority projects on an ongoing basis, or directed for immediate, high-impact use when received. Speak to Foundation staff if you are interested in a legacy gift, to ensure your intentions can be fulfilled.

Out of Tragedy Comes Hope

Described as bright, fun-loving, vibrant, giving and eminently capable, brothers Thomas and George Campbell also suffered from depression, and Thomas also from bipolar disorder. Each took their own life because of it. Passionate to prevent such tragedy for others, parents Dr. Peter and Martha Campbell raise money to promote mental health awareness in teenagers and young adults. Through their fundraising efforts, Peter and Martha directed \$10,000 to Ontario Shores Foundation for Mental Health in support of child and youth mental health initiatives.

Raising Funds and Having Fun

Partners in Care and Fundraising

Ontario Shores works closely with many partner organizations to provide specialized mental health care expertise to clients in the community. One such partner is Community Care Durham, an organization that helps people with physical or mental health challenges live at home supported by a network of volunteer and professional caregivers. In June 2010, Community Care Durham and Ontario Shores Foundation held their third joint **Drive Fore Care Charity Golf Tournament** at Oakridge Golf Club. Braving the rain, sponsors and participants raised over \$36,500. Special thanks to Masters sponsor, Scotiabank Group; Eagle sponsors Hicks Morley, Gerrits Property Services Inc., Dell Perot Systems, and Metroland Durham Region Media Group; and, Birdie sponsors Vipond Inc. and Avis Office Furniture.

Amazing Women Whose Hearts are in the Right Place

What do you do when you realize how fortunate you are? If you're one of the Hearts of Durham, along with work and family commitments you find time to make Durham Region an even better place to live, work and play. Selecting Ontario Shores Foundation for Mental Health as their charity of choice in 2010-2011, the nine "Hearts" raised both funds and awareness.

Fashionable Encounters - a showcase of seasonal and festive fashions for men, women and children from local boutiques and salons; the Big Hearts Raffle; and a pub night raised over \$12,000 by the end of March. Proceeds are supporting seniors' and child and youth mental health programs at Ontario Shores.



Helen, winner of the Big Hearts Raffle Grand Prize, was given the ticket as a birthday gift from her daughter Heather. Helen (who lives with bipolar disorder) and her husband travelled to Quebec for their 57th wedding anniversary. "Thanks to Hearts of Durham and Ontario Shores Foundation for a wonderful trip we would not have taken otherwise."



As our 2010-2011 year drew to a close, Newstart Canada was gearing up for its first ever April Fools' Day dance as part of the Hearts of Durham event line-up and promotion for the One Night in Emerald City Gala was underway, featuring a car donated for auction by Newstart's founder, Dave Baker.

Thank you to our 2010 - 2011 Board of Directors



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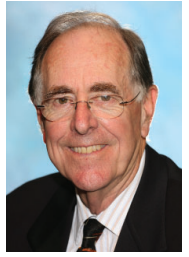
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Ontario Shores Centre for Mental Health Sciences

Vision:

We contribute to Ontario Shores Centre for Mental Health Sciences' approach to mental health care and unique services that are focused on recovering best health, nurturing hope and inspiring discovery.

Mission:

We inspire individuals, businesses, foundations and organizations to place a high priority on financial and moral support for mental health and the passionate work of Ontario Shores Centre for Mental Health Sciences and its partners.

Values:

Trust – building and sustaining long-term relationships

Innovation – constant and strategic evaluation, assessment and improvement

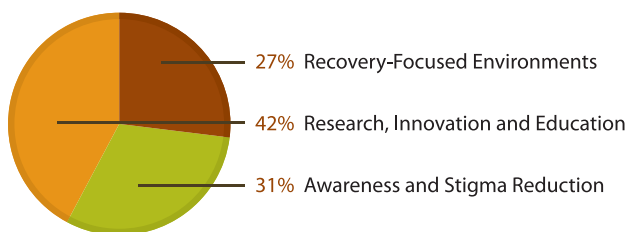
Respect – for patients, families, donors, colleagues and the community

Accountability - good governance, stewardship and prudent financial management

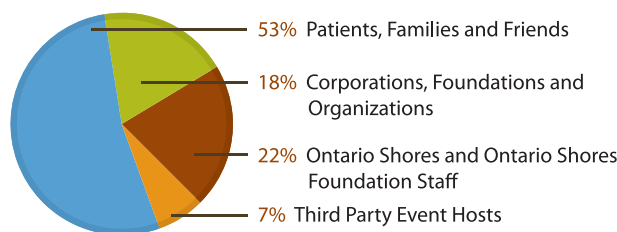
Responsiveness – to those who are affected by mental illness, by raising awareness and embracing acceptance of mental health issues, and to those who provide financial resources to make this possible

Impact in Numbers

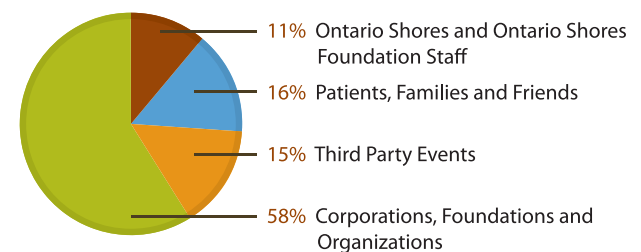
\$ Disbursed, By Fundraising Pillar



Donors by Group



\$ by Group



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