



*Our Path to  
Transformative Change in Nova Scotia*

2012/13 REPORT TO THE COMMUNITY

Changing The Way People Think

**Mental & Health  
Foundation**  
of Nova Scotia

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Testimonials from 2012-13 mental health programs supported by Mental Health Foundation Community and Capital District Mental Health Program grants can be found throughout the pages of this report. To read more about these programs and others, visit [www.mentalhealthns.ca](http://www.mentalhealthns.ca).

## Message From Chair of the Board



When supporting a charity and planning for the future, the work involved can often be at a disconnect from the mission itself. Jobs are carried out, funds raised, and success celebrated- yet there can at times be no direct or personal relation to the mission of the charity or organization at hand.

When it comes to mental health, nothing could be farther from the truth. We rely on our brains and minds to propel our actions and ideas. We rely on them to make connections with others and ensure good quality of life for ourselves and our families. Mental health is the cornerstone to every action we make on a daily basis. The presence and importance of mental health in our daily lives is a constant reminder of our commitment to ensuring positive impact for all those living with mental illness in our communities.

As champions for mental health in Nova Scotia, our Board is so pleased to be a part of this ongoing 'meeting of the minds,' with you, our community philanthropists, donors, and mental health heroes. As this community report demonstrates, when people are united by a cause as prevalent and relatable as mental health, only good can continue to come of it.

When this Board meets, we see only ability and growth. This is made possible every day through the selfless generosity and passion of our supporters and the courage of those who fight for recovery and share their stories to advocate for improved mental health supports in our province. This past year, you have helped us successfully boost the work of meaningful mental health programs and outreach for years to come.

As we move forward with a newfound sense of purpose and opportunity, together, we can ensure that all our fellow Nova Scotians' needs are met with the care and compassion they deserve. Together, we are united in this goal.

Thank you.

Danny Chedrawe

*"I knew it was important to stand up with someone who is being bullied online, but I didn't realize how important it could be, and now I know how to do as well."* - Anonymous student at Michael Wallace Elementary in Dartmouth, after attending Family SOS' *Keeping Kids Safe in a Cyber World* presentation.

## Message from Interim Executive Director



It is hard to believe a year has passed and we have begun another chapter in our story. This past year was charged with a sense of hope among Nova Scotians. Mental health was at the forefront of many public conversations and media dialogues, and of course, the lives of 1 in 5 Nova Scotians affected by mental illness, and their families, friends, and loved ones. Through increased

awareness and understanding of mental illness, our responsibility to reach out becomes more defined, and in turn, more inspired.

Every day, we at the Mental Health Foundation are witness to the positive effects of your financial and emotional support. And it is with great likelihood that you are as well – because everyone knows someone affected by a mental illness, and therefore supported by the great range of community initiatives and programs in our province.

In 2012-13, improved societal understanding of mental illness and the need for change has shone through your actions and your unwavering support. While there is still a long way to go, we are confident in the many hands of our donors, volunteers, and friends that reach out to give, comfort, and share. We are guided in our daily work by your humanity and compassion.

The Mental Health Foundation continues to evolve. Looking to 2013-14, we are excited to continue on this journey with you, and all Nova Scotians. We are all heading in the same direction, and we are doing it together- ensuring no one is left behind. The Foundation is so proud to lead the way.

Thank you for traveling with us.



Alison Davidson

## Welcome to Starr Dobson, President & CEO



Past Co-Producer and Co-Host of CTV News at 5, Starr Dobson joined the Mental Health Foundation of Nova Scotia in August 2013 as President and CEO. An acclaimed journalist, recently published children's author, and dedicated community volunteer for many causes, Starr has gained the trust and respect of Nova Scotians as a writer, producer and humanitarian.

“As I step into this new role, I’m excited to get to work”, says Starr. “During my time at CTV Atlantic I had the opportunity to share many stories focused on mental health. Now, I’m looking forward to becoming a part of the story. I can’t wait to see where this exciting new chapter takes us!”

One of the Maritimes’ most respected personal brands, we are excited to welcome Starr as she helps us tell our story and take the Foundation to new heights. We look forward to all that her leadership brings in 2013 and beyond.

## Our Path to Transformative Change

In October 2012, the Mental Health Foundation of Nova Scotia further refined our Strategic Direction. To ensure greater positive impact, the Foundation aims to increase its financial investment and support to community initiatives throughout Nova Scotia while continuing to educate to reduce the stigma surrounding mental illness. The lasting legacy of healing and hope generated by these grants resonates beyond the numbers of any price tag.

### OUR MISSION

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

Our annual Capital District Mental Health Program Grants and Community Grants fund work that offers learning opportunities, relationship development, recovery and integration supports, and most importantly, newfound hope for mental health consumers and their loved ones. Through the empowerment of small organizations, groups, and projects, the Mental Health Foundation of Nova Scotia is able to provide a true ‘foundation’ for growth and change in mental health care and advocacy. We are proud to serve as a voice for many who may not step forward, and as a friend and champion for those who do.

### OUR VALUES

Our values are built on the following pillars:

**We care.** We genuinely care about the one in five Nova Scotians living with a mental illness, and our sole focus is on making a positive difference in their lives.

**We Enable.** We exist to raise money in the community and in turn fund initiatives in the community.

**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 work with discipline but not paralysis.

### OUR VISION

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

Moving forward, we aim to raise and distribute a higher amount of grant dollars annually. We will continue to build awareness and promote greater collaboration among our communities; strengthening and celebrating relationships.

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*“This group gives me structure in my life that helps to keep me well.”*

– David Hines, participant of *Friends Among Friends*



Participants of the Cole Harbour- Eastern HRM Community Mental Health Friends Among Friends community program take a boat ride on the Halifax Harbour.

## Ripple Effects

*“Remember, there is no such thing as a small act of kindness. Every act creates a ripple with no logical end.” – Scott Adams*

In healing the mind and mood, beyond treatment, the impact of attentive, engaging care and activity is immeasurable. Funds dedicated to client and community care programs can transform the most basic human emotions of pleasure and enjoyment into lasting improvements in overall mental health.

Dr. Keri-Leigh Cassidy, MD, FRCPC, is the Clinical Academic Director of Geriatric Psychiatry/Seniors’ Mental Health Program at Willow Hall in the Nova Scotia Hospital. Under Dr. Cassidy’s leadership, and through the generous contributions of The Windsor Foundation, in partnership with the Mental Health Foundation of Nova Scotia, the Seniors Enhanced Quality of Life program was formed in 2011. Guided by a multidisciplinary outreach and inpatient service team, program facilitators at Willow Hall have been witness to the ‘unprecedented’ importance of funding for quality of life mental health initiatives in our province.

