



**HOW YOU'RE
MAKING A DIFFERENCE**

2010/11 REPORT TO THE COMMUNITY



Mental Health
FOUNDATION OF NOVA SCOTIA

Changing The Way People Think





“As we look to the future, we recognize that collaboration with patients and their families is a major step in improving our services. We need to listen better to our patients and provide them with the support they need to follow their own path to recovery. We have a clear vision for enhancing mental health care, now it’s time to start putting that plan into action.”

– Dr. Ian Slayter, Clinical Director, Adult General Psychiatry Services
Capital Health Mental Health Program

CONTENTS

05	Messages from the Board Chair and President and CEO	17	The Mayflower Quilters Guild
07	Building an Attitude of Hope Across All Ages	19	Fundraising Events: <i>A Year in Review</i>
09	Moving Mountains with Movies & Music	21	Inspiring Lives
11	Opening Minds Capital Campaign	23	LOVE: <i>Shaping Tomorrow's Leaders Today</i>
15	Premiere Executive Suites: <i>A Shining Example of Corporate Philanthropy</i>	24	Corporate Donors
		26	Individual Donors

BOARD OF TRUSTEES

Fred MacGillivray, Chair

Danny Chedrawe, Vice Chair
Westwood Developments Limited

Joyce Carter, Treasurer
Halifax International Airport Authority

J. Martin Singh
Forest Hill Drug Mart

Howard Anderson
CIBC Wood Gundy, New Glasgow

Colette Curran
Trade Centre Limited

Roma Dingwell
Community Leader

Glen Dormody
RBC

Harvey Gilmour
Red Letter Philanthropy Counsel

Mike Hachey
Egg Films

Barbara Hall
Capital District Health Authority

Shawna Homburg-Beaumont
Homburg Charitable Foundation

Kiki Kachafanas
Unsworth-Kachafanas

James MacGowan
Deloitte

Phil Otto
Revolve


Nicholas Peters
Nova Scotia Power Inc.

Joe Ramia
Rank Group

Lisa Mills, CFRE, Ex-officio
Mental Health Foundation of Nova Scotia

HONORARY TRUSTEES

Darrell Blenus
Rev. Jody Clarke
Nancy Gillis
Marilyn Hustins
Cathy Keating
Anne McGuire
Dorothy Rowe
Ken Rowe, CM
Bob VanWart
Marilyn Welland
Carol Young
Robert Zed

A woman with long dark hair, wearing a white corduroy jacket and a red scarf, is shown in profile, looking towards the right. She is standing in a snowy landscape with a city skyline visible in the distance under a dramatic, cloudy sky. The image has a green and blue color overlay at the bottom.

“Supporting mental health services benefits not only those living with mental health concerns, but society as a whole. Through education, awareness and availability of services we come to realize that we all have to take care of our mental health, not just those living with an illness. A supportive mental health community helps us to realize that maybe we aren’t so different afterall.”

– Cheryl, member of the Healthy Minds Co-operative Speakers Bureau

MESSAGE FROM THE BOARD CHAIR

In my time as Chair of the Board of Trustees, I have had the opportunity to speak to many people about the important role the Mental Health Foundation of Nova Scotia plays in the lives of those living with mental illness. We are a charity that touches the lives of those in need. Whether it's you, your family, a neighbour or close friend, someone you know will be impacted by the programs, services and public education our Foundation proudly supports.

It has been a rewarding experience to contribute to the Foundation's success and work with such a dynamic and dedicated Board. We have the honour of being part of a larger community of mental health supporters who share the goal to encourage a positive shift in public awareness and provide a better quality of understanding and care.

Through your generosity, last year the Foundation distributed just under \$400,000 to mental health programs, projects and services to Capital District

Mental Health Programs and like-minded organizations across the province. This included establishing the *Seniors Enchanted Quality of Life Fund* to address systemic gaps for patients living with Alzheimer's disease or dementia. We also reached a tremendous milestone, meeting our capital fundraising goal in cash and pledge commitments for Capital Health's Community Living Initiative targeted for completion in late 2011.

As we close the books for the 2010/11 fiscal year, thank you to our army of volunteers and everyone who made a donation to the Foundation and supported us in our mission. Our continued success is a result of your ongoing support. On behalf of those living with mental illness, the beneficiaries of your time, talents and donations, thank you for unselfishly giving of yourselves to help another on their journey to mental health.

Fred MacGillivray
Chair, Board of Trustees

MESSAGE FROM THE PRESIDENT AND CEO

Over the past year, every donor assisted the Foundation in our mission to help support life-changing programs, services and mind-changing public awareness. We are proud to present this report to the community and provide a voice to those living with mental illness, a face to those who provide the treatment and a picture of hope on their journey to wellness and empowerment.

The Foundation knows donors put great faith in our ability to fulfill their charitable goals and touch the life of another. Looking to the future, we continue to be inspired by your selfless generosity and by the professionals who exemplify passion and commitment in their care of those living with mental illness.

Like any successful organization, the Foundation must evolve: learning, growing and anticipating future needs of the mental health community and those whom we serve. We must keep pace with an ever-increasing demand, acting strategically, both

realizing and responding to our vision of increased financial capacity and sustainability. With unwavering passion, integrity and accountability, we have more than 200,000 reasons to pursue this goal. Today, that is the number of Nova Scotians that need and look to us to make a difference in their life. Their need is our mission; their voice is our calling. This is a privilege the Foundation takes very seriously.

