

FAMILY ASSOCIATION FOR MENTAL HEALTH EVERYWHERE

ANNUAL REPORT 2015-2016



HELPING FAMILIES GET TO THE HEART OF THE MATTER

Contents

MISSION

FAME provides help and a safe space to families, caregivers and friends whose loved ones are living with mental illness through education, advocacy in the community and building coping and self-care skills to foster resilience.

VISION

Every family and caregiver will know what to do and where to go for help around mental illness.



Message from the Executive Director



I have dedicated that last 20 years of my life working to support families. Two decades. 240 months. 1,040 weeks. Over that time I've learned a few things along the way.

You pick your friends, but you don't pick your family. Then again, sometimes the most important family members you have aren't related to you at all. We learned a long time ago that not all things fit into a box and not all colouring goes inside the lines. This is what I admire about FAME: we have always had the uncanny ability to adapt to the world around us, and in doing so our fabric, mission, vision, values and our direction have become stronger than ever. The measurement of our true success is in part about asking the question: how do we, as

an organization, hold up our strengths? When I look back over the past year, I find myself holding my breath—not out of anxiety but rather out of awe. How can such a small organization be so mighty? How can it serve so many? How does its voice reach so far and so wide? How is it that so many, not even in our own country, know who we are, what we do and who we serve?

To answer those questions, look at the people around us in our community. I have to take this opportunity to thank the staff of FAME. They seem to know no limits. They push, they stretch, they reach and they deliver, every single day. To that end, they are enabled by the very core of the organization, which is the board of directors. In my tenure,

I've never had the opportunity to work with a board that is so enriched and so ready to engage in a practical, real time basis. To them, I say, in earnest: on behalf of the families and the staff, thank you for providing me with a compass that helps me guide the organization.

As we move forward into another year, we'll continue to push the bounds of our growth. Our ability to expand our capacity, to build bridges in our ongoing effort to support families impacted by mental health concerns—that is the agency's biggest strength.

A handwritten signature in black ink that reads "Christine Cooper". The signature is written in a cursive, flowing style.

Christine Cooper

The significance of a great Executive Director/ Board Chair relationship is one of a not-for-profit's most important assets. A co-chair model has been adopted for the past two years as Dev Ramcharan and Cindy Woodcock have worked alongside one another to support and further develop the FAME Board of Directors' mandate.



Message from the Co-Chairs

This year we focused on two key priorities: board recruitment and strategy development. We recruited a diverse and talented group of board members to complement a team that has worked together for an extended period of time. Our new members come to FAME with a mixture of public and private sector experience, across a variety of industries. All of them have the personal experience of being family members like those served by our agency. The backgrounds of our

new members include Legal Services, Non-Profit Agencies and Marketing and Organizational Development Consulting. We feel that the rich mixture of personality, experience and passion for the work and the clients of the agency will strengthen FAME, providing strategic support to its staff, for the benefit of those they serve with such dedication and commitment every day.

In connection with strategy development, we started reflecting on what this should look like

with a board discussion; then, using a process of appreciative enquiry, took it to FAME's staff so that we could develop an enriched plan for the next few years informed by staff experience, their knowledge of our clients and their environments. We feel that the strategy that has been created is the best designed one the agency has ever had and look forward to its execution.

Cindy Woodcock

Dev Ramcharan



This Year at FAME



We served
2,399 families.



We facilitated more than
150 support groups.



We hosted eight
educational
speaker events.



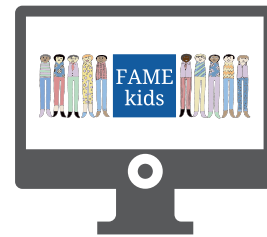
We supported families
throughout Toronto
and Peel Region.

FAME on the Web

In March of 2016, we revamped our website (www.fameforfamilies.com) and introduced a new website for FAMEkids (famekids.ca).



The new FAMEkids site provides us with a platform to house our original digital content. Over the next year, we plan to unveil a series of eight educational videos to help us teach kids about mental health.



Here are some of our web achievements from the past year
(April 1, 2015 to March 31, 2016):



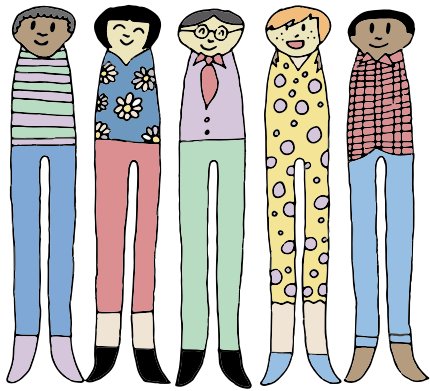
66,000 total page views
1,600 visits per month
1,250 users per month



162,562 total reach
444 daily reach
350 new page likes



360,000 total impressions
9,000 total profile visits
485 total mentions



FAME kids



“Through many completed referrals to FAMEkids, we’ve found that the children and families we serve have made great strides. Our experience with the program is that it provides courage and hope to our young individuals by teaching them about mental illness, allowing them a space to share and learn, to meet other kids, make new friends and to above all understand that mental illness in the family is not their fault! We see better understanding, improved family relationships, confidence and the kids almost always ask if they can go back.”