In 2012-13, through The Windsor Foundation’s third year of funding, Seniors Enhanced Quality of Life worked to build on core elements established in year one. Funds were used to enhance the Music Therapy program, Garden Centre and Wandering Garden, Simple Pleasures therapy, and Cooking and Baking Programs. The Entertainment Resource Centre was also enhanced to include equipment and supplies to encourage mobility. Activities focus on physical fitness and health as well as “mental aerobics” to enhance memory, reminiscence and cognitive ability.

“For all of us caring for mentally ill seniors, often marginalized in our communities and health care system, it is hopeful to see even the most vulnerable seniors receiving respect, dignity and meaning in their lives, right to the end,” says Dr. Cassidy.

The seniors’ mental health team has seen this incredible gift nurture and transform the unit in an entirely new way. “By providing patients with appropriate and stimulating activities, we saw people smiling more, making eye contact, laughing and joking. One family member said about their loved one, “They are more like themselves than they have

been for years!,” says Danielle Lawrence, Occupational Therapist at Willow Hall.

Dr. Cassidy stresses the importance of embracing our fellow Nova Scotians of all ages, circumstances, and capabilities. She is looking to the future to see such outreach grow. “Mental health care seems to be a priority area for the current government, as indicated by the recent mental health strategy document ‘Together We Can,’ outlining directions for mental health programming in the province. However, the mental health budget overall lags behind other provinces and countries, and even with a decision for increased spending, there are likely to remain many service gaps. It is encouraging that generous individuals, families and businesses are stepping forward to help to close some of these gaps.”

The Mental Health Foundation of Nova Scotia is dedicated to supporting mental health initiatives like the Enhanced Quality of Life program across the province that inspire these ripple effects of transformative change. Each story in this report has grown from a single idea into a healing and lasting outcome through the continued support of Nova Scotians like you.



Staff of the Multi-Disciplinary Team at Willow Hall

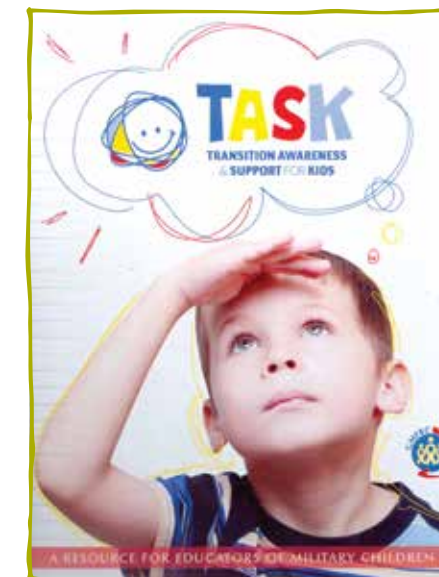
## Kids in Transition

Transition Awareness & Support for Kids (TASK) is a resource booklet created for local educators and leaders by The Greenwood Military Family Resource Centre. The GMFRC recognized the importance of addressing the mental health and wellness needs of military children and youth. Through a 2012-13 Mental Health Foundation of Nova Scotia grant, they developed a toolkit for schools to help provide an in-depth understanding of the transition supports required for the challenges these students can often face.

Military children’s education and social development can be affected by the stress of frequent moves, family separations and other unique challenges that are a part of the military lifestyle. The beautifully crafted booklet is comprised of 8 Chapters ranging from topics of Relocation and Deployment to Grief and Loss. Each chapter contains a wealth of child-friendly resources dedicated to outreach, coping mechanisms, therapy, and self-expression, as well as related community programs and resources accessible in Nova Scotia.

Children who are predisposed to mental illness such as depression or anxiety may have difficulty adjusting to a new move, or an increased anxiety response when a parent is away, especially during high-risk deployment. Further, there is prevalence of Operational Stress Injuries such as Post Traumatic Stress Disorder, depression, and anxiety among front-line military personnel. The booklet cites two studies identifying that “Nearly a quarter of combat veterans and more than 13 percent of all troops who served in the wider Afghanistan mission up to 2008 have suffered from mental illness.” With this knowledge, TASK offers guidance and supports for kids living with a parent facing mental illness, including debilitating mental illness.

TASK ensures children are granted the sense of belonging, connectedness, and peace of mind they deserve. Whether switching schools, facing a private crisis at home, or missing a deployed parent, military children in Kings County will be well-supported by school staff through TASK education.



*“Thanks a lot. You guys could tell I was scared, and instead of scaring me even more, you were supportive. You may not realize this, but you guys make so much of a difference in our lives. Just knowing someone understands me is the best thing ever.” – Actual post from kidshelpphone.ca.* This year, to meet increasing mental health demands, a Mental Health Foundation Community grant and designated gifts helped to **Increase Counselling Capacity** for Nova Scotia’s Kids’ Help Phone and pilot cyber-support program.



## Windows To Recovery

Funded by a \$1,092 2012 Mental Health Foundation Capital District Mental Health Program grant, the Windows to Recovery initiative at the Nova Scotia Early Psychosis Prevention Program gave individuals an opportunity to explore and share their recovery journey through photography. The Nova Scotia Early Psychosis Program (NSEPP) is a specialized community-focused mental health program for young people between the ages of 15-35 who are experiencing a first episode of psychosis. It also supports their families.

*“Clients express joy in seeing the garden come to life. They can focus away from their own worries when they are wandering throughout the grounds.”* – Nancy Debaie, Role Recovery Engagement LPN, speaking about *Harvest Time* therapeutic gardening program at East Coast Forensic Hospital.

Through Windows to Recovery, NSEPP patients at the Abbie J. Lane unit were loaned digital cameras for the purpose of creating photo documentaries of their experience. Through the accompanying therapeutic group, participants were asked to capture answers to the following questions through film:

- What has helped in your recovery?
- What has hindered your recovery?
- What are your hopes for recovery?

“Participants expressed value of having to focus on, evaluate and share their hopes, struggles and experiences in their own recovery,” says Brian Cooper, the Occupational Therapist who planned and facilitated the program.

Selected pictures have been framed and displayed along with captions in the NSEPP clinical space to inspire reflection and understanding among gallery visitors.

