



Changing The Way People Think

Mental & Health  
Foundation  
of Nova Scotia

COMMUNITY REPORT 2015-2016

You'll note our report is organized into five categories. These categories represent our strategic goals, enabling strategies and how the Foundation is taking positive steps in this direction. We hope you enjoy reading about this year's successes.

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## FROM OUR CHAIR

Looking back on 2015-16, the momentum continued at the Mental Health Foundation of Nova Scotia. We are touching more people and reaching more communities across the province. This past year, we provided more funds for annual community grants than ever before in recognition that the Foundation is stronger than ever before. Grant funding requests are also now evaluated with funds provided to programs and services on a quarterly basis to ensure the monies raised are put to work in supporting our vision – to see Nova Scotians with mental illness thriving in our communities.

This past year, I am especially proud of our focus on recreational therapy programs and camps that recognize the role adaptive therapeutic recreation plays with care and recovery. In partnership with Camp Brigadoon, we launched Camp BELIEVE as a sleep away camp for children who have parents living with mental illness. We also provided special named grant funding for the Change of Scenery Recreational Therapy Program. I know firsthand that the opportunity to take a deep breath outdoors and experience the sense of peace and tranquility that comes with being connected to nature makes a real difference in not only the quality, but speed of recovery with mental illness.

It has been a tremendous privilege to serve as Chair and a member of the Board of Trustees for the Foundation. Personal connections and sharing of experiences do make a difference in *changing the way people think...*



Nick Peters



## BOARD OF TRUSTEES

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Student  
Mount Saint Vincent University

### Dr. Rod Wilson

Executive Director  
North End Community Health Clinic

### Starr Dobson, Ex officio

President & CEO  
Mental Health Foundation  
of Nova Scotia



### FOUNDATION TEAM

Back row: Cara Quigley, Alison Davidson, Sara Smysniuk, Kate Udle  
Front row: Colleen Fraser, Martha Tuff, Starr Dobson



# INCREASING COMMUNITY FUNDING

## NAMED GRANTS

This year, the Mental Health Foundation of Nova Scotia established the Named Grants Program to help meet the demand for grant funding across our province. Named Grants provide donors with a naming opportunity, ongoing recognition, and a real connection to services and programs which interest them in the community. We were honoured to launch the following grants this year.

Read full stories online at [mentalhealthns.ca/grants](http://mentalhealthns.ca/grants)

### COMPASS GROUP CANADA COMMUNITY GRANT



In recognition of our friends at Compass Group Canada, we provide funding to support educational programs that focus on healthy eating and food preparation for Nova Scotians who are living with mental illness.

#### FUNDED

VEITH HOUSE:  
Community Kitchen Large Appliance Installation (Halifax)  
HINCHINBROOK FARM SOCIETY:  
We Dig Food (South Shore)

Our grants  
impact 30,000  
individuals directly  
and 150,000  
indirectly every  
year.

### PICTOU COUNTY COMMUNITY GRANT



All proceeds from the annual “Models for Mental Health” community fundraiser in New Glasgow are allocated to the Pictou County Community Grant. In addition, fundraising by employees of Northern Pulp has contributed to making this grant possible.

#### FUNDED

NOVA SCOTIA HEALTH AUTHORITY, PICTOU COUNTY  
MENTAL HEALTH & ADDICTIONS:  
New Hope Art Therapy Program  
NOVA SCOTIA HEALTH AUTHORITY, PICTOU COUNTY  
MENTAL HEALTH & ADDICTIONS:  
Preserving Our Mental Health  
SUMMER STREET INDUSTRIES:  
Stand Up, Speak Out Program

### 100 MEN WHO GIVE A DAMN! – HALIFAX COMMUNITY GRANT



100 Men Who Give a Damn! – Halifax selected the Mental Health Foundation of Nova Scotia as its February 2016 charity. The Foundation’s presentation highlighted the therapeutic benefits of recreation and leisure for mental health inpatients. Recreation therapy works to decrease social isolation, increase self esteem, and prepare clients for discharge and community re-integration.

#### FUNDED

CHANGE OF SCENERY:  
Abbie J. Lane Acute Mental Health Care, 6 & 7 Lane  
JOURNEY TO RECOVERY:  
Simpson Landing, Nova Scotia Hospital  
LIVING LEISURE, LOVING LIFE:  
Abbie J. Lane Acute Mental Health Care, 6 & 7 Lane  
MEDITATIVE SPACES:  
Mayflower Hall, Nova Scotia Hospital

## NOVA SCOTIA HEALTH AUTHORITY MENTAL HEALTH & ADDICTIONS, CENTRAL ZONE GRANTS

The Mental Health Foundation is pleased to offer Nova Scotia Health Authority Mental Health & Addictions, Central Zone (NSMHA) Grants to provide funds that enhance the services provided by the Mental Health & Addictions Program. NSMHA Grants are for projects that would not receive funding from capital or operating budgets. Read about all 2015-2016 NSMHA grants online at [mentalhealthns.ca/grants](http://mentalhealthns.ca/grants)

### FAMILY MENTAL HEALTH RESOURCE DISTRIBUTION



Sun Life Financial Chair  
in Adolescent Mental Health

Created by Dr. Stan Kutcher with assistance from the team at [TeenMentalHealth.org](http://TeenMentalHealth.org), the Family Pack is a unique collection of 15 related materials that provide information to youth on how to support themselves and family members in better understanding mental disorders. This grant has supported the production and distribution of these resources. Clinicians in Nova Scotia will now have better access to hard copies of the Family Pack mental health resource to share with their patients and clients. Download now at [TeenMentalHealth.org](http://TeenMentalHealth.org)

3,680  
resources  
distributed.