– Children Protective Services

FAMEkids™

FAMEkids is a specialized program that provides an opportunity for children to share their experiences living with a family member who is struggling with a mental illness; for many participants this is their first time talking about these experiences. Through our group support program, children come together to learn from one another and to see that there are other kids in the community in situations similar to theirs. By means of our individual support program, children and youth can explore their understanding of mental illness, continue to build on healthy coping strategies, and share and discuss experiences they may not feel comfortable sharing in a group setting.



As part of a newly developed partnership with students at McMaster University, FAMEkids has produced a series of educational videos to help explain complex concepts to children and youth in an age-appropriate manner. Topics include: concurrent disorders, possible causes of mental health concerns, the prevalence of mental illness in Canada, medication use as a treatment option, and the connections between thoughts, feelings and behaviours in the human brain.



2015-2016 FAMEkids Highlights

REBRANDING

In March of 2016, we launched the new FAMEkids website: famekids.ca.

The site is a testament to the distinct nature of FAMEkids, from the standpoint of programming and branding, within FAME as an organization. Along with FAMEkids' new website and logo, we produced new graphics, print and web materials and video resources to expand the brand supplement our programming needs.



PROGRAMMING

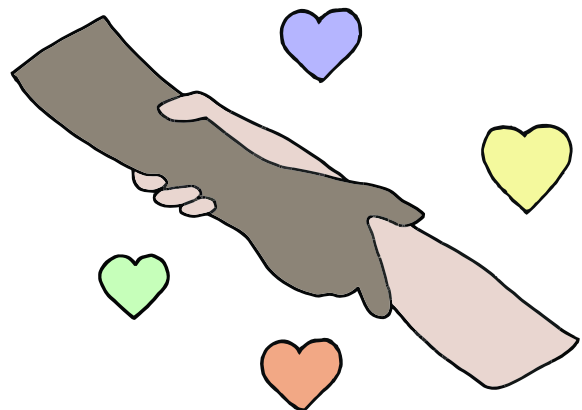
In 2016, we launched three iterations of our new 10-week program in Scarborough, Rexdale and Etobicoke.

We ran support groups in Toronto, Rexdale, Etobicoke, Scarborough and Brampton.

We developed crisis resources for children and youth and family caregivers.

In total, we served:

- More than 230 children and youth
- More than 200 parents and caregivers

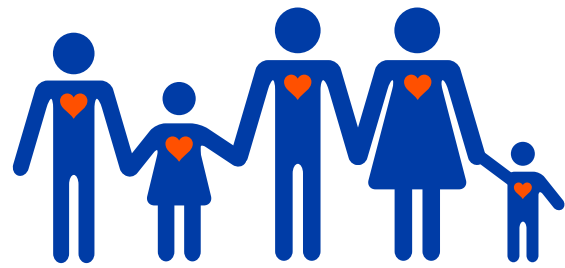




Mental Health Commission of Canada

Commission de la santé mentale du Canada

Mental Health First Aid CANADA



FAMILY ASSOCIATION FOR MENTAL HEALTH EVERYWHERE

Mental Health First Aid Canada

Mental Health First Aid (MHFA) has emerged as the standard for evidence-based information and skills training related to first-step mental health crisis intervention. The material covered during a two-day MHFA training session is accessible by anyone—no previous mental health experience is required. Because MHFA Canada has demonstrated effectiveness in reducing the impact of stigma, FAME has supported the delivery of MHFA Canada training for almost three years now. Throughout our 2015-2016 year, FAME provided training to 80 participants, benefitting their families and communities by providing them with new knowledge, skills and strategies.

SUMMARY

- 80 participants trained throughout the GTA
- Six MHFA: Basic courses ran
- Three MHFA: Adults Who Interact with Youth courses ran

The Mental Health Commission of Canada (MHCC) has identified emerging adults (youth aged 12 to 24) as a designated population in need of support in coping with mental health problems. Recognizing that both emerging adults and those who interact with them can benefit from MHFA training, FAME offers a supplementary course called MHFA: Adults Who Interact with Youth. This course, which must be taken after the basic MHFA course, is suitable for parents, teachers, social workers and others who care about the health and well-being of youth in their community.