“I think one of the overarching principles that was seen with every picture from every participant in this project is the support people want and are able to provide to one another. There is an often quiet but powerfully supportive community that needs to be harnessed in one way or another,” says Cooper.



*“Going through psychosis turned my world upside down. Looking back, I understand there’s a million different ways to look at things. Like the map, it’s helped my recovery to see the big picture and try to make sense of your orientation. It has inspired me to help make the world a better place and to travel.”*



*“I hope to be able to cross that bridge to get from my diagnosis to recovery. It’s helpful being able to visualize my goals.”*



*“Just like life, there are many different outcomes when you shake the Magic 8 Ball – but it’s up to you whether you believe your outcome is going to be a negative or positive one. If I stay on this track, I know my outlook will be good.”*



## Moving Beyond Trauma

Funding distributed to the Transition House Association of Nova Scotia and Alice Housing this year in amounts of \$15,000 and \$6,500 respectively, helped to promote recovery among women facing the mental impact of abuse, sexual assault and other forms of interpersonal violence.

*“These workshops have created a much greater understanding of ways in which we can work together to support the clients we have in common.”* – THANS Mental Health Service Provider, Port Hawkesbury

*“A coffee house asserts my involvement in the community, because otherwise I’d have several hours to remind me of loneliness. I have my own struggles in life, and friendships and laughter are luxuries. Here, they’re free! Happiness, memories, music? That’s beyond any price tag.”* – Alan McLean, participant of CMHA Halifax-Dartmouth branch’s **Mental Health for All Coffee House**.

**THE TRANSITION HOUSE ASSOCIATION OF NOVA SCOTIA (THANS)** member organizations provide transitional services to women (and their children) who are experiencing violence and abuse. THANS’ member organizations work in thirteen locations across Nova Scotia; Sydney, Waycobah, Port Hawkesbury, Antigonish, New Glasgow, Amherst, Truro, Millbrook, Halifax, Bridgewater, Yarmouth, Digby and Kentville. Funding for their ‘Positive Mental Health Outcomes for Women’ project allowed THANS to increase the capacity of 130 staff to meet the mental health needs of over 2000 women and children in 2012-13.

Using existing materials, and informed by focus groups with clients in identified pilot transition houses, staff was able to develop strong and supportive approaches to addressing mental health needs of the THANS shelter population.

*“I am a couple of years away from my abusive relationship, and from this workshop I see it is possible to share my journey and support other women to access mental wellness, in the ways I did. I have a new sense of normal now.”*

– Service User at Leaside Transition House, serving Richmond, Port Hawkesbury, Inverness Counties



Artwork from THANS’ Modified Art Therapy programs.



**ALICE HOUSING** is a safe, second stage housing and counseling support organization for women and children leaving environments of domestic abuse in the Halifax Regional Municipality. Funded through a Mental Health Foundation grant, the curriculum of Beyond Trauma: A Healing Journey for Women, implemented psycho-educational and cognitive-behavioural techniques, as well as expressive arts and relational therapy. This program promoted a strengths-based approach, working to empower participants and elevate their sense of self-worth and well-being.

*“Beyond Trauma was a great pathway for me to speak openly about my abuse. It also helped me realize that I was traumatized by many situations in my life, and gave me hope that I could heal from them and become strong.”*

– Beyond Trauma participant

*“I found the experience very enlightening and it made me look at situations in a new light, especially my past experiences.”* – Beyond Trauma participant



Images from Alice Housing’s Take a Moment video.





## Nourishment for the Mind

The New Waterford Adult Outreach Program is a community-based initiative designed to assist individuals living with mental illness achieve and maintain their optimum level of independence in the community through meaningful interaction. The group focus is on facilitating community integration, socialization, and life skills. This year, a \$2,790 Mental Health Foundation grant funded an enhancement to the program; Thursday Lunch Social.

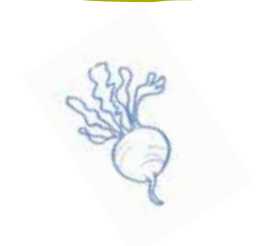
*“Leadership contributes to my everyday life because before I do something, I question. I always think, “Am I still being a LOVE Leader?” Being a Leader means the world to me. It means being close with people, having open heart-to-heart conversations with other leaders, and creating strong, real family-like bonds.”* – Leave Out ViolencE (LOVE) Youth Leader, age 19

This weekly meal is planned and prepared by participants under the guidance of an Outreach Facilitator. Members work in a group setting to develop everyday social and communication skills related to dining and teamwork. In preparing and presenting a meal, members learn about budgeting, grocery shopping, and problem-solving. Great emphasis is given to physical health and making good meal choices.

Outreach Facilitator Dave Eveleigh reflects on the sense of fellowship grown from the program: “It is of tremendous benefit to simply get them all together for a common but very positive purpose, and get them talking during the meal about their life experiences, successes and disappointments. Whether they are commiserating, laughing together, or dispensing advice to one another, they are doing it together and it is very therapeutic. This would not have happened to the degree that it has without the benefit of the grant from the Mental Health Foundation of Nova Scotia.”

Thursday Lunch Social specifically reaches out to decrease the prevalence of social isolation among the mental health community in New Waterford. “Each of the group members look forward to attending the lunch social. Each group member takes pride in his or her culinary creation when it is their turn to run the kitchen and oversee production of the meal. The praise they receive from their peers after the meal is consumed is priceless to each of them and has a very positive effect on their self-esteem,” says Eveleigh.

*“I love planning the menu, going grocery shopping, and helping to prepare the meal for everyone. It makes me feel happy that everyone enjoys the preparation process and the meals. This has affected me positively. I enjoy coming to the Thursday Lunch Social to socialize every week. I never miss a day unless I have a doctor’s appointment.”*  
– Paula MacPherson, participant



*“I am going to teach my kids some of this stuff so they don’t have to go through what I did.”* – Participant of Anger Management: Road to Wellness, through Family Services of Eastern Nova Scotia.



## Wilderness Wellness

Wilderness Wellness is an Abbie J. Lane Memorial Hospital program made possible through \$2,000 in funding from a Mental Health Foundation of Nova Scotia Capital District Mental Health Program Grant. Based on extensive research demonstrating the positive benefits of nature as a therapeutic setting, and the direct impact of environment on emotional expression, the program was designed to support the rehabilitation of individuals experiencing acute mental illness. The 2012-13 program featured overnight camping and exploration on two separate occasions at Camp Kanata in Musquodoboit Harbour.