So to those who join us in this charge, we are humbled and indebted for your ongoing commitment to breaking down the walls of stigma and ensuring continued access to the highest caliber of care. Living with mental illness is not a choice; nor is living in silence. Thank you for helping us pave the way for a brighter future of acceptance, hope and wellness in communities across Nova Scotia.

Lisa Mills, CFRE
President & Chief Executive Officer



“There are so many unsung heroes doing great work every day. Enhancing the level of care they are able to provide to their clients is one way to acknowledge the importance of their heartfelt work.”

– Dr. Keri-Leigh Cassidy, Clinical Director of Seniors
Mental Health Services for Capital District Health Authority

BUILDING AN ATTITUDE OF HOPE ACROSS ALL AGES

The Seniors Mental Health Team at Capital Health are passionate in their goal to ensure clients experience the best quality of life at all ages and stages of illness. As the team's clinical leader, Dr. Keri-Leigh Cassidy believes that more can be done to promote hope and awareness about seniors mental health needs and the benefits of quality care and treatment. So when Dr. Cassidy and her team turned to the Foundation last fall, we knew we had to help.

"We don't just have to accept the status quo. We want to give people an attitude of hope."

– Dr. Keri-Leigh Cassidy

The generous philanthropic support of The Windsor Foundation allowed for the creation of the *Seniors Enhanced Quality of Life Fund* to address some of the gaps in programs and services for patients living with dementia or Alzheimer's disease.

The donation has allowed staff at Willow Hall, the in-patient unit for seniors with late on-set dementia, to re-introduce their clients to experiences and activities they once cherished.

First in line was the purchase of a big screen TV to replace the 20" CRT monitor, which patients simply couldn't see. Since the new TV arrived, Willow Hall patients have been emerging from their rooms, being more social with one another and gathering around to watch their favourite programs together and with their visitors.

"One patient who rarely speaks was watching a program about trains and he just started pointing and saying 'train! train!' It was amazing," recalls Cecile Amirault, a recreational therapist at Willow Hall. Cecile also remarks on how much the patients have enjoyed baking since staff has been able to re-open the occupational therapy kitchen.

"They aren't able to make a lot of new memories, but they can remember full recipes from their earlier years," Cecile says. Sometimes, Cecile and her colleagues take a few clients out for dinner to enjoy a restaurant dining experience and practice

the skills needed to eat out in public. "As soon as we get in that van, they know they're going somewhere different and it just changes everything – their mood, their behaviour – they just light up."

"If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should not grow old."

– James A. Garfield

It's moments like these that keep Willow Hall staff inspired to do the difficult work they do. As Dr. Cassidy remarks, "there are so many unsung heroes doing great work every day." She feels that enhancing the level of care they are able to provide to their clients is one way to acknowledge the importance of their heartfelt work.

Looking to make a transformational change, Dr. Cassidy and her colleagues have more recently launched the *Fountain of Health* project. This project aims to build collaboration among community groups, academics, government and health agencies to enhance mental health care for seniors in Nova Scotia. *Fountain of Health* will also strive to build public awareness about what we can do to stay healthy as we age and how to recognize the symptoms of mental illness in order to get help early.

Fountain of Health is a recipient of a 2011 Capital District Mental Health Program Grant from the Mental Health Foundation of Nova Scotia.

For a full listing of grant recipients, please visit mentalhealthns.ca.





"The Moving Mountains with Movies and Music program gives our clients a chance to express themselves and share what's going on with them, maybe explain their illness a bit better and reconnect with the world. It's kind of like a letter home to their families and friends."

– Dr. Andrew Starzomski
Psychologist at East Coast Forensic Hospital

MOVING MOUNTAINS WITH MOVIES AND MUSIC

When Dr. Andrew Starzomski joined the team at East Coast Forensic Hospital, he had one main goal in mind – to create a more engaging and creative rehabilitation option for patients whose mental illness has resulted in their getting in trouble with the law. *Moving Mountains with Movies and Music* is a significant result of this vision.

Funded through the generosity of you, our donors, both Dr. Starzomski and his colleague Dr. Brad Kelln have combined their knowledge of music, writing and film to create a program that fits the unique needs of their patients. “Our patients are involuntarily admitted to the hospital,” explains Dr. Starzomski. “A lot of them feel helpless or bogged down by the stress of their situation. So we had to expand the definition of care and give them some unique opportunities.”

“I love music. Music gives me a peace of mind about life.”

– Group Participant

Dr. Starzomski says that the motivation behind the program comes from the field of ‘positive psychology’. “It’s not just about symptom relief anymore; we’re looking at all components of a person’s wellbeing. We offer patients a fun place to go, where they can be challenged to explore new activities and new sides of themselves.”

A creativity-based program launched in 2010, *Moving Mountains with Movies and Music* is open to anyone at the hospital who wants to express themselves creatively. To date, more than 50 people have participated in the program, whether on screen, creating background music, filming, directing or editing. Moreover, with the volume of work produced, Drs. Starzomski and Kelln, along with their patients, created their own channel on YouTube, using the popular social media site as a means to share their videos with family and friends.



A group participant plays guitar.