Partners, Diversity and Inclusion

Partnerships

24.7 Crisis Support Peel
African Community Services
Agingcourt Community Services
Albion Neighbourhood Services
Anishnawbe Health Toronto
Associated Youth Services of Peel
Bereaved Families of Halton/ Peel
Brampton Community Door Site Committee
Caledon Community Services
Caledon Parent Child Centre
CAMH FactPeel – First episode psychosis Clinic
CAMH Peer Support Worker Program
Canadian Mental Health Association
Canadian Mental Health Association of Peel
Catholic Children's Aid Society of Toronto
Catholic Cross Cultural Services
Catholic Family Services Peel-Dufferin
Centre for Internationally Educated Nurses
Centre for Training and Education
Children's Aid Society of the Region of Peel
College of Physicians and Surgeons (CPSO)
Community Care Access Centre of Peel
Community Door Mississauga
Credit Valley Hospital
Distress Centre Peel
Dufferin Mental Health Team
East GTA Family Health Team
East Scarborough Storefront
Ernestine's Women's Shelter
Families for Families Halton
Family Outreach and Response Program
Family Services of Peel
Family Transition Place
Federation of Filipino Canadians of Brampton
Friends and Advocates Peel
George Hull Centre
Hincks-Dellcrest Centre
India Rainbow
Interim Place
Jean Tweed Centre
Jessie's — The June Callwood Centre
for Young Women
Learning Enrichment Foundation
Native Child and Family Services of Toronto
North York General Hospital
Northwest Toronto Service Collaborative
ODSP
Ontario Works
Peel Addiction Assessment & Referral Centre
Peel Children's Centre
Peel Children and Youth Initiative (PCYI)
Peel Family Shelter
Peel Regional Police
Peel Senior Link
Peel Services Collaborative
PHAN (Peel HIV/AIDS Network)
Punjabi Community Health Centre
Rapport Youth and Family Services
Recovery West (CMHA)
Rexdale Community Health Center
Rexdale Community Hub
Rexdale Community Legal Clinic
Rexdale Women's Center
Rouge Valley Health System – Pathways
Schizophrenia Society of Ontario
Service Ontario
SPECTRA Community Support Services
St. James Town Service Providers Network
St. Leonard's Place
Sunnybrook Family Navigation Team
Support Our Youth (SOY)
Supportive Housing in Peel
SystemWise
The Dorset Park Community Hub
The Honourable William G. Davis Centre for
Families
The Mission Media Company INC. (The Family
Guide to Mental Health Recovery)
The Scarborough Hospital
The Special Needs Planning Group
Toronto Children's Aid Society
Toronto East General Hospital
Toronto Kiwanis Boys & Girls Club
Toronto West Local Immigration Partnership
Trillium Hospital
Transitional Age Youth Program
VHA Home HealthCare – Community Friend
Victim/Witness Assistance Program
Volunteer MBC
Wilkinson Road Men's Shelter
William Osler Health Center
Young Ones-Breaking Barriers Organization
Youth Net (Peel)

Partners, Diversity and Inclusion

Committees, Conferences and Events

Bishop Allen – Annual Social Awareness Day
Canada Summer Jobs program
Community Door – Brampton & Mississauga
Dorset Park Community Hub
Mental Health Commission of Canada – Caregivers Guidelines Project
Mental Health Needs of Diverse Communities
National Association of Child Care Workers Biennial Conference (Cape Town, South Africa)
North West Community Mental Health Network
Ontario Youth Action Plan (Community Collaboration) – Ministry of Child and Youth Services
Peel Youth Leaders Conference – Peel Children and Youth Initiative (PCYI)
Peel Children’s Centre – Malton Wraparound Community Team
Peel Services Collaborative
RVHS Concurrent Disorders Capacity Building Committee
Ryerson Mental Health Committee
Scarborough Quadrant Working Group
Scarborough/East York Service Collaborative
SIGMHA – Mississauga Halton LHIN
South Etobicoke Mental Health and Addictions Committee
South Toronto Health Link Peer Working Group
St. James Town Youth Network
The Caledon Network
Toronto Central LHIN - Mental Health & Addictions Long-Term Care Committee
Toronto Police Services Board – Community Mental Health Committee



Financial Accountability

Revenues

Ministry of Health (Toronto Central LHIN)	435,795.00	
Centre for Addictions & Mental Health (CAMH)	50,000.00	
Donations & Fundraising	41,366.00	
Region of Peel	80,013.00	
United Way of Peel	60,164.00	
CMHA Peel	166,156.00	
Total Revenues	\$833,494.00	



Expenses

Rent	74,752.00	
Salaries and Benefits	594,365.00	
Amortization	10,581.00	
Program Expenses	61,797.00	
Operating Expenses	93,593.00	
Total Expenses	\$835,088.00	



Income Before Other Income	-1,594.00
Other Income	4,217.00
Excess of Revenues Over Expenditures	2,623
Net Assets at the Beginning of the Year	171,878.00
Net Assets at the End of the Year	174,501.00