### COMMUNITY CONNECTIONS

West Hants  
Community Mental Health



This program creates opportunities for participants to connect with their community both socially and independently through recreation and leisure activities. Funding has provided support for clients to access transportation within rural West Hants, attend the Community Mental Health biweekly socialization group, take part in experiential learning and sign up for gym memberships and intramural sports.

*“The grant money allows us to offer socialization activities to some of our mental health consumers who otherwise do not have the opportunity to socialize with their peers. Often, rural clients only have family as their main source of socialization, but the grant money allows us to help them make outside contacts to build their social confidence and enrich their everyday lives”*

–Kem Harvey, Administrative Assistant,  
West Hants Community Mental Health

### ACCESS-A-FIT

Mayflower Unit,  
Simpson Landing,  
Transition Hall  
(Nova Scotia Hospital)



Access-a-Fit provides an opportunity for clients to get physically active and improve healthy coping strategies. The project creates a supportive environment to learn new skills and improve others to support a balanced lifestyle. Through participating in an active gym group and access to new equipment, participants gain self confidence and independence, learn teamwork skills, and increase physical activity. Some Access-a-Fit participants also ran in the Bluenose!

90% of clients  
living in these three  
units identified  
physical activity as  
a personal goal in  
2015-2016.

Requests for Community Grant funding have increased 151% since 2014-2015.

## COMMUNITY GRANTS

Community Grants support individuals and organizations province-wide to undertake programs or services that will benefit the mental health of individuals throughout Nova Scotia. *Read about all 2015-2016 Community Grants online at [mentalhealthns.ca/grants](http://mentalhealthns.ca/grants)*

### SENIORS TELEPHONE REASSURANCE PROGRAM

Canadian Red Cross Society



Social isolation affects the psychological and cognitive health of seniors. It is associated with higher levels of depression and suicide. This program matches compassionate volunteers with socially or geographically isolated adults in both urban and rural Nova Scotia. Volunteers call clients on a regular basis to check in on their well-being and provide social interaction. This helps promote peace of mind for clients and their families.

*"I find the program very rewarding. It's nice to hear the happiness in their voice, to know that someone cares. One client was so happy that I called her on Valentine's Day, she cried because she hadn't been wished a Happy Valentine's day in years."*

- Canadian Red Cross Telephone Reassurance Program Volunteer

126 calls made from September to May.

### LIGHTING THE WAY FORWARD

Eating Disorders Nova Scotia



Lighting the Way Forward: Phase II gives Nova Scotians who are struggling with an eating disorder the opportunity to connect with trained individuals who have recovered from an eating disorder themselves. These connections create benefits through navigation, practical strategies, peer support, and hope.

*"I want to have a life again. Seeing someone who has moved on from an eating disorder gave me the hope that I could too. It got me motivated to do the work I knew I needed to do."*

- Participant

20 Peer Support matches made and counting.

### FALLOUT

Willpower Theatre Association



FALLOUT traveled to Junior High and High Schools in Nova Scotia. The play is about the longlasting effects of cyberbullying from three different angles: the victim, the bully, and the friend who stands by and does nothing.

*"I'm often impressed at the empathic remarks made by students exiting shows like this, and I do think drama is an effective way of creating dialogue and generating understanding."*

- John Hendsbee, Dalbrae Academy

An estimated 10,500 students impacted.

An estimated 30% of first responders will experience Post Traumatic Stress Disorder.

## PTSD SERVICE DOG MATCHING FOR FIRST RESPONDERS

November 2014 marked the launch of the Mental Health Foundation's PTSD Service Dog Matching Initiative for First Responders. So far, two matches have been successfully funded and facilitated by this initiative.

Sonny Wicks, a High School Security Officer, and former RCMP Officer, was matched with his service dog, Tru, in April 2015. After experiencing years of avoidance, Tru has helped Sonny get back to engaging with society again.

Kevin Johnson, a former Halifax Regional Police Officer, was matched with his service dog, Maggie, in March 2016. Kevin has struggled with severe PTSD since risking his life to save others from a 2009 Herring Cove area wildfire. Maggie provides night terror intervention and helps Kevin feel protected in public.

Paws Fur Thought works diligently to train and match puppies with those in need. The process can take several months as it operates much like a prescription specific to the first responder's unique needs. *Learn more at [mentalhealthns.ca/ptsd-service-dogs](http://mentalhealthns.ca/ptsd-service-dogs)*

"Officers always say 'watch your 6,' meaning your back. Maggie's got my back now. She's my partner."



