



# REACH FOR THE STARS

COMMUNITY REPORT 2018/19

Changing The Way People Think  
**Mental & Health  
Foundation**  
of Nova Scotia



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## PROVIDING HOPE

Hope. It's more than just an optimistic state of mind. It's a feeling of trust, faith and expectation. It's what we strive to provide to the people in our province who need it the most.

Here at the Mental Health Foundation of Nova Scotia, we work every single day to support mental health initiatives that provide hope. We aim to fund programs and services that build confidence, self-worth, and community, while promoting respect. With these components, the sky's the limit.

We know it takes a circle of support to heal from trauma, illness and addiction. To see the light at the end of the tunnel. That's why we will continue to focus on providing the belief that recovery is not only possible, it's probable.

We invite you to read this Community Report and learn more about how we're making a difference in the lives of Nova Scotians living with mental illness and addiction, and their loved ones. We know you'll be inspired to join our efforts to give the gift of hope and change the way people think.

## BOARD OF TRUSTEES

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**Starr Cunningham, Ex officio**  
President & CEO  
Mental Health Foundation  
of Nova Scotia

## FROM OUR PRESIDENT & CEO

What a stellar year it has been here at the Mental Health Foundation of Nova Scotia! From our Starry Night Compass Group Canada Festival of Trees to the brilliant support of our dedicated donors and volunteers.

Stars are a constant in the evening skies, providing light and beauty during darkness. They often align, prompting indisputable optimism and hope. They also serve as symbolic rewards recognizing strong work and success.

Our 2018-2019 was positively brimming with stars of all types!

I hope you enjoy learning more about our Foundation, the work we do and the people we so proudly serve. Our future is bright thanks to YOUR kindness, generosity and true passion to change the way people think.

Onwards and upwards,  
Starr



## FROM OUR CHAIR

Since joining the Board in 2011, I have watched the Foundation grow and flourish with a sense of pride. Not only have we matured as an organization, we have also become a respected and recognized leader.

Nova Scotians can be assured we are striving to raise more funds and support more grassroots programming each and every day. From our ongoing momentum with Camp BELIEVE to the success of our Mental Health First Aid Community Grant – the Foundation is changing the way people think in communities all across our province.

This was a year full of many bright spots that saw us shine on a national stage, increase our overall community funding to its highest level yet and support innovative intergenerational learning.

It has been a true pleasure to serve as Chair of the Board of Trustees. On behalf of all of us, thank you for believing in the power and the passion of the Mental Health Foundation of Nova Scotia.

Sincerely,  
Rod







# SHINING EXAMPLES OF SUCCESS

We are proud to be a leading light in Nova Scotia's mental health community. Since 2006, we have distributed more than \$4 million in funding across Nova Scotia through our Community Grants, Named Grants and Nova Scotia Health Authority Grants. Your donations are providing vital services to those living with mental illness and addiction, and their loved ones.

You can light up even more lives by becoming a donor at [mentalhealthns.ca/donate](http://mentalhealthns.ca/donate).



### A Bond Beyond Words

This Mental Health Community Coffee House Series hosted by CMHA Halifax-Dartmouth provides a socially inclusive and supportive environment. Weekly get-togethers help to ease loneliness while encouraging a love of music.



### Brightening Lives with Social Celebrations

Special events provide meaningful opportunities that help normalize the lives of Emerald Hall inpatients who live with both intellectual disabilities and mental illness.

*"Planning and preparing for special events enables patients to practice life skills, make crafts, decorate, host their families, and enjoy meals together. Our annual summer barbecue is always a success!"*

- Melissa Muise, CTRS Recreation Therapist Emerald Hall



### Lifesaving Resources

Annapolis Valley Families Caring for Loved Ones with an Eating Disorder delivered nearly 1000 information folders to educators and medical professionals. Program organizers say "With this kind of information in the right hands, many lives can be saved."



### Growing the Connection: Healthy Food and Mental Health

Clients from the Nova Scotia Hospital, East Coast Forensic Hospital and Borderline Personality Clinic reaped the therapeutic and nutritional benefits of Common Roots - Woodside. In 2018-19 alone, the amount of fresh produce consumed by mental health clients increased by 75%!



