



Mood
Disorders
Association
of
Ontario

RESILIENCE

2016/2017 annual report



275,000

LIVES TOUCHED

38 COMMUNITIES
ACROSS ONTARIO

.....
IN 2016-2017 WE OFFERED:

35 PEER SUPPORT GROUPS, THROUGH
36 AFFILIATE MEMBERS ACROSS THE PROVINCE

COUNSELLING SUPPORT FOR 1015 FAMILY MEMBERS,
PROVIDING INDIVIDUAL AND GROUP COUNSELLING AND PEER SUPPORT

ABOUT US

The Mood Disorders Association of Ontario is a leader in group-based and one-on-one peer support for individuals living with mood disorders and their families. As an Ontario-wide community-based organization, our efforts are guided by lived experience, and an overarching belief in the ability of individuals and families affected by depression, anxiety, or bipolar disorder to recover and heal.

“Talk to someone who’s been there” remains our motto and our purpose.

MDAO is a provincially registered charity. Our charitable registration number is 13097 8570 RR0001.

IMPACT ON THE COMMUNITIES WE SERVE

MDAO has been offering support to individuals living with mood disorders since 1985. Our programs and services are offered free of charge in 38 communities across the province. We have increasingly focused on initiatives that encourage routine mental health screening and early intervention, to identify mental health issues as they arise and mitigate their progression and impact. **In 2016-17 MDAO contributed to enhancing the lives of more than 275,000 people across Ontario.**

We emphasize lived experience as a powerful pathway to hope, healing, and recovery.

WEB-BASED RESOURCES ATTRACTING OVER 30,000 VISITORS YEARLY

1,980 LIKES ON FACEBOOK

4,980 FOLLOWERS ON TWITTER

1,234 VIEWS ON OUR YOUTUBE CHANNEL

PEER SUPPORT AND RECOVERY

- The Mood Disorders Association of Ontario is a peer recovery and peer support organization.
- We are focused on initiatives that encourage routine mental health assessments and early intervention to discover mental health issues as they arise and mitigate their progression and impact.
- We have also grown our educational initiatives for those who are experiencing the impact of mental illness, their families and their communities.
- We build awareness about mood disorders to help people interact more effectively with those who are experiencing a mental illness.
- We work to dispel the fear and confusion that often comes with a diagnosis of a mental illness.
- We provide counselling support to individuals, families, and youth.

MESSAGE FROM THE EXECUTIVE DIRECTOR & BOARD CHAIR

As we reflect on 2016-17, the importance of effective partnerships emerged as a defining theme.

Due to the increasing demand for our evidence-based peer support programs, we sought funding to expand our peer support training and to augment our existing programming to be more youth focused. We were fortunate in obtaining two seed grants from the Ontario Trillium Foundation.

One seed grant enabled us to provide our peer support programming “Changing Minds Through Peers” within two hospital’s in Toronto, Sunnybrook Health Sciences Centre and St. Michael’s Hospital. We trained hospital peer support staff and volunteers, within a clinical setting.

The other seed grant permitted us to expand on our “It Starts Here” program. We established a Youth Advisory Committee made up of transitional youth from the ages of 15 to 29, who were directly involved in the design and augmentation of our Youth Peer Support and WRAP training programs.

Research and evaluation were an important part of our work in 2016-17. Our research partners included Canadian Biomarker Integration Network in Depression (CAN-BIND), the Canadian Network of Mood and Anxiety Treatment (CANMAT) and the Ontario Brain Institute (OBI). We continue to enhance our research partnerships in order to demonstrate the effectiveness of our programs and to facilitate projects through knowledge transfer activities that fill gaps in the communities we serve.

Through our “Streams of Recovery” model, we provided services and programs that touched the lives of 275,000 individuals living with a mood disorder and their families.

The stories you’ll read in this Annual Report are just some of the highlights from 2016-17. They represent growth, best practices and evidence of the positive impact we have had on people’s lives across Ontario.

To our funders, The Ministry of Health and Long-term Care, (MOHLTC), The Toronto Central Local Health Integration Network, (TCLHIN), The City Of Toronto, The Ontario Trillium Foundation, (OTF), and all of our donors, (see page

17 for list of our full donor list) you created the foundation upon which we stand and build. You empowered us with your generosity and demanded the best on behalf of the thousands of individuals and families we serve each year.

To our 320 volunteers in the GTA and across Ontario, your compassion and selfless service enrich the lives of the people we serve, and we are deeply grateful for your ongoing support and commitment.

TESTIMONIAL

“An organization like this that has been so accessible to us, unlike other venues that aren’t so accessible ... I just want to hang a banner outside and tell everybody. Get your butt in here. You can get support! It’s available. An organization like this, you need to spread the word because I think you’d have a big waiting list. I think this is something that people don’t know about. I think it could help a tremendous number of people if they knew about this and that it’s easy to access.”

- P. Taylor

We are humbled to lead a team of staff members with the dedication and integrity to achieve the many positive outcomes you’ll read about in this year’s Annual Report. We are honored to work with our amazing Board of Directors who share their time, talent and expertise to work toward our mutual goal to help individuals and families affected by mood disorders heal and recover.

Thank you all for an amazing Year!



Sharon Cohen
Board Chair



Ann Marie Mac Donald
Executive Director/CEO



ORGANIZATION OVERVIEW

The Mood Disorders Association of Ontario employs **13 staff members** and is supported by **320 volunteers across Ontario**, including 12 volunteer board members.

STAFF LIST

- Ann Marie Mac Donald**, Executive Director/CEO
- Minh Tran**, Manager of Finance
- Becky Curran**, Family Matter Program Manager
- Daniel Farb**, Family Matters Counsellor
- Elyse Grieco**, Family Matters Intake Worker
- Bianca Tiron**, Early Intervention Counsellor and Program Coordinator
- Andrew Kcomt**, Research Consultant
- Bart Campbell**, Peer Support Worker and WRAP Program Coordinator
- Leslie Cringan**, Peer Support Worker and WRAP Program Coordinator
- Keara Gillis**, Volunteer Coordinator
- Michelle Philippe**, Volunteer Coordinator
- Mark Gulla, Donor** Relations Coordinator
- Eric Jonasson**, Information Research Specialist
- Dr. Rosalie Steinberg**, Resident Psychiatrist from Sunnybrook Health Sciences Centre
- Rachel LeBeau**, Social Media Coordinator
- Dany Bai**, Administrative Assistant for the Trillium Capacity Project

BOARD OF DIRECTORS

- Sharon Cohen**, Chair
- Peter Lane**, Treasurer
- David Armstrong**
- Stuart Baltman**
- Arnie Cader**
- Lindsay Cader**
- David Gibson**
- Martin Simmons**
- Ari Zaretsky**
- Rene Clonfero**
- Aimee Israel**
- Linda Hartley**

TESTIMONIAL

“MDAO is run by peers; people who have been there. It also has a community that embraces the idea that recovery is possible. Staff members and volunteers throw their heart and compassion into providing programs and a safe space for people and their families.”