Lisa Partridge (Maggie's Trainer), Rocsie (IWK Therapy Dog sponsored by MHFNS), Kevin, and Maggie at the Department of Justice Commendation Ceremony recognizing Kevin's bravery. Copyright Shari Tucker Photography.



# BUILDING STRONG RELATIONSHIPS

## COMMUNITY FUNDRAISERS

The Mental Health Foundation of Nova Scotia was fortunate to benefit from so many successful community fundraisers this year. Thank you to all the dedicated individuals and organizations who made this year truly shine in our communities! *Learn more about ongoing fundraisers and how to get involved at [mentalhealthns.ca/community-fundraisers](http://mentalhealthns.ca/community-fundraisers)*

"Faith" by Kirby Putnam  
 Zumbathon® for Mental Health  
 Bluenose Marathon Charity Challenge  
 Fog Off Clothing Inc. Portion of Sales  
 Boston Pizza Celebrity Server & Earnback Program  
 Advantage Golf for Mental Health  
 Brainstorm Art Show  
 Tails N' Trails Walk  
 We've Got You Covered, Stan

Food 4 Thought  
 Rodd Hotels & Resorts Room Rates Promotion  
 Models for Mental Health  
 TD Holiday Concert  
 Buy & Sell for Mental Health  
 JSMT Fundraising Sham Rock Dance  
 Jay Smith Tribute Concert  
 Prince George Guest Room  
 Clothing Sale for Mental Health



18 community fundraisers raised \$65,207.30 for mental health programs and services this year.



The first HUGS 101 post-secondary awareness campaign and fundraising competition (sponsored by Fog Off Clothing Co and endorsed by Students Nova Scotia) reached 9 campuses province-wide this year.



The Back to Our Roots Urban Farm on the Nova Scotia Hospital site launched in May 2015 to the sound of oxen bells and happy families. The Mental Health Foundation is proud to be represented on the Steering Committee for this initiative, which brings colour, nutrition, socialization and skills development opportunities to clients, staff and community members.

## PARTNERSHIPS

### CAMP BELIEVE IS BORN!

The Mental Health Foundation of Nova Scotia is thrilled to offer an amazing new camp experience for youth between the ages of 8 and 17 who are impacted by a parent's mental illness.

Camp BELIEVE is a one-of-a-kind sleep away camp designed to be a safe place where children can get away from the worries of the world and just focus on being kids. It's a spot where young people can bond with peers who understand what it's like to hear Dad talking back to the voices in his head or to watch Mom cry on those days when everyone else around her is happy. Simply put, it's a place where children don't have to pretend. They can talk openly about words that are a regular part of

their daily life... words such as psychosis, anxiety, post traumatic stress disorder, bipolar disorder, obsessive compulsive disorder, schizophrenia and depression.

Our inaugural Camp BELIEVE will run from July 24-29, 2016 at beautiful Brigadoon Village in Nova Scotia's Annapolis Valley.

Huge thanks to our 2015 Festival of Trees attendees for helping us turn this small idea into a big reality!

For more information, or to make a donation to help send a child to Camp BELIEVE, visit [mentalhealthns.ca/camp-believe](http://mentalhealthns.ca/camp-believe)



# HEIGHTENING AWARENESS & REDUCING STIGMA

## LUNCH & LEARNS

You bring the lunch and we'll bring the learn! Held over the lunch hour, this program matches first-voice speakers with Foundation representatives to share facts, stories and tips for improving workplace mental health. Lunch & Learns are a fantastic way to engage employees through anti-stigma education and messages of hope.

Over 250 employees engaged.



## HUGS FOR MENTAL HEALTH DAY

During Mental Health Week in October 2015, we hosted our third annual HUGS for Mental Health Day at Halifax Shopping Centre. Volunteers were stationed throughout the mall with resources and informative signage. HUGS works to increase awareness, fight stigma, and raise funds.



## LET'S KEEP TALKING WITH MICHAEL LANDSBERG

Michael Landsberg, Canadian sports journalist and host of TSN's Off the Record, joined the Mental Health Foundation of Nova Scotia on May 6, 2015 at the Spatz Theatre in Halifax to mark Mental Health Week and share his personal story and trending #sicknotweak mindset.

Let's Keep Talking with Michael Landsberg, made possible by Presenting Sponsor NorthWest Healthcare Properties and Keynote Sponsor Bell Aliant, was the Foundation's second annual legacy event following Olympian Clara Hughes' April 2014 appearance in Halifax for Bell Let's Talk's Clara's Big Ride.

Landsberg's keynote address took on a candid question-and-answer-style theme. Personable and witty, Landsberg sat on the edge of the stage and engaged directly with audience members, at one point leaving his mark to hug an audience member who had shared a personal story.



### 2015 LET'S KEEP TALKING AWARD RECIPIENTS

- Outstanding Individual > Bob Ransom
- Outstanding Youth > Shawntay Rose Dann
- Outstanding Healthcare Provider > Kristi Kempton
- Outstanding Caregiver > Heather Dempsey



## OPENING DOORS – END FAMILY VIOLENCE

2015-2016 marks the year we opened the doors on our Opening Doors – End Family Violence workshops. These unique two-hour presentations are designed to connect more Nova Scotians with mental health information.