### Getting Literate

Teens, parents and educators across Nova Scotia were provided with print and online resources on cannabis use to enhance mental health literacy. The informative, but relatable video by [teenmentalhealth.org](http://teenmentalhealth.org) has more than 1.5K views.



### Nurturing Youth

LOVE Nova Scotia has empowered youth from HRM, Sipekne'katik and Membertou through one-on-one support, healing circles and leadership training. More than 100 young people were provided with trauma and crisis recovery, conflict resolution skills, plus employment and housing counselling.

*"I have a pool of supportive staff members that I can count on. Having that security is the most wonderful feeling of existence."* - LOVE Halifax participant, age 18



### Woodworking and Wellness

The LakeCity Therapeutic Woodworking program supports 50 individuals living with mental illness. The program has a positive impact on their lives, increases their overall feelings of wellness, and many hope to pursue recreational woodworking in the future.



### Creating Harmony between Seniors & Youth

Then and Now, a music video project by the Chester Municipal Heritage Society has vastly improved the quality of life for seniors at Shoreham Village long-term care facility who are living with dementia. They teamed up with elementary students and local musicians to create an original song comparing the world today with life when the residents were the age of the young people involved.





- ★ MENTAL HEALTH FIRST AID GRANTS
- ★ CAMP BELIEVE
- ★ COMMUNITY GRANTS

# GLOWING GRANTS

Our Mental Health First Aid and Community Grants provide bright spots in all communities.



- Ray of Hope Retreat
- SOAR Society
- Kids Help Phone
- Big Brothers Big Sisters
- LOVE Halifax
- LOVE Mi'kmaq
- Chester Municipal Heritage Society
- LakeCity Works
- Roots of Empathy
- Annapolis Valley Families Caring For Loved Ones With Eating Disorders
- The John Howard Society of Nova Scotia
- SchoolsPlus, Cape Breton Regional School Board
- Common Roots - Woodside
- Canadian Intervention and Assistance Dog Society
- Adsum Association for Women & Children
- Shelburne County Youth Health & Support Association
- CMHA Halifax Dartmouth
- Sun Life Chair in Adolescent Mental Health
- Alice House
- No Time for That
- MacPhee Centre for Creative Learning
- Juniper House
- Regional Occupational Centre Society

## STRATEGIC DIRECTION

The Foundation aims to increase financial support to community initiatives throughout Nova Scotia while providing hope and eradicating stigma surrounding mental illness and addiction.

## GUIDING PRINCIPLES

### OUR MISSION

To make a difference in the lives of Nova Scotians by supporting mental health and addiction initiatives.

### OUR VISION

Nova Scotians with mental illness and addiction are thriving in our communities.

### OUR VALUES

**We Care.**  
We genuinely care about Nova Scotians living with mental illness and addiction. We also care about the wellbeing of their circle of support.

**We Enable.**  
We exist to raise money and fund initiatives in our communities.

**We are Accountable.**  
We are stewards of the money we raise and are responsible to our donors and volunteers to ensure transparency, integrity, efficiency and public trust. We are consistent, yet nimble.



# FOUNDATION FRIENDS & FAMILY



## Caring for Campers

100 Men Who Give a Damn! Annapolis Valley gave back in a BIG way to ensure another unforgettable summer for young people at Camp BELIEVE.



## Three Generations of Giving

Three generations of the Cyr family are connected to our cause. Maureen is a longtime friend of the Foundation and a regular volunteer. Her son Jon performed at A Different Stage of Mind 2019. And in place of birthday gifts, his son Jaden asked friends, family and teammates to make a donation.



## Showing our Pride

We hit the streets for the Halifax Pride Parade with our friends at McInnes Cooper and maplewave to show our support for the LGBTQ2S+ community.



## Fashionable Fundraising

Twenty 'Hali-famous' models took to the runway sporting designer fashions from some of Nova Scotia's leading consignment boutiques in support of Northwood's Seeds of Success.



