

ANNUAL REPORT 2019-20

Hope + Me

Support. Recovery. Community.

Mood Disorders Association of Ontario



HOPE
AND
POSSIBILITIES





ABOUT HOPE + ME

69, 488 Clients served
We restore
Hope and Possibilities
across Ontario!

Hope + Me – Mood Disorders Association of Ontario offers mental health services with over 36 years of experience in serving the province.

Our evidence-based Peer Support fosters resilience, promotes self-care, instills empowerment, and builds hope.

Our free programs transform the lives of youth, individuals, and their families and caregivers living with mental health challenges.

Our staff and volunteers provide an open, accepting, and empathetic environment where free counseling, recovery programs, and shared experiences guide individual recovery.

"Hope + Me - MDAO offers services that actually work. I have tried so many things but nothing works like the skills I gain here."

Hope + Me is a provincially registered charity.
Our charitable registration number is 13097 8570 RR0001.



OUR CEO'S STATEMENT

*We are the **bridge**
to
Hope and Possibilities*

We could not have imagined how difficult conditions would be for 2020 when, on March 11, the World Health Organization declared the outbreak of the coronavirus as a global pandemic. **COVID-19** did contribute to our 2019-20 year deficit to the extent that donations originally promised before March 31, 2020, were received after that date.

We immediately assessed the risks the pandemic presented to our clients and participants and thoughtfully adjusted how we delivered our programs and services. As a result, we created a seamless transition from in-person to virtual, online care.

With the tenacious can-do spirit and devotion from our staff to support the most vulnerable, facing social isolation and disconnection, we helped out clients to take charge of their lives. I want to thank our team for their dedication, empathy, and commitment.

We could not implement our work without our volunteers' contribution especially from our board members. Thank you for giving our organization the most precious things you own – your time, creativity, and talent.

To our funders: you empower us with your generosity and demanded the best from us for the thousands of individuals and families we serve each year. Thank you!

***Ann Marie Mac Donald,
Executive Director and CEO***



109 Group Participants

3,779 Visits

The **Mindful Awareness Stabilization Training** (MAST) program was facilitated by our clinical counsellors using our collaborative care model in partnership with Sunnybrook Hospital's Department of Psychiatry.

This program offers confidential support to individuals ages 15 to 35, and their families, who have been diagnosed with or are experiencing symptoms of psychosis.

Psycho-educational and recovery groups providing peer support, education, and coping skills



PEER SUPPORT

As a leader in group-based and one-on-one peer support, we emphasize lived experience as a pathway to hope, healing, and recovery.

Testimonials

"Thank you for offering these services. I've learned that peer support is a valuable resource in healing. It's helped me to recognize that I'm not alone in my fight. As well as recognize new strengths in me, as reflected by others who can relate. These experiences don't happen often in my life, and it is a gift unlike any other to be able to access."

"[I] overcame shame, personal sharing, feedback, actionable strategies to deal with problems. Please keep online groups going. It's safer and easier to attend."

One-on-One Peer Support Programs

734 Sessions
304 Individuals

Sunnybrook Hospital
763 Peer Support clients

St. Michael's Hospital
546 clients



CHANGING MINDS WITH YOUTH

Changing Minds With Youth
700 Clients

University of Toronto
Youth Program
185 Clients

The **Changing Minds With Youth** program's goal is to teach youth about mental health issues.

The program helps them transition from youth-oriented to adult mental health services through leadership development.

CHANGING
MINDS
WITH YOUTH

As part of this program, and our Peer Support program, we invite you to see our support worker Jonathan describe his experiences in this exclusive Hope + Me video.

Click here!

[Jonathan's video](#)



502 hours

Dalla Lana School of Public Health



LIT FROM WITHIN

Phlip Arima Winner, 2020 *Karen Liberman* Lit From Within Award

Youth and Young Adult group facilitator and Peer Support Worker, **Phlip Arima**, is Hope + Me's 2020 Winner of the *Lit From Within* Award!

Phlip Arima has the unique ability to forge immediate connection with youth and young adults - by creating a non-judgemental space where, through positive feedback, they can determine their own goals. Phlip's effort and success is demonstrated in our group's overwhelming attendance.

Phlip encourages youth to identify and build on their strengths, which empowers them to choose their own pathways to recovery. Our youth and young adults see Phlip as a vital resource at Hope + Me: a dependable listener who validates their experiences and feelings, and instills hope about their efforts and accomplishments toward recovery.

As a Peer Support worker, Phlip demonstrates recovery-oriented, person-centered, and relationship-focused competencies, all within his strengths-based framework that emphasizes safety and creates opportunities for peers to develop and improve their empowerment.