Thanks to the financial support of the Department of Justice Canada and Lawtons Drugs, we were able to visit two rural communities (Alma and New Minas) this year. We will be visiting three more in 2016-2017.

The workshops share first voice experiences, expert speakers, entertainment and stories from Community Grant recipients. They are offered free of charge and all attendees leave with “I’m Changing the Way People Think” buttons, vital community resource material and a better understanding of what it means to live, and more importantly, succeed with mental illness.

We’re incredibly proud of this new initiative because we know there’s a real hunger for more information in our rural communities. Please feel free to connect if you’d like us to look at planning an Opening Doors – End Family Violence session in your area.



## NEWS & SOCIAL SPOTLIGHT

Media is one of the most powerful channels for sharing stories of hope and increasing understanding. This year, we have been able to generate mental health conversation and action through print, radio, television and social media.



Launched in May 2015, our weekly Changing the Way People Think with Starr Dobson program on Cobequid Community Radio features interviews with mental health experts and advocates, allowing us to reach a new, engaged demographic.



The Mental Health Foundation of Nova Scotia was in the news for positive stories every month of 2015-2016.



This year, we created a fun, animated video to introduce our team and showcase the work we do every day. Watch it on our YouTube channel!



Starr pens a monthly mental health column for the Chronicle Herald’s Senior Living, and now is a contributor to Halifax’s family magazine, Our Children. It goes home with every elementary student in the HRM!

 /MentalHealthNS | 2,422 likes

 @MentalHealthNS | 4,345 followers

 /MentalHealthFdnNS | 35,578 total views

 /MentalHealthNS | 189 followers (new account!)

 /MentalHealthNS | 115 followers (new page!)



# GROWING & DIVERSIFYING REVENUES

## TD MUSIC THERAPY PROGRAM

THE HALLS ARE ALIVE WITH THE SOUND OF MUSIC!

Since September 2015, the TD Music Therapy Program has delivered music therapy as a means of recovery and integration for those living with mental illness. The program, wholly owned by TD, offers weekly sessions for participants from diverse populations at the Nova Scotia Hospital and affiliated organizations. TD is a strong promoter of music and accessibility of services for all, making this program an ideal fit for its philanthropic goals.

Music therapy is a creative therapeutic approach that uses music and musical experiences to restore, maintain, and/or improve the physical, cognitive, emotional and spiritual health

of a person. The combination of music and the relationship formed between the therapist and clients works to bring about positive change. Music therapy for those living with mental illness can enhance other therapies, allow for unique self-expression and promote active participation in one's own treatment.

This year-long pilot project has already had significant impact on clients and staff at the Nova Scotia Hospital and Connections Dartmouth units through group and one-on-one sessions.

Feedback from participants has been 100% positive!



Get your tickets for our 25<sup>th</sup> Anniversary event! November 25<sup>th</sup> & 26<sup>th</sup>, 2016.

Over the last 24 years, Festival of Trees has raised over five million dollars.

## FESTIVAL OF TREES

The 24<sup>th</sup> annual Compass Group Canada Festival of Trees took place on November 21<sup>st</sup> and 22<sup>nd</sup>, 2015 at the WTCC Halifax.

A tribute to the classic holiday book and film, The Polar Express, the 2015 Festival of Trees highlighted the innocence of Christmas from a child's perspective to create a hopeful and festive atmosphere for the Shannex Holiday Luncheon and the RBC Black Tie Gala. "Believe" was a key theme for both events.

## A DIFFERENT STAGE OF MIND

Stevie Nicks, Adele with Jimmy Fallon & The Roots, and Bob Dylan took to the Broadway spotlight at our 2016 BMO Bank of Montreal's A Different Stage of Mind on February 19<sup>th</sup>. The 13<sup>th</sup> annual event also featured a Women for Mental Health Chorus comprised of 12 local professionals, and a new Spotlight on Mental Health performance by first responder, PTSD advocate, and musician, Kevin Davison.

Guests were treated to an entertaining and competitive evening of fundraising fun which benefited mental health programs and services in Nova Scotia!



Save the date! February 17th, 2017.

DSOM has raised over \$2.35 million since 2005!





# CREATING ORGANIZATIONAL CAPACITY

## OUTSTANDING VOLUNTEERS

Over 280 engaged volunteers.

### EDWARD MA

Edward has been a dedicated volunteer with the Mental Health Foundation of Nova Scotia since he first joined us for HUGS day in 2014. Since that time, he makes it a priority to support every event possible, taking on all tasks with enthusiasm and energy. Edward is also one of our most loyal social media supporters – we know we can count on him for a retweet or supportive comment. We're fortunate to call Edward a part of our team!