# OUR TEAM

"Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." - Harriet Tubman

Kate Udle, Deborah Eaton, Starr Cunningham, Sara Smysniuk, Sherri Topple, Jill Chappell



# MANY HANDS MAKE LIGHT WORK

We are incredibly grateful for our team of dedicated volunteers who make our Foundation and all of our events dazzle. Thank you to each and every one of you for your passion and support, including our stellar photographers Stoo Metz, Ian Selig, and Michelle Doucette.



# OUR GALAXY OF COMMUNITY SUPPORT



**Flying High**  
Studio inesS soared with its cirque-inspired fundraiser Spinning with the Stars, raising more than \$3,000.



**Great Race**  
The Shubie Classic 5K emphasized the importance of physical and mental health by making the Foundation its charity of choice.

**School Spirit**  
Hants East Rural High School students kicked up their shoes raising more than \$2,500 at their Dance for Mental Health. GO TIGERS!



**Scoring Big**  
A team effort for the 2nd annual Release the Cannon Futsal Tournament ensured a massive turnout for the soccer fundraiser.



**Just Giv'er**  
Runners like Amanda Kirby-Sheppard collectively raised \$4,000 at the Bluenose Charity Challenge.



**Four Years & Going Strong**  
Cynthia McGrath led an energetic class raising more than \$2,000 at her annual Zumbathon.



**Batting A Thousand+**  
The Pellerine Tournament of Hearts hit a home run with its inaugural event raising nearly \$2,000.

# SHEDDING LIGHT ON STIGMA



"Your talk stimulated a lot of talk in our office and really helped create an awareness for different mental illnesses. It is presentations like yours that help remove the stigma and help other people suffering find help".

*Sovereign General Insurance*

"Mental illness affects us all. As a society, it is our responsibility to keep talking, raise awareness, and end the stigma around mental illness. We do this to create a safe and supportive community where people living with mental illness and addictions can thrive... We thank the Mental Health Foundation of Nova Scotia for all the work it does in our region".

*RPM Productions*





# THE FOUNDATION SHINES ON THE NATIONAL STAGE

Our Starr was the Emcee of the National Difference Makers Gala for CAMH in Toronto. 150 Difference Makers from across the country were recognized for their contributions, including Starr herself!

The Mental Health Foundation of Nova Scotia was listed as one of Canada's Top 100 brands in Strategy as part of the Canadian marketing publication's Creative Report Card. The Foundation landed at 92 alongside Kraft Heinz and Loblaw!



# LET'S KEEP TALKING WITH STEVEN PAGE

A packed house for an inspiring evening of songs and stories with Canadian music icon Steven Page. Let's Keep Talking presented by Bell Let's Talk recognizes Nova Scotians who are shining examples of what it means to live well with mental illness and addiction, or provide care for those who do.



## 2018 LET'S KEEP TALKING AWARD RECIPIENTS

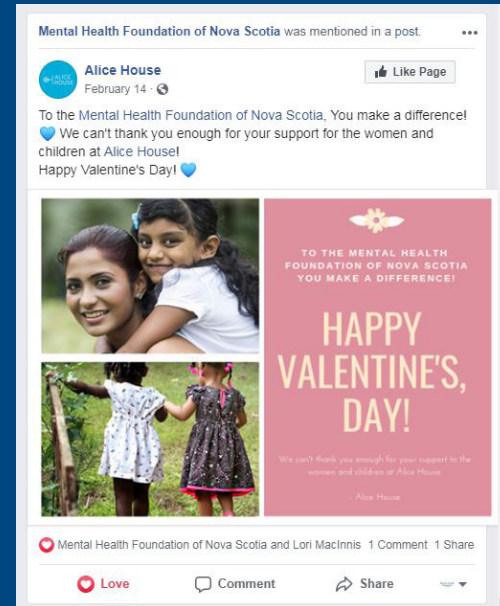
- Bev Fletcher**  
Outstanding Caregiver
- Dr. Linda Courey**  
Outstanding Healthcare Provider
- Juanna Ricketts**  
Outstanding Individual Award
- Clark Paul**  
Outstanding Senior Award
- Christene Southwell**  
Outstanding Youth Award



PRESENTED BY



# SOCIAL MEDIA SPOTLIGHT



The Mental Health Foundation of Nova Scotia views social media as a fantastic way to engage with a diverse audience worldwide. This year we strengthened our brand by streamlining our handle across all platforms to @mentalhealthns.





