30 YEARS
OF PROVIDING
THE RIPPLE AFFECT
ACROSS ONTARIO

2015/2016 ANNUAL REPORT
THE PAST YEAR, 2015-16, marks thirty years of MDAO providing positive “ripple affects” through our free peer support and recovery programs, education and training, that positively affect the lives of people across Ontario.

Our work was built upon the dedication, efforts and actions of 14 staff members and 275 caring volunteers in the GTA and across Ontario. We touched over 226,063 participants and clients lives through our direct services; our recovery programs, peer support, warm line, virtual peer support, counselling, facilitator training, provincial outreach, our website and social media.

To celebrate this milestone, we created a website called “The Ripple Affect”. People often say they feel powerless to help or make a difference. This website aims to debunk that myth: Each of us can do something, and in doing so they can have a far-reaching impact, or a “ripple affect” in people’s lives. The word “Affect” is usually a verb, and to affect something is to change or influence. The Ripple Affect website is a place to celebrate and salute the incredible contributions our volunteers, affiliates and communities are making across Ontario by providing support and help for those suffering from mood disorders and mental illness. Please visit the site to share your story: www.therippleaffect.ca.

IMPACTS OF MDAO IN THE COMMUNITY

11 Laughing Like Crazy Shows
2 Youth Headstrong Sessions with 390 PARTICIPANTS
30 COMMUNITIES across Ontario with MDAO support groups
1,622 people called the Warm Line

27.5% INCREASE IN OUR FACEBOOK FOLLOWERS
FACEBOOK: 1,565
TWITTER: 3,878
INSTAGRAM: 71

11,806 VOLUNTEER HOURS ACROSS THE PROVINCE
226,063 LIVES TOUCHED

“Just as ripples spread out when a pebble is dropped into water, the actions of individuals can have a far-reaching affect”.
- Dalai Lama
Our peer support framework is the cornerstone of our mission and value statement and has had an incredible impact upon the lives of the Ontarians we served this year.

MESSAGE FROM THE BOARD CHAIR & EXECUTIVE DIRECTOR

In 2015-16 we were very successful in contributing to the Ministry of Health and Long-Term Care's strategic pillars: to promote resiliency and well-being in Ontarians, ensure early identification and intervention and provide the right service, at the right time, and right place. Through our peer facilitator and provincial outreach training, we ensured that the guiding values and principles of practice for peer support, as outlined by the Mental Health Commission of Canada, were taught in the training and adhered to.

Many of our staff and most of our volunteers have themselves struggled with mood disorders or have family members that have likewise experienced mental illness. So when our clients and participants encounter us, they are engaging with individuals, who, by virtue of their experience, are knowledgeable, empathetic and supportive - people who get it and convey hope. This resonates in a meaningful way with our participants and clients and enhances our “ripple affect.” The Toronto Central Local Health Integration Network (TCLHIN) generously funded our Family Matters Peer Support and Recovery Program for a third year and it continued to grow and develop over the past year with over 850 family members supported. This program continues to adhere to the individual peer support and recovery work that MDAO does best.

Our Volunteer Orientation and Training Programs was a great success. Given the key role that volunteers play in MDAO’s sustainability, volunteer recruitment is always a central concern. We advanced a formal recruitment plan that combined the development of volunteer recruitment with retention strategies. As our organization grows, so will our volunteer roster. We trained over 130 volunteers and provided 7,800 hours of training.

We could not have made such a positive “ripple affect” on the lives of so many throughout Ontario without the support of all of our funders and donors. Through their generosity, MDAO was able to advance e-mental health, promote adult resilience and well-being, and ensure early identification and intervention among the people we served.

To our 275 volunteers in the GTA and across the province, thank you for sharing your time and your expertise with us. You have rendered an invaluable service to the people that we serve.

To the MDAO staff, our Ontario community has profited greatly from your energy, empathy, dedication and hard work. Thank you all for a stellar year.

Sharon Cohen
Board Chair

Ann Marie Mac Donald
Executive Director/CEO
THE RIPPLE AFFECT — a natural phenomenon — is created when an object with a mass is dropped into a body of water. The result is an impact created and accompanied by a transfer of energy that forces the surface of the water to oscillate in the form of orbital waves. While the mass dropped in the water may be of small or little proportion in comparison to the vast body of water, the ripples it creates are a far-reaching and never ending forward motion that affects everything in their path. Such is the impact of a small act of kindness, encouragement, or compassion that delivers an affecting change, a positive energy in a person’s life.

VISION

Individuals and families affected by mood disorders recover.

MISSION

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

Entry and Navigation: To be responsive to the needs of individuals affected by mood disorders and their families by facilitating their entry to recovery and helping them to navigate to the services and supports they need.

Knowledge: To contribute to knowledge of the effectiveness of recovery supports and programs through evaluation.

Awareness and Outreach: To engage the community to increase awareness about mood disorders and reduce stigma and to communicate about the supports and programs that we offer.