Lit From Within was created by the Board of Directors as part of former Executive Director Karen Liberman's legacy when she retired from the organization. Our award recognizes volunteers who demonstrate outstanding **leadership, creativity, and innovation** in contributing to Hope + Me programs and activities.

Please join us in congratulating **Phlip Arima** on winning this most prestigious award at Hope + Me.



SUNNYBROOK HEALTH SCIENCES CENTRE

Outcomes of Collaborative Care Rotation at Hope + Me

Our accomplishments at Hope + Me – MDAO are made possible through meaningful partnerships with the mental health community. The Department of Psychiatry at Sunnybrook Health Sciences Centre is one of our most important strategic partners.

In collaboration with Sunnybrook, we provide short-term, episodic psychiatric care and follow-up to clients actively engaged in other Hope + Me programs. Referrals to psychiatrists come from our Counselling and Peer Support teams. Sunnybrook Health Sciences Centre staff psychiatrists prioritize care for patients and clients who do not currently have their own psychiatrist. As such, our staff does not see patients who are already accessing psychiatric care elsewhere and do not provide second opinions as to diagnosis or treatment.

Features of the initiative are:

- We provide senior psychiatry residents experience within our community organization that demonstrates a pivotal role in education, advocacy, and peer support for people with mood disorders;
- We provide direct and indirect support for Hope + Me clinicians who assess and treat the psychiatric problems of our clients who had limited access to a psychiatrist;
- We enhance the quality of psycho-education provided to clients at Hope + Me;
- We improve the experience of Hope + Me clients through access to direct psychiatric expertise;
- We educate Hope + Me staff and build capacity to manage psychiatric difficulties experienced by our clients.

In working with Sunnybrook, an innovative and ongoing collaborative-care service at Hope + Me has been developed which incorporates the services of fifth-year psychiatric residents to our clinical support team. This initiative is being carefully evaluated and has significantly increased Hope + Me's clinical strength. Our innovation is one of a very few examples of collaborative care initiatives between acute care institutions and non-medical community-based health services providers.



OUR DONORS 2019 - 2020

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OUR DONORS 2019 - 2020

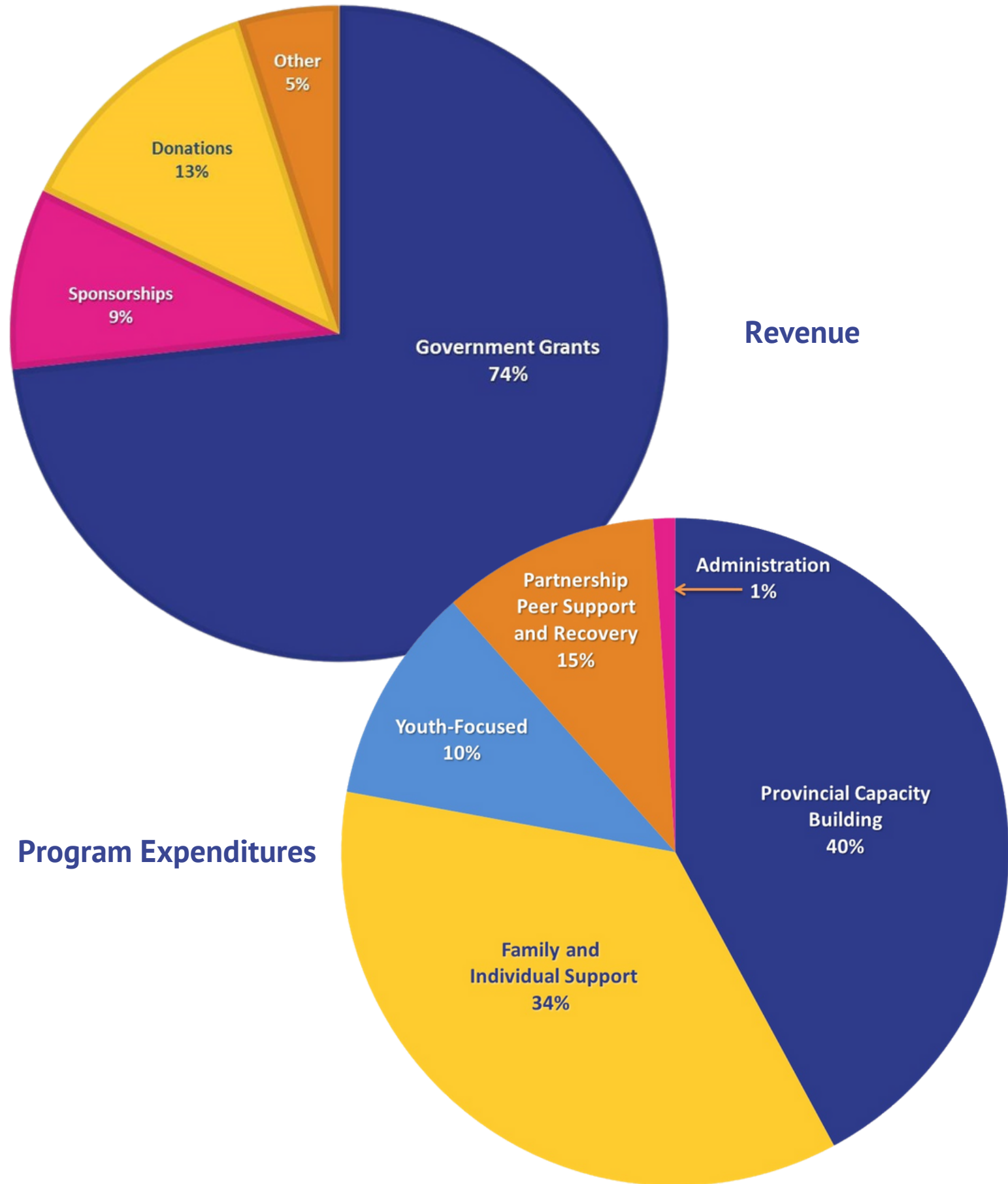
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*Hope + Me - Mood Disorders Association of Ontario thanks
all our donors for their generous support!*

