



Changing The Way People Think

**Mental & Health
Foundation**
of Nova Scotia

COMMUNITY REPORT 2014-2015

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UNITED BY LOVE

This year, through support of a Mental Health Foundation of Nova Scotia Community Grant, Leave Out ViolencE (LOVE) was able to expand leadership programming to youth in Membertou and Indian Brook. The program incorporated many Mi'kmaq cultural practices, and engaged youth in discussions about mental health topics such as bullying, self-harm, suicide, addictions, counseling, help hotlines, and the importance of supportive friendships.

To learn more about the impact of grants to LOVE this year, visit mentalhealthns.ca/nathans-story





Photo credit: Scott Munn, PhotoMunn

“ It wasn't until mental illness affected my family personally and dramatically that I truly understood the lack of knowledge, services, and compassion within our system. So what do you do? When you're done being frustrated, hurt, and angry – you reach out to your dearest friend and say let's do something positive to turn the tide. Let's take our little Pictou County voices and join the choir that seems to be singing more strongly about mental illness every day. ”

- Lily DeYoung

MODEL CITIZENS

Volunteers Lily DeYoung and Shawna Coleman wanted to raise funds for mental health programs in Pictou County in a creative and fun way. In November 2014, they launched the first Models for Mental Health fundraiser, bringing together community members and local fashions to raise \$7,000 for the Mental Health Foundation of Nova Scotia. These funds will be distributed through a Named Community Grant that will benefit the area.

Read more at mentalhealthns.ca/lily-shawna-story



FROM OUR PRESIDENT & CEO

When I look back on 2014-15 I can't help but smile. The year included many successes and new initiatives. We celebrated a record-breaking A Different Stage of Mind, we launched a campaign designed to match Nova Scotia First responders with PTSD Service Dogs, we created an inspiring Let's Keep Talking education event, we broke into the music industry with Changing the Way People Think... At Christmas, and we focused on making art, physical fitness, and personal narratives a bigger part of the picture.

As you'll see, our Community Report reflects this optimism. We've chosen to feature personal connections, colour, and creativity. We feel this theme speaks to our vision at the Foundation ~ to see Nova Scotians with mental illness thriving in our communities. We know there's much work to be done, but we also know there is hope. The stories and smiles on the faces of these pages prove it.

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*. We are incredibly proud to have you standing by our sides.

Starr Dobson

FROM OUR CHAIR

The Mental Health Foundation of Nova Scotia touches the lives of more people than we'll ever know. Since taking on the role of Chair, I have heard countless stories from Nova Scotians who have their own personal connections to mental health. The numbers tell us it's one in five, but we know it's more.

The Foundation has had a year of momentum. We have focused on raising more funds, reaching more people, and eradicating the stigma that surrounds mental illness. Our new Lunch & Learn program is just one example of how we're achieving those goals.

I'm especially proud of the fact we're linking the power of art, music, and exercise with the recovery process. It's important for all Nova Scotians to recognize there's more to treating mental illness than just the standard practices of medication and therapy.

As we move forward, our focus will be on continuing to make connections. We are fully committed to making a difference in the lives of Nova Scotians by supporting mental health initiatives in our communities. Thank you to our partners, advocates, volunteers, and friends. Your support and confidence in the work we're doing provides us with hope and optimism for the future.

Nicholas Peters





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

MISSION

Our Mission is to make a difference in the lives of Nova Scotians by supporting mental health initiatives in our communities.

VISION

Our Vision is a future where Nova Scotians with mental illness are thriving in our communities.

VALUES

We care. We enable. We are accountable.



FOUNDATION TEAM
Sara Smysniuk, Colleen Fraser,
Martha Tuff, Starr Dobson,
Alison Davidson, Kate Udle

Photo credit: Scott Munn, PhotoMunn



HUGS FOR MENTAL HEALTH

Our 2nd annual HUGS day at Halifax Shopping Centre engaged Canadian Forces, firefighters, health workers, and Foundation volunteers to show support and share statistics publicly during Mental Illness Awareness Week! *Learn more at mentalhealthns.ca/hugs*

MENTAL HEALTH ABOVE ALL

Premiere Suites Atlantic's Mental Health Above All initiative continues to take ceilings by storm! This year, the program was featured at the Nocturne Art at Night event, where tiles were painted live by local celebrities like Heather Rankin and Scott Bosse from Big Brother Canada. With over 100 tiles created, and 40 gifted to local businesses this year, it's wonderful to know mental health is being recognized as a priority in workplaces and beyond.