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

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 when it is sought by participants.
- Safe: We will strive to provide programs of high quality and standards which are safe for the participants and stakeholders.
STAFF LIST

Ann Marie Mac Donald, Executive Director/CEO
Bianca Tiron, Youth & Family Program Coordinator
Becky Curran, Family Intake Triage and Outreach Specialist
Daniel Farb, Family Matters Peer Support Worker
Dany Bai, Administrative Assistant
Elyse Grieco, Family Matters Peer Support Worker
Eric Jonasson, Information Research Specialist
Keara Gillis, Volunteer Supervisor
Lawrence Peddie, Office Manager
Leslie Cringan, Peer Support Worker
Mark Gulla, Donor Relations Coordinator
Rachel LeBeau, Social Media Coordinator
Shelly Murphy, Family Matters Program Manager
Shirley Enns, Manager of Finance (deceased)

BOARD OF DIRECTORS

Sharon B. Cohen, Board Chair
Martin Simmons, Vice-Chair
Dr. Ari Zaretsky
Arnie Cader
David Armstrong
David Gibson
Linda Hartley
Lindsay Cader
Peggy Mulligan
Peter Lane, Treasurer
Rene Clonfero
Stuart Baltman

2015-2016 BOARD OF DIRECTORS

LEFT TO RIGHT
Linda Hartley, Rene Clonfero, Martin Simmons, Peter Lane, Sharon Cohen, David Armstrong, Dr. Ari Zaretsky, Lindsay Cader, Arnie Cader, Stuart Baltman

MISSING FROM PHOTO
David Gibson and Peggy Mulligan
MDAO’s Ripple Affect: MDAO has a strong history of offering Peer Support. Our Value Proposition is that our peer supporters are knowledgeable, empathetic, trained, and supportive people who get it and convey hope.

DROP-IN PEER SUPPORT PROGRAMS

The MDAO has a strong, 30-year history of offering Peer Support for individuals and families affected by mood disorders. We work from a recovery oriented framework to help individuals along in their journey towards recovery.

Peer support humanizes the recovery process through the involvement of peers with lived experience. Peer support works by offering individuals support, encouragement, and hope that recovery is indeed possible.

The success of our peer support groups shows that the Ripple Affect is very affective. By allowing individuals with lived-experience to facilitate these groups, they assist others in recovering from mental illness. Through the contributions of our peer supporters and volunteer facilitators, the ripple affect of peer support is spreading across Ontario.

Our participants engage us and they engage with peers who have been there by virtue of their lived experience. Our peer supporters are knowledgeable, empathetic and supportive people who get it and convey hope.

In November, 21 facilitators from our Provincial Drop-In Groups attended the London Regional Conference where they participated in workshops and discussed topics such as the Ripple Affect, Recovery and Goal Setting, Facilitator Discussion, Introduction to OCD, Family Matters Program and Networking.
LIST OF DROP-IN GROUPS IN TORONTO
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 Mixer
Shyness and Social Anxiety Support Group
Substance Use and Mood Disorders
Women’s Peer Support
Youth and Young Adults Peer Support

LIST OF DROP-IN GROUPS ACROSS ONTARIO
(30 GROUPS in 36 COMMUNITIES)
Barrie Family Support Group
Barrie - Mood Disorders Self Help Group of Barrie
Bowmanville – Evening Anxiety & Depression Support Group
Chatham, Kent County Mood Disorders Support Group
Georgetown – Equilibrium-Georgetown
Guelph – Mood Disorders Support Group of Guelph
Hamilton – Mood Menders Support Group
Hearst DMD Support Group
Kenora – Depressive & Manic Depressive Group of Kenora
Kingston – Mood Disorders Peer Support Group of Kingston – MDAYAK
Waterloo Region Mood Disorders Association
Leamington
London and Area Mood Disorders Support Group
PACE Marathon
Markham Area Mood Disorders Association (MAMDA)
Midland – Depressive/Manic Depressive Peer Support Group of Midland/Penetang
BPD Connects
Newmarket Support Group – Climb Your Mountain
Niagara Region – Mood Disorders Support Group of Niagara
Orillia D.A.M.D. Self Help Group
Ottawa – Mood Disorders Ottawa
Peterborough Mood Disorders Support Group
Sarnia Mood Disorders Support Group
Reflections (Selkirk Ontario)
Schreiber Mood Disorders Support Group
PACE Thunder Bay
Accent on Ability
Mental Health Peer Support Organization
Toronto Shyness and Social Anxiety Support Group
Vineland – Living room
Whitby Durham Mood Disorders Group
Woodstock – Oxford Self Help Network Mood Disorder Group
**MDAO’s Ripple Affect:** The Mood Disorders Association has developed very strong community partnerships, which enable us to offer a wide range of support services across Ontario.

We were fortunate to receive generous support from the Ontario Trillium Foundation for an important three-year capacity building project to assemble a strong provincial network of peer support groups across the province. Now in our third year, a series of project activities were completed in order to meet the objectives of the project.

The main activities addressed communication and relationship development (e.g. Community Forum, Regional Forums, site visits, monthly teleconferences, webinars), and data collection (e.g. electronic surveys, focus groups, telephone interviews) and extensive training.