- Amy C.





VALUES

- Recovery and self discovery are possible
- Building hope is key
- Peer support based on lived experience can contribute to recovery
- We support a comprehensive approach to recovery that meets the unique needs of each individual
- Supporting families can help them play a positive role in recovery and contributes to the well being of the family
- It is possible to reduce both stigma in society and self-stigma

VISION

To help individuals and families affected by mood disorders recover and heal.

MISSION

Recovery Supports and Programs: To support recovery and healing for individuals and families affected by mood disorders by providing innovative, high quality supports and programs.

Entry and Navigation: To help individuals and families affected by mood disorders to be able to navigate and gain entry to the services and supports they need.

Knowledge: To gain knowledge about the effectiveness of recovery supports and programs through various evaluation systems.

Awareness and Outreach: To engage the community in helping to increase awareness and reduce the stigmatization associated with mood disorders.

OPERATING PRINCIPLES

Accessible: We will strive to be accessible to everyone who needs our support and programs.

Responsive: We will strive to understand the needs of our participants and provide programs and supports which respond to these needs.

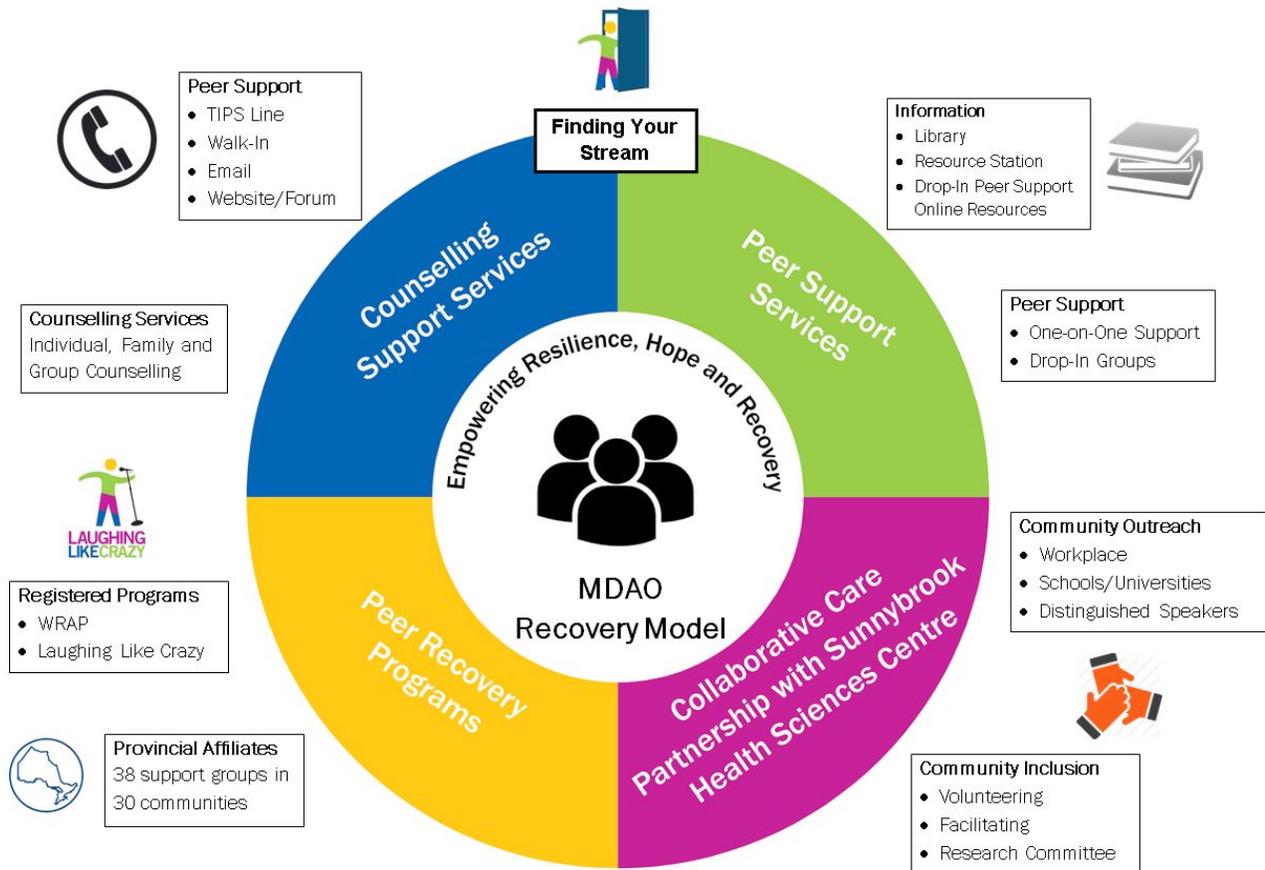
Timely: We will strive to provide support and programs in a timely manner.

Safe: We will strive to provide programs of high quality and standards which are safe for both the participants and stakeholders.

TESTIMONIAL

“Coming here to MDAO was a way to open up to my family and my extended family that I needed help and at the time when everyone thought I was doing a great job, when in reality I was falling apart. It was a great sign coming here that I needed help too. If you’re in a crisis situation and if you’ve never had this type of experience before, you’re floundering. This is all new to us. We use our common sense to a point but there are actually tools that we can learn and draw on.”

– Liz T.



TESTIMONIAL

“The Mood Disorders Association of Ontario has been a vitally significant component of my recovery. I’ve benefited in many ways – from three years of doing volunteer work with MDAO that gave me back my dignity and from workshops, seminars and social events. I also gained valuable information through seminars given by experts from Sunnybrook. For me the workshops, seminars and social events have been a tremendous opportunity to educate myself, to receive hope and to appreciate myself. Mostly, it’s been a unique way of opening up my mind to a new perspective about the disorder I live with – a perspective that released shame, guilt and stigma, and replaced it with dignity.”

– Michael S.