# FESTIVAL OF TREES

The 27th Annual Compass Group Canada's Festival of Trees was our most successful to date. The Shannex Holiday Luncheon and RBC Black Tie Gala sparkled in the brandnew Halifax Convention Centre.

PRESENTED BY



## WHEN YOU WISH UPON A STAR

This tree designed by the late Audrey Parker broke all Forest of Trees records by raising more than \$61,000 while boosting awareness of the MAiD (Medical Assistance in Dying) law. Audrey's wish was to see her tree donated to Hospice Halifax. Thanks to the generosity of the J&W Murphy Foundation and several other Festival attendees, her wish came true.



# A DIFFERENT STAGE OF MIND

PRESENTED BY



The 16th annual BMO Bank of Montreal's A Different Stage of Mind put variety in the spotlight.

Gold stars go to Catherine Campbell, Cyril Lunney, Diane Campbell, Maggie MacGillivray, Jon Cyr, Sarah Ellen Morrison, the Lunch Bunch, Mayor Mike Savage and auctioneer Adam Conter!





# VISION AWARDS

## OUTSTANDING VOLUNTEERS



**BRIAN HIMMELMAN**  
A dedicated Finance & Audit Committee volunteer and DSOM alumni who speaks up to eradicate stigma. A passion he shares with his son Bret.

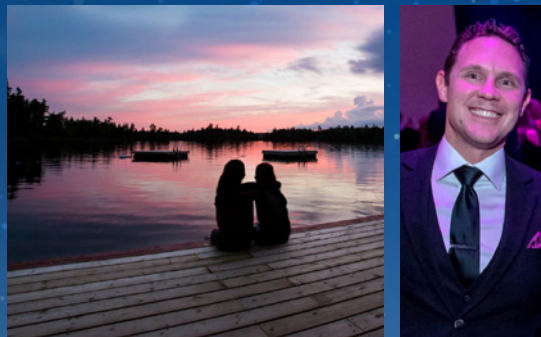


**STOO METZ**  
It wouldn't be a Foundation event without Stoo's keen eye, positive attitude and flash! Gold stars for capturing the photos that tell our story.

## PARTNERS IN OUR VISION

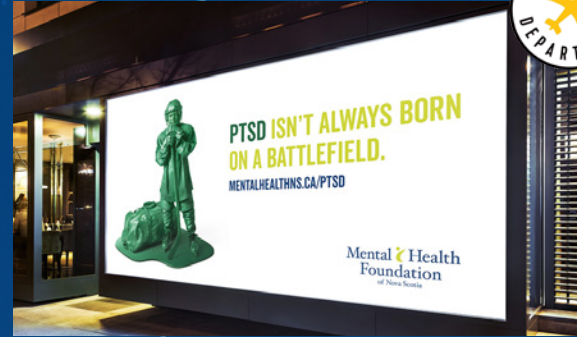


**MACDONALD CHISHOLM TRASK**  
How do you ensure brilliant fundraising success? MCT Insurance knows. It rallied employees from all across the province to change the way people think.



**PALOOKA'S CHARITABLE FOUNDATION**  
Camp BELIEVE is a knock-out success thanks to the ongoing support of Palooka's Charitable Foundation!

## OUTSTANDING ACHIEVEMENT



**ARRIVALS + DEPARTURES**  
From a simple idea to an internationally-acclaimed, award-winning PTSD awareness campaign. Thanks to the team at A+D.