IDA AND DAISY

Ida and Daisy was funded by a 2014-2015 Community Grant. Lita Llewellyn wrote, produced and starred in the play, which debuted at the Halifax Fringe Festival. It tells the story of two sisters in the 1940s dealing with schizophrenia, stigma, and separation in rural Nova Scotia.



INSPIRING LIVES

The 10th and final Inspiring Lives Awards ceremony was a wonderful celebration of five incredible Nova Scotians: Medric Cousineau, Parker Jackson, Sara Goguen, Jeannie Swinemar, and Mark Series. The Let's Keep Talking Awards now honour inspiring Nova Scotians during Mental Health Week.


LET'S KEEP TALKING

Six-time Olympic Medalist Clara Hughes was welcomed to Halifax in April 2014 on her Clara's Big Ride for Bell Let'sTalk journey. We were thrilled to have her serve as keynote speaker for our inaugural Let's Keep Talking event. *Learn more about this event at mentalhealthns.ca/lets-keep-talking*



THE POWER OF MUSIC

"Music has allowed Tom and I to communicate clearly with each other, even though his words don't always come out clearly."
~ Kate, Music Therapist. *Learn more about music therapy at Willow Hall at mentalhealthns.ca/toms-story*



“ I spoke to a counselor and she helped me digest my emotions. Not only did she validate what I was feeling but she helped me to see how I could move forward with what I was facing. ”

- Anonymous Kids Help Phone user

Photo credit: Scott Munn, PhotoMunn

ANSWERING THE CALL

A Mental Health Foundation of Nova Scotia Community Grant has supported Kids Help Phone in providing mental health focused counseling by phone and online to children and youth across the province. For many children in rural areas, Kids Help Phone is the only way to access professional counselors in an atmosphere of safety and confidentiality.

By the time a child reaches out to Kids Help Phone, they are often in a crisis and unable to move forward without help. Kids Help Phone provides a safe space online where kids can share their innermost thoughts, secrets, and feelings in a safe and non-judgmental environment and also read about other young people experiencing similar issues – normalizing their own feelings and challenges. Kids Help Phone counselors are there for every call, web post, and live chat, and this grant helps ensure kids receive a response as quickly as possible.



Thank you to teacher Jason Carmichael and students of Graham Creighton Junior High School for helping us tell this story through photos.

Photo credit: Scott Munn, PhotoMunn

KIDS FROM NOVA SCOTIA USE KIDS HELP PHONE:

- Kids from 105 Nova Scotia communities reached out to Kids Help Phone by phone in 2014.
- Calls from Nova Scotia represent 3 per cent of all calls to Kids Help Phone. This means that approximately 17 kids from Nova Scotia called each day.
- Ask Us Online posts from Nova Scotia represent 4 per cent of Kids Help Phone's web counseling service.
- Requests for live chat counseling from Nova Scotia represent 3 per cent of all chat sessions.
- Number of visits to Kids Help Phone's website from Nova Scotia: 24,330.



FULL CIRCLE

Kary Hannan is using her past struggles to help others. She works as a Wellness Navigator at the Mainline Needle Exchange, a project of the Mi'kmaw Native Friendship Centre.

Kary's duties as a Wellness Navigator are proudly funded by a Mental Health Foundation of Nova Scotia Community Grant. Some of the vital services made possible through her Navigator position are:

- Escorting clients to ID/Liver clinic, physio, and emergency room appointments
- Helping clients navigate community services
- Taking clients' clothes to laundry
- Taking clients grocery shopping
- Escorting clients to court, probation and parole appointments
- Escorting clients to detox, methadone, and recovery programs
- Escorting clients to view apartments
- Helping clients raise funds to pay rent, power bills, phone

Kary knows many of the people she works with have addiction issues which tend to impact their mental health and well-being. "Many are poly-drug addicted, use injectable steroids, are street involved, are homeless and/or may live in less than adequate housing," she says. "They are often unemployed, have less than adequate income and are involved with the criminal justice system or incarcerated in provincial and federal institutions. They do not access health care services, and many are HIV and/or Hepatitis B/C infected and/or at risk of becoming HIV and/or Hepatitis B/C infected."