STREAMS OF RECOVERY

MDAO’s “Streams of Recovery” model helps assess client needs and respond with accessible, timely, and safe programs and supports. Thousands of individuals and families were assisted on their path to recovery and wellness, in a client centered approach, by answering their questions, helping them learn about their illnesses, and assisting them in finding the resources within their communities to cope, to survive, and to heal and recover. Other evidence-based services that are designed to support the recovery of individuals and families in the community, and lessen acute care utilization, include system navigation, a “warm” line, a range of innovative, evidenced-based programs using art and comedy, as well as anti-stigma and recovery programs such as WRAP (Wellness Recovery Action Plans) for specific demographics such as transitional youth and the LGBTQ community.



MDAO PARTNERSHIP UPDATE

On December 19th, 2016 a Group Facilitation Training was conducted with the MDAO, Sunnybrook Psychiatry Department, and Mount Sinai Hospital Psychiatry Department. The four-hour training workshop was carried out by Dr. Molyn Leszcz, Psychiatrist-in-Chief at Mount Sinai Hospital and Dr. Rosalie Steinberg. The training session was for all of our counselors, support staff and group facilitators from across the province to help us improve our group services.

TESTIMONIAL

"I am extremely grateful that such a program exists, and knowing that these kinds of opportunities are available in the community is a great comfort, as it is easy to feel isolated when going through things like this, even when one (like myself) has numerous friends and family around. The MDAO is an extraordinary organization, and the peer support program specifically is a unique initiative. I am so grateful to have found out about it. I expect I have only so touched the surface of the value I will gain from my participation."

- Mark C.

PEER SUPPORT PROJECT AT SUNNYBROOK HOSPITAL

The Project: The MDAO provided Peer Support Training and Supervision for Sunnybrook's volunteer peer support project. Volunteers were selected through Sunnybrook's volunteer applications and underwent a screening process to become part of a team of peer supporters that provide support to patients in the inpatient psychiatric unit at the hospital. The MDAO provided additional training and ongoing supervision to the peer supporters.

Role of Peer Supporters: The volunteers were available to provide one-on-one peer support to patients who would like to meet with a peer supporter. Four of the peer supporters volunteered primarily in the adult inpatient psychiatric unit, while one of the peer supporters worked primarily in the adolescent unit.

Training and Supervision: In addition to the training and orientation provided by Sunnybrook, the peer supporters went through the volunteer peer support training at MDAO. Volunteers are currently dually supervised by both a recreation therapist employed by Sunnybrook in the inpatient unit and by a peer support supervisor at the MDAO.

We also trained members of the **Patient Family Advisory Council (PFAC)** members on level one peer support, and selected volunteers who are peer support workers and part of the inter-professional team to assist in fostering a recovery-oriented culture within the inpatient program. This program addresses patients coping with mood disorders, psychotic disorders, and severe anxiety disorders. The goal of the treatment center is to assess and provide treatment for the disorders that patients are living with using a multi-disciplinary approach. Insights and observations are shared amongst the team to ensure collective, proper care. The Patient Family Advisory Council (PFAC) was developed as part of the Chief's Department of Psychiatry's strategic plan to boost the quality of clinical care through enhanced patient engagement.



PEER SUPPORT TRAINING CHANGING MINDS THROUGH PEERS



An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.

This 12-month project started in August 2016 and will end on September 30th, 2017. It is funded by the Ontario Trillium Foundation (OTF) and it has enabled MDAO to expand peer support programs and capacity within two hospitals in Toronto, including Sunnybrook Health Sciences Centre and St. Michael's Hospital. In 2016-17 we successfully ran four peer support training cohorts at both Sunnybrook Health Sciences Centre and St. Michael's Hospital.

St. Michael's

Inspired Care.
Inspiring Science.



Level Two Training with
St. Mike's Hospital Staff

St. Michael's Hospital: We trained paid peer support workers for the St. Michael's Mental Health and Addiction Service unit. This unit has been operating since 1993 and supports some of the city's most disadvantaged individuals with serious mental illness, addictions and complex medical needs living in poverty and facing multiple hurdles in achieving recovery and community integration (i.e. homelessness, lack of social supports, criminalization).

We completed Level One and Two training. The training included competencies from the Mental Health Commission of Canada. With the successful completion of level two training, the participants moved on to the monthly Community of Practice.



TESTIMONIAL

“This year, the MDAO offered the Peer Supporters at St. Michael's Hospital Peer Support Training at the MDAO offices. It was an extremely valuable initiative as it was an opportunity for training, bonding and a step on the way to Peer Support Accreditation. Peer Support is now considered Best Practice and the MDAO training provides an Evidence Based Approach. I was very happy to have had this opportunity to join with my colleagues at St. Mike's and the MDAO facilitators in these sessions. This will be an introduction to gaining accreditation which will further enhance our common goal of improving care for people living with mental health challenges. My thanks go out to the MDAO, the managers at St. Michael's and my fellow Peer Supporters for launching this transformative work for Peer Support.”

– Gord S., Peer Support Specialist, FOCUS, Community Mental Health, St. Michael's

PEER SUPPORT AT MDAO

MDAO has a strong, 31-year history of offering Peer Support and, with others has played a key role in working with the Mental Health Commission of Canada in shaping this strategy.

WHAT DO WE MEAN BY “PEER SUPPORT”?

The power of lived experience: By lived experience we mean we have personal experience with the struggles of mental health difficulties and finding our way to live well – either personally or by supporting a loved one in their journey.

Peer means equal: As peers, we may have found our path but we don’t assume that we know yours. There are no simple solutions, no easy answers, and we can’t tell you what to do. What we can do is share what we have learned in the hope that you can, and will, find what works for you too.

Person-centred, rather than illness-centred: In Peer Support we focus on the person and their whole life rather than on perceived deficits, symptoms, diagnoses, and illness. We focus on strengths; aiming to find, build, or grow resilience and wellness; and to share our belief that everyone can find their way to live a life that is meaningful and fulfilling.

ONE-ON-ONE PEER SUPPORT

This year, MDAO implemented our new One-on-One Peer Support Program. One-on-One Peer Support is for anyone who wishes to connect with another individual with lived experience in a wellness-based environment. The program’s aim is to provide support through people who understand what it’s like to live with mental health issues. Currently, we are offering one-on-one peer support, either in person, by phone, or via video conferencing every Wednesday, from 10-9 p.m. Support is given on a first-come first-served basis. Please call (416) 486-8046 to book an appointment, and to reserve yourself a spot.



PROGRAM TESTIMONIAL

“I met with my peer support worker on three occasions and the experience has been extremely valuable. I left my first session feeling far lighter, and with a greater sense of clarity on my situation. I did most of the talking (once the parameters of the program were laid out for me), and I immediately felt a sense of trust and support from my peer – who listened with sensitivity and understanding, and made me feel extremely comfortable. I have not had much one-on-one therapy or counselling in my life, but it was easy to speak with my peer. By the end of the session, he’d offered a few suggestions I could take, but they were offered less as directions and more as things I could try out. All such advice was framed by personal experience, which further increased the trust and safety of the room.”