More than just a good time, for many, the program creates a much-needed distraction from the stress of their current situation. It also empowers them to collaborate with one another to break down the stigma. “They really get into the idea of improving the social perceptions around mental illness,” says Dr. Starzomski. “They start to see life as something other than the constraints of their illness.”

The end product of the group’s work has served as a springboard for a local mental health film festival to take place later this year. One video has been entered into the Scottish Mental Health Film Festival – the largest of its kind.

Moving Mountains with Movies and Music is the recipient of a 2010 Capital District Mental Health Program Grant from the Mental Health Foundation of Nova Scotia.

For a full listing of grant recipients, please visit mentalhealthns.ca





On behalf of those whose lives will be touched by the commitment and generosity of so many, our thanks to the Opening Minds Campaign Cabinet for their dedication to improving the care options of people with mental illness. Thank you for encouraging others to share in your vision. But most of all, thank you for helping turn this vision into reality.



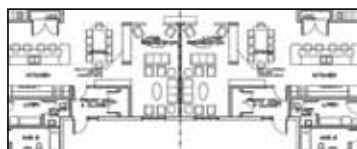
OPENING MINDS CAPITAL CAMPAIGN: *Paving the Way for a New Model of Mental Health Care*

It started with a vision. A home away from home for people living with a mental illness to get back on their feet after a hospital stay. A brand new model of mental health care.

When Capital Health decided to turn this vision into a reality with the creation of the Community Living Initiative transitional housing project, a group of passionate and talented community leaders came together to change the lives of Nova Scotians faced with the challenges of their

mental illness. But instead of changing a few lives, they rallied together an entire community. A community that wanted better care for the more than 200,000 Nova Scotians impacted by mental illness. A community that wanted to make a difference.

And they have! Here's a look back on the history of the Community Living Initiative.



Community Focused Living Residences

2005

Nova Scotia Department of Health announces a new 40 bed program, the "Community Focused Living Residences" – a residential-style environment for mental health program patients transitioning back to the community.



Community Living Initiative

2006

Project design team comes together to start design work.

2007

October 9
The Mental Health Foundation of Nova Scotia's Opening Minds Campaign Cabinet holds its first meeting.





Simpson Hall Site

2008

October 9

RBC announces their commitment of \$150,000 to name one of the four transitional homes.

Simpson Hall site is selected as the new location for the Community Focused living residences.

December 8

Manulife Financial announces gift of \$250,000 to Opening Minds Capital Campaign.



Simpson Hall

2009

August

Simpson Hall is demolished.

September

IMP Group announces its commitment of \$150,000 to name one of the housing units in recognition of its employees.

December

Nova Scotia Department of Health approves the design and functional plan.



Construction Begins

2010

April 30

Official launch of the Opening Minds Capital Campaign is held in Sydney, Nova Scotia.

August

Construction begins!

2010 CONTINUED



Construction Begins



Community Living Initiative Unveiling

September

CCL Group announces commitment of \$50,000 for Opening Minds Capital Campaign.

September

Design drawings for the “Community Living Initiative” are unveiled at a Capital District Health Authority barbeque.



Steel Supports



Framing



Window Installation

2011

January

Steel supports for the administrative building go up.

February

Framing begins.

March

Windows are installed with a gift in-kind portion donated by Peter Kohler Windows and Entrance Systems.

October

Anticipated grand opening of new facility.



“The bowling game has been a big hit. We see such camaraderie with the men; they cheer each other on and shake hands after a game. It really adds a sense of normalcy back into their lives.”

– **Cecile Amirault**, Recreation Therapist at Willow Hall,
seniors in-patient unit at the Nova Scotia Hospital.

PREMIERE EXECUTIVE SUITES: *A Shining Example of Corporate Philanthropy*

For Premiere Executive Suites' dedicated staff, supporting mental health takes corporate goodwill to a new level. "Mental illness affects all of us, whether it's as a consumer, family member, colleague or friend," says Suzanne Bachur, President of Premiere Executive Suites. "And when these individuals – the ones we cherish the most – are suffering in silence, how are we supposed to look the other way? The answer is that we don't have to. We can do something about it."



The annual S.C.O.T. holiday party.


Happiness comes when your work and words are of benefit to yourself and others.

Since 2008, the Mental Health Foundation of Nova Scotia has enjoyed a wonderful partnership with Premiere Executive Suites to present Stockings for S.C.O.T. (Supportive Community Outreach Team), a unique project that fulfills the holiday wish lists of those affected by mental illness. Each year, S.C.O.T. managers receive more than 90 wish lists and although the items are often basic (toiletries, winter clothing, groceries, etc.), the stockings offer something much more important – the knowledge that someone cares.

For Premiere Executive Suites, Stockings for S.C.O.T. has taken on a life of its own with all 22 staff members involved in every aspect of the project. "Our team does it all. From the fundraising activities throughout the year, to the shopping and wrapping of each gift," says Suzanne. "It's inspiring to see everyone so excited and involved."

Premiere's team has adopted a grassroots approach to fundraising in hopes of engaging and connecting others to the cause. Whether it's a prize raffle, casual day, furniture sale or staff luncheon, they continue to find creative and manageable ways to raise money.

In 2009, Premiere launched its most successful fundraising endeavor, *Mental Health Above All*, an annual silent auction featuring beautiful ceiling tiles painted by local artists. For Suzanne, the impact has been tremendous. "We are so proud of our *Mental Health Above All* campaign. Not only has it been a great fundraiser, but each tile will continue to raise awareness for years to come." To date, more than 70 ceiling tiles have been sold and now proudly hang in homes and offices throughout Nova Scotia.