Some Highlights:

1. We created ongoing opportunities for face-to-face relationship development activities. Fostering relationships between MDAO and the affiliate members is critical to the ongoing success of peer support services across Ontario.

2. We created ongoing opportunities for affiliate members to network virtually.

3. Creating an online space for members to share with and learn from each other was valuable. Hosting monthly teleconferences that are topic focused and education-based was well received (e.g., topics could include: volunteer recruitment strategies, marketing and promotion, conflict management).

4. We implemented virtual peer support to extend our e-service offerings to provide concrete support and recovery services across the province.
**MDAO’s Ripple Affect:** The Summits brought together 27 schools, 281 students and 176 teachers from various schools across Toronto, along with persons with lived experience and 7 community organizations. Collectively the impact was remarkable. The participants and teachers gathered additional information about mental health issues, mental illnesses and stigma, and were able to challenged stereotypes and misconceptions that fuel stigma.

**HEADSTRONG**  
Youth Anti-Stigma Summit

In partnership with the Mental Health Commission of Canada (MHCC), MDAO organized two Regional HEADSTRONG: Youth Anti-Stigma (YAS) Summits on March 31, 2015 and April 9, 2015, aimed to bring together community members and young people across Toronto for a day of activities focused on challenging stigmatizing stereotypes and misconceptions about mental health and mental illnesses. Students in grades 9 to 12, school staff members, community organizations and people with lived experience came together for a day of learning and action planning at Metro Hall in Toronto. Students from the Toronto District School Board and the Toronto Catholic District School Board in South, Central and East Toronto schools attended. Participants listened to stories from trained speakers with lived experience, took part in stigma-reducing activities and created action plans for mental health in their schools.

Several community organizations also attended the Summit which included:

- **Canadian Mental Health Association**, www.cmha.ca
- **Anishnawbe Health Toronto**, www.aht.ca
- **Schizophrenia Society of Ontario**, www.schizophrenia.on.ca
- **Kids Help Phone**, www.kidshelpphone.ca
- **Covenant House**, www.covenanthousetoronto.ca
- **Youthdale**, www.youthdale.ca
- **Youthlink**, www.youthlink.ca
MDAO’s Ripple Affect: No organization has a successful program for 10 years without the creative support of the visionary creator. The Toronto MDAO program was founded by Michael Cole (LLC Director, 2005-2011) who combined his lifetime of comedy writing, theatre, and arts experience with his experience as a peer support facilitator.

10 YEARS OF 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, as well as the challenge of public speaking and performance. Program graduates perform their routines for the public, creating a positive dialogue about mood disorders in the community.

This year, three programs were offered during the Spring, Fall, and Winter, with a total of 25 participants. The groups performed their stand-up routines during three separate showcases with 520 people coming out to watch them perform at the Central YMCA in Toronto in July and February, and at Bloor Collegiate Institute in December.

In the Winter of 2016, the MDAO ran an LGBTQ Laughing Like Crazy program for the first time ever. This program proved to be highly successful with 8 participants completing the 16-week program and 198 people attending the final LLC showcase at the Central YMCA.

In celebration of the program’s 10 year anniversary, the MDAO published the “Laughing Like Crazy Comedy Book,” a book highlighting the history of the program, testimonials from past participants, as well as many of the jokes that have been performed over the years.

Laughing Like Crazy Video

To see the video, visit: www.mooddisorders.ca/program/laughing-like-crazy

Laughing Like Crazy Comedy Book

A very special thank you to Claudia LeBlanc who thought it would be a cool idea to compile jokes and stories from the Laughing Like Crazy Grads and pitch the idea as a book. She teamed up with Cindy Bloomberg whom she worked with as a co-facilitator in the Laughing Like Crazier program.

They contacted all 200+grads of the Laughing Like Crazy program and asked for submissions of jokes and personal stories. The book is in honour of all the comedians who have graduated from the Laughing Like Crazy Program.
PROGRAM TESTIMONIAL

“I was able to take my personal experiences with addiction, suicide, clinical depression, chronic health issues and sexual abuse to name a few, and use stand-up comedy to deal with these painful issues. The facilitators provided an environment where I felt comfortable talking about these details in my life.

“Laughter is the best medicine and to learn the art of stand-up comedy in these amazing programs is something I will never forget. I am eternally grateful to the MDAO for the experience of Laughing Like Crazy and Laughing Like Crazier, keep rockin’!”

- LLC Participant
**MDAO’s Ripple Affect:** We offer an evidence based, peer-run program called the Wellness Recovery Action Plan that focuses on mental health & recovery & provides education & support on topics of hope, personal responsibility, self-advocacy & social support. This recovery program is facilitated by peers for peers in which people with lived experience of mental health challenges work together to design their own WRAP in practical, day-to-day terms — to help them get well and stay well.

**WRAP PROGRAM**

This recovery program is facilitated by peers for peers in which people with lived experience of mental health challenges work together to design their own WRAP in practical, day-to-day terms — to help them get well and stay well. WRAP does not necessarily replace traditional treatments, but can be used as a complement to any other treatment options people have chosen.