– Mark C.



DROP-IN PEER SUPPORT GROUPS AT MDAO

Drop-in peer support groups at MDAO are open to people who identify as having experiences with mood disorders and related issues. **The groups are free of charge;** run regularly at a set place, date, and time; and do not require pre-registration to attend. People who attend groups are **not required to have a formal diagnosis of any kind** and do not need to openly identify as having a particular mood disorder. The degree to which an individual wishes to participate in a group is entirely optional; nobody is required to speak or share if they don't feel comfortable doing so. **The purpose of the peer support groups is for people with similar experiences to share** what they are dealing with in a supportive, non-judgmental, and safe environment, and to give and receive support.

DROP IN GROUPS TORONTO

3,811 PARTICIPANTS

382 GROUPS

AFFILIATE GROUPS ACROSS ONTARIO

8,876 PARTICIPANTS

633 GROUPS

BELOW IS A LIST OF PEER SUPPORT DROP-IN GROUPS OFFERED BY MDAO

Barrie MD Support Group
Bowmanville MD Support Group
Chatham MD Support Group
Georgetown Support Group
Guelph MD Support Group
Hamilton - Mood Menders
Kenora MD Support Group
Kingston Millenials
Kingston MD Support Group
Leamington MD Support Group
London MD Support Group
Midland MD Support Group
Mississauga MD Support Group
Newmarket (Emotional Rescue) Support Group
Orillia (DAMD) Self Help Support Group
Peterborough MD Support Group
Schreiber MD Support Group
Selkirk (Reflections) MD Support Group
Toronto MHSN Support Group
Toronto MD Shyness Support Group
Bipolar Peer Support
Clearing The Clutter
Courage and Compassion
Depression and Anxiety Support
Depression and Bipolar Disorder Peer Support
Family Matters Open Family Forum
Family Members and Supporters Peer Support
LGBTQ Peer Support
Men's Peer Support
Monday Mood Drop-In Group
Shyness and Social Anxiety Support Group
Substance Use and Mood Disorders
West End Peer Support Group
Women's Peer Support
Youth and Young Adults Peer Support



TESTIMONIAL

"My mum found MDAO and it became a place for me, where people listened and shared. I didn't need to hide my fears or worry that I was being judged. Coming here and listening to what people have done and what they've tried has been a huge learning experience. Gives you a sense of comradeship. You're not alone."

- Edward M.

RECOVERY PROGRAMS AT MDAO

Recovery programs at MDAO are pre-registered programs that are offered periodically and run for a finite length of time (i.e. have a beginning and end). These programs are free of charge. They are more structured than the drop-in peer support groups and have a range of different modalities. Facilitators of these programs are peers who have undergone specialized training and/or have substantial personal experience with the subject matter and content being delivered. Our major recovery programs are Wellness Recovery Action Plan (WRAP) and Laughing Like Crazy.

WELLNESS RECOVERY ACTION PLAN (WRAP)

Wellness Recovery Action Plan® (WRAP®) is an eight-week program guided by accredited facilitators, that empowers participants to develop their own plan for recovery using the principles of hope, responsibility, education, self-advocacy, and support.

NUMBER OF PROGRAMS OFFERED: 13

**LOCATION OF PROGRAMS RUN:
TORONTO, GUELPH, HAMILTON**

NUMBER OF PARTICIPANTS: 121

WRAP TESTIMONIAL

“I believe in wellness and recovery because I have experienced them myself. After years of struggling with mental health issues, I decided I needed to focus on my personal wellness goals. I took WRAP, and my control over my wellness increased once I made the daily maintenance plan.

To me, hope is not so much a feeling as the action of taking responsibility for my wellness, which is why I am so grateful for the WRAP Program at MDAO.”

- Jenny R.

LAUGHING LIKE CRAZY

Laughing Like Crazy is a 16-week program that teaches participants how to develop a stand-up comedy routine based on their experiences with mental health issues and the mental health system. The group combines the benefits of peer support with the physical, social, and emotional benefits of laughter; and the challenge of public speaking and performance. Program graduates perform their routines for the public, creating a positive dialogue in the community.

NUMBER OF PROGRAMS OFFERED: 3

NUMBER OF PARTICIPANTS: 31

TESTIMONIAL

“In the Fall of 2016, I participated in the Laughing like Crazy and Laughing Like Crazier programs. These combined 28 weeks of peer support, joke writing and performing have proven to be as valuable as any other treatment or therapy that I’ve done. The experience has encouraged me to attend Humber College to study comedy in greater depth. I believe that comedy is a major factor in managing the wellness of my mood disorder. I hope others find it as valuable as I have.”

- Ashton D.



WRAP AND LAUGHING LIKE CRAZY AT THE 519

The 519 is committed to the health, happiness and full participation of the LGBTQ community.



LGBTQ WRAP

We conducted our LGBTQ WRAP and Laughing Like Crazy programs at the 519 this past year. These programs were a success due in part to our ability to hold them at the 519 - by making our programs more accessible to the community we serve and removing barriers that in the past may have impeded participants from attending.

Fifteen LGBTQ individuals enrolled in the WRAP program with 12 completing the program; WRAP involves a specific LGBTQ tailored educational and planning process that is grounded in mental health recovery concepts such as hope, education, empowerment, self-advocacy, and interpersonal support and connection.

LGBTQ WRAP PARTICIPANT

“I am so happy to have had the privilege of taking part in this amazing program. I felt so lost and uncomfortable in other programs, and I was thrilled to learn that the MDAO was offering this program specifically for the LGBTQ community at the 519. In the neighborhood! The way the program was run coupled with the expertise of the facilitators made me feel so safe and allowed me to be open to sharing my experiences in a highly understanding environment. It was also held where I lived and made it so accessible for me, and I was with people like me where I felt safe and comfortable. You must continue this program as it will be of immense help and so very much needed in our community. I’m going to tell everyone I know.”

LGBTQ LAUGHING LIKE CRAZY

Our LGBTQ Laughing Like Crazy programs was also a great success with 12 self-identified LGBTQ individuals enrolling in the program and 11 completing it. One of the key messages participants of the programs repeatedly reiterated was the need for LGBTQ-specific programming offered within a safe and accessible space in their community.

We believe that these programs are imperative to the healing and recovery of LGBTQ self-identified individuals with a mood disorder and we hope that we can continue to partner with you in the future to offer more WRAP and Laughing Like Crazy programs.