# FINANCIAL STATEMENTS

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

	2019	2018
<b>REVENUE</b>		
Special events	\$ 866,167	\$ 1,144,325
Donations	469,093	299,850
Services	33,259	94,630
Investment income	7,149	10,616
Miscellaneous	3,326	3,448
	<u>1,378,994</u>	<u>1,552,869</u>
<b>EXPENSES</b>		
Special events	329,878	330,016
General and administrative	574,935	503,497
	<u>904,813</u>	<u>833,513</u>
Net revenues available for community funding	<u>474,181</u>	<u>719,356</u>
Community funding	664,390	440,365
(Deficiency) excess of revenue over expenses	<u>\$ (190,209)</u>	<u>\$ 278,991</u>
Net assets, beginning of year	\$ 1,177,321	\$ 898,330
(Deficiency) excess of revenue over expenses	<u>(190,209)</u>	<u>278,991</u>
Net assets, end of year	<u>\$ 987,112</u>	<u>\$ 1,177,321</u>

## STATEMENT OF FINANCIAL POSITION Year ended March 31

	2019	2018
<b>ASSETS</b>		
Current		
Cash and cash equivalents	\$ 480,164	\$ 545,434
Cash held for custodial funds payable	16,452	14,336
Receivables	193,597	345,274
Short term investments	923,568	782,131
Prepays	19,347	20,192
	<u>1,633,128</u>	<u>1,707,367</u>
Long term investments	-	133,491
Capital assets	12,717	17,869
	<u>\$1,645,845</u>	<u>\$ 1,858,727</u>
<b>LIABILITIES</b>		
Current		
Custodial funds payable	\$ 16,452	\$ 14,336
Payables and accruals	77,033	130,662
Unearned revenue	31,796	59,000
Deferred contributions	533,452	477,408
	<u>658,733</u>	<u>681,406</u>
<b>NET ASSETS</b>	<u>987,112</u>	<u>1,177,321</u>
	<u>\$1,645,845</u>	<u>\$ 1,858,727</u>

The audited financial statements of the Mental Health Foundation of Nova Scotia for the year ended March 31, 2019, as audited by Grant Thornton, LLP are available upon request. Copies of the complete statements may be obtained from the Mental Health Foundation of Nova Scotia, 300 Pleasant Street, Suite 1120, Dartmouth, Nova Scotia, B2Y 3S3 or by calling (902) 464-6000.



# THANK YOU TO OUR DONORS!

Our pie-in-the-sky visions wouldn't be possible without the support and leadership of our partners, supporters, donors and volunteers. The Mental Health Foundation of Nova Scotia extends its gratitude to all donors, including those who choose to remain anonymous. Every gift contributes to the success of mental health programming across the province and gives hope to Nova Scotians living with mental illness and addiction, and their loved ones.

## VISIONARY

Colin MacDonald  
Bernie & Tim Moore  
100 Men Who Give a Damn! - Annapolis Valley  
Air Canada Foundation  
Armour Group  
Arrivals + Departures  
Bell Canada  
BMO Bank of Montreal  
CIBC  
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CTV Atlantic  
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RBC Foundation  
RPM Productions  
Scotiabank  
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Atlantic Digital Reproductions  
Bishop's Cellar  
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Clearwater Seafoods Limited Partnership  
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Stephanie Davis  
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Municipal Enterprises Ltd.  
Northwood Support Services Inc.  
Nova Scotia Gaming Corporation  
Nova Scotia Public Service Commission

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Premiere Suites Atlantic  
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Killam Apartment REIT  
Lindsay Construction Ltd.  
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Medavie Blue Cross  
Mental Health Commission of Canada  
North Nova Education Centre  
Over The Edge  
Patterson Law  
Podium Properties  
Race Auto Group  
Remax Nova  
Rogers Communications Canada Inc.  
Royer Thompson Associates  
Russell Investments Canada Ltd.  
Stantec  
Steak & Stein Family Restaurant  
Terra Nova Construction  
The WAY Association  
Tria Construction  
United Gulf Developments Ltd.  
Wagners Law

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Starr Cunningham  
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Bill Hay  
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Marian Macken-Issekutz  
Paul Midgley  
Jennifer Simister  
Patrick Sims  
Sara Smysniuk  
Calley Stapleton  
Jack Whittle  
Deborah & Howard Windsor  
Erica Baker Psychological Services Ltd.





Changing The Way People Think

**Mental & Health  
Foundation**  
of Nova Scotia

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