*"I have many friends who have mental health challenges, and by volunteering for the Foundation, I came to realize the amount of support that is out there for them."*

### MADI SUTTON

Madi began volunteering with the Mental Health Foundation when she was just in grade ten. From Festival of Trees to Let's Keep Talking, she brings compassion and optimism to the cause through every event she takes part in. We always look forward to working with Madi, and are so thankful for her commitment to *changing the way people think!*

*"Everyone I have volunteered with is so kind and compassionate. Every single person is there because they genuinely want to help, and that makes volunteering with this organization a privilege."*

## OUTSTANDING ACHIEVEMENT

### ROD & MATT BURGAR

Matt Burgar chooses to live outside the crowd – refusing to fall into the category of "most."

Matt's mental illness is what compels him to speak – or more aptly, sing – even louder. A Dalhousie University student, Matt was diagnosed with a learning disability when he was a young boy. As a result, he has a different way of thinking about and organizing his world. Social interactions can be tough. Matt also experiences problems with anxiety; especially when a lot of change is happening in his life.

Teamed up with his father and agent, Rod Burgar, on February 19, 2016, Matt took on the persona of Bob Dylan and blew our A Different Stage of Mind crowd away. Bob Dylan took away the Top Fundraiser Award with a final tally of over \$62,000!

Throughout the fundraising process leading up to the event, Matt and Rod were a dynamic duo: scouting large donations and practicing tirelessly. The Mental Health Foundation is so grateful for their efforts, and congratulates them on taking on DSOM *like a rolling stone!*



## PARTNERS IN OUR VISION

### THE WINDSOR FOUNDATION

Since 2010, the Windsor Foundation has supported mental healthcare in Nova Scotia through quality of life programs for the most vulnerable. It has supported a variety of programs including baking, cooking, family activities, music therapy and gardening.

This past fall, the Windsor Foundation extended its support of music therapy to vulnerable seniors in long-term care. The Enhanced Quality of Life Extramural Program: Bringing Music Therapy to Vulnerable Seniors in the Nursing Home Setting is a pilot program promoting access to music in all nursing homes in Nova Scotia. Music therapy reduces anxiety, improves self-esteem and creates feelings of belonging.

The Windsor Foundation continues to be a Visionary donor, giving over \$200,000 to date.



Wandering Garden at Willow Hall, supported by The Windsor Foundation

## GRANTS COMMITTEE

We're incredibly pleased to be honouring the Mental Health Foundation of Nova Scotia's Grants Committee with a Partners in Our Vision Award this year.

For the very first time, the Foundation launched a Quarterly Community Grants program. This required our dedicated committee members to go from scoring grants once a year, to five times a year!

It also allowed the Foundation to award more grant funding and to become more proactive than ever before.

Heartfelt thanks to Shawn Hiscott (Chair), Darrell Johnston, Mary Black, Shauna Blundon, Harvey Gilmour, Patricia MacArthur, Belinda Seagram, Nick Peters & Barbara Hall.



2015-16 Grant: CMHA Halifax-Dartmouth's Mental Health for All Coffee House



# THANK YOU TO OUR DONORS!

The Mental Health Foundation of Nova Scotia extends its gratitude to all donors. Every gift contributes to the success of mental health programming in communities across the province and gives hope to Nova Scotians living with mental illness and their loved ones. View a full list of donors at [mentalhealthns.ca/donors](http://mentalhealthns.ca/donors).

## VISIONARY \$10,000+

100 Men Who Give a Damn! – Halifax  
 Bell Aliant  
 BMO Bank of Montreal  
 Clearwater Seafoods Limited Partnership  
 Compass Group Canada  
 CTV Atlantic  
 Danny & Rose Chedrawe/  
 Westwood Developments Ltd.  
 Egg Studios  
 Emera  
 FMAV  
 Lawtons Drugs  
 Bruce Marchand  
 McInnes Cooper  
 Micco Companies  
 NorthWest Healthcare Properties  
 Oceanstone Seaside Resort  
 Premiere Van Lines  
 Property Valuation Services  
 RBC Financial Group  
 RBC Foundation  
 Revolve  
 Shannex Inc  
 Steele Auto Group  
 Tim & Bernie Moore/  
 TC Moore Developments Ltd.

TD Canada Trust  
 The Windsor Foundation  
 World Trade & Convention Centre  
 Robert Zed/Zed Events

## CHAMPION \$5,000-\$9,999

Raymond Adlington  
 Anchor Group Management Ltd.  
 Atlantic Digital Reproductions  
 Jon & Susan Bekkers  
 Bird Construction  
 Glenna Birt  
 Bishop's Cellar  
 Canadian National Railways  
 Ruth Carter  
 Cerner Canada  
 John & Elizabeth Godin Charitable Trust  
 Mathew Harris & Joyce Hoeven  
 Chris & Kim Huskilton  
 IMP Group International Inc.  
 Jim Kanellakos  
 Catherine Keating & Michael Foran  
 Models for Mental Health  
 Darren Nantes  
 PepsiCo Beverages Canada  
 Nova Scotia Power

Derek Quigley  
 Joe Ramia  
 Gretchen Shaw  
 A Celebration of the Life & Music of Jay Smith  
 Scotiabank Commercial Banking  
 Scotiabank Westville  
 St. John Ambulance Nova Scotia Council  
 TELUS  
 TimbrKids Children's Charitable Foundation  
 We've Got You Covered Stan!  
 WOW Factor