This year, we offered 8 WRAP Level 1 programs, including 3 held outside of the MDAO offices. We partnered with the 519 in Toronto to offer our first ever LGBTQ WRAP program, which was a success with 9 participants. We also partnered with our affiliate group in Hamilton, Hamilton Mood Menders, to bring 2 WRAP programs to 18 participants in the Hamilton area. Overall, we had 73 people participate in WRAP training this year, giving them the tools they need to get well and stay well.

We also offered 3 WRAP Facilitator Training programs in September, October and March with 23 participants completing the program. This program prepares participants to facilitate WRAP classes and equips them with the skills and materials to facilitate WRAP groups in their community. With additional WRAP facilitators, the MDAO is able to expand the reach and access of peer support throughout different communities across Ontario.

**PROGRAM TESTIMONIAL FROM THE LGBTQ WRAP PROGRAM**

“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 peer facilitators and the way the program was run made me feel so safe and allowed me to be open with sharing my experiences in a highly supportive environment. It was also held where I live 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.”
**MDAO’s Ripple Affect:** One of MDAO’s central strategic goals is to strengthen existing relationships, establish community linkages and to forge partnerships with like-minded clinical and research organizations.

**RESEARCH AND EVALUATION**

One of MDAO’s central strategic goals is to strengthen existing relationships, establish community linkages and to forge partnerships with like-minded clinical and research organizations. A needs assessment from our membership has shown a keen interest in collaborating and learning from researchers, which has led to integral partnerships through community advisory groups and a number of public knowledge exchange activities to provide hope to those living with mental health challenges and their families.

**We were invited to be on the Experts by Experience planning committee for the 17th annual conference of The International Society for Bipolar Disorders.** Recognizing the need for greater integration of programming for clinicians and those with lived experience of bipolar disorder in its meetings, our Experts by Experience planning committee was able to offer 25 scholarships to support attendance at the event. The Scientific Program Committee also accepted our proposal to the 17th Annual Conference of the International Society for Bipolar Disorders, 3-6 June, 2015.

**Symposium Title:** Laughing Like Crazy Stand Up Comedy Peer Support Program for People with Mental Illness: Research Results

**Chair:** Lisa Hawke

**Speaker:** Lisa Hawke

**Presentation title:** Evaluation of the efficacy of the Laughing Like Crazy stand-up comedy training program

**Speaker:** Emma Wedge Ardal

**Presentation title:** The Laughing Like Crazy program from peer, facilitator and supervisor perspectives plus four comedians.

**Presentation title:** Laughing Like Crazy: A live comedy performance

**Session Date:** Saturday, June 6, 2015
MDAO’s Ripple Affect: One of MDAO’s central strategic goals is to strengthen existing relationships, establish community linkages and to forge partnerships with like-minded clinical and research organizations.

SUNNYBROOK COLLABORATION

The Department of Psychiatry at Sunnybrook is a leader in differentiation-complex mood and anxiety disorders spanning across the lifespan, and in neurodegenerative disorders.

THE 4TH ANNUAL SUNNYBROOK COLLABORATIVE ON RESEARCH AND EDUCATION IN YOUTH BIPOLAR DISORDER (SCORE-YBD)

This is a joint effort between the MDAO, Sunnybrook’s Centre for Youth Bipolar Disorder, and parents of youth with bipolar disorder. The theme this year was on the importance of co-occurring problems in adolescent bipolar disorder. At this year’s conference, the MDAO’s Research Consultant, Andrew Kcomt, presented a talk entitled “Perspectives on Research from those with Lived Experience of Mood Disorders.” Dr. Rachel Mitchell, Child and Adolescent Psychiatry Resident at Sunnybrook, and Dr. Benjamin Goldstein, Director of the Sunnybrook Centre for Youth Bipolar Disorder, also gave talks at this year’s conference.

PEER SUPPORT PROJECT AT SUNNYBROOK HOSPITAL

The MDAO has teamed up with Sunnybrook to provide training for the Sunnybrook’s volunteer peer support project. Five volunteers were selected through Sunnybrook’s volunteer application and screening process to be part of a team of peer supporters that provide support to patients in the inpatient psychiatric unit at the hospital. The MDAO provides additional training and ongoing supervision to the peer supporters monthly. In addition, the recreation therapist debriefs with each volunteer at the end of their shift, and the peer support supervisor is available on an as-needed basis to provide one-on-one supervision to the volunteers.

4TH ANNUAL FREDRICK W. THOMPSON ANXIETY DISORDERS CENTRE CONFERENCE

We were invited to participate in this educational event. Daniel Farb, Peer Support Supervisor presented a workshop at the conference entitled, The Art and Science of Peer Support in Recovery.

FAMILY NAVIGATION PROJECT

Once again this year, in collaboration with Sunnybrook Hospital and the Family Navigation Project, the MDAO Family Matters Program is able to provide system navigation for those families seeking support for loved ones aged 13-16 with mental health and/or addiction challenges through referral exchange.