*“Sharing our stories is a powerful tool for building communities and connections, and for being healthy, present humans.”* – Rose Cousins, Award-Winning Halifax Singer-Songwriter, and Director of ‘If I should Fall Behind’, featured at the 2012 *Atlantic Minds Wide Open* mental health-based film festival.

Campers took part in hiking, dancing, visits to the nearby beach, crafts, playing musical instruments, and games. They worked together to prepare meals and nightly campfires.

Recreation Therapists Jacqueline Cook and Bob Baird and their students, worked to plan and facilitate the camping trip. Cook says engagement outside of a clinical environment “allows the client to take control of the setting and the therapist to step back.” This is especially valuable in addressing anxieties and fears.

In responding to a post-program survey, participants self-identified “more awareness of self when interacting with others” and “relating well to other people,” as improved skills. Wilderness Wellness works to develop such skills to promote optimal success in the community. “The program achieves outcomes and developments that may not have been achieved elsewhere, and can be used as a medium in a creative and nonverbal process,” says Cook. The secondary and long-term outcome of the program is to reduce recidivism rates at the Abbie J. Lane.

*“I wish to express my heartfelt gratitude of being invited to The Wilderness Wellness Camp. I have been a client of Mental Health since 1988 both here in Nova Scotia, as well as in Ontario. In all those years, I have never been to a Hospital-run activity that took me away from that setting to encourage wellness (other than day trips). It had a holistic-like approach of healing that I believe is the way of the future for mental health. The workshop activities were wonderful, and creative games helped laughter and joy be a part of the healing experience.”* – Paula Markle, participant





# Pathways to Hope

Pathways to Hope was established by the Mental Health Foundation in 2011. The Keating family led the way, making a leadership commitment to fund training and education that would improve care both in hospital and in the community.

When Pathways to Hope was announced on November 24, 2011 at Compass Group Canada's Festival of Trees Black Tie Gala, other community leaders demonstrated their support for this new initiative by stepping forward as donors. That night the MacDonald Family and Westwood Developments spontaneously committed additional leadership gifts. Other gala attendees responded in kind with generous contributions totalling almost \$700,000. In 2013 and moving forward, The Mental Health Foundation of Nova Scotia is proud to witness the success of this journey of hope.

*Three key components to Pathways to Hope:*

## CHARLES KEATING EDUCATION FUND

A pioneer and visionary in the early years of the Foundation, Charles Keating envisioned a community that could work together to break down stigma and provide support to those living with mental illness. For 19 years, Charles' vision to change the way people think about mental illness has lived on through Festival of Trees- his brainchild- which still stands as one of the premiere events of the holiday season.

The Charles Keating Education fund has been allocated to the training of mental health care staff, shifting the focus of treatment to ensure involvement of families and caregivers. Additional available funding contributes to education for mental health service professionals and staff pursuing ongoing education in holistic and spiritual approaches to mental health care.

## MERIDEN PROGRAMME: CLIENT-CENTRED COLLABORATIVE CARE

An innovative concept out of the UK, the Meriden Programme has been influential in shifting mental healthcare treatment to a client-centred collaborative approach. Evidence has shown this model of therapy greatly enhances support of recovery, reduces hospitalization and relapses, and reduces stress on the family as a whole. Programming

takes place in the home environment through inclusion of family and loved ones, and is comprised of anywhere between 10-14 sessions during a six month period. Together, all parties work through a structured model of topics that include communication, problem solving, learning more about the particular mental illness, development of a wellness plan, and promotion of the family's well-being.

*"As a care provider I see my client for such a brief period of time each week. The bulk of their time is spent at home, work, and play surrounded by carers and loved ones. Most families want desperately to help their loved one who is ill. Until now there have been few concrete approaches to giving families the skills to care for their loved one, and themselves. Now there is!"*

– Mental Health Care Provider

During the first stage, Capital Health held two separate 5-day training sessions in Behavioural Family Therapy (Family Work) for 51 professional nurses, social workers, occupational therapists, psychiatrists and general practitioners. Regular supervisory meetings, designated leads within program areas, and a central electronic repository of resources have also been established.

In October 2012, Meriden led a two-day consultation and training session engaging representatives from 7 provincial district health authorities: South West Nova, Annapolis Valley, Colchester/ East-Hants, Cumberland County, Pictou County, Guysborough/ Antigonish, and Cape Breton, as well as the IWK and Nova Scotia Department of Health and Wellness, to establish self-sufficiency locally.

In February 2013, five trained Family Workers from the Capital Health Mental Health Program attended the Meriden Trainers Course offered in Birmingham, UK. Through a "train the trainer" model, these individuals will now be offering Behavioural Family Therapy training a minimum of two times annually within Capital Health and will look to support Provincial training with Meriden in the coming year.

Family & Education Support Training, a complementary initiative to Behavioural Family Therapy, provides opportunity for families to share practical skills, resources, and information to help keep themselves well and better support their loved ones. This past year, a total of eighteen providers and eight family members were trained to co-facilitate (in teams of three) an 11-week program now called "Families Matter in Mental Health."

Capital Health's Addictions and Mental Health Program's implementation of the Meriden model of programming is the first of its kind in Canada. Building on the success of year one, 2013-14 continues in the vision to create province-wide transformation, while working to build long-term self-sufficiency locally.

## WELCOME HOME FUND

Housing is an essential foundation for a stable and productive lifestyle. Evidence proves individuals flourish in a place of their own – even those who have been in hospital for years. Individuals living with mental illness need the supports of houses, apartments, group homes and facilities with more intensive structures.

Some individuals who have faced a medical crisis may return to a situation of potential eviction or no electricity or heat due to missed rent or overdue bills. The Welcome Home Fund provides monetary assistance to allow clients to return to living on their own. The Welcome Home Fund also supports subsidized housing for individuals across Nova Scotia, and is open to Capital District Health Authority's 250 Homes Program.

The successful Opening Minds Capital Campaign -which supported the development of Simpson Landing-is complimentary to community integration efforts. In August 2012, Simpson Landing opened its

doors, granting individuals who have traditionally faced difficulties reintegrating, the ability to learn the skills needed to adjust to residential living. Today, it is a thriving area of the Nova Scotia mental health community, standing as a symbol of hope and inspiration for the future.