“It’s all about giving [our clients] a sense of purpose and meaningful activities. Without groups like Recreation on Emerald, Woodworking Group and Girls Group, I’m not sure we would see the positive behavioural and attitude changes that we do. Being able to attend means everything to them.”

– **Mélissa Baker**, occupational therapist at Emerald Hall, an in-patient unit for clients with both a mental illness and developmental disorder.



THE MAYFLOWER QUILTERS GUILD:

Lending Time and Talent for Those in Need

The Mayflower Quilters Guild does much more than make quilts. They provide a blanket of warmth and comfort to someone in need. They let those suffering alone know they're not alone. They provide hope. They touch lives.

Founded in 1974, the Guild's goal is "to support and promote quilting activities throughout the Province of Nova Scotia." No strangers to the Mental Health Foundation of Nova Scotia, the group has been donating beautiful quilts for patients of the Nova Scotia Hospital for years.

"We do produce comfort quilts for the community," says Lorna, a member of the quilting group for many years. "Sometimes people give us a quilt and tell us they made it especially for a patient at the Nova Scotia Hospital, so we make sure to stop in there once a month or so."

Every third Thursday of the month, members gather at the Dartmouth North Community Centre to discuss Guild activities and make a plan for distributing the quilts, which are then personally delivered to the charities of choice. In addition to the Mental Health Foundation of Nova Scotia, quilts are often donated to the IWK, Bryony House and the Halifax Regional Police.

Although always proud of the quilts they've created, the group is somewhat modest about the special gifts they're providing for people who really need them.

Marilyn Wilneff, a Licensed Practical Nurse on Nova Scotia Hospital's Laurel Unit, says patients



Sandra, Marie, Barb R., Barb B., and Lorna at the Guild AGM

who receive a quilt are touched by the generosity shown to them by a complete stranger. "When you're in hospital, you lose everything that is yours," Marilyn explains. "When I get to give my patients a quilt, they light up and say 'wow, that's so nice'. It really hits home for them to realize they're still thought of and cared about."

The Mental Health Foundation of Nova Scotia would like to extend a sincere thank you to the Mayflower Quilters Guild for lending their time and talent to people who need to feel the warmth and support of their community.



The stars of A Different Stage of Mind 2011 pose for their glamour shots: Bruce Marchand of McInnes Cooper (as Eric Clapton), Michael O'Hara of Homburg Canada Inc. (as Paul McCartney), Jodi Bartlett of The Halifax Club (as Madonna) and Malcolm Fraser of ISL Web Marketing & Development (as Jakob Dylan)

FUNDRAISING EVENTS:

A Year in Review

Net proceeds from the Foundation's core events help fulfill our mandate to support those living with mental illness, generating critical funding to raise awareness and enhance access to programs and services across the province. We are grateful to the tremendous number of individuals and organizations whose participation and commitment helped generate more than \$600,000 this year. Thank You!

GOLF CLASSIC "FORE" MENTAL HEALTH August 9, 2010

With the guidance of Tournament Chair, Nicholas Peters and the commitment of the Tournament Committee and presenting sponsor Forest Hill Drug Mart, 140 golfers enjoyed another beautiful and successful day on the links!



31 teams hit the links at Grandview Golf & Country Club to support much-needed mental health programs and services.

FESTIVAL OF TREES November 26 – 28, 2010

The holiday spirit came to life with the majesty and magic of the annual Festival of Trees. The Foundation is deeply grateful to Festival Chair, Rose Chedrawe and the Steering Committee for their herculean efforts as well as presenting sponsor Compass Group Canada and all event sponsors who helped make this three-day event the magical and overwhelming success it continues to be!



With 32 stunning trees, this year's RBC Forest of Trees was once again a tremendous success.

A DIFFERENT STAGE OF MIND March 4, 2011

With the support of presenting sponsor BMO Bank of Montreal and a legion of fans and supporters, the musical talents of Jodi Bartlett, Malcolm Fraser, Michael O'Hara and Bruce Marchand helped provide a voice for those living with mental illness and reached a new fundraising milestone in dollars raised!



*"I learned how complicated it is to make a commercial – and how fun it could be!
We hope that youth who are experiencing symptoms will go get help and their
friends won't make fun of them for doing so."*

– Michael, youth participant in *Challenging Stigma Through Media*,
a project of the Sun Life Financial Chair in Adolescent Mental Health.

INSPIRING LIVES

“Be kind, for everyone you meet is fighting a hard battle.”

– Plato

The Foundation was once again honoured to present *Inspiring Lives Awards* to four Nova Scotians who have inspired others as they face their own mental illness or addiction challenges. This year’s recipients were Stella Ducklow (Halifax), Dani Himmelman (St. Margaret’s Bay), Graham Hooper (Dartmouth) and John Roswell (Digby).

Selected through a province-wide nomination process, these outstanding individuals have overcome great obstacles and now serve as mental health champions in their communities. Through their recovery

process, each award recipient has taken great steps to improve their lives and the lives of others.

To each of the 2011 Inspiring Lives Award recipients: You give a voice to so many others still living in the shadows, afraid to speak out or get the help they need. Thank you for bravely standing up to share your stories with us.