CREST.BD ROAD SHOWS-QUALITY OF LIFE TOOL, BIPOLAR WELLNESS CENTRE AND THE LIVING LIBRARY PEER SUPPORT

Our participants from across the province engaged with the researchers from Crest BD and participated in Crest BD’s Bipolar Wellness Centre, where information was shared on how to improve their quality of life through self-management strategies. These different components included online webinars, videos, and Living Library peer support – as well as offline workshops in Toronto, Kingston, and Ottawa held in May 2015.

The MDAO was instrumental in making these sites a success and were involved in consultations on the site designs.

St. Michael’s

Inspired Care. Inspiring Science.

Our successful partnership continued this year with STEPS First Episode Psychosis Program at St. Michael’s Hospital.

MDAO partnered for a second year with the Mental Health Commission of Canada to deliver the program called “Headstrong”. The training and support embed contact-based anti-stigma education within high schools across the GTA.

We continue to collaborate this year with the University Health Network, funded by the government via the Toronto Central LHIN. This collaboration spans research coordination, education programming and clinical programming.
THE CAN-BIND PROJECT AND THE ONTARIO BRAIN INSTITUTE

The CAN-BIND project aims to take the guesswork out of psychiatric treatment for depression by finding clear and objective ways of matching the right treatment to the right patient for various types of depression. This project is primarily funded by the Ontario Brain Institute – a provincially-funded, not-for-profit research centre seeking to maximize the impact of neuroscience and establish Ontario as a world leader in brain research, commercialization and care. The MDAO plays a key role with our partnerships on the CAN-BIND Community Advisory Committee and the CAN-BIND Management and Operations Committee.

DISTINGUISHED SPEAKERS SERIES

This year we have also completed a number of highly successful Distinguished Speakers series across the province for those with lived experience and their families to learn more about depression.

In November, the MDAO in partnership with CAN-BIND presented “Searching for a Test for Depression: Blood Tests, Brain Scans and Self-Screening,” a free health talk in Etobicoke for patients, families, staff, and community members. Dr. Peter Giacobbe, Assistant Professor of Psychiatry at the University of Toronto, presented a groundbreaking new study aimed at shortening the time between depression diagnosis and getting the right treatment. Jordan Thompson, facilitator at MDAO West-End Toronto, spoke about his own personal journey of recovery and how it has shaped his present life and positive outlook. Dr. Nabil Philips, Psychiatrist and Director and Founder of the Anxiety and Mood Disorder Center, chaired the event and moderated a Q&A between the audience and the speakers.

In February, we presented “Real Talk for Families: Facts, Insights & Perspectives” in Bowmanville as part of our Distinguished Speakers Series where Daniel Farb, the MDAO’s Family Matters Mental Health Counsellor, spoke about his personal experience with a mood disorder and supporting a family member with a mood disorder.

In addition to our successful Distinguished Speakers Series, MDAO has attended many conferences throughout the year to speak with attendees about our peer support programs and the research projects we are involved with. These included:

- Sunnybrook Health Sciences Centre’s 4th Annual Frederick Thompson Anxiety Disorders Conference
- Wellness Fair at West Humber Collegiate Institute
- Health and Wellness Fair at the Scarborough Centre for Alternative Studies
- ArcelorMittal Dofasco Lifestyle Wellness Fair in Hamilton
- 12th Annual Conference of the International Society for Bipolar Disorders
- 3rd annual Addictions & Mental Health Ontario conference
- 17th annual conference of the International Society for Bipolar Disorders (ISBD)
- Engaging Family Members in the Treatment of Bipolar Disorder
The Family Matters Peer Support and Recovery Program has continued to grow and develop over the past year with over 850 family members supported. Established programs such as WRAP for Families and the Open Family Forum have continued to support families through the emphasis on providing concrete tools and family peer support.

The program focus is on the importance of providing one-on-one counselling support through the provision of supportive counselling for individuals and family members. This year, Family Matters offered Safe TALK for family members, a suicide alertness training, in order to address the needs of families with information and practical tools.

**FAMILY MATTERS TESTIMONIAL**

“I can barely tell you how much this program helped my husband and I. I still reference notes I took, and am mindful of ways to provide support for our daughter while keeping my mental health in check as well. I feel whole again. I couldn’t ask for more. Our counselors were instrumental in helping me cope in more ways than they can possibly ever know. I have never and will never forget them.”