*"On the day we moved in here, I cried when I walked in and saw my room. That people cared enough for us to do this made me feel such joy I cried tears of joy."* – Resident of Simpson Landing



Simpson Landing at the Nova Scotia Hospital



Mental Health Care Providers taking part in Meriden Training

# Foundation Events: A Year in Review



MaKayla Lynn performs as Cindy Lou Who

## COMPASS GROUP CANADA FESTIVAL OF TREES

November 23-24, 2012

The 21st Annual Compass Group Canada Festival of Trees marked Compass Group's 14th year of outstanding sponsorship and patronage for the Foundation. With great heart, Compass has helped ensure the success of this event since 1999. We look forward to their 15th sponsorship anniversary in November 2013!

The Shannex Holiday Luncheon kicked off Festival Weekend with its usual merriment, with more than 750 guests, had greater attendance than ever. Shannex, in partnership with clients of Kings Regional Rehabilitation Centre, delighted diners with hand-crafted holiday ornaments at each place setting. Participants in the annual Luncheon Raffle had the chance to win twenty-one exciting prizes, including a beautiful sapphire and custom consultation provided by Frida Jewellery.



Santa Steele's lucky winner of a 2012 Fiat Sport

On November 24, The Black Tie Gala ventured to the land of Whoville, based on Dr. Seuss' classic *How the Grinch Stole Christmas*. Guests were treated to a colourful evening of wonder and fun. Throughout the night, the music of Steve Dooks & the Sensational Sound, and MaKayla Lynn filled the air.

The RBC Forest of Trees Auction and Silent Auction goodies donated from across the province offered an opportunity for light-hearted competition, while the Live Auction was boisterous as ever. Guests bid on a beautiful sofa from Style 52, a year-long entertainment package from World Trade Centre Limited, a private getaway to Barbados on behalf of The Moore family and Oceanstone Seaside Resorts, his and hers diamond jewellery from Frida Jewellery, and of course, the 2012 Charles Keating Memorial Founder's Tree; this year, a canoe crafted by McCurdy and Reed Canoes. Santa Steele also dropped by from Steele Ford Auto Group and granted one lucky guest the key to a 2012 Fiat Sport!

Through incredible generosity and compassion, Festival 2012 was a wintery weekend to remember. Thank you to all who made this event so successful! We look forward to seeing you this November.



Rita MacNeil joined the Men of the Deep Pockets for a beautiful performance of 'Working Man'

## A DIFFERENT STAGE OF MIND

10th Anniversary Event - February 15, 2013

This February, the World Trade and Convention Centre in Halifax played host to a medley of 1970s musical and comedic icons as they vied for the title of the Mental Health Foundation of Nova Scotia's Aligned for Minds fundraising award. A Different Stage of Mind 2013, presented by BMO Bank of Montreal, marked the 10th anniversary of the event.

After months of online donation-based fan voting, the stage lit up with carefully rehearsed performances from Denyse Sibley, Host of FX101.9 Country Music Radio, as Dolly Parton; Jim Spatz, Chairman & CEO of Southwest Properties, as Leonard Cohen; Pete Lockett of Pete's Frootique & Lockett Vineyards, as Phil Collins; Robert Logan, Director of Business Partnerships, Halifax Metro Centre, as comedian 'Disco Bob'; Carolyn Booth, Senior VP Atlantic of BMO Bank of Montreal, with her band 'Sweet Carolyn & the

Bluenotes'; and Robert Zed of Zed Events, and his choir, 'The Men of the Deep Pockets' (now known as 'The Different Stages of Men').

The finale was made complete by a special guest appearance from Rita MacNeil, who surprised The Men of the Deep Pockets onstage by joining in as they performed her classic, 'Working Man.' Rita's vocals yielded an emotional closing to a fantastic night; her last performance on stage before she passed away in late March.

Through the generosity of all, 2013's A Different Stage of Mind grossed over \$300,000, elevating the 10-year overall event total to over \$2 million raised for mental health initiatives and support services across Nova Scotia. The Mental Health Foundation of Nova Scotia extends deepest gratitude to this year's stars, sponsors, partners, and volunteers.



A COLLABORATIVE EVENT OF

Changing The Way People Think  
Mental Health Foundation of Nova Scotia

AND  
Canadian Mental Health Association Nova Scotia  
Mental health for all



The 2013 Inspiring Lives Award recipients: Don Roper, Joel Maxwell, Amanda Eve MacLeod and Shayne Brown

## INSPIRING LIVES AWARDS

May 7, 2013

Hosting over 270 guests in celebration of ten nominees, the 9th annual Inspiring Lives Awards luncheon, presented by Northwest Healthcare Properties, was a collaborative event of the Mental Health Foundation of Nova Scotia and the Canadian Mental Health Association, Nova Scotia Division.

Recipients Shayne Brown, New Germany; Amanda Eve MacLeod, Stellarton; Joel Maxwell, Halifax; and Don Roper, Halifax; were honoured with Inspiring Lives Awards. Through sharing and building on their own experiences with mental illness and/or addiction, they have fully dedicated their voices, time, and talents to encouraging others facing similar circumstances, and improving the

state of mental health support and awareness in their communities and beyond.

Twelve-year-old Evan Hennigar of Mahone Bay was also recognized at the event for his work for youth mental health. Mary-Lee Chaddock, Port Royal; Heather McNally, Kentville; The Park Bench Players acting troupe, Antigonish; Wayne Schnare, Lower Sackville; and Irene Skehen, Dartmouth; were also nominated in recognition of their contributions to mental health in Nova Scotia.

# Community Giving: A Year in Review

This year, some incredible Nova Scotians stepped up to raise funds and awareness for mental health. Thank you to all those who join us in our vision, we are so grateful for the gift of your time and energy.

## SPOTLIGHT ON PHILANTHROPY

We spoke with Egg Films' CEO and Executive Producer, Mike Hachey about his ongoing commitment to improving the lives of Nova Scotians through film.

"I think I've always supported the underdog. Mental illness simply doesn't have the awareness of other causes. The statistics are staggering and the level of understanding is incredibly low. I didn't know at first how I could help, but found my stride telling stories. Stories of hope, stories of understanding, and stories of survival. It's amazing how you can change the way people think by showing how common something really is.

EGG gives because we care. Mostly, we want to help make the world a better place. We may not be able to donate millions of dollars, but with our collective talents, we're a force to be reckoned with. When it comes to the Foundation and our continued commitment, we have so much left in us to give. We donate countless hours a year to the various video and event projects we help produce – and we enjoy every second. We do this because we can see our work making a difference."