“ As a former client of Mainline, I struggled with mental health and addiction for years. Nobody had time for me and no one would listen to my pleas for help. Working with this project has given me much more than a job. It has given me a sense of pride, a sense of well-being, a sense of understanding, and passion for supporting clients through struggles. ”

- Kary Hannan



Photo credits: Scott Munn, Photo Munn

Kary is pleased to say the Foundation's grant allows her to support the whole person, not just the addiction. Kary believes the program has impacted clients both centrally and provincially, giving them control over their health and well-being.



Photo credit: Lori Buhman

“ While doing these arts my mind became quiet and still. It was a break from the confusion I was facing, as well as the depression. With a quiet mind it is easier to deal with things. ”

- Monique Reid

Learn more about Monique's involvement in the Inpatient Art Group at: mentalhealthns.ca/moniques-story



Due to the success of Art Group, post-discharge, many clients were seeking a continuation of the support the program was able to provide. However, many communicated they were not ready to join a community art class, or that cost was an issue. In 2012, funding from the Mental Health Foundation allowed for the creation of an Outpatient Group, "Artworks." Weekly sessions now take place at the Abbie J. Lane. The Artworks group also takes pride in contributing to community projects such as The Common Roots Urban Farm in Halifax, Cole Harbour Library Art show and sale, and CMHA's Mosaic for Mental Health.

These two programs are made possible by Recreation Therapy staff and volunteers from the community. They have had a colourful and positive impact on the Inpatient and Outpatient experience at the Abbie J. Lane.

ARTISTIC IMPACT

The weekly Inpatient Art Group at the Abbie J. Lane began in 2008 with funding from the Mental Health Foundation of Nova Scotia. A space in the hospital, designated as "The Art Room," provides a calm retreat from the busy and sometimes overwhelming environment of the acute care units. Staff members work to identify individuals with an interest in art and help provide clients who are experiencing decreased mood with encouragement and emotional support.

Sessions feature relaxing music, and participants are given opportunities to experiment with many different types of art. Art Group is also a social experience, with participants sharing their artwork and different techniques with each other. Family members are also welcome to attend.



Painting by Andrew Morgan

Photo credit: Scott Munn, PhotoMunn



Photo credit: Scott Munn, PhotoMunn

OUTSTANDING ACHIEVEMENT THE OLD SPICE GIRLS

On February 20, 2015, five “Wannabes” and their supporters came together to make Mental Health Foundation history. The Old Spice Girls group at BMO’s A Different Stage of Mind was composed of Holly Bond (Bullfrog Power Inc. National Sales Director), Nancy Johnston (Mondia Alliance Territory Sales Representative), Kim King (LimeLight Group President & Founder), Diane Paquette (CBC Radio Health Reporter), and Carol Ritchie (Revolve Senior Brand Strategist). Their agents were Darrell Johnston (Compass Group Canada Regional Vice President), Bruce Marchand (Emera Inc. Chief Legal Officer) and Phil Otto (Revolve CEO). Audrey Parker served as choreographer, image manager, stylist, and makeup artist.

Decked out in ‘90s Spice Girls attire, the perfectly choreographed group danced and sang its way to stardom. Through tireless fundraising leading up to the event, and generous donations solicited during the show, this team raised an incredible \$119,000 for the Foundation! Thank you, Baby, Ginger, Posh, Sporty, Scary, and team for this outstanding achievement!

“ If anyone ever asks you to take the stage, consider yourself blessed and jump in with both feet! ”
- Kim King



OUTSTANDING VOLUNTEERS

Artist Ingrid Singing Grass has been a colourful contributor to the Mental Health Foundation of Nova Scotia ever since she shared her personal mental health story and painted live onstage at Let's Keep Talking for Clara's Big Ride.

Ingrid's kindness and empathy shines through her artwork, which can be found throughout the Mental Health Foundation of Nova Scotia website, in the 2014 Changing the Way People Think...At Christmas compilation, and within the pages of this report! She gives of her time and talent selflessly, and in doing so, creates beautiful works of art that inspire conversation, and most importantly, hope.