**2015/2016 STATISTICS**

- **868** Family members served by the Family Matters Program
  - Target: 835

- **67** Referred by Sunnybrook Family Navigation Project
  - Target: 35

- **631** Peer support and/or recovery group and/or 1-1 counselling support
  - Target: 450

- **129** Transitional youth (16-29) who receive counselling, peer support / psychoeducational services
  - Target: 60

- **248** Psycho-educational information accessed by participating in workshops and webinars
  - Target: 100
The Family and Youth program offers counseling and support for families and young people (aged 14 to 35) living with a mood disorder and psychosis. We also provide free peer support groups for family members of individuals living with a mood disorder, and for young people. We served over 437 families and youth this year. Services provided to families and youth this year included:

- Psychoeducation regarding the role of treatment, including medications and side effects, acute symptom management, rights and responsibilities, the impact of substance use on psychosis (including alcohol and marijuana)
- Supportive counseling regarding how to support a family member during treatment and recovery, help the family member manage the illness, stigma associated with mental illness and how to cope with it, how to sustain recovery and prevent relapses
- Information and referral regarding services and supports in the community, including self-help groups
Art and Laughter

*a celebration of creativity.*

04 | 11 | 15

Painting by Jeff Jackson
Entitled Art and Laughter
ART AND LAUGHTER

A celebration of Art and Laughter, featuring Touched By Fire and Laughing Like Crazy; both peer recovery programs offered by MDAO. In addition, the event also hosted MDAO’s Annual General Meeting, and recognition of MDAO’s 30th Anniversary. The event was held on November 4, 2015 at the Glass Factory and Lounge at 99 Sudbury, in Toronto.

THE HOST
Michael Landsberg, a past recipient of MDAO’s Hero Award, hosted the evening’s event.

TOUCHED BY FIRE JUDGES
This year, the artwork was selected by 3 judges that play an active role in the art community: Barbara Pasternak, Darcie Kennedy, and Olexander Wlasenko.

ATTENDEES
198 people attended, donating $1660 in cash at the door or through the Eventbrite site when they registered for a ticket.

The Universus Media Group creative team, including the President, Niel Hiscox, came out to the AGM and Art and laughter Event to help us launch the Laughing Like crazy video and the Ripple Affect Website. It was a great success. There was a speaker corner where people could be videotaped to talk about the ripple affect.

SPONSORSHIP/DONATIONS/SALES
The event also helped to bring in $34,843.00 dollars.

PRESENTING SPONSOR:
Perimeter Development

TOUCHED BY FIRE EVENT SPONSOR:
Ontario Brain Institute
Arnie and Penny Cader

FRIENDSHIP SPONSORS:
Sharon B. Cohen & Elliott Peranson
Peggy & Tom Mulligan
Martin & Catherine Simmons

ARTIST AWARDS
Best Painting/Drawing – awarded to Rachel Dorsey.
Best Photography/Printmaking – awarded to Heather Fulton.
Best Mixed Media/Sculpture – awarded to Amanda Marie Luis.

Jurors’ Choice: A piece selected by the jurors as “best in show” – awarded to Jae Hwan Li, a student from the School of the Art Institute of Chicago.

Audience Choice: A piece selected by the attendees of the show, threw social media, as “best in show” – awarded to Nadine Espinoza.

ART SUBMISSIONS
77 images were selected, from 69 artists. 5 of the pieces were sold.

LAUGHING LIKE CRAZY COMICS
5 Comics performed: Claudia L., Cindy B., Lindsay H., Jordan T., and George Z.
**MDAO’s Ripple Affect:** The MDAO continues to move forward with our virtual counselling and peer support services in order to reach more people throughout Ontario and provide them with the support they need for their recovery. Expanding access to virtual counselling and peer support is one of our top priorities.

**LUNCH WITH PATRICK J KENNEDY**

In May, Patrick J. Kennedy, the former US Congressman and son of Senator Ted Kennedy, attended a luncheon to speak with attendees about his own battle with mental health and his journey to bring mental health to the forefront of healthcare. During his visit, Karen Liberman, our former Executive Director, recounted the story behind “Check Up from the Neck Up” and how it has developed into a successful tool to diagnose mental illness.

Kennedy explained how his family was well known for taking charge of decision-making, and seeking physicians who are at the top of their game when it came to research and practice. He found it unbelievable that mental health and addiction questions are not even asked as part of a patient’s medical visit. Despite seeing many physicians over his lifetime, from family doctors, oncologists, orthopedists, not one “had given him a check-up from the neck-up.”

In the Fall, Kennedy released his memoir, A Common Struggle, which recounted his personal journey through mental illness and addiction. In his memoir, Kennedy uses our slogan “check up from the neck up” to remind us that we need to take care of all aspects of our health, including our mental health.

We are grateful for the cross-section of devoted professionals that attended the event and for their kind support. We thrive and continue to offer foundational programs of peer support, recovery programs and public education throughout the province because of their support.
DONOR SPOTLIGHT
VIRTUAL COUNSELLING AND PEER SUPPORT

With a generous donation from William 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 7 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.

DONOR LIST
($1,000 TO $10,000)
William Anderson
Mizziel Andres
Arnie & Penny Cader
Lindsay Cader
Sharon B. Cohen & Elliott Peranson
Fay Ganz
Peggy and Tom Mulligan
Neil Murphy
Ron Sharp
Philip Palter
Martin & Catherine Simmons

CORPORATE DONATIONS
Gibcor Holdings Inc
Lundbeck Canada
Shoppers Drug Mart
Perimeter Development
Ontario Brain Institute
Power Workers Union
Winberg Foundation

PROGRAM FUNDERS
The Ontario Ministry of Health and Long-Term Care
The Toronto Central Local Health Integration Network
Ontario Trillium Foundation
City of Toronto
**MDAO’s Ripple Affect:** Volunteering is at the core of the vital work being done by the MDAO. We wouldn’t be able to provide the many services, events, programs without our remarkable volunteers.