*This year, Mike was honoured with the Atlantic Association of Fundraising Professionals Nova Scotia Chapter's 2013 Philanthropy Awards for Outstanding Sponsorship Partner, in recognition for his work for the Mental Health Foundation of Nova Scotia.*



## SPOTLIGHT ON VOLUNTEERS

Lisa Andrusyk and Spencer Gossen, from Fall River and Halifax, respectively, are a pair that put their relationship to work with the Mental Health Foundation of Nova Scotia. Since this young couple's first experience volunteering at A Different Stage of Mind 2012, the twosome has made giving time to the cause a tradition. Filled with great enthusiasm and energy, they helped us again at the 2013 variety show, Festival of Trees 2012, and facilitated prep work for our third-party fundraising event '5 for Mental Health.'

Lisa and Spencer say they always look forward to volunteering at Foundation events, and encourage others to join in. "Mental health is so important, but it often gets overlooked or has a stigma attached because it is not a physical illness," says Lisa. "Volunteering with the Foundation definitely has a huge intrinsic reward. It feels really good to know you're helping to make a change in something so important and something that most people are affected by."

Lisa and Spencer are two of countless volunteers who support and enhance our work. We are so grateful to all volunteers for your support, and look forward to seeing you at the next big event!



## KEEP CALM & MAKE A DIFFERENCE

In Fall 2012, Jannah Bertin, a Teacher at Eastern Passage Education Centre, asked her Grade 9 Healthy Living/Social Studies class to develop a project demonstrating citizenship and contribution to a healthy community. "I wanted to give the students an opportunity to actually take action, and experience the gratifying feeling of giving back," she said.

The class chose mental health as their topic, believing it to be an under-funded, and under recognized cause. Students posted informational posters around the school, presented to their peers to encourage awareness and understanding of mental illness, and placed jars in each classroom labeled "Change for Change." They also held raffles and organized several successful barbecues. Playing on the popular British slogan, the class created t-shirts that read: "Keep Calm and Make a Difference."

Miss Bertin says students fully enjoyed working for the cause, and learning the importance of funding for mental health. The class successfully raised \$1000. "They've influenced and inspired many of the Grade 7's. In fact, I've had several Grade 7 students ask if we could do the same fundraiser next year," she said.

*"We got to feel like we were actually contributing and making a difference. We got the opportunity to become involved in the community and give back. I have learned that if you put your mind to it, you can achieve anything with hard work and dedication."* – Brooke Murphy, Grade 9 student fundraiser at Eastern Passage Education Centre



## 5 FOR MENTAL HEALTH

In 2011, Lindsey Jones established 5 for Mental Health: a 5 kilometer or 5 mile run, to raise funds and awareness in benefit of mental health programs and to communicate the importance of physical fitness in maintaining good mental health. In 2013, she passed the torch to Cathy MacDonald, who tapped into her passion for mental health and running, and ability to motivate others by organizing the event.

2013's 5 for Mental Health run was held Sunday, March 24, 2013. 75 participants took part in the chilly run along the Halifax waterfront with generous support from The Running Room and Stayner's Wharf.

MacDonald says she had a wonderful experience throughout the whole process, and would absolutely recommend hosting a fundraising event for the Mental Health Foundation of Nova Scotia.

*"Runners coming through the finish line, regardless of their pace, all had a smile on their face. Seeing every smile coming through the finish line lit up my heart and assured me that it was a successful day."* – Cathy MacDonald, organizer 2013



If you are interested in sponsoring, volunteering, fundraising, or hosting an event for the Mental Health Foundation, please visit [mentalhealthns.ca](http://mentalhealthns.ca) for more information.

# An Anthem for Mental Health

Premiered at 2013's a Different Stage of Mind, the Anthem for Mental Health, written and produced by Egg Films, called upon past performers and mental health advocates to sound off their voices in support of making mental illness a priority in our communities and conversations. Help us shine the spotlight on a topic that is only just now beginning to get the attention it deserves. Add your voice to the Anthem: Watch online at [YouTube.com/MentalHealthFdnNS](http://YouTube.com/MentalHealthFdnNS)

*Mental illness, in one form or another, strikes one out of every five of us.*

*And since we all know more than five people, it affects us all.*

*Yet, because of the completely irrational stigma associated with mental illness, two thirds of everyone with a mental illness suffer in silence.*

*People don't seek help, because they fear what others will think of them.*

*And that isn't crazy:*

*Research shows that more than a quarter of Canadians are afraid of people with mental illnesses.*

*More than half of Canadians said they would not socialize with a friend who has a serious mental illness.*

*THAT'S what's nuts. Insane.*

*Because ignorance perpetuates the stigma, and causes so much unnecessary suffering.*

*And because treatment works.*

*That's why we support and encourage shining the spotlight on mental illness.*

*Working together to break the stigma...*

*...and helping everyone mental illness affects.*

*All of us...*

*...thank you.*



Marilla Stephenson, from The Chronicle Herald adds her voice to the Anthem for Mental Health.



Nancy Regan adds her voice to the Anthem for Mental Health.