LGBTQ LLC PARTICIPANT

“It was great to have a safe space to share and listen. I found it helped me feel less alone and allowed me to express myself more freely. I really liked the peer support part of the LLC program because I really found it much more helpful than any one on one stuff that I’ve done with other counsellors.”



Family Matters Peer Support and Recovery Program

This year the Family Matters Program and Early Intervention Program have continued to grow and develop in all areas of support with **1107** clients and families served with **147** group sessions last year.

The Family Matters Program continues to work towards addressing gaps in services and knowledge through the development of new groups, including From Chaos to Calm: Developing Stronger Boundaries for family members and two OCD Psychoeducation Peer Support Groups: one for individuals and one for Family Members/Supporters. With 147 group sessions last year, including regular groups such as Open Family Forum, WRAP for Families and Managing Your Depression and Anxiety, Family Matters continues to emphasize the importance of group support including providing and receiving peer support as well as developing tools to cope with challenges.

FROM CHAOS TO CALM: DEVELOPING STRONGER BOUNDARIES PARTICIPANTS

TESTIMONIAL

“The team teaching technique was excellent. Talking about the issue of mental health and supporting a loved one is so difficult. The facilitators were empathetic, offering support and creating a very safe environment for sharing. Thanks so much for offering this valuable program. I know I have learned so much and grown from the courses and opportunities the MDAO provides.”

- Family Matters
Peer Support and
Recovery Programs

TESTIMONIAL

“WRAP for Families & the Open Family Forum are two recovery programs for family members directed towards developing understanding, knowledge, and skills to better support their loved ones. These programs are based on recovery principles such as hope, empowerment, and peer support.”

- WRAP Participant

TESTIMONIAL

“This is such a valuable service for families. I have learned something new, felt challenged and supported every time I come. Everyone has a story and I have learned so much from the other members of the group. It has also been great to share my story and give hope to others on their journey.”

- Open Family
Forum Participant



Early Intervention Program

EARLY INTERVENTION PSYCHOSIS PROGRAM

The Early Intervention Psychosis Program offers confidential support to families and individuals age 15-35 years who have been diagnosed with or are experiencing symptoms of psychosis.

The program offers:

- Information and referrals to supports/treatment
- Supportive listening and recovery focused counselling for individuals and families
- Education about mental illness
- Psycho-educational and recovery groups providing peer support, education and coping skills
- A supportive network of others that have “been there” through peer support counselling and groups

VIRTUAL PEER SUPPORT AND COUNSELLING

MDAO offers free support and recovery programs to people across Ontario living with depression, anxiety, or bipolar disorder. Most of these programs however, are designed to serve people in either a face-to-face or group environment within the Toronto area. For some of our clients, this makes utilizing our services difficult, or even impossible.

We offer our one-on-one peer support/counselling services to anyone with an internet connection. Medeo also allows us to connect to other organizations, services, and mental health professionals for easier communication and consultation.

5 Medeo licenses, 87 on-one-on peer support sessions, 56 sessions via telephone and email, 8 communities across Ontario, 275 hours over Medeo, 123 new clients

With a generous donation from Mr. William Anderson we were able to expand our ability to provide online peer support and counselling services throughout Ontario.

TESTIMONIAL

“I definitely have more tools in my toolbox to draw from and just the knowing that there are other people like me out there... and even though I knew this before, it’s different when you’re actually talking to them and hearing their thoughts and experiences and that’s been a very important part for me for sure”.



DISTINGUISHED SPEAKER SERIES

SEARCHING FOR A TEST FOR DEPRESSION: BLOOD TESTS, BRAIN SCANS AND SELF- SCREENING

Windsor, Ontario

April 27, 2016
94 attendees

Dr. Sagar Parikh, Professor of Psychiatry at both University of Toronto and the University of Michigan, Ann Arbor, spoke about a ground-breaking new study aimed at shortening the time between depression diagnosis and getting the right treatment

Ms. Crystal T, member of the Patient Family Advisory Committee for the CAN-BIND depression program, spoke about her own personal journey to recovery and how it has shaped her current positive outlook.

MINI-FORUM

SOUTHWESTERN - ONTARIO SUPPORT GROUPS

Guelph, Ontario

November 5, 2016
14 attendees

Co-hosted by Ross Knechtel (Guelph Support Group) and Ann Marie Macdonald

Agenda - Conflict Resolution, Networking, Fundraising, Grant Writing, and Social Media



SUICIDE AWARENESS: STORIES OF HOPE & RECOVERY

Li Ka Shing Knowledge Institute

September 28, 2016
138 tickets sold

Chairpersons: Ann Marie MacDonald, Executive Director of MDAO and Dr. Sidney Kennedy, lead scientist of CAN-BIND and the Arthur Sommer-Rotenberg Chair in Suicide Studies and Depression

Dr. Sakina Rizvi, CAN-BIND scientist, presented research on identifying biological and behavioural risk factors for suicide and treatment resistant depression in order to predict treatment outcomes.

David and Deborah Cooper are suicide loss survivors following the death of their son, Eli Cooper in 2010. They shared their poignant story of their family's journey of hope and recovery.

PRESENTED BY THE MOOD DISORDERS ASSOCIATION OF ONTARIO & SUNNYBROOK HEALTH SCIENCES CENTRE

MDAO and Sunnybrook Health Sciences Centre

December 1, 2016
101 attendees

Distinguished Speakers:

- Dr. Benjamin I. Goldstein, MD, PhD, FRCPC, Director of the Centre for Youth Bipolar Disorder, Director of Research, Department of Psychiatry – Sunnybrook Health Sciences Centre
- Dr. Mark Sinyor, MSc., MD, FRCPC, Psychiatrist, Sunnybrook Health Sciences Centre and Associate scientist, Evaluative Clinical Sciences, Hurvitz Brain Sciences Research Program, Sunnybrook Research Institute. Founder of the Sunnybrook's ProgRESS (Program of Research and Education to Stop Suicide) initiative.
- Alicja Ramundo, Mental Health Superhero
- Eli Fleischmann, Family Member

At the end of the presentations by our Distinguished Speakers, a moderated panel discussion took place with an opportunity for questions and discussion from the audience.

SEARCHING FOR A TEST FOR DEPRESSION: BLOOD TESTS, BRAIN SCANS AND SELF-SCREENING

Royal Ottawa Mental Health Center

February 8, 2017

Dr. Pierre Blier, Canada Research Chair in Psychopharmacology, spoke about a series of groundbreaking new studies aimed at shortening the time between depression diagnoses and getting the right treatment.