## LEADER \$1,000-\$4,999

A & L Seafoods Ltd.  
 Advocate Printing & Publishing Co. Ltd.  
 Air Canada Foundation  
 Barbara Alward MacRae  
 Atlantic Road Construction  
 Dr Emmanuel Aquino  
 Ron & Suzanne Bachur  
 Art Barry  
 Barteaux Durnford  
 Blinkhorn Real Estate  
 Greg Blunden  
 Lee Bragg  
 Russ & Sharon Brannon

Mark Burse  
 Chorus Aviation  
 CIBC  
 Adam Conter  
 Howard & Karen Conter  
 Trudy Copp  
 Joan Craig  
 Jonathan Croft  
 Dalhousie University Department of Psychiatry  
 Deloitte  
 Starr Dobson  
 Doctors Nova Scotia  
 Employees of Northern Pulp  
 Energy Atlantica  
 Fog Off Clothing Co.  
 Youssef Faddoul  
 George F. Wade Foundation  
 Wadih Fares  
 Fred & Elizabeth Fountain  
 Phillip Fraser  
 John Ghosn  
 Mark Ghosn  
 Grant Thornton Green Hunt Wedlake  
 Grant Thornton LLP.  
 Norman Greenberg  
 Jamie Haddad  
 Halifax International Airport Authority

Halifax Harbour Bridges  
 Robert Hanf  
 Theresa Hurst  
 Investors Group  
 IWK Sun Life Financial Chair  
 in Adolescent Mental Health  
 Phillip Jenkins  
 Gina Kinsman  
 Tracy Kitch  
 Knightsbridge Robertson Surette  
 KPMG LLP.  
 Dr Stan Kutcher  
 Graham Langill  
 Peter Lawen  
 Dean Leland  
 Emily Levy  
 Jonathan & Sarah Lewis  
 Limelight Group  
 Marjorie Lindsay  
 Ramona Lumpkin  
 Susanne MacDonald  
 Liza MacDonald  
 David MacDougall  
 Jay MacLssac  
 Dawn MacLachlan  
 Jerome Maingot  
 Manulife Financial

Sandra Mason  
 Todd McDonald  
 Matthew McGowan  
 Cynthia McKeen  
 Leslie McLean  
 Ralph Medjuck  
 Ethan Michaels  
 Carole-Ann Miller  
 Moneris Solutions  
 Montrose Mortgage Atlantic  
 Multiserve Petroleum Equipment Ltd.  
 Office Interiors  
 O'Regan's Automotive Group  
 Stephen & Suzanne O'Regan  
 Lewis Page  
 Parkland Industries Ltd.  
 Yvonne Perry-White  
 Nicholas Peters  
 John Price  
 Pricewaterhouse Coopers LLP.  
 George Ramia  
 Rank Inc.  
 David Regan  
 Sharon Resky  
 RKO Steel Ltd.  
 Dean Robertson/ Shaw Group Ltd.  
 John Rogers

Anita Ross  
 Royal Environmental Group  
 Seedling Productions Inc.  
 Mark Sherman  
 Dwayne Smithers  
 Softchoice  
 Jane Southworth  
 Donna Sparks  
 Josef Spatz  
 Jean Spicer  
 Stephen Stairs  
 Stantec  
 Stewart McKelvey  
 STI Ltd.  
 Dr Phil Street  
 Bruce Strum  
 Chip Sutherland  
 Karen Tannahill  
 Dr Phillip Tibbo  
 Tails & Trails  
 Triangle Strategies Consulting Ltd.  
 Lori Whitman  
 Dr Rodney Wilson  
 Howard & Deborah Windsor  
 Workers' Compensation Board of Nova Scotia

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**BUILDER \$500-\$999**

Dr Allan Abbass  
 Lynne Adams  
 Bill Adams  
 Advantage Wireless  
 All Canadian Courier Corp  
 Allianz Global Corporate & Specialty Americas  
 Sheila Bannon  
 Karen & Kevin Bezanson  
 Belmac Henderson Supply Ltd.

Karl Biermann  
 Black Star Wealth Partners  
 BOYNECLARKE LLP.  
 Louise Bradley  
 Michael Braun  
 Joseph Taylor Brown  
 Brigus Capital  
 Krista Canning  
 Keith Carlaw  
 Central Home Improvement  
 Marc Champoux  
 Cherubini Metal Works Ltd.  
 Erin Cleveland  
 Coastal Financial Credit Union  
 Krista Connell  
 Erica Corkum  
 Andrew Creaser  
 Christine Cyr  
 David & Alison Davidson  
 Carolyn Davis Stewart  
 Kathleen Dedrick  
 Kristin Dempsey  
 EHS  
 Elcora Resources  
 EnviroBate Inc.  
 Ergoworks Atlantic  
 George Fisher  
 Catherine Gaulton  
 Jeff Gillespie  
 Global Aerospace Underwriting Managers  
 Jeffrey Grammer  
 Greenwood Lane Inc.  
 Nada Haidar  
 Wayne Harris  
 Ryan Hawke  
 Marjorie Hefler  
 Heritage Club Bluenose Chapter

