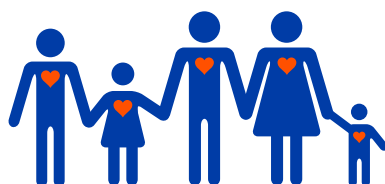




Annual Report 2016 – 2017



Life
 Respect Faith
 Reflection Welcoming
 Coping **Laughter** Goals
 Gratitude Concern Balance
 Wellness **Feelings** Acceptance
Soul and Body Underneath
 Diversity **spouse** Challenges
son Resources
grandparent **Plan** Self Care
Love Reflection
MENTAL HEALTH Optimism
Support Barrier
WELLNESS Relationships
 Recovery
MINDFULNESS Believe
CAREGIVERS
HOPE
 Facilitation parent
 Mental Health
 Championing co-worker
 Responsibility
 Partnership
 Outreach
 Safe



FAMILY ASSOCIATION
FOR MENTAL HEALTH
EVERYWHERE (FAME)

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



It was more than 25 years ago that FAME began as a neighbourhood association whose aim was to empower families coping with mental illness. Today FAME is helping to restore strength and hope in thousands of families across the Greater Toronto Area every year. We have come so far. Yet, with one in five Canadians experiencing mental illness at some point in their lives, the need for FAME's work is more evident than ever before.

And so we continue to evolve our programs and services in order to best meet the needs of the families who need us. One example of this evolution is our FAMEKids program. FAMEKids represents an innovative approach to supporting children and youth who have a family

member with a mental health concern. With a focus on education and skills development, FAMEKids is providing a safe space for young people to learn and share in their experiences with and understanding of mental illness.

In all that we do, FAME strives to give families and caregivers a voice by advocating for the family perspective on mental health and wellness in the broader community. None of this would be possible without the tireless commitment of our staff, Board and volunteers. I am truly honoured to have joined this remarkably devoted team.

There are so many highlights from this past year to share and we are excited to have this

opportunity to reflect on these achievements in this year's Annual Report. In the coming year, and with a new strategic plan in place, we will continue to examine carefully what families need from us as we strive to always improve and enhance our ability to support families who are coping with mental illness.

A very special thank you to all who have and all who continue to support FAME – our partners, donors, funders, champions and friends. It is through your generosity and inspiring dedication that FAME is able to have such an incredible impact. We look forward to working with you as we shape the future of FAME over the coming year.

A handwritten signature in dark blue ink, appearing to read 'Ryan Tucker'.

Ryan Tucker

Message from the Board Chair



The last year has been one of change and renewal for the agency. At the strategic level, we experienced a significant degree of movement on the Board, and were able to attract a richly diverse group of new members whose professional and family experience will be invaluable. These new members come primarily from the public sector and their skills include Communications Management, Project and Program Management, Strategy Management and Clinical Therapy. We deliberately recruited members whose diversity represented that of the communities we serve and we feel that we have achieved this to a considerable degree. Operationally, we brought on a new Executive Director, Ryan Tucker, and we are confident that he will help to chart the next stage of FAME's impact and service to its growing base of regional clients. Ryan's experience with inner city programs for marginalized youth and at-risk communities will be of great value to the agency. He has transitioned into FAME and its operations

with grace and with an evident commitment to developing its staff, capabilities and quality of service to the community. The Board developed a strategy in collaboration with staff, ensuring their understanding of the work of the agency was well reflected in its roadmap for the future. Our Executive Director and his team will now ground it in operating reality, fleshing out the in-year operating details through the life cycle of the strategy. Their actualization of the agency's goals will help to strengthen FAME's service to its clients by enriching and diversifying its programs and partnerships.

I come, now, to the end of my tenure as Board Chair, and am grateful for the honour and the privilege of serving in this capacity. I want to take this opportunity to thank our clients, staff, funders and partners for their support for, and participation in, FAME's work. I am grateful for those Board members who, through a season of change that demanded much of them, continued to serve with distinction, courage and great

commitment to the organization. Their steady hands helped to set the stage for the next phase of FAME's work. Our new Board Co-Chairs will continue to lead and to serve as the guardians of the organization's strategy and its compliance with the requirements of our stakeholders.

We are embarking on a new phase of the agency's work, and we share in the excitement of this renewal with our staff. Their dedicated, consistent and admirable work through a cycle of disruptive change has been, and will continue to be, an inspiration to us.

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

Dev Ramcharan

This Year at FAME



We served 2,542 family members.



We facilitated 128 support groups.