Photo credit: Scott Blackburn, GingerSnap



Photo credit: Scott Munn, PhotoMunn

Stephen and Jill Plummer are genuine, generous, and inspiring in their mission to promote mental wellness and improve the lives of Nova Scotians. Friends of the Foundation since 2006, they served as co-chairs for Compass Group Canada Festival of Trees IMP Group Gala Night in 2014.

Stephen (President & CEO, IMP Group) and Jill (collaborator with Board Works Consulting Ltd.) worked tirelessly, attending committee meetings, acquiring corporate sponsorships for auction prizes, and encouraging local businesses to purchase tickets and tables. The Plummers personally gave over \$30,000 to the event; however, it was their unwavering dedication and the support of their family, friends, and business contacts that truly made the event a success. All of the more than 600 guests who attended the IMP Group Gala Night were touched by the Plummers' overwhelming generosity of spirit.

PARTNERS IN OUR VISION



Photo credit: Scott Munn, PhotoMunn

MEDRIC & JOCELYN COUSINEAU (THAI & MUNICH, TOO!)

The Mental Health Foundation of Nova Scotia became acquainted with Medric and Jocelyn Cousineau in May 2014, when Medric received an Inspiring Lives Award. Needless to say, Thai and Munich instantly captured our attention and stole our hearts! Upon learning more about Medric's story of struggling with PTSD, the Foundation formed a partnership with the Cousineaus that's now saving lives. Together, the Foundation and the Cousineaus' organization, Paws Fur Thought, are matching Nova Scotia first responders with PTSD Service Dogs.

The stats speak for themselves... no one matched with a PTSD Service Dog has taken his or her own life by suicide. No one. Since launching this initiative, at the 2014 Compass Group Canada Festival of Trees IMP Group Gala Night, enough money has been raised to secure 32 matches. We think that's doggone pawsome!

Learn more about our PTSD Service Dogs for First responders initiative at mentalhealthns.ca/ptsd-service-dogs or by emailing servicedogs@mentalhealthns.ca

EGG STUDIOS

Egg Studios has made an incredible contribution to the Mental Health Foundation of Nova Scotia over the 2014-2015 year. By producing a compelling video of Medric Cousineau and Thai (see right), Egg motivated guests to open their hearts and pocketbooks to help first responders in need at the IMP Group Gala Night. Egg also provided animated branding, engaging star profile videos for A Different Stage of Mind, and produced a touching look at mental illness with the Inspiring Lives Award recipients video. Beyond film, Egg Studios worked with the Foundation to build its new website, and provided stage management services for several events this year. We are so fortunate to have the team at Egg as friends and supporters! We're sure you'll agree, they're really a #GoodEgg.

MEDIA SPOTLIGHT




MENTAL HEALTH MINUTE

In January, the Mental Health Minute celebrated its one year anniversary on CTV Atlantic's News at 5. These short, informative pieces work to provide resources and educate viewers about specific topics relating to mental health and mental illness. Tune in every Tuesday at 5:00 to catch the new segments! All past clips are available at mentalhealthns.ca/mhminute



STAYING SOCIAL

The Mental Health Foundation of Nova Scotia is very active on social media! Social media is a fantastic way for us to engage with a diverse audience worldwide. As our accounts continue to grow, we hope you'll join us on Facebook, Twitter and YouTube to stay connected!

-  /MentalHealthNS
-  @MentalHealthNS
-  MentalHealthFdnNS

SENIOR LIVING COLUMN

Every month, Starr pens an article for The Chronicle Herald's Senior Living publication. The column encourages our senior population to get involved, practice self-care, and make mental health a priority in their lives.



MEDIA COVERAGE

2014-2015 was a fantastic year for mental health in the media. The Foundation received excellent coverage locally, and some stories even gained national attention. We are incredibly proud to share our successes far and wide, and serve as a trusted mental health advocate and voice. To stay up-to-date with all our latest news, visit mentalhealthns.ca/news



THANK YOU TO OUR DONORS!

The Mental Health Foundation of Nova Scotia is very grateful for the kindness of our generous donors. Each gift gives life to mental wellness initiatives and programs that make a difference in our communities every day. You are helping to create a brighter future for those living with mental illness in our province. On behalf of all Nova Scotians living with mental illness, thank you for joining us on this path to transformational change.