Claude Lurette, Recipient of 2009 Inspiration Award at The Royal in Ottawa, and Lived Experience Representative at CDRIN, talked about his own personal journey of recovery and how it has shaped his present life and positive outlook.

Dr. Sanjay Rao, Associate Professor of Psychiatry at University of Ottawa, and Dr. Sagar Parikh, Professor of Psychiatry at both University of Toronto and University of Michigan, co-chaired the event and led an interactive panel Q&A period with the speakers.

RESEARCH PARTNERS

BRAIN RESEARCH & CARE

CAN-BIND Community Advisory Committee under the Ontario Brain Institute

The CAN-BIND Community Advisory Committee brings the patient voice to OBI Integrated Discovery Programs. The committees promote knowledge exchange between patients, advocates, caregivers and researchers. They discuss key issues for patients and their families, and help connect the research back to their communities.

Last year we collaborated on a number of public education events on depression across Ontario.

- 1. Hamilton:** Dr. Frey Youth event
- 2. Windsor:** 150-160 attendance
- 3. Toronto [Suicide event]:** 100+ Attendees
- 4. Ottawa, February 8:** 38 registered
- 5. EP-LINK/CAN-BIND, March 15:** 110 registered

THE CHOICE-D PROJECT

We're in the final stages of creating a lay version of the CANMAT guidelines with lived experience writers. This resource is the result of a joint venture of the Mood Disorders Association of Ontario and the Canadian Network for Mood and Anxiety Treatments. It was funded primarily by the Ontario Brain Institute, with significant in-kind support from MDAO and CANMAT.

The CHOICE-D (CANMAT Health Options for Integrated Care and Empowerment in Depression) Project was created in partnership with individuals, drawn from 64 applicants across Canada, who have personal experience with depression, for persons living with depression. Written in lay language, the intention is to empower individuals to understand treatment options and to engage in conversations about treatment options with their healthcare providers. Multiple stakeholders contributed to reviewing this document, including the public, patients, treatment providers, researchers, and administrators.



Special Thank you to Dr. Sagar Parikh for his many years of service as a consultant to MDAO from 2011 to 2017.



Dr. Parikh joined us as a consultant in 2011 thanks to new funding from the LHIN to help community agencies develop better links with UHN. His role has been unique, focusing on program development, evaluation, research capacity building, system navigation, and staff education / supervision. In those capacities, he has been the chief author of a major MDAO report in 2012, *Thoughts and Steps on the Road Forward for MDAO*, that has been a key document in shaping development of the organization. Through that report, the MDAO conducted a number of surveys of members and reviews of the medical literature to identify strategic directions for MDAO and to inform program evaluation and development.

MDAO took major steps towards integrating research and program evaluation as routine parts of its mandate, including a very prominent and effective partnership in creating a Patient and Family Advisory Committee that provides direction

to the CAN-BIND research program. We also established our own Research Advisory Committee to shape MDAO-based research. Formal research projects, including a research-based evaluation of a key MDAO program, has been done with his supervision and through approval from the UHN Research Ethics Board.

MDAO greatly expanded its public education program, known as the Distinguished Speakers program, with detailed and careful planning assistance from Dr. Parikh.

Finally, Dr. Parikh has provided mentoring, education, and clinical supervision to a variety of staff at MDAO. He has also been a valuable resource for the Management team as well as the Board of MDAO with regards to administrative issues, dealing with other agencies, and dealing with the government.

Dr. Parikh performed a unique and valuable role at MDAO. He built many bridges between CANMAT, CAN-BIND and MDAO.

Dr. Parikh has trained and worked both as a GP and Psychiatrist for more than 25 years in Ontario. He was a founding member of CANMAT, the main Canadian organization that produces Depression and Bipolar guidelines for Canada (including the 1999 Depression Medication Guideline funded by the MOH and distributed by MOH across Ontario). He was a leading professor at the U of T until 2015, when he took on a major leadership role at the University of Michigan, Ann Arbor, but he continues to work part-time in Ontario as an adjunct professor at the U of T and as an ongoing consultant to MDAO up until June 2017. He has held multiple research grants, published nearly 200 articles, and won many awards for his research and teaching.

COLLABORATIVE CARE ROTATION AT THE MOOD DISORDERS ASSOCIATION OF ONTARIO



OVERVIEW

Collaborative Care (previously called Shared Care), has become a new Royal College of Physicians and Surgeons training requirement for all Senior (or 5th year residency) psychiatry residents across Canada.

Two months of training in Collaborative Care is mandatory. At the University of Toronto, starting July 2016, all 5th year psychiatry residents must spend 1 day per week in Collaborative Care.

We partnered with Sunnybrook Health Sciences Centre and we were delighted to welcome Dr. Rosalie Steinberg to MDAO in July. Rosalie was a fifth year psychiatry resident with Sunnybrook Hospital, who spent every Monday at MDAO, as part of her Collaborative Care rotation at the University of Toronto.

A BIT ABOUT DR. STEINBERG

Dr. Steinberg is a graduate of McMaster Medical School, and received her Masters in Health Policy and Management from the Harvard School of Public Health. She has worked as a hospital administrator at the Cambridge Hospital in Boston, and later as the Administrative Director of Psychiatry and Community Development at Mount Sinai Hospital in Toronto. Prior to becoming a psychiatric resident, she developed several primary care and community-based mental health programs including the Northern Psychiatric Outreach Program, the Mount Sinai Assertive Community Treatment Team and the Sinai Family Health Team.

OUTCOMES OF COLLABORATIVE CARE ROTATION AT MDAO

1. Exposed senior psychiatry resident to community organization that provides a pivotal role in education, advocacy and peer support for people with mood disorders
2. Provided clinical support (direct and indirect) for MDAO clinicians in assessing and treating the psychiatric problems of MDAO clients who have limited access to a psychiatrist
3. Enhanced the quality of psychoeducation provided to clients at MDAO
4. Improved experience of MDAO clients through access to direct psychiatric expertise
5. Educated MDAO staff and built capacity to manage psychiatric difficulties experienced by clients

SUNNYBROOK'S COLLABORATIVE ON RESEARCH AND EDUCATION IN YOUTH BIPOLAR DISORDER (SCORE-YBD). DR. BEN GOLDSTEIN

Andrew Kcomt presented on Perspectives on Exercise from those with Lived Experience of Mood Disorders at the 5th annual event hosted by Sunnybrook's Collaborative on Research and Education in Youth Bipolar Disorder (SCORE-YBD). The Collaborative is a joint effort between Sunnybrook's Centre for Youth Bipolar Disorder (CYBD), parents of youth with bipolar disorder, and the Mood Disorders Association of Ontario. The 2017 theme was Exercise and the Future of Prevention, Treatment, and Research in Youth Bipolar Disorder.