We hosted 11 workshops & educational events.



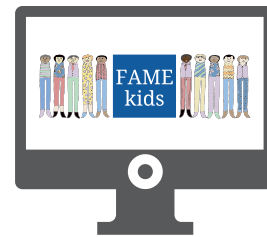
We participated in 26 external community events.

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, 2016 to March 31, 2017):



200,411 total reach
550 daily reach
150 new page likes



279,400 total impressions
7,824 total profile visits
212 total mentions

Bell, Let's Talk About the Caregivers



One in five Canadians will experience a mental illness in their lifetime. At FAME, we support the other four in that equation: the people who care for loved ones experiencing mental illness.



We believe that discussions of mental health and support remain important throughout the year, not only during one day or week.

Bell Let's Talk is an opportunity to advocate on behalf of family members in the mental health system, and to add the perspective of family caregivers to the broader mental health discussion.
#TheOther4
#FamiliesTalk



Bell
Let's Talk



FAME

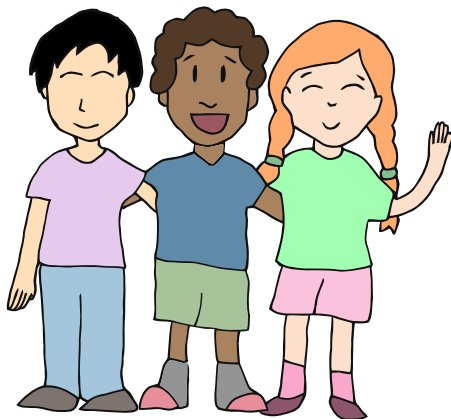


What is FAMEkids?

FAMEkids is a program for kids aged 7 to 12 and youth aged 13 to 17 who have a family member or friend experiencing a mental illness. We understand that growing up around mental illness can be tough and we're here to help.

Through specialized programming, FAMEkids provides a therapeutic approach to introducing mental illness to children and youth. The program promotes resilience in a safe and age-appropriate environment. The program educates and equips young individuals with an understanding of mental illness through artwork, discussions and games.

FAMEkids' belief is that youth can be empowered with accurate knowledge about mental illness, and by understanding that they are not alone in their experiences.



The Little Program that Grew

The FAMEkids program has made strides over the past 18 years. Developed in 1999, it was borne out of a recognition that children require education and support at an early age to understand their loved one's illness. Initially accepting referrals from Children's Aid Societies in Scarborough, Etobicoke and Peel, FAME has worked diligently to broaden its service capacity to reach more children and youth.

FAMEkids now accepts referrals from all across the GTA, including self-referrals from families. Originally an eight-week, 75-minute program that ran twice a year with one FAME employee and one volunteer, the program has since expanded to a 10-week, two-hour program running several times per year in various locations throughout Toronto's surrounding cities. Many individuals from partnering agencies in the community are trained through FAME as FAMEkids Facilitators, providing consistent and reliable support to FAMEkids children.

FAMEkids has expanded its services to support youth ages 13-17 through the FAMEyouth Program, which explores mental health, mental illness, stigma, addiction concerns, self-awareness and self-care throughout four group sessions.



Programming Summary

We ran three 10-week groups, in Etobicoke, Scarborough and Mississauga.

In total, we served:

- 300 children
- 90 youth
- 275 parents and caregivers

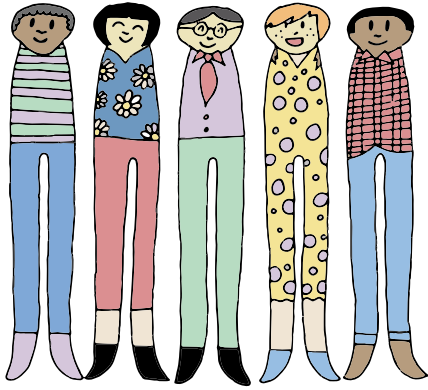


Say Hello to Christina!

In April 2017, FAMEkids welcomed aboard Christina Lanteigne, the new FAMEkids Coordinator & Youth Support Worker for Toronto:

“Joining the FAMEkids team has proven to be a truly rewarding experience. It has been a pleasure to support children and youth in developing sound knowledge about mental illness and building positive coping strategies to manage whatever comes their way. The families that I meet and speak to daily exemplify courage and resilience like I’ve never seen before. I look forward to running more programs and supporting more families in the coming year!”