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Lonnie Gagnier
Graham Gagnon
Charyl Galpin
Don Gardiner
Karen Gardiner
Andrew Gardner
John Gates
Shannon Gavin
Christina Gentleman
Geoff Keddy Architect
and Associates
Robin Ghosn
Daniel Gibson
Patricia Gibson
Richard Gibson
Judith Gilbert
Cornelius Gillespie
Colin Gillis
Mary Annette Gillis
Joe Gillivan
Karen Gilmore
Robert Girtwell
Glow Parties
Robert Goff
David Goldbloom
Geoff Goss
David Gossen
Spencer Gossen
Grafton Connor Group
David Graham
Sandra Graham
Lana Grant
Paul Greeley
Joseph Green
Greenwood Lane Inc

John Greer
David Groves
Alex Halef
Halifax Regional Municipality
Barbara Hall
Deborah Hanusiak
Michael Harvey
Lindsay Hawker
John Brady Hawley
William Hay
Lara Hazelton
Jackelyn Heathcote
Marjorie Hefler
Lynn Hennigar
Danny Hewitt
Eva Hoare
Geoff Hobbs
Sasha Hodder
Alana Hogg
Ann Hoskin Mott
Liam Hunt
David Hunter
Penelope Hustins
Edwina Hutton
Hubert Hutton
Kempton Hyson
Cara Ianni
Bob Inglis
Doug Ives
J G Lawen MD Inc
Patrick Jacobs
Patricia Jakeman
E. B. Johnson
Ryan Joseph
JS Lewis Sales Ltd
Wade Juneke
David Kachan

Jeff Keeler
Jack Keith
John Keith
Margaret Kendall
Sheila Kennedy
Shannon Keny
Gregory Kerr
Faisal Khatib
Bernice Kiely
Allan King
Elizabeth Kinghorne
Bonita Kirby Sheppard
Tracy Kitch
Nancy Kitchen
Doris Knight
Phillip Knoll
Robert Konopasky
Michael Kontak
Adam Kreek
Carl Kumpic
Jon Ladha
Jean Laflamme
LaHave Paving
Brian Lane
Kent Lane
Janet Langille
Nicole Langille
Stephanie Langley
Tara Larsen
Cathy Lawrence
Alan Leard
Yvonne LeDuc
Douglas Legay
Barb Leighton
Denise Lewis
Jonathan Lewis
Yan Li

Margaret Libbus
Robert Logan
Lord Nelson
Louisiana Pacific Canada Ltd
Ron Lovett
Donna Lowther
Lundbeck Canada Inc
Christina Lunn
Barbara Maas
Patricia MacArthur
Amy MacAskill
Cindy MacDonald
Greg MacDonald
J. Susanne MacDonald
Liza Macdonald
Michelle MacDonald
MJ MacDonald
Robert MacDonald
Sharon Macdonald
Wayne MacDonald
Denise MacDonell
Gail MacDougall
Scott MacEachern
John MacFadyen
D. Geoffrey Machum
Jane and Grant Machum
Debbie MacIntosh
Keith MacIntyre
Kendra MacIsaac
Michael MacKay
Neville MacKay
Megan MacKeigan
Zachary MacLean
Brian MacLellan
Dan MacLellan
Matthew MacLellan
Deanne MacLeod

C. MacLeod Harris
Craig MacMaster
Carol MacMillan
Alan MacPherson
Cathy MacRitchie
Donald MacVicar
Erika Maher
Katherine Maher
Mahone Bay Trading Company
Adrienne Malloy
Fiona Marshall
Mastadon Ridge Development Ltd
Thomas Matheson
Debora Matthews
Audrey McCallum
Donna McCarthy
Gail McClare
Alexander McClearn
John McCurdy
Scott McCurdy
Mary Jane McDonald
Karen McDougall
Margaret McGillivray
Islay McGlynn
Melanie McGrath
Sean McKenna
Rod McKinnon
Jo-Anne McLean
Chelsea McLellan
Geraldine McNeil
Shelly McNeil
Sylvia McNeill
Ronald McNutt
Mike McPhail
David Meagher
Ron Meech
Evan Meisner