**VOLUNTEERING**

At the MDAO, our team of 275 dedicated volunteers are key players in our organization. Our volunteers are often people who have been affected by a mood disorder in their personal life and are eager to give back to the mental health community. Our volunteers are the fuel that keeps us going and our work would not be possible without their contributions.

This year, our volunteers spent 11,806 hours (a value of $141,672) of their time providing support to people on our Telephone Information Peer Support (TIPS) Warm Line, assisting with fundraising events, facilitating peer support groups across Ontario, attending conferences and wellness fairs, and assisting with day-to-day operations at our head office.

We also adopted the Canadian Code for Volunteer Involvement. This Code is a blueprint of best practices ensuring meaningful volunteer engagement.

**4TH ANNUAL VOLUNTEER AWARD**

Karen Liberman, former Executive Director of the Mood Disorders Association of Ontario, often said that volunteers are the backbone of the work we do.

Upon her retirement in 2011, the Board of Directors established a new award to annually recognize an outstanding volunteer in her honour. The award recognizes a volunteer who has demonstrated outstanding leadership, creativity and innovation in contributing to the Mood Disorders Association of Ontario’s programs or activities.

This year, Norm Sommerville received the Karen Liberman “Lit from Within Award.” Norm is a dedicated TIPS Volunteer, who has shown exceptional leadership, dedication, and passion for his work at the MDAO.

**NORM SOMMERVILLE:**

It was three years ago that Norm Sommerville first stumbled upon the MDAO while searching online for peer support groups in Toronto. He’d heard about the benefits of peer support and wanted to attend support groups and see for himself.

Norm believes that volunteering is as beneficial to him as it is to the people he speaks with on the Warm Line. He enjoys helping people over the phone and finds it rewarding when they call back to let them know how much he was able to help them. He encourages everyone to find a cause they care about and get involved as volunteering can be a very rewarding experience.
SPOTLIGHT ON VOLUNTEERS

TOM SMALLWOOD
has been volunteering at the MDAO for 20 years now. He was recently awarded the Ontario 20 Year Service Award for his dedicated service over the years. Tom first got involved with the MDAO as he lived “just up the street” and was looking for a meaningful way to spend his time. A natural introvert, volunteering at MDAO has allowed Tom to gain confidence and come out of his shell as he supports people with mood disorders as a TIPS volunteer on the MDAO Warm Line.

CARMINE PITUCCI
has been volunteering at the MDAO for the past 14 years. “The MDAO makes a big impact on many people’s lives,” he says, and he feels fortunate that he is able to do important work that has purpose and meaning. In his time with the MDAO, Carmen has received two awards. He was awarded the “Karen Liberman Lit from Within Award” in 2014, presented by Karen Liberman herself, as well as the Ontario 10 Year Service Award for 10 years of volunteering with us.

ROSS KNECHTEL
has been volunteering with the MDAO for over seven years now in his hometown of Guelph. Ross first joined the Mood Disorders Support Group of Guelph in 2009 after a psychiatrist diagnosed him with psychotic depression. Through volunteering with the Guelph support group, he has learned that there is life after a mental health diagnosis.

“I have learned a lot about leadership thanks to my experiences with the MDAO. These may have been there all along but I now have the self-confidence to apply these skills in the betterment of the lives of those around me both locally and in other areas of Ontario,” he says.

Ross’s continued dedication to the MDAO and the Mood Disorders Support Group of Guelph has certainly not gone unnoticed – he was recently named Senior of the Year Award for the Municipality of the City of Guelph by the Province of Ontario.
Mood Disorders Association of Ontario and Toronto
Financial Report

Statement of General Operations
for the year ended March 31, 2016

Where does my donation go?

$875 funds 4 one-on-one Peer Support Sessions

$503 funds 15 Provincial Group Participants

$284 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, 2016

Revenue:

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government Grants</td>
<td>892,524</td>
</tr>
<tr>
<td>Event Income</td>
<td>17,091</td>
</tr>
<tr>
<td>Donations</td>
<td>125,989</td>
</tr>
<tr>
<td>Other</td>
<td>79,641</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$1,115,245</strong></td>
</tr>
</tbody>
</table>

Expenses:

<table>
<thead>
<tr>
<th>Program</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peer Support/Recovery Programs</td>
<td>394,650</td>
</tr>
<tr>
<td>Family Support</td>
<td>365,936</td>
</tr>
<tr>
<td>Provincial Capacity Building</td>
<td>149,774</td>
</tr>
<tr>
<td>Program Support</td>
<td>76,679</td>
</tr>
<tr>
<td>Fund development and grants administration</td>
<td>128,974</td>
</tr>
<tr>
<td>Health Promotion</td>
<td>14,612</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$1,130,625</strong></td>
</tr>
</tbody>
</table>

Excess of revenue over expenses  
M.A.P.* amortization
Balance, beginning of year
Balance, end of year