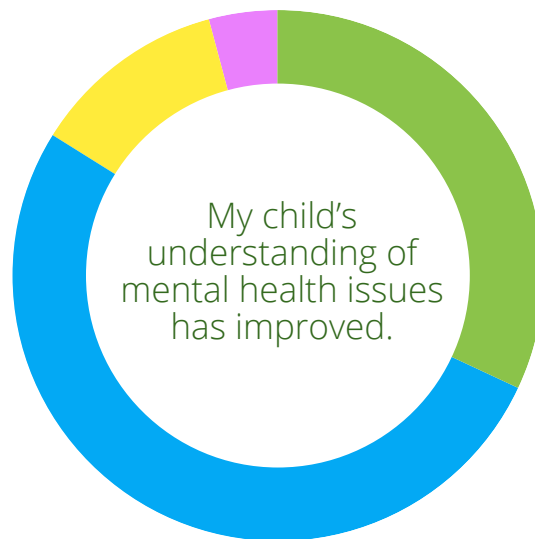
Feedback from FAMEkids' Clients

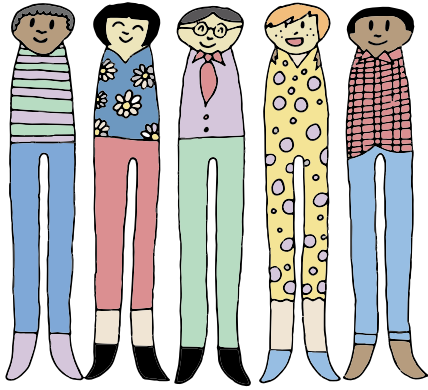
- 88 per cent of clients surveyed would recommend the FAMEkids program.
- 84 per cent felt their child's understanding of mental health improved.
- 84 per cent felt their child's ability to identify and express feelings improved.

"I have three children. My oldest changed the most and has a complete understanding of the issues in our family and she has found a way through FAME to cope with each situation."

–FAMEkids Parent

What results has your child experienced after receiving services from FAMEkids?





FAME kids



FAMEkids Educational Content

FAMEkids has produced a series of eight educational videos to help teach children and youth about mental health and different types of mental illness.

The videos, which will be released over the next year, have a dual purpose of educating children and youth and raising the profile of the FAMEkids program in the broader mental health community.

Video Topics

- FAMEkids Introduction: Welcome to FAMEkids
- Thoughts, Feelings and Behaviours
- Prevalence: How Common is Mental Illness?
- The Four Cs: I did not cause the mental illness; I cannot control the mental illness; I cannot cure the mental illness; I can cope with the mental illness.
- FAMEkids is Here to Help
- Developmental Disabilities Versus Mental Illness
- What is a Concurrent Disorder?
- How You Can Help: Safe Kid Kits



FAME
kids

WELCOME!



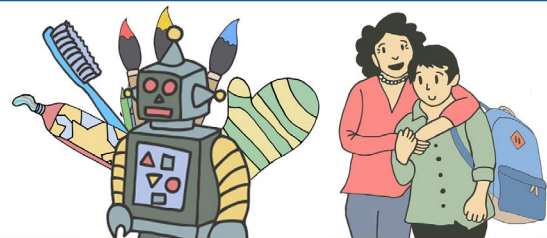
FAME
kids

HOW COMMON IS MENTAL ILLNESS?



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CONCURRENT DISORDERS



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SAFE KID KITS

Subscribe to our YouTube channel!



@fameforfamilies

Community Partnerships

24.7 Crisis Support Peel
Access Alliance
ADAPT
African Community Services
Agincourt Community
Anishnawbe Health Toronto
Associated Youth Services of Peel
Building Roots
Caledon Parent Child Centre
Cameron Helps - Team Unbreakable
CAMH Fact Peel Clinic
Canadian BFRB Support
Catholic Cross Cultural Services
Catholic Family Services of Peel
Central West CCAC
Centre for Education and Training
CMHA - Peel 24/7 Crisis Sppt
CMHA - Peel Dufferin
CMHA - Peel Family Support Program
CMHA - Peel Recovery West
County of Dufferin Services
Dufferin County Community Services: Edelbrock
Centre
East Scarborough Storefront
Family Services of Peel
Friends and Advocates Peel
George Hull Centre
Hincks Dellcrest Centre
Humber River Regional Hospital