FINANCIALS

2019 - 2020



FINANCIALS 2019 - 2020

Statement of General Operations and Fund Balance

For the year ended March 31, 2020

Revenue	
Government Grants	751,456
Event Income	0
Donation	90,912
Sponsorships	131,362
Others	46,964
	<u>\$1,020,693</u>
Expenses	
Provincial Capacity Building Program	444,808
Family and Individual Support	370,804
Youth Programs	113,125
Partnership Peer Support and Recovery Programs	164,260
Administration	11,117
	<u>\$1,104,114</u>
Excess of Revenue over Expenses	(83,421)
Balance, beginning of year	165,831
Balance, end of year	\$82,410

A copy of Hope + Me's financial statements can be obtained from
our website at www.mooddisorders.ca

OUR WORK

2019 - 2020

Mood Disorders Support Groups - Ontario

Barrie

Bowmanville

Chatham

Georgetown

Guelph

Hamilton - Mood Menders

Hearst

Kapuskasing

Kenora

Kingston - Millennials

Kingston

Leamington

London

Marathon - PACE

Midland

Mississauga

Newmarket - Emotional Rescue

Orillia Self-Help

Ottawa

Peterborough

Schreiber - PACE

Smooth Rock Falls

Thunder Bay - PACE

OUR WORK 2019 - 2020

Support Groups - Toronto

Accent On Ability

Black, Indigenous, and People of Colour Peer Support

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

Horizons for Youth

LGBTQ Peer Support

Men's Peer Support

Monday Mood Drop-In

Shyness and Social Anxiety Support

St. Joseph's Hospital MHSN Support

St. Michael's Hospital

Substance Use and Mood Disorders

Sunnybrook Health Sciences Centre

West End Peer Support

Women's Peer Support

Youth and Young Adults Peer Support

OUR PEOPLE 2019 - 2020

Board of Directors

Jocelyn Brodie *Chair*

Martin Simmons *Vice Chair*

Stuart Baltman

Lindsay Cader

Sharon Cohen

Michael Deane

Peter Lane

Ann Marie Mac Donald *Secretary,*

Ex-Officio Member of the Board

Staff

Ann Marie Mac Donald *Executive Director and CEO*

Minh H. Tran *Manager of Finance*

Nisha Parekh *Senior Manager and Clinical Leader*

Andrew Kcomt *Research Consultant*

Ruston Baldwin *Family Matters Peer Support Worker*

Nicole Schulz *Youth and Family Mental Health Coordinator*

Debra Fine *Family Matters Mental Health Counsellor*

Quang Vu 'QV' Mai *Manager, Program Development and*

Ontario Peer Support Program

Samantha Fogel *Peer Support Worker and Program Assistant*

Jonathan Kallis *Clinical and Peer Support Program Navigator*

June Liang *Data and Reporting Specialist*

Jeremy Macek *Community Engagement Committee (CEC) Coordinator*

CONNECT WITH HOPE + ME

Main Office

Toronto Line: (416) 486-8046

Toll-free: (888) 486-8236

Telephone Information Peer Support (TIPS)

1-866-363-MOOD (6663)

Website: www.mooddisorders.ca

Changing Minds With Youth website:

www.changingmindswithyouth.ca



Our Social Media



twitter.com/mooddisordersON



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