For biographies and videos of this year’s *Inspiring Lives Award* recipients, please visit mentalhealthns.ca



Stella Ducklow



Dani Himmelman



Graham Hooper



John Roswell



“Being a member of Leave Out Violence (LOVE) gives me the confidence and ability to stand up for myself and know when I’m not being treated properly. We rely on each other and support each other because LOVE is a family... our voices do not fall on deaf ears.”

– Participant in the LOVE Leadership Training program

LOVE

Shaping Tomorrow's Leaders Today

The goal of Leave Out Violence's (LOVE) leadership training is pretty straightforward: to provide youth with opportunities to be happy and successful. But it's the history of LOVE's participants that is far more complicated.

The only long-term intervention and prevention program of its kind, LOVE provides opportunities for its youth participants to be healthy, happy and positively engaged in their lives and community.

Referred by teachers, parents, doctors, social workers or mental health workers, LOVE serves youth who are victims, witnesses or perpetrators of violence. In their short lives, LOVE'S participants, all from diverse backgrounds, have all experienced some form of "hurt" – from self-harm and child abuse to bullying and gang violence.

76% of youth who have been involved with the criminal justice system have not re-offended while in LOVE's programs.

LOVE participants go through an intake program incorporating a media arts program at the University of King's College. "This level of programming is really about letting our kids express themselves and not judging them," says Sarah MacLaren, LOVE's Executive Director. "They learn photography, poetry and other media that not only helps them develop useful skills but also provides our youth with a healthy outlet for a variety of experiences that may not have been so healthy."

Launched in 2000, LOVE's Leadership Training program is funded by the generosity of our donors. Leadership training is divided into three terms over the year, culminating in a leadership camp for LOVE participants from all over the world. "At LOVE we celebrate leadership in all its forms.

We recognize there are different types of leaders. We want our youth to know that leadership is not synonymous with popularity – it can be a difficult and challenging path," says MacLaren.

By the end of training, youth are equipped with the knowledge and confidence to share their personal story in a public forum.

Last year, LOVE's youth leaders educated 2,500 youth and adults. Since 2000, leaders have reached more than 30,000 people.

Recognizing the influence peers have on one another, LOVE's trained leaders deliver workshops and presentations to other youth throughout the province. Participation is completely voluntary and youth pick which topics and groups they speak to. "I think this program allows our youth to be educators of other youth – they are a credible source of information about challenges they are facing and how to overcome them," MacLaren says.

Over the years, MacLaren has certainly seen her fair share of inspiring success stories. "We asked our youth 'what's an accomplishment you never thought you'd achieve?' And one kid said, 'I decided I wanted to live.' Those are really good days."

LOVE's Leadership Training program is the recipient of a 2010 Provincial Grant from the Mental Health Foundation of Nova Scotia. For a complete list of grant recipients, visit mentalhealthns.ca.

*If you want to have peace in the world,
you have to start with the children.*

– Ghandi

THANK YOU DONORS!

“In this world it is not what we take up, but what we give back, that makes us rich.” – Social Reformer (1813 to 1887)

On behalf of those living with mental illnesses who are the beneficiaries of your donations, the Mental Health Foundation of Nova Scotia is grateful to our donors who unselfishly and generously give of themselves to help another on their journey to mental health. Thank you to everyone who made a charitable donation to the Foundation over the past year, investing in the well-being of someone they may never know and providing hope and help for a better future.

Jennifer and Allan Abbass	Mark Bursej	Tony Diodati	Jack Graham
Hilda Adams	Keith Cameron	Helen Dodge	David Graves
Robin Allison	Anne Campbell	Beth Donald	Doretta Groenendyke
Abram Almeda	Stacie Carrier	Michael Donovan	Nora Gross
Dr. Emmanuel Aquino	Daphne and Wilfred Carter	Myrla Drysdale	Dorothy Hahn
Shauna Archibald	Joyce Carter	Patricia Dunn	Barbara Hall
Edie Audoux	Claire Cartmill	Sally Dunn	Terry Halley
Ruth Auld	Carmen Chaddock	Joanne and Mark DuPlessis	Joanne Hames
Michelle Awad	Lucie Chan	Marilyn and John Edgcombe	Suzanne Hamlyn
Sandra Aylward	Robert Chapman	Deborah Erickson	Carol Hansen
Anna Babin	Laura Charlton	Jane Farnham	Betty Hanson
Alan Barnett	Rose and Danny Chedrawe	Glennis Farquhar	Ken Hardie
Donnell Beaton	Dr. Chris Childs	David Feindel	Karyn Harrison
Paul Behner	Anne Clattenburg	Elizabeth Ferguson	Thomas Hart
Susan and Jon Bekkers	John Cody	Brenda Firth	Carol Haverstock
Beaty Belyea	Sarah-Jane Conklin	Kim Fleming	Maureen Hickey
Paul Bent	Heather and Kim Conrad	Gary Fontaine	Patricia Hildebrand
Karen and Kevin Bezanson	George Cooper	Patricia Foran	Julia Hiltz
Dr. Sreenivasa Bhaskara	John Crace	Dr. Gary Foshay	Joyce Hoeven
Grant Black	Joan and Jack Craig	Elizabeth and Fred Fountain	Bev Hubley
Shauna Blundon-Price	Jim Creaser	Margaret and David Fountain	Susan and Chris Hubley
Heather Bluteau	Maurice Crosby	Serge Fournier	Jane Hughes
Ursula Bohlmann	Mary Lou Crowley and John MacFarlane	Gregor Fraser	Jean Hughes
Mike Boone	Robert Crozier	Suzan Frazer	Krista and Robert Hunt
Andrew Boswell	Vince Daigle	Grace Fulton	Jane Hustins
Sharon and Russ Brannon	Jacob Dambergs	Colleen Galloway	Marilyn Hustins
Jeff Brooks	Joseph Daniel	Karen Gardiner	Patrick Hyde
Bernice Brown	Alison and David Davidson	David Gardner and Andrea Murphy	Jerry Inman
Dr. Aileen Brunet	Sherri Davis-Barron	John Ghosn	Catherine Jacob
Gerry Bruno	Dr. Nicholas Delva	Rick Gibson	Rakesh Jain
Mary Buckrell	Fedora Deveau	Gavin Giles	Judith James
Carolyn Buffett	Jeanie Devoe	Cornelius Gillespie	Ronald Jefferson
Dr. Lawrence Buffett	Dave Dexter	Drs. Ruth and Richard Goldbloom	Martha and Bruce Jodrey
Douglas Burke	Roberta Dexter	Stephanie Goulding	Lynn Johnston
David Burns	John Dickie	Anna Graham	Nancy and Darrell Johnston