Antoinette Melanson
Jennifer Melanson
Peter Melanson
Les Melchier
Heather Meldrum
Mika Medical
Richard Miller
Heather Mills
Mindsea
Paula Minnikin
Jennifer Mitchell
Patricia Mitchell
Steve Mitchell
Susan Mitton
Jeanette Moffatt
Shirley Moir
Gordon Moore
Heath Moore
Jennifer Moore
Joy Moore
Steven Moore
Tim Moore
Gregory Morley
Jackie Morrissey
David Mosher
Margo Mosher-Swain
Dean Mullin
Paul Mullin
Alistair Munro
Glenn Munro
Andrea Murphy
Jayne Murphy
Paul Murphy
Steven Murphy
Tina Murphy
Crystal Murray
Patricia Murray



Robert Mussett
Ken Myers
Darren Nantes
National Art Ltd
NEI Investments
Marsha Nettle
Richard Niedermayer
Kyle Niekamp
Frank Nolan
Kathleen Nolan
Maura Nolan
Jim Noonan
Patti Northen
Jonathan Norwood
Shawn O'Brien
Wayne O'Connor
Linda Oland
Kathleen O'Regan
Herbert Orlik
Bernard O'Rourke
Andrew Orr
David Oulton
James Oyler
Martha Paul
Tim Pedersen
David Penney
Joe Perrault
Elizabeth Peters
Nicholas Peters
Robert Pfeiffer
PharmaChoice
John Philpot
Eugene Pieczonka
David Pilon
Pothier Motors Ltd
Christine Pound
Micheal & Jennifer Power
Len Preeper
Timothy Prescott
Shelley Priddle
Candice Prior
Pro-Dent Laboratory Ltd
Karen Provost
Grant Putnam
Kirby Putnam
Paul Pynn
Katherine Radchuck

Paul Rafuse
Andrea Ramia
Ramsay's Auto Sales Ltd
RBC Wealth Management
RCR Hospitality
Carole Regan
Nancy Regan
Miriam Regan MacNeil
David Reid
Louise Renault
William Reynders
Cathy Richards
Hannah Richardson
Susan Ritcey
J. William Ritchie
Dean Robertson
Bill Robinson
Krista Robinson
Scott Robinson
Bernadette Romeo
Mark Rosen
Gillian Roy
Royal & Sunalliance
Denis Ryan
Michael Ryan
Elias Salloum
Joanne Salmon
Marguerite Sampson
Roger Sandhu
Cory Sanford
Mac & Leanne Sayle
Joseph Seagram
Leslie Shanahan
Nilda Shanahan
Allan Shaw
L. Robert Shaw
Ian Shepherd
Adam Shine
Shiretown Dental
Elaine Sibson
Allan Silverman
Deanne Simms
Carol Simpson
Roger Sinclair
Kathy Singfield
Martin Singh
Sir Robert Borden Junior High School

Cathy Siteman
Ski Martock
Deanna Skinner
Ward Skinner
Chris Smith
Heather Smith
John Smith
Ray Smith
John Snow
Heather Sobey-Connors
Sobey School of Business MBA Society
Stan Spavold
Peter Spurway
Square Up
St. Alban's Anglican Church
Maxime St. Pierre
David Stanfield
Victoria Stanhope
Stanish Ortho Inc
Steel Centre Credit Union Ltd
Shelly Stephen
Marta Stevenson
Garry Stewart
James Stewart
Gordon Stirrett
Ellen Stoddard
Larry Stordy
Glen Strang
Anna Stuart
Maureen Sullivan
Sunovion Pharmaceuticals Canada Inc
Mark Sutherland
Swain and Associates
Ann Swain
Mike Sweeney
Swiss Chalet - Bedford
Nova Tambeau
Linda Tanner
TD Waterhouse Private Banking
The Carleton
The Teazer
The Vault
Thinking Robot Studios
Thomas Bagogloo Real Estate Ltd
Candace Thomas
Karen Tobin
Top Notch Skin Care & Aesthetic Clinic

Sherri Topple
Pam Tower
Tracey's Landscaping Ltd
Rob Tremaine
Daniel Tseng
Martha Tuff
Doug Tupper
Shelley Valaire
Leslie Valardo
Bob Van Dine
Gus van Helvoort
Murray Vandewater
Venor Search Group
Mara Vizzutti
Michele Vyge-Fraser
Raymond Wagner
Mary Jane Walsh
Lillian Wambolt
Duane Watson
WCL Bauld Insurance Brokers
WCPD Foundation
Geoffrey Webster
Mike Whalen
Gwenda Wheelans
White Point Beach Lodge
James Whitman
Matt Whitman
Wickwire Holm
Robert Wight
Michele Williams
David Wilson
Leslie Wilson
Michelle Wood
Natalie Woodbury
Deborah Woolway
Nina Woufff
Dana Wright
Carol Young
John Young