AN EVENING WITH PATRICK J. KENNEDY

On May 11, 2017, we hosted *A Common Struggle: An Evening With Patrick J. Kennedy* at the Royal Ontario Museum in Toronto. Patrick J. Kennedy, a former U.S. Congressman and the son of the late Senator Ted Kennedy, was the guest of honour and spoke about how mental illness and addiction has affected him and his family.

Guests had the opportunity to hear a leading advocate on mental illness speak about his personal battle with mood disorders and addiction. Guests enjoyed a gourmet dinner in a beautiful venue, bid on silent and live auction items, one of which was a guided tour of the John F. Kennedy Presidential Library in Boston with Patrick himself.

Guests received a complimentary signed copy of his book, *A Common Struggle: A Personal Journey Through the Past and Future of Mental Illness and Addiction*.

Michael Landsberg acted as emcee and presented the HERO and PILLAR of HOPE Inspiration AWARDS at the event. These awards recognize outstanding members of the community who use their experiences, skills and voices to champion the cause of mental health to improve the lives of those living with depression, anxiety or bipolar disorder.

- Patrick J. Kennedy was the Hero Award Winner
- Mike Schwartz and the Great-West Life Centre for Mental Health in the Workplace (the Centre) is the Pillar of Hope award recipient. Accepting the award on behalf of Mike Schwartz was Diane Bezdikian of Great West Life. Diane is the Senior Vice President of Group Benefits and the Executive Director of the GWL Centre for Mental Health in the Workplace.



With your generosity, the MDAO was able to raise \$96,000. Your support helped to improve the lives of individuals and families affected by a mood disorder and allowed us to continue to engage our participants in our peer support programs.

Our event could not have happened without the generous participants, corporate sponsors, friends and businesses who so kindly donated to our silent auctions and for every donor, gala attendee and ticket purchaser whose efforts helped to make the evening a great success!

Finally, our sincerest thanks to:

Perimeter Development Corporation, Arnie and Penny Cader, Clonfero Law Firm, Power Works Union, Lundbeck Canada, United Messengers Ltd, Universus Media Group, Great West Life, Lionel Schipper, Peggy and Tom Mulligan, H Roger Garland, Marvin Sherkin, Martin and Catherine Simmons, Sharon Cohen and Elliott Peranson, Ann Marie Mac Donald, Ann Shortell, David Matlow, Marsha Bronfman and Elaine Beccarea.

WHERE YOUR DONATIONS GO



DONOR SPOTLIGHT • VIRTUAL COUNSELLING AND PEER SUPPORT

With a generous donation from William and Nancy Anderson, we were able to expand our ability to provide online counselling services throughout Ontario with the use of Medeo.

With Medeo, participants are able to connect face to face with MDAO’s counsellors and peer support workers through a secure video link over their computers, tablets, or smartphones. With this innovative technology, the MDAO is able to provide one-on-one counselling and peer support services for individuals who may be unable to access these services due to distance, living in remote areas that do not have counselling services, or an inability to travel outside one’s home or community.

With this gift, we were able to purchase 5 licenses for Medeo, which will enable more people across Ontario to receive the support they need from the comfort of their own living room to recover and heal from their mood disorder.

List of Donors

Echo Foundation
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 Power Workers’ Union
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 Marsha Bronfman
 Sheryl Mitchell



VOLUNTEER SPOTLIGHT

325 VOLUNTEERS
15,860 VOLUNTEER HOURS

QV has been volunteering at MDAO since January 2016, where he started as a Warm Line operator providing information and peer support to callers. Since then, QV has taken on many roles. He has frequently volunteered to help with special events, including “An Evening With Patrick J. Kennedy” in May 2016. He also appeared alongside our Executive Director for an interview on Rogers TV’s “Daily Toronto,” where they promoted MDAO’s free support and recovery programs.

During his time here, QV has been in charge of leading our Standard Operating Procedures (SOP) Team. QV has led the team to create, revise, edit and produce more than 30 effective SOPs, which outline uniform policies and procedures for various duties and responsibilities at MDAO.

Most recently, QV has joined our team of One-on-One Peer Supporters in January 2017. QV regularly provides in-person peer support to clients on Wednesday mornings, where he continues to use his personal lived experience and MDAO Peer Support Training to listen to peers and provide support in their recovery.



MEET
QUANG-VU,
OTHERWISE
KNOWN AS

QV.

KAREN LIBERMAN LIT FROM WITHIN AWARD RECIPIENT



**TOM
SMALLWOOD**

Thank you for everything.
And congratulations! Much love.

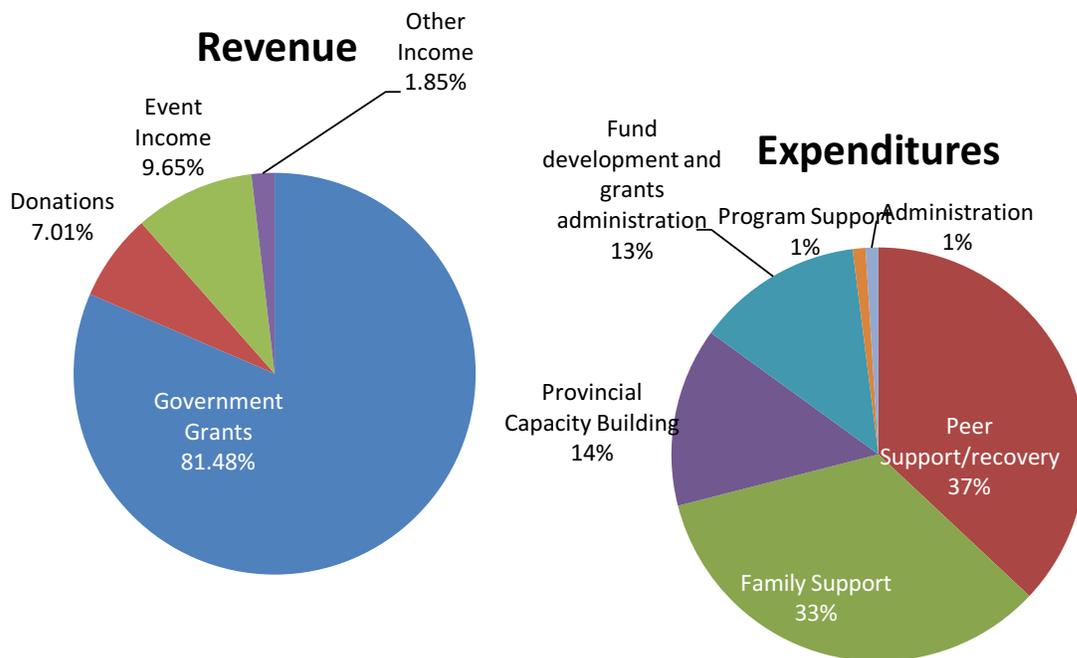
- Karen Liberman

“Service to others is the rent you pay for your room here on Earth

- Muhammad Ali

Mood Disorders Association of Ontario and Toronto Financial Report

Statement of General Operations For the year ended March 31, 2017



Where does my donation go?