Susan Johnston	Gerry MacKean	Randy Murphy	Kirk Shand
Wendy Johnston	Marian Macken-Issekutz	Sue and Steve Murphy	Gretchen Shaw
Fenella Johnstone	Donald Maclean	Robert Mussett	Martin Singh
Michael Jones	James MacLean	Natalie Nahas	Carolyn Sisley
Dr. Wade Junek	Jane MacLellan	Curtis Northrup	Madge Skinner
David Kavanagh	Mary MacLeod	Eleanor O'Hara	Dr. Ian Slayter
Ann Marie Keating	Jean Macpherson	Jane O'Neill	Barbara Smith
Catherine Keating and Mike Foran	Susan and Keith MacRae	Suzanne and Stephen O'Regan	Kimberly Smith
Gregg Keating	Fay Maddison	Dr. Herbert Orlik	Monte Snow
Marilyn Keating	Cluny Mahar	Heather and Phil Otto	Vale Snyder
Andrew Keitner	Jodi Mailman	Carolyn Oxner	Clifford Soward
Pauline Kemp	Judy Mallay	Diane Palmeter	John Stringer
Stephen Kennedy	Margot Mandy	Deborah Patterson	Anna Stuart
Barbara and Paul Kent	Sharon Marble	Dr. Patricia Pearce	Debra Sullivan
Gregory Kerr	Bruce Marchand	Kevin Pelley	Carolyn Taylor
Colleen Keyes	Carl Marchand	Van Penick	Dr. Michael Teehan
P.M. and Kenneth Kilby	Robert Marchand	Ruby Pentz	Rick Thomson
Nancy Kitchen	Wayne Marryatt	Elizabeth Phillips	Dr. Phillip Tibbo
Gerald Klassen	Frank Matheson	Bruce Phinney	Deborah Tilley
Dr. Stan Kutcher	Judy Matthews	Dr. David Pilon	Jose Antonio Valverde-Alcalde
Jean Laflamme	Joan McArthur-Blair	Sherry Porter	Ted VanLunen
Rose Landry	Dr. William McCormick	Andrea Pottyondy	Tom and Judy Vincent
Faye Langille	Suzanne McDonough	Tracey Preeper	Magdalena Walentynowicz
Bill Langley	Margaret McGillivray	Joan Pugsley	Alanna Walker
Linda Langley	Pamela McKay	R. Rafuse	Andrea Walton
Michael Laurie	Nathalie McLean	Lorraine Raymond	Linda Walton
Alan Leard	Sandy McLearn	Eileen Reardon	Albert Walzak
Francoise LeBlanc	Geraldine and Harold McNeil	DJ Redman	Catherine Watson
Dean Leland	Ronald McNutt	Alice Reed	Geoffrey Webster
Abe Levanthal	Adele McSorley	Doug Reid	Audrey Wells
Marjorie Lindsay and family	June Meade	Lynne Reiersen	Shirley Wells
Eddie Lloyd	Janet Meisner	Remy Richard	Dr. Michael West
Chesley Lockhart	Jim Merklej	Kathleen and Robert Richardson	Marilyn Whalen
Keith Loudon	Elias Metlej	Judith Riley	John Whidden
Karen Lunen	Sabah Metlej	David Ritcey	Constance White
Linda Lunn	Kathy Miller	Deborah Robertson	Colin Wightman
Colin MacDonald	Lisa Mills and Phil Cochrane	Linda Roma	Sarah Willett
Deanna MacDonald	Dr. Philip Mills	Marjorie Ross	Deborah and Howard Windsor
Jack MacDonald	Diane Misick	Miriam Rostek	Dr. William Wood, Sr.
Joseph Macdonald	John Misick	Dorothy and Ken Rowe	Faye Woodman
Shannon MacDonald and David Postill	Maureen Mitchell	Jean Roy	Carol and John Young
David MacDougall	Susan and Ronald Mitton	Renda Sabanegh	Joanna and Robert Zed
Steve MacDougall	Colleen Mizerit	Dean Salsman	
JoAnne and Fred MacGillivray	Harvey Morrison	Roger Savage	
James MacGowan and Tracy Potter	Sheila and James Morrison	Chris Sayers	
Ryan MacGrath	Mark Mosher	Pamela Scott Crace	
Raymond Mack	Paul Murphy	Susan Shaddick	