Jean Tweed Centre for Women and Families
LAMP Community Health Centre
LOFT Community Services
North West Community Mental Health Network
North York Community House
North York General Hospital
P.A.T.C.H. Program at John Howard Society of
Ontario
PAARC: Peel Addiction Assessment and Referral
Centre
Peel CAS
Peel Children's Centre
Punjabi Community Health Services
Rexdale CHC
Rexdale Women's Centre
Sashbear
South Etobicoke Mental Health and Addictions
Partnership
Sunnybrook
Supportive Housing In Peel (SHIP)
Systemwise
TEACH
The Exchange (Caledon Community Services)
The Honourable William G. Davis Centre for
Families
The Scarborough-Rouge Hospital
Trillium Health Partners
Volunteer MBC
William Osler Health System



The FAME Team

Staff

Ryan Tucker — Executive Director

Diana Handal — Administration & Accounting Support

Fara Ali — Administrative Coordinator

Isaac Thornley — Education Communications & Social Media Coordinator

Mary Jursinic — Family Support Worker, **Etobicoke and North York**

Stephanie Kerr — Family Support Worker, **Mississauga**

Kalyn Morrison — Family Support Worker, **Downtown Toronto**

Sarah Robertson — Family Support Worker, **Scarborough**

Frank Logue — Family Support Worker, **Brampton (South)**

Sharicka Reid — Family Support Worker, **Brampton (North)**

Karen Naismith — FAMEkids Coordinator & Youth Support Worker, **Peel Region**

Christina Lanteigne — FAMEkids Coordinator & Youth Support Worker, **Toronto**



Board of Directors

Dev Ramcharan, Chair

David Frattini, Treasurer

Jane McNulty, Board Member

Matthew Tsuda, Board Member

Beth Dunford, Board Member

Melanie Mayoh, Board Member

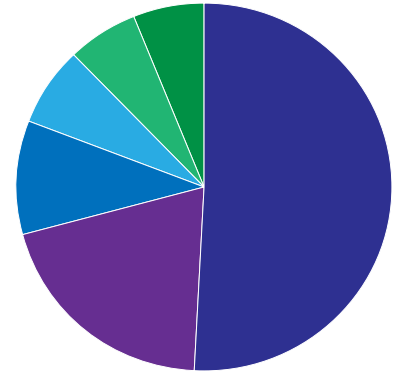
Michael Torres, Board Member



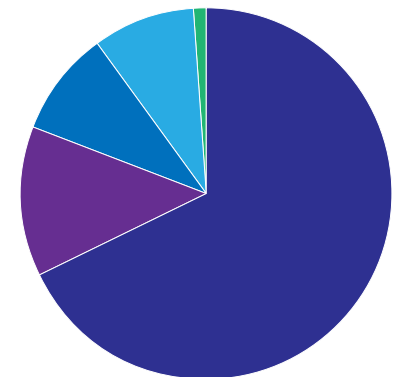
All staff and board members listed above are accurate as of September 28, 2017.

Financial Accountability

Revenues	
Ministry of Health (Toronto Central LHIN)	435,851.00
CMHA Peel	172,959.00
Region of Peel	89,877.00
United Way of Peel	60,164.00
CAMH - FACT Peel	50,000.00
Donations and Fundraising	47,327.00
Total Revenues	\$856,178.00



Expenses	
Salaries and Benefits	574,968.00
Operating Expenses	107,270.00
Rent	76,309.00
Program Expenses	71,513.00
Amortization	9,143.00
Total Expenses	\$839,283.00



Excess of Revenues Over Expenditures	16,895.00
Net Assets at the Beginning of the Year	174,501.00
Net Assets at the End of the Year	191,396.00

In gratitude to our primary funders



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

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

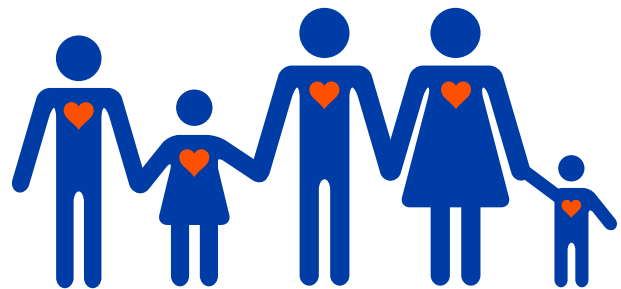
BRAMPTON (SOUTH)
Brampton Community Door
7700 Hurontario Street,
Suite 601
Brampton, ON L6Y 4M3
Tel. 905.488.7716

DOWNTOWN TORONTO
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543 Yonge Street,
Fourth Floor,
Toronto, ON M4Y 1Y5
Tel. 416.351.2751

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

BRAMPTON (NORTH)
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



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