MONTHLY GIFTS OF MENTAL HEALTH

Anna Babin
Christina Bliemel
Carolyn Booth
Bernice G. Byers

Krista L. Canning
Daphne M. Carter
Joyce F. Carter
Shirley Cooke
Tim Daley
Jacob Dambergs
Alison Davidson
Germaine Devoe-Gallop
Starr Dobson
Erica Baker Psychological Services
George Fisher
Catherine Gaulton/David Mosher
Alberta Gorrill
Betty Hanson
Kenneth and PJ Kilby
Linda Lunn
Marian Macken-Issekutz
Aileen J. MacKillop
Mary MacLeod
Paul Midgley
D.J. Redman
Geoff Regan
Kelly Regan
Patrick M. Sims
Martha Tuff
Jack Whittle

IN MEMORIAM

Barry Banks
Lillian Marie Benjamin
Mary Buckrell
Dr. Lawrence Buffett
Blaine & Mitchel Cameron
Terry Churney
Gordon Albert Elliott
Frances Flynn
Morley Raymond Gorsky
Jack Judge
George MacLean
Connor McLellan
Sandy and Merlin
Catherine "Catie" Miller
Betty Ann Mills
Jonathan Michael Richard
Elizabeth Ryan
Frank Terris

SUMMARIZED FINANCIAL STATEMENTS

STATEMENTS OF OPERATIONS AND CHANGES IN NET ASSETS

Year ended March 31, 2015

	2015 General Fund	2015 Investment in Capital Assets	2015 Restricted Fund	2015 Total	2014 Total
Revenue					
Special events	\$ 853,016	\$ -	\$ 89,950	\$ 942,966	\$ 657,481
Realized investment income	19,072	-	-	19,072	16,912
Services	54,966	-	-	54,966	59,948
Miscellaneous	190	-	-	190	550
Donations					
Annual campaign	33,345	-	108,349	141,694	77,385
Capital campaign	-	-	29,514	29,514	6,612
Pathways to Hope	-	-	20,000	20,000	56,403
General	113,099	-	340	113,439	113,149
	<u>1,073,688</u>	<u>-</u>	<u>248,153</u>	<u>1,321,841</u>	<u>988,440</u>
Expenses					
Special events	268,143	-	-	268,143	301,003
General and administrative	431,424	14,167	-	445,591	481,662
	<u>699,567</u>	<u>14,167</u>	<u>-</u>	<u>713,734</u>	<u>782,665</u>
Net available for grants and restricted funds	<u>374,121</u>	<u>(14,167)</u>	<u>248,153</u>	<u>608,107</u>	<u>205,775</u>
Grants					
Capital Health	100,366	-	-	100,366	94,069
Provincial	108,405	-	-	108,405	99,331
Strategic partnerships	6,000	-	-	6,000	1,027
Grant reversal	(17,199)	-	-	(17,199)	(21,344)
Restricted funds					
Bungalow project	-	-	-	-	-
Housing support	-	-	-	-	-
Programs and services	-	-	1,672	1,672	16,410
Other	-	-	310,361	310,361	247,095
	<u>197,572</u>	<u>-</u>	<u>312,033</u>	<u>509,605</u>	<u>436,588</u>
Excess (deficiency) of revenue over expenses before other item	<u>176,549</u>	<u>(14,167)</u>	<u>(63,880)</u>	<u>98,502</u>	<u>(230,813)</u>
Unrealized (loss) gain on investments	<u>(638)</u>	<u>-</u>	<u>-</u>	<u>(638)</u>	<u>8,206</u>
Excess (deficiency) of revenue Over expenses	<u>\$ 175,911</u>	<u>\$ (14,167)</u>	<u>\$ (63,880)</u>	<u>\$ 97,864</u>	<u>\$ (222,607)</u>
Net assets, beginning of year	\$ 819,268	\$ 61,652	\$ 938,731	\$ 1,819,651	\$ 2,042,258
Interfund transfers	82,974	1,969	(84,943)	-	-
Excess (deficiency) of revenue over expenses	<u>175,911</u>	<u>(14,167)</u>	<u>(63,880)</u>	<u>97,864</u>	<u>(222,607)</u>
Net assets, end of year	<u>\$ 1,078,153</u>	<u>\$ 49,454</u>	<u>\$ 789,908</u>	<u>\$ 1,917,515</u>	<u>1,819,651</u>