Christopher Hubley  
 Karen Hutt  
 Jazz Aviation  
 Brian Johnston  
 B. Lynn Johnston  
 JW Lindsay Enterprises Ltd.  
 Wade Keller  
 Kim Knoll  
 Sarah Lewis  
 Carol Loncarevic  
 Jessie MacDonald  
 Ross MacDougall  
 John MacFadyen  
 Heather MacLean  
 Al & Mary MacPhee  
 Angus M. MacQuarrie  
 Scott McCrea  
 Michelin North America Canada Inc.  
 Kim Mitchell  
 Randy Mitchell  
 Robert Pace  
 Steven Parker  
 Sandra Pike  
 Pink Star Barro  
 Jill Plummer  
 Precision Health Group  
 Janet Presse  
 Kirby Putnam  
 Heather Quigley  
 rcs construction  
 Eric Richards  
 Robert Richardson  
 Rodd Grand Yarmouth  
 Patrick Rogers  
 Joseph Seagram  
 Robbie Shaw  
 Patrick Sims

Rob Sobey  
 South West Family Restaurant  
 Susan Spence Wach  
 Avery Stevenson  
 Andrew Sykes  
 Laura Tait  
 Lynne Theriault  
 Pam Tower  
 Martha Tuff  
 Kate & Clark Udle  
 Joceyln Vine  
 Duane Watson  
 Web.com  
 The Westin Nova Scotia  
 John Winsor  
 Victaulic Company of Canada  
 Yarmouth Mall Merchants Association  
 Shawna Young

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**MONTHLY GIFTS OF MENTAL HEALTH**

Dr. Emmanuel Aquino  
 Dr. Shauna Archibald  
 Erica Baker  
 Carolyn Booth  
 Doug Buffett  
 Bernice G. Byers  
 Krista L. Canning  
 Joyce F. Carter  
 Shannon Cunningham  
 Timothy G. Daley  
 Jacob Dambergs  
 Alison Davidson  
 Kathleen Dedrick  
 Starr Dobson  
 George W. Fisher

Catherine Gaulton  
 Betty Hanson  
 William J. Hay  
 Amanda Julien  
 Kenneth Kilby  
 Aileen J. MacKillop  
 Paul Midgley  
 Geoff Regan  
 Patrick M. Sims  
 Martha Tuff  
 Jack Whittle

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**IN MEMORIAM 2015-2016**

Kathleen Anderson  
 Christopher Hugh Bagnell  
 Kimberley Ann Beals  
 Tracy Andrew Beck  
 Joseph Arthur Bellefontaine  
 Anthony Francis "Tony" Boucher  
 Cathy Bruce  
 Marlee Burchell  
 Daniel Butler  
 Jonathan Chigier  
 Donald B. Churnside  
 Connie & George  
 Christopher Stewart Covey  
 Kim Dyer  
 Keith Jason Embree  
 Mary "Anne" Fitzsimmons  
 James Patrick Fleiger  
 Richard Foster  
 Cayley Fox  
 Glen Geldert  
 Rita Gillis  
 Cody Glode

Keary-Lee Gray  
 Amanda Halvorsen  
 Betty Hanson  
 Brian-David Irving  
 Thomas Jardim  
 Loretta Kent  
 Cyril Lahey  
 Brian Lipton  
 Gary MacAskill  
 Sharon Marlene MacIntosh  
 Douglas MacIntyre  
 John Douglas MacPherson  
 Sheila MacRae  
 Michael Mackwood  
 Jamie D. Mailman  
 Cheryl Lee-Ann Matheson  
 Betty-Anne McDonald  
 Ethan Aaron Nauf Mitchell  
 Jordan Myles  
 Paul O'Neill  
 Brian Perry  
 Nita Porter  
 Thompson Rahr  
 Justin Matthew Raymakers  
 Susan E. Ritcey  
 Marie Sheppard  
 Jesse Alexander Smith  
 Melody Dawn Steeves  
 Kevin Thomas  
 Gregory Tucker  
 Peter Harris VanFeggelen  
 Anna Vitale  
 Mary Monica Wallace  
 Jim Woods  
 Kathryn Young  
 Adam Zakreski