\$997 funds 4 one-on-one Peer Support Sessions.

\$412 funds 15 Provincial Group Participants

\$342 Funds 1 Laughing Like Crazy participant

Mood Disorders Association of Ontario and Toronto Financial Report

Statement of General Operations and Fund Balance For the year ended March 31, 2017

Revenue:		
	Government Grants	905,013
	Event Income	107,226
	Donation	77,883
	Others	20,583
		<u>\$1,110,705</u>
Expenses:	Programs:	
	Peer Support/Recovery Programs	416,495
	Family Support	371,176
	Provincial Capacity Building	162,965
	Program Support	15,784
	Fund development and grants administration	145,581
	Administration	11,336
		<u>\$1,123,337</u>
	Excess of revenue over expenses	(12,632)
	Amortization	(4,660)
	Balance, beginning of year	143,749
	Balance, end of year	<u>126,457</u>

A copy of MDAO' financial statements can be obtained from the website at

www.mooddisorders.ca or by calling (416)-486-8046



36 Affiliate Groups across Ontario

Barrie MD Support Group
Bowmanville MD Support Group
Chatham MD Support Group
Georgetown Support Group
Guelph MD Support Group
Hamilton - Mood Menders
Hearst Mood Disorders Support Group
Horizons for Youth
Ingersoll
Kapuskasing Mood Disorders Support Group
Kenora MD Support Group
Kingston Millenials
Kingston MD Support Group
Leamington MD Support Group
London MD Support Group
Marathon Mood Disorders Support Group
Midland MD Support Group
Mississauga MD Support Group
Newmarket (Emotional Rescue) Support Group
Niagara Region
Orillia (DAMD) Self Help Support Group
Ottawa Mood Disorders Support Group
Peterborough MD Support Group
Richmond Hill & Markham Mood Disorders Support Group
Selkirk (Reflections) MD Support Group
Schreiber MD Support Group
Smooth Rock Falls Mood Disorders Support Group
St. Michael's Hospital
Sunnybrook Health Sciences Centre
Thunder Bay Mood Disorders Support Group
Toronto Accent on Ability
Toronto MHSN Support Group at St. Joseph's
Toronto Shyness and Social Anxiety Support Group
Whitby/Oshawa Mood Disorders Support Group
Windsor Mood Disorders Support Group
Woodstock Mood Disorders Support Group



“Talk to someone who has been there.”



Website
moordisorders.ca



Telephone Information Peer Support (TIPS)
1-866-363-MOOD (6663)



Check Up from the Neck Up
moordisorders.ca/program/check-up-from-the-neck-up



Mental Health M.A.P. (My Action Plan)
mymentalhealthmap.ca



Check Up @ Work
moordisorders.ca/check-up-work



MDAO Online Support Forum
moordisorders.ca/forum/



Twitter
twitter.com/moordisordersON



Facebook
facebook.com/MoodDisordersAssociationON



Ripple Affect
therippleaffect.ca

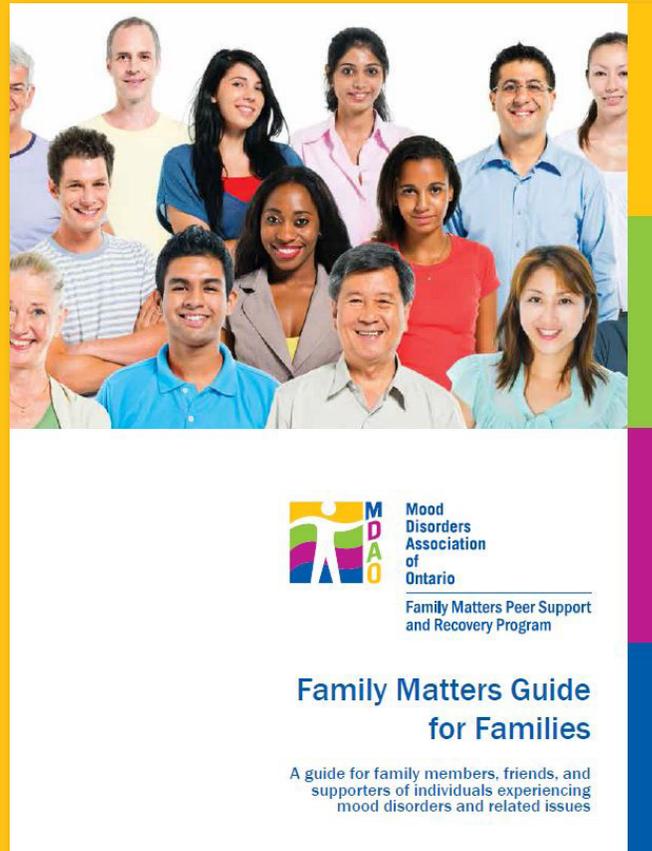


Left to Right: Board Members: Linda Hartley, Rene Clonfero, Martin Simmons, Peter Lane, Sharon Cohen, David Armstrong, Ari Zaretsky, Lindsay Cader, Arnie Cader and Stuart Baltman.

Board Members absent from picture: David Gibson, Aimee Israel and Jocelyn Brodie

Mood Disorders Association of Ontario

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(416) 486-8046 1-888-486-8236



This informational tool is designed to give families a sense of grounding and understanding of issues related to mental health and recovery. In addition, the guide provides resources that family members may find useful in supporting themselves and their families during difficult times.

The word "family" in this guide is used in a broad and inclusive sense, acknowledging that the idea of a conventional, traditional family structure does not apply to everyone. This guide is written for anyone who considers themselves to be a family member, loved one, supporter, a close friend, caregiver, or advocate of people who experience mental health issues.

Contact us to make a \$25 donation
and receive a free copy of the
Family Matters Guide

Call us at **416 486-8046** or **1-888-486-8236**
or donate on line at **www.mooddisorders.ca/donate-now**