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excess of revenue over expenses</td>
<td>(15,380)</td>
</tr>
<tr>
<td>M.A.P.* amortization</td>
<td>(4,175)</td>
</tr>
<tr>
<td>Balance, beginning of year</td>
<td>163,304</td>
</tr>
<tr>
<td>Balance, end of year</td>
<td><strong>$143,749</strong></td>
</tr>
</tbody>
</table>

*M.A.P. — My Action Plan website

A copy of MDAO’s audited financial statements can be obtained from the website at www.mooddisorders.ca or by calling (416) 486-8046.
Peer Support Affiliates
Across Ontario

Barrie
15 Bradford St.
(705) 726-5033 #405

Barrie (Family Support)
CMHA – Simcoe County Branch
21 Bradford St.
(705) 725-0383

Bowmanville
2440 Hwy. 2, Unit #1
(905) 623-4123

Chatham
80 Grand Ave. W., Erie Room
(519) 354-6975

Georgetown
Norval United Church
486 Guelph St
equilibrium-oakville.com/georgetown/

Guelph
40 Baker St.
(519) 766-4477
http://www.mdsgg.ca

Hamilton
First Pilgrim United Church
200 Main St. E.
(905) 521-0090 ext. 234

Hearst
16 Ninth St.
(705) 372-1933

Ingersoll
Annex of First Baptist Church
235 Thames St. S.
(519) 421-2980
ocl.net/projects/selfhelp/

Kapuskasing
29 Byng St.
(705) 335-8468

Kender
Alzheimer’s Society Office
137A Main St.
(807) 547-2972

Kingston
Ongwanada Health Centre
191 Portsmouth Ave.
(613) 544-2886

Kingston MDA YAK
Ongwanada Health Centre
191 Portsmouth Ave, Rm 410
mda_yak@hotmail.com

Kitchener-Waterloo
67 King Street E.
(519) 570-4595

Leamington
Leamington District Memorial Hospital
194 Talbot West
(519) 733-0654

London
CMHA - London-Middlesex Branch
648 Huron St.
(519) 434-9191

Marathon
PACE Marathon
52 Peninsula Rd.
(807) 229-0357

Midland
Wendat Building
237 Second St.
(705) 835-5102

Newmarket
Northridge Community Church
415 Pickering Gry.
(905) 898-3116

Niagara Region
Centennial Library
54 Church St.
(905) 687-6897

Orillia
Doolittle-Carson Reception Centre
57 Neywash St, (side entrance)
(705) 325-2201 ext. 3992

Ottawa
CMHA - MDO
301 – 1355 Bank St.
(613) 526-5406
mooddisordersottawa.ca

Peterborough
568 Charlotte St.
(705) 748-6711 # 2095

Richmond Hill & Markham
(905) 889-4057

Sarnia
183 Christina St.
(519) 344-5602

Sarnia
183 Christina St.
(519) 344-5602

Schreiber
PACE Office - Schreiber
313 Scotia St.
(807) 824-1362

Smooth Rock Falls
107 Kelley Road, PO Box 219
(705) 338-2989

Sunnybrook Health Sciences Centre
Frederick W. Thompson Anxiety Disorders Centre
2075 Bayview Avenue
(416) 480-4002

Thunder Bay
217 S. Algoma St.
(807) 343-4760

Toronto
36 Eglington Ave. W., Suite 602
(416) 486-8046

Toronto Accent on Ability
2168 Danforth Ave.
(416) 760-2197

Toronto MHPSO
St. Joseph’s Health Centre
30 The Queensway
mhpso.com@yahoo.com

Toronto SSA
(416) 886-7119
torontosocialanxiety.com

Vineland
Vineland United Mennonite Church
3327 Menno St.
(905) 562-4422
livingroomsupport.org

Whitby/Oshawa
843 King St. W., Unit 9
durhammoods@gmail.com

Windsor
CMHA Windsor-Essex County Branch
1400 Windsor Ave.
(519) 962-7370

Woodstock
554 Princess St.
(519) 421-2980
hosted.ocl.net/projects/selfhelp/
monthlynewsletter.html
“Talk to someone who has been there.”

Web Site
mooddisorders.ca

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

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

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

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

MDAO Online Support Forum
mooddisorders.ca/forum/

Twitter
twitter.com/mooddisordersON

Facebook
facebook.com/MoodDisordersAssociationON

Ripple Affect
therippleaffect.ca

Mood Disorders Association of Ontario
36 Eglinton Avenue West, Suite 602, Toronto, Ontario M4R 1A1
(416) 486-8046  1-888-486-8236
To celebrate our 10th Anniversary of Laughing Like Crazy, we have produced a Laughing like Crazy Book filled with the jokes of Laughing Like Crazy participants. The community backing Laughing Like Crazy understands the necessity of supporting individuals affected by mood disorders. By purchasing this book for $25.00 or giving a donation, you help us deliver more Laughing Like Crazy programs. It is that simple. Your purchase or donation is a gift that creates hope.

Please give the Gift of Laughter

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