# Financial Statements

## Statements of operations and changes in net assets

Year ended March 31, 2013	2013 General Fund	2013 Investment in Capital Assets	2013 Restricted Fund	2013 Total	2012 Total
Revenue					
Special events	\$ 766,351	\$ -	\$ -	\$ 766,351	\$ 961,515
Realized investment income	16,675	-	-	16,675	55,609
Services	60,304	-	144	60,448	91,247
Miscellaneous	938	-	-	938	5,378
Donations					
Annual campaign	23,630	-	153,986	177,616	36,595
Capital campaign	-	-	160,821	160,821	209,154
Pathways to Hope	-	-	113,772	113,772	394,471
Other	31,871	-	2,588	34,457	83,728
	<u>899,769</u>	<u>-</u>	<u>431,309</u>	<u>1,331,078</u>	<u>1,817,697</u>
Expenses					
Special events	367,309	-	-	367,309	370,665
General and administrative	408,112	22,887	-	428,999	570,434
	<u>773,421</u>	<u>22,887</u>	<u>-</u>	<u>796,308</u>	<u>941,099</u>
Net available for grants and restricted funds	<u>126,348</u>	<u>(22,887)</u>	<u>431,309</u>	<u>534,770</u>	<u>876,598</u>
Grants					
Capital Health	68,280	-	-	68,280	105,551
Provincial	109,409	-	-	109,409	97,113
Strategic partnerships	9,640	-	-	9,640	7,340
Grant reversal	3,802	-	-	3,802	(22,626)
Restricted funds					
Bungalow project	-	-	-	-	1,000,000
Housing support	-	-	-	-	68,150
Programs and services	-	-	24,973	24,973	23,582
Other	-	-	323,460	323,460	57,786
	<u>191,131</u>	<u>-</u>	<u>348,433</u>	<u>539,564</u>	<u>1,336,896</u>
Excess of revenue over expenses (expenses over revenue), before other item	(64,783)	(22,887)	82,876	(4,794)	(480,298)
Unrealized (loss) gain on investments	(1,674)	-	-	(1,674)	(22,999)
Excess of revenue over expenses (expenses over revenue)	<u>\$ (66,457)</u>	<u>\$ (22,887)</u>	<u>\$ 82,876</u>	<u>\$ (6,468)</u>	<u>\$ (483,297)</u>
Net assets, beginning of year	\$ 995,342	\$ 88,329	\$ 965,055	\$ 2,048,726	\$ 2,532,023
Transfers	(37,988)	15,362	22,626	-	-
Excess of revenue over expenses (expenses over revenue)	(66,457)	(22,887)	82,876	(6,468)	(483,297)
Net assets, end of year	<u>\$ 890,897</u>	<u>\$ 80,804</u>	<u>\$ 1,070,557</u>	<u>\$ 2,042,258</u>	<u>\$ 2,048,726</u>

## Statement of financial position

March 31	2013	2012	April 1, 2011
<b>Assets</b>			
Current			
Cash and cash equivalents	\$ 396,798	\$ 389,260	\$ 586,765
Cash held for custodial funds payable	13,936	13,748	21,361
Receivables	335,770	412,077	500,277
Prepays	4,885	17,912	12,744
	<u>751,389</u>	<u>832,997</u>	<u>1,121,147</u>
Marketable securities	1,288,664	1,236,955	1,720,590
Capital assets	80,804	88,329	49,735
	<u>\$ 2,120,857</u>	<u>\$ 2,158,281</u>	<u>\$ 2,891,472</u>
<b>Liabilities</b>			
Current			
Custodial funds payable	\$ 13,936	\$ 13,748	\$ 21,361
Payables and accruals	64,663	95,707	336,288
Unearned revenue	-	100	1,800
	<u>78,599</u>	<u>109,555</u>	<u>359,449</u>
<b>Net assets</b>			
General Fund	890,897	995,342	1,013,574
Investment in capital assets	80,804	88,329	49,735
Restricted Fund	1,070,557	965,055	1,468,714
	<u>2,042,258</u>	<u>2,048,726</u>	<u>2,532,023</u>
	<u>\$ 2,120,857</u>	<u>\$ 2,158,281</u>	<u>\$ 2,891,472</u>

\*These figures are excerpts from the audited financial statements of the Mental Health Foundation of Nova Scotia for the year ended March 31, 2013 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 902.484.6000.\*

*"I never considered myself to be an artist, but being unwell forced me to discover that we all have art inside of us to share-we just have to find ways to express it"* – Participant of the Abbie J. Lane Art Group

# Thank You to Our Donors!

The Mental Health Foundation of Nova Scotia is so 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. Please know that you are helping 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.



Beth enjoys taking part in Emerald Hall's Coffee Hour Occupational Therapy initiative as a part of her work-readiness program.

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*"It is difficult to talk about my illness. It's chemical. It's genetic. It's unfair. I believe that if people like me who are living with mental illness had more safe havens with supports in place and truly caring people like in Breakthrough, we would feel better about ourselves and things could get better."* – A participant of the Educational Programs Innovation Charity of Cape Breton's **Breakthrough** – a program focused on empowering youth aged 14-26 to talk together about their lives, with the support of a trained at-risk youth programmer.

Donors and sponsors listed have made a contribution of \$100 or more to the Mental Health Foundation of Nova Scotia between April 1, 2012 and March 31, 2013.

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Canadian Cancer Society  
- Nova Scotia Division  
Canadian Mental Health Association  
- Kings County Branch  
Capital District Health Authority  
Capital District Health Authority  
Board of Directors  
Capital Health - Corporate Affairs  
Capital Health Addictions  
& Mental Health Program  
Castone Construction Ltd.  
CBRE  
CCL Group Inc.  
Centre for Psychological Services Ltd.  
Christian Womens Fellowship Church of Christ  
CIBC Wood Gundy  
City Centre Atlantic  
Cleanview Integrated Window Services  
Clearwater Seafoods Limited Partnership  
Coastal Restoration & Masonry Ltd.  
Coca-Cola Bottling Company  
Colchester East Hants Health Authority  
College of Physicians & Surgeons Nova Scotia  
Compass Group Canada  
Country 101.9  
Credential Asset Management Inc.  
Cresco Developments Ltd.  
CTV Atlantic  
Cushman & Wakefield Atlantic  
Dalhousie Medical Research Foundation  
Dalhousie University  
Dalhousie University,  
Department of Psychiatry  
Dalhousie University,  
Faculty of Health Professions  
Dartmouth General Hospital Foundation  
Deloitte  
Deloitte & Touche Foundation  
Delta Barrington  
Desjardins Financial Security  
DJ Smith Investment Services  
Dr. Scott MacLean Inc.  
Duron Atlantic Ltd.  
Durdy Nelly's Irish Pub  
East Coast Credit Union Ltd.  
East Coast Forensic Hospital  
Egg  
Emera Inc.  
Ernst & Young  
Family SOS  
Flagstone Management Services  
Fraser & Hoyt Insurance  
FRED.  
Frida Jewellery  
Gardner Murphy Consulting Inc.  
GFS Gordon Food Services  
GoGold Resources  
Grant Thornton Limited - Green Hunt Wedlake  
Great Waters of Canada Ltd.  
Greenwood Lane Inc.  
Halifax Harbour Bridges  
Halifax International Airport Authority  
Halifax Regional Municipality  
Harvest Wines & Spirits  
Healthy Minds Cooperative  
Heritage Club Bluenose Chapter  
Heritage Credit Union  
Heritage Gas Ltd.  
Hillcrest Volkswagen  
Hoffmann-La Roche Ltd.  
Honey Huts  
Hurricane Industrial Equipment  
Il Mercato  
IMP Group International Inc.  
Industrial Alliance Insurance  
& Financial Services Inc.  
Insight Optometry  
Interlude Spa  
ISL Web Marketing & Development  
IWK Health Centre  
IWK Sun Life Financial  
Chair in Adolescent Mental Health