STATEMENT OF FINANCIAL POSITION

Year ended March 31, 2015

	2015	2014
Assets		
Current		
Cash & cash equivalents	\$ 274,026	\$ 469,864
Cash held for custodial funds payable	7,070	16,469
Receivables	219,200	197,518
Short term investments	1,317,547	-
Prepays	18,857	8,007
	<u>1,836,700</u>	<u>691,858</u>
Marketable securities	118,770	1,138,826
Capital assets	49,454	61,652
	<u>\$ 2,004,924</u>	<u>\$ 1,892,336</u>
Liabilities		
Current		
Custodial funds payable	\$ 7,070	\$ 16,469
Payables and accruals	80,189	51,051
Unearned revenue	150	5,165
	<u>87,409</u>	<u>72,685</u>
Net assets		
General Fund	1,078,153	819,268
Investment in capital assets	49,454	61,652
Restricted Fund	789,908	938,731
	<u>1,917,515</u>	<u>1,819,651</u>
	<u>\$ 2,004,924</u>	<u>\$ 1,892,336</u>

These figures are excerpts from the audited financial statements of the Mental Health Foundation of Nova Scotia for the year ended March 31, 2015 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.



CHANGING THE WAY PEOPLE THINK...

At Christmas

OUR HOLIDAY GIFT

911 Operator Lana Grant found a way to give back through music this holiday season, and it's a gift that will continue for years to come. "Changing the Way People Think...At Christmas," made national news and hit the radio waves as a holiday compilation featuring Nova Scotian artists ranging from John Gracie, to Makayla Lynn, to JRDN. *Read more and download the album at mentalhealthns.ca/lanas-story*

BUILDING BRIDGES

The Mental Health Foundation of Nova Scotia travelled to Digby this fall to connect with a great group of women from the South Shore. Starr was pleased to present to the Digby Area Learning Association's Bridges to Success Program for Women, and share in one of their group sessions.



ZUMBATHON®

Cynthia McGrath is a Zumba® instructor who found a way to 'actively' make a difference! Cynthia organized the first ever Zumbathon® for Mental Health as a community fundraiser in May 2014, and engaged her employer, Scotiabank, to match proceeds. The event raised over \$5,000 for the Mental Health Foundation! *Read more at mentalhealthns.ca/cynthias-story*



Photo credit: Scott Munn, PhotoMunn

FESTIVAL OF TREES

The 23rd annual Compass Group Canada Festival of Trees was a magical weekend. The Shannex Holiday Luncheon on November 21st was complete with delicious cakes and cookies at the cake auction, and a fun-filled 12 Days of Christmas Raffle. The IMP Group Gala Night on November 22nd featured many opportunities to win exciting prizes, and was the emotional launch of the PTSD Service Dog Matching initiative for first responders (Story on page 13). Both events took place amongst the gorgeous RBC Forest of Trees, which featured over 30 corporate and designer trees. This year's event was a record-breaking occasion for the Mental Health Foundation, generating over \$500,000 in gross revenue.

SAVE
THE DATE
NOVEMBER
20 & 21, 2015



Photo credit: Scott Munn, PhotoMunn



Photo credit: Scott Munn, PhotoMunn

SAVE
THE DATE
FEBRUARY
19, 2016

A DIFFERENT STAGE OF MIND

The 12th annual BMO A Different Stage of Mind event marked a record-breaking night of fundraising for the Mental Health Foundation of Nova Scotia.

This event featured performances from five "star" groups made up of Nova Scotian business leaders. Each group was committed to raising \$50,000 for the Mental Health Foundation of Nova Scotia through ticket sales, fundraisers, and high-end sponsorships, as well as live donations during, and following, the show. Gross revenue for the event was over \$410,000.

Hosted by Mayor Mike Savage, the Vegas-themed show drew a sold-out crowd to the World Trade & Convention Centre.






Changing The Way People Think

**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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TOLL FREE: 1.866.CARING.2
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Charitable registration number: 8586 35675 RR0001