ORGANIZATIONS & SPONSORS

/A/ CTV
 3243988 Nova Scotia Limited
 3M Healthcare
 45 North
 A.C. Dispensing Equipment Inc.
 ACADOM Ltd.
 Access 2 Networks
 Ace Pest Control Ltd
 Adams Photography
 All Dressed Up
 Ambassatours Gray Line
 AML Communications Inc.
 Anchor Group (Atlantic) Limited
 Anchor Motors Limited
 Andrew Peller Wines
 Aram Holdings Ltd.
 Art Penney Appliance Repair Ltd.
 AstraZeneca Canada Inc.
 Atlantic Acura
 Atlantic Digital Reproductions Inc.
 Atlantica Hotel & Marina Oak Island
 Atlantic Lottery
 Atlantica Hotel Halifax
 AWW TELAV
 Balsamea House
 Bark & Fitz
 Barrington Narrows
 Basil Audio-Visual
 Baydar & Associates Inc.
 BDO Canada Limited
 Be Well Spa
 Bell Aliant
 Bellissimo!
 Benoit Electric Ltd.
 Bentley Group at Premiere Mortgage Centre
 Bird Construction Company
 Bishop Holding Limited
 Bishop's Cellar
 Bishop's Landing Dental Centre
 Blossom Shops
 BMO Bank of Montreal
 BMO Harris Private Banking
 Boorman Consulting Inc.
 Boston Pizza
 BOYNECLARKE LLP
 Burgess Transfer & Storage Ltd.
 C100
 Cambridge Suites Hotel
 Canadian Forces Base Halifax

Canadian Tire (Bedford)
 Cancer Care Nova Scotia
 CAN-med Healthcare
 Cape Breton Resorts
 Capital District Mental Health Program
 Capital Health – Addictions Prevention & Treatment Services
 Capital Health – Board of Directors
 Capital Health – Business Development
 Capital Health – Corporate Affairs
 Capital Health – East Coast Forensic Hospital
 Capital Health – Mental Health
 Carlson Wagonlit Harvey's Travel
 Carmichael Engineering Limited
 CCL Group
 Centron Group of Companies
 Century 21 Classic Realty Ltd.
 Charm Diamond Centres
 Chester Clinic Dental Inc.
 Chives Canadian Bistro
 Christian Womens Fellowship Church of Christ
 Churchill Cellars Limited
 CIBC
 City Girl Cakes
 Clear Channel Airports
 Clearwater Seafoods Limited Partnership
 Cleve's Source for Sports
 CMHA – Cape Breton Branch
 CMHA – Colchester East Hants Branch
 CMHA – Halifax, Dartmouth Branch
 CMHA – Kings County Branch
 Cobalt Pharmaceuticals Inc.
 Colchester East Hants Health Authority
 Coldwell Banker Supercity Realty
 Compass Commercial Realty
 Compass Group Canada
 Conrad Brothers Ltd.
 Corby Distilleries Ltd.
 Cornucopia Marketing
 Costello Fitt Limited
 Cox & Palmer
 Credential Financial Inc.
 Credit Union Atlantic – Head Office
 Cresco
 D.H. Management
 Dalhousie Medical Research Foundation
 Dalhousie University Department of Psychiatry
 Dartmouth Central Plumbing & Heating
 Dartmouth General Hospital Foundation

Delta Barrington
 Delta Halifax
 Desjardins Financial Security
 Digby Pines Golf Resort & Spa
 Digital nGenuity
 DORA Construction
 Dugger's Mens Wear Ltd
 Dirty Nelly's Irish Pub
 Dynamex Canada Inc.
 Dyne Holdings Limited
 East Coast Emergency Medicine Associates
 Eastern College
 Eastpoint Engineering
 Egg Films
 Emergency Medical Care
 Empire Theatres Limited
 Ernst & Young Inc.
 Essential Dental Hygiene Services
 Estia Restaurant
 Every Now And Then Cookies
 Fader Agencies
 Fiasco Restaurant
 Fid Resto
 Film Nova Scotia
 Finca Las Moras
 Fisherman's Market International Inc.
 Flagstone Management Services
 Forest Hill Drug Mart
 Frame-It
 FRED.
 FX 101.9
 Gap
 Genivar Inc.
 Geox Shop Halifax
 Gingerbread Haus Bakery
 Gold Star Professional Courier Services
 Gordon Stirrett & Associates
 Gourmandises Avenue Patisserie Fine
 Grafton Developments Inc.
 Grandview Golf & Country Club
 Grant Thornton LLP
 Great Eastern Corporation Limited
 Greater Halifax Partnership
 Great-West Life
 Green Hunt Wedlake Inc.
 Halifax 2011 Canada Games Host Society
 Halifax BMW
 Halifax Harbour Bridges
 Halifax International Airport Authority