IWK Mental Health & Addictions Program  
J & T van Zutphen Construction Inc.  
J + J Shared Services  
J.W. Lindsay Enterprises Ltd.  
Jessome Law  
John & Elizabeth Godin Charitable Trust  
JW Lindsay Enterprises Ltd.  
Killam Properties Inc.  
Knightsbridge Robertson Surette  
KPMG LLP  
Kriscott Distributors  
Labatt Breweries of Canada  
LaHave Seafoods Ltd.  
Larex Properties Inc.  
Lawtons Drug Stores Ltd.  
Luckett Farms Limited / Luckett Vineyards  
Lundbeck Canada Inc.  
LVM Maritime Testing  
MacDREW Ltd.  
MacPhee Ford Sales  
Maple Leaf Foods Inc.  
Marco Group of Companies  
Martek Morgan Finch  
McCurdy & Reed Canoes  
McInnes Cooper  
McKellar Structured Settlements  
McRobbie Design Group Inc.  
Medavie Blue Cross  
Medical Mart Atlantic  
Mental Health & Addiction Services (AVH)  
Metro  
Metro Community Housing Association  
MHome  
Micco Companies  
Molson Coors  
Montrose Mortgage (Atlantic)  
Mount Saint Vincent University  
Myelin & Associates Inc.  
Mylan Pharmaceuticals ULC  
Nightingale Informatix Corporation  
Northeastern Investigations Inc.  
NorthWest Healthcare Properties  
Nova Scotia Early Psychosis Program  
Nova Scotia Hearing and Speech Foundation  
Nova Scotia Liberal Party  
NSCC Culinary Program  
NuSteel Structures  
Ocean Contractors Ltd.  
Oceanstone Seaside Resort  
O'Regan's Automotive Group  
P.N.L. Communications Ltd.  
Paramount Management Dexcel Developments  
Parkdale Developments Ltd.  
Partners for Care/Business Development - CDHA  
Pattison Outdoor  
PCL Constructors Canada Inc.  
Pepsi Beverages Company

PetValu  
Phoenix House  
Pizza Delight  
Precision Healthcare  
Premiere Executive Suites  
Premiere Van Lines  
Props  
Prudential Property Specialists  
QEII Foundation  
Quest Realty  
Rank Inc.  
RBC Dominion Securities  
RBC Financial Group  
RBC Foundation  
RBC Investor Services  
RBC Wealth Management  
rcs Construction  
Red Door Realty  
Revolve  
RKO Steel Ltd.  
Rogers  
Royal Norwegian Consulate  
Running Room Canada Inc.  
Russell Food Equipment Ltd.  
Salon Resource Group  
Saltscapes Publishing Ltd.  
Saputo Dairy Products  
Sawhet Investments Inc.  
Scotia Elevator Consulting Services Ltd.  
Scotiabank  
Scotiabank | Global Banking & Markets  
Scotian Gold Cooperative Ltd.  
Seedling Productions Inc.  
Shannex Inc.  
Shaw Group Ltd.  
Smithers Family Charitable Foundation  
Sonco Group Inc.  
Southwest Properties Ltd.  
St. Alban's Anglican Church  
Stanish Orthopaedic Inc.  
Steele Auto Group  
Stevens Group of Companies  
Strum Environmental Services  
Style 52  
Sunovion Pharmaceuticals Canada Inc.  
Sysco Food Service  
TC Moore Developments  
TD Canada Trust  
TD Commercial Banking  
TD Waterhouse Private Banking  
TELUS Corporation  
The Barrington Consulting Group  
The Boyd & Holly Hunter Fund  
of the United Church of Canada  
The Chronicle Herald  
The Flag Shop  
The John & Judy Bragg Family Foundation  
The Johnston Group

The Sweet Spot  
The Windsor Foundation  
The Zax Holding Company Ltd.  
Theriault Financial Inc.  
Trade Centre Ltd.  
Trim Line  
United Way of Greater Toronto  
United Way of Halifax Region  
VEP Mechanical  
Vitality Medi Spa  
Vladi Private Islands (Canada) Ltd.  
Wayfinder Consulting Inc.  
WBL Chartered Accountants  
Westwood Developments Ltd.  
WM Fares Group  
Workers' Compensation Board of Nova Scotia  
Zed Events

## MONTHLY GIFTS OF MENTAL HEALTH

Dr. Emmanuel Aquino  
Anna Babin  
Bernice Byers  
Krista Canning  
Wilfred and Daphne Carter  
Joyce Carter  
Jacob Dambergs  
Germaine Devoe-Gallop  
Alberta Gorrill  
Betty Hanson  
Kenneth and PJ Kilby  
Linda Lunn  
Marian Macken-Issekutz  
Aileen MacKillop  
Mary MacLeod  
D. J. Redman  
Patrick Sims  
Jack Whittle

## MEMORIAL GIFTS

William Archibald  
Mandy Belliveau  
Jessica Borden  
David Boyer Jr.  
Andrew Curren  
Rob Farley  
Paula Hartling  
Rick Hatcher  
John E. MacDonald  
Heather MacPhee-Otto  
Ronald McLean  
Bert Mullin  
Paul O'Regan  
Mary Catherine Penney  
Norma Salah  
Karen Saunders  
John Spencer



# We Believe a Hug is in Order!

Thank you for supporting the Mental Health Foundation of Nova Scotia. As shown on each page of this report, your compassion makes a difference in our province every day; extending warmth and comfort to those who need it most.

On that note, we are proud to welcome with open arms, our HUGS FOR MENTAL HEALTH campaign.

HUGS allows you to text a virtual symbol of reassurance, encouragement, and positivity by way of a \$5 donation to the Mental Health Foundation of Nova Scotia.

Simply text HUGS to 45678 and \$5 will be charged through your mobile provider. Not a texter? There are plenty of ways to HUG! Visit us online to learn more.

Embrace good feelings. Embrace mental wellness for all. Send a HUG today.

[www.bit.ly/HUGS4MH](http://www.bit.ly/HUGS4MH)

Text HUGS to 45678 to DONATE \$5 to the Mental Health Foundation of Nova Scotia