The FAME Team

Staff

Christine Cooper, EXECUTIVE DIRECTOR

Mary Jursinic, FAMILY SUPPORT WORKER, ETOBICOKE & NORTH YORK

Frank Logue, FAMILY SUPPORT WORKER, BRAMPTON

Michelle Bake-Murphy, EDUCATION, COMMUNICATIONS & SOCIAL MEDIA

Stephanie Kerr, FAMILY SUPPORT WORKER, MISSISSAUGA

Nicole Levy, FAMEkids & YOUTH SUPPORT WORKER

Karen Naismith, FAMEkids COORDINATOR AND YOUTH SUPPORT WORKER

Dennis McDermott, FAMILY SUPPORT WORKER, DOWNTOWN TORONTO

Nisha Biju-Thomas, FAMILY SUPPORT WORKER, SCARBOROUGH*

Paul O'Donnell, FAMILY SUPPORT WORKER, PART-TIME

Shabnam Janani, FAMILY SUPPORT WORKER, REXDALE

Sharicka Reid, FAMILY SUPPORT WORKER, BRAMPTON*

Gloria Segovia, FAMILY SUPPORT WORKER, BRAMPTON

Diana Handal, ADMINISTRATION SUPPORT

Fara Ali, ADMINISTRATIVE COORDINATOR

Dave Ward, FAMEkids SUPPORT

*On maternity leave.

*Departed during operating year.

Joined as of May, 2016:

Sarah Robertson, FAMILY SUPPORT WORKER, SCARBOROUGH

Kalyn Morrison, FAMILY SUPPORT WORKER, DOWNTOWN TORONTO

Isaac Thornley, EDUCATION, COMMUNICATIONS & SOCIAL MEDIA

Board of Directors

Cindy Woodcock, CO-CHAIR

Dev Ramcharan, CO-CHAIR

Ashley Fethu, TREASURER

David Frattini, BOARD MEMBER

Dr. Lorraine Cindy Krysac, BOARD MEMBER

Jane McNulty, BOARD MEMBER

Fatima Husain, BOARD MEMBER

Kathryn Ashby, BOARD MEMBER*

Penny Connors, BOARD MEMBER*

*Joined during operating year.

In gratitude to our primary funders



Ontario

Toronto Central Local Health
Integration Network

Region of Peel
Working for you



United Way
of Peel Region

ETOBICOKE

Main Office
268 Royal York Road,
Second Floor
Toronto, ON M8V 2V9
Tel. 416.207.5032

MISSISSAUGA

50 Burnhamthorpe Road
West,
Suite 300
Mississauga ON L5B 3C2
Tel. 905.276.8316

BRAMPTON

Brampton Community Door
7700 Hurontario Street,
Suite 601
Brampton, ON L6Y 4M3
Tel. 905.488.7716

DOWNTOWN TORONTO

Sherbourne Health Centre
333 Sherbourne Street,
Room #2100, Second Floor
Toronto, ON M5A 2S5
Tel. 416.324.5060

REXDALE

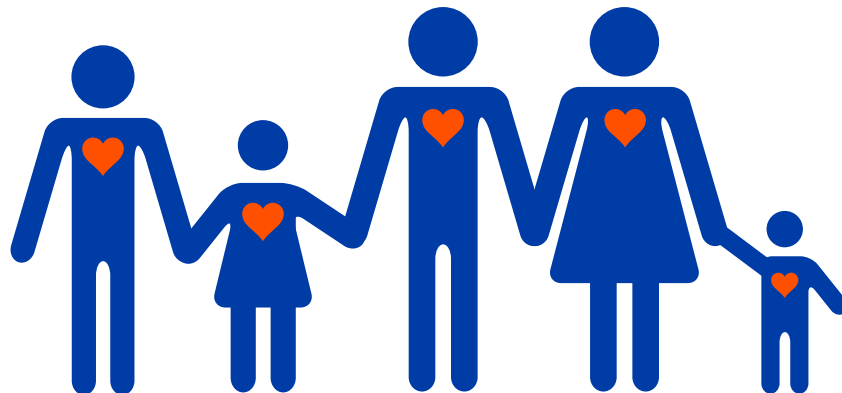
Rexdale Community
Health Centre
8 Taber Road
Etobicoke, ON M9W 3A4
Tel. 416.749.9996

BRAMPTON (2nd Location)

William G. Davis
Centre for Families
60 West Drive, Suite 207
Brampton, ON L6T 3T6
Tel. 905.452.7770

SCARBOROUGH

Dorset Park Community Hub
1911 Kennedy Road,
Unit 105
Scarborough, ON M1P 2L9
Tel. 416.913.2144



www.fameforfamilies.com



REGISTERED CHARITY #132582198RR0001