# SUMMARIZED FINANCIAL STATEMENTS

## STATEMENTS OF OPERATIONS AND CHANGES IN NET ASSETS Year ended March 31, 2016

	2016 General Fund	2016 Investment in Capital Assets	2016 Restricted Fund	2016 Total	2015 Total
Revenue					
Special events	\$ 751,136	\$ -	\$ 15,315	\$ 766,451	\$ 942,966
Realized investment income	10,118	-	-	10,118	19,072
Services	64,319	-	-	64,319	54,966
Miscellaneous	170	-	-	170	190
Donations					
Annual campaign	-	-	159,197	159,197	141,694
Capital campaign	-	-	5,868	5,868	29,514
Pathways to Hope	-	-	20,000	20,000	20,000
General	157,845	-	2,615	160,460	113,439
	<u>983,588</u>	<u>-</u>	<u>202,995</u>	<u>1,186,583</u>	<u>1,321,841</u>
Expenses					
Special events	287,731	-	-	287,731	268,143
General and administrative	498,096	12,575	-	510,671	445,591
	<u>785,827</u>	<u>12,575</u>	<u>-</u>	<u>798,402</u>	<u>713,734</u>
Net revenues available for grants and restricted funds	<u>197,761</u>	<u>(12,575)</u>	<u>202,995</u>	<u>388,181</u>	<u>608,107</u>
Grants					
Capital Health	99,569	-	-	99,569	100,366
Provincial	215,856	-	-	215,856	108,405
Strategic partnerships	4,839	-	-	4,839	6,000
Grant reversal	(20,395)	-	-	(20,395)	(17,199)
Restricted funds					
Programs and services	-	-	400,000	400,000	1,672
Other	-	-	76,553	76,553	310,361
	<u>299,869</u>	<u>-</u>	<u>476,553</u>	<u>776,422</u>	<u>509,605</u>
(Deficiency) excess of revenue over expenses before other items	(102,108)	(12,575)	(273,558)	(388,241)	98,502
Loss on disposal of capital assets	-	(15,062)	-	(15,062)	-
Unrealized loss on investments	(2,008)	-	-	(2,008)	(638)
(Deficiency) excess of revenue over expenses	<u>\$ (104,116)</u>	<u>\$ (27,637)</u>	<u>\$ (273,558)</u>	<u>\$ (405,311)</u>	<u>\$ 97,864</u>
Net assets, beginning of year	\$ 1,078,153	\$ 49,454	\$ 789,908	\$ 1,917,515	\$ 1,819,651
Interfund transfers	(5,669)	8,600	(2,931)	-	-
(Deficiency) excess of revenue over expenses	<u>(104,116)</u>	<u>(27,637)</u>	<u>(273,558)</u>	<u>(405,311)</u>	<u>97,864</u>
Net assets, end of year	<u>\$ 968,368</u>	<u>\$ 30,417</u>	<u>\$ 513,419</u>	<u>\$ 1,512,204</u>	<u>1,917,515</u>

## STATEMENT OF FINANCIAL POSITION Year ended March 31, 2016

	2016	2015
<b>Assets</b>		
Current		
Cash & cash equivalents	\$ 280,418	\$ 274,026
Cash held for custodial funds payable	7,765	7,070
Receivables	242,577	219,200
Short term investments	947,885	1,317,547
Prepays	18,675	18,857
	<u>1,497,319</u>	<u>1,836,700</u>
Long term investments	116,189	118,770
Capital assets	30,417	49,454
	<u>\$ 1,643,925</u>	<u>\$ 2,004,924</u>
<b>Liabilities</b>		
Current		
Custodial funds payable	\$ 14,236	\$ 7,070
Payables and accruals	63,436	80,189
Unearned revenue	54,049	150
	<u>131,721</u>	<u>87,409</u>
<b>Net assets</b>		
General Fund	968,368	1,078,153
Investment in capital assets	30,417	49,454
Restricted Fund	513,419	789,908
	<u>1,512,204</u>	<u>1,917,515</u>
	<u>\$ 1,643,925</u>	<u>\$ 2,004,924</u>

These figures are excerpts from the audited financial statements of the Mental Health Foundation of Nova Scotia for the year ended March 31, 2016 which were audited by Grant Thornton, LLP. Copies of the complete statements may be obtained from the Mental Health Foundation of Nova Scotia, 300 Pleasant Street, Suite 1120, Mount Hope Centre, Box 1004, Dartmouth, NS, B2Y 3Z9 or by calling 902.464.6000



## LOOKING FORWARD

Thank you for taking the time to celebrate our accomplishments of 2015-2016. We couldn't have done it without YOU!

Looking forward, 2016-2017 will be another amazing year. We certainly started it off in fine style with the presence of Margaret Trudeau at our Let's Keep Talking event! Now just wait until you see what we have in store for our highly anticipated Festival of Trees 25<sup>th</sup> anniversary weekend.

From a financial standpoint, the Foundation is strong. We are incredibly proud to have so many Nova Scotians working to help us raise funds and awareness.

This year we were pleased to provide \$400,000 to the Nova Scotia Health Authority as part of our commitment to the Opening Minds Capital Campaign. You'll see this gift reflected in our financial statements. Thanks to our donors, we collected this money over the last number of years. It was a pleasure to distribute it in 2015-2016.

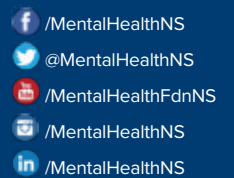
Thank you to our donors, Board of Trustees, staff, stakeholders, partners, volunteers and friends. By supporting the Mental Health Foundation of Nova Scotia you are truly helping us *change the way people think!*

Starr Dobson  
President & CEO  
Mental Health Foundation of Nova Scotia



300 Pleasant Street, Suite 1120  
Mount Hope Centre, PO Box 1004  
Dartmouth, Nova Scotia B2Y 3Z9

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EMAIL: [info@mentalhealthns.ca](mailto:info@mentalhealthns.ca)



[mentalhealthns.ca](http://mentalhealthns.ca)

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