Halifax Marriott Harbourfront
 Halifax Port Authority
 Halifax Regional Municipality
 Halifax Shopping Centre
 Halifax Signs Limited
 Hamachi Global Catering
 Hamachi Steakhouse
 Harvest Wines & Spirits
 Hazeal Appeal & Epicurious Reflections
 Healthy Minds Cooperative
 Helly Hansen Canada Ltd.
 Heritage Credit Union
 Heritage Gas Ltd.
 Hiringsmart Canada Inc.
 Hirtle Promotions
 Hockey Nova Scotia
 Homburg Canada REIT
 Homburg Charitable Foundation
 Home To Home Relocation Specialists
 Homewood Human Solutions
 Hospitality Network
 Hoyt's Moving & Storage Ltd.
 Hurricane Industrial Equipment Inc.
 IMP Aerospace
 IMP Group International Inc.
 Inglis Flower World
 Inspired You
 Install-A-Flor Ltd.
 Interuniversity Services Inc.
 Iona Resources Holdings Limited
 Irises Flowers
 ISL Web Marketing & Development
 It's All Greek To Me Restaurant
 IWK Foundation
 IWK Health Centre
 IWK Mental Health & Addictions Program
 Jack & Co. Ltd.
 Jay Wells Salon
 Jazz Air LP
 John & Elizabeth Godin Charitable Trust
 Jungle Interiors
 Kartbahn Racing
 Killam Properties Inc.
 Knightsbridge Robertson Surrette
 KPMG LLP
 Labatt Breweries of Canada
 LaHave Seafoods Limited
 Laing House Association
 Landry & Associates

Lawtons Drugs
Layers Wedding Cakes
Leahey Legal Services
Lily's Lingerie
Limelight Communications Group Inc.
Lord Nelson Hotel and Suites
Luedey Consultants Inc.
Lunenburg Arms Hotel and Spa
MacFarlands
MacLeod Group
MacPhee Chevrolet
Marco Group
Maritime Beauty Supply
Markin Petroleum Limited
McCrea Family Trust
McInnes Cooper
Medavie Blue Cross
MEDiChair
Medline Canada
Metro
Metro Community Housing Association
Micco Companies
Mighty Auto
Milford Investment Company
Mills
Moments in Time Photography
Moneris Solutions
Mount Saint Vincent University
MT&L Public Relations Limited
Municipal Group of Companies
Nantes Group
Neptune Theatre
Noelle's – The Custom Cookie Company
Noseworthy Di Constanzo Diab
Barristers & Solicitors
Nova Scotia Advisory Council on the
Status of Women
Nova Scotia Come To Life
Nova Scotia Community College – Truro
Nova Scotia Department of Health
Nova Scotia Gaming Corporation
Nova Scotia Health Research Foundation
Nova Scotia Liberal Party
Nova Scotia Power Inc.
Nova Tile & Marble Ltd.
Nova Trophy
NovaScotian Crystal
NSCC – Culinary Program
Nustadia Recreation Inc.
Ocean Nutrition Canada Limited
Oceanview Garden Centre and Landscaping
Office Interiors
Omnitech Inc.
O'Regan's Automotive Group

O'Regan's Toyota Dartmouth
Osler, Hoskin & Harcourt LLP
Palooka's Executive Fitness
PartSource
Pat's Preserves
Payzant Building Products Limited
PCL Constructors Canada Inc.
Pepsi Beverages Company
Pete's Frootique
Peter Kohler Windows & Entrance Systems
Phoenix Youth Programs
Pier 21 Society
Power Agencies
Premiere Executive Suites
Prince George Hotel
PRO-DENT Laboratory
Props Floral Design Inc.
Prudential Property Specialists
QEII Foundation
Quest Realty
R.J.F. Healthcare Services
Raddison Hotel Halifax
Ramar Construction
Rank Incorporated
RBC Dominion Securities
RBC Financial Group
RBC Wealth Management
RCS Retail Construction Specialists Inc
Red Letter Philanthropy Counsel
Resource Management and Consulting
Revolution Strategy
Revolve
RKO Steel Limited
Royal Environmental Group
Rum Runners Rum Cake Factory
Rusty Hinges
Saege Bistro
Saint Mary's University
Scanway Catering Limited
Schizophrenia Society of Nova Scotia
Scotia Capital Incorporated
Scotia Fuels Ltd.
Scotiabank
Scotiabank – Private Client Group
Scotsburn Dairy
Self Help Connection
Senior's Mental Health
Sennheiser
Shannex
Shearwind Inc.
Sherwood Enterprises Inc.
Simple Touch Event Décor
Smithers Charitable Foundation

Smith's Bakery & Café
Sobeys
Sony Store
Spryfield Shopping Centre Inc.
St. Alban's Anglican Church
Starbucks
Stewart McKelvey
Stuart Swing Design Consultant
Stubborn Pictures Inc.
Style 52
Summer Wind Holdings Ltd.
Sun Life Financial
Sun Life Financial Chair in Adolescent
Mental Health
Suncoast Homes Inc.
Susie's Shortbreads
Sweet Jane's
Symphony Nova Scotia
Talentworks Inc.
TD Canada Trust
TD Commercial Banking
TD Securities Inc.
TDW Private Investment Counsel
Telus Corporation
The Boyd & Holly Hunter Fund of the
United Church of Canada Foundation
The Chronicle Herald
The Co-operators
The Co-operators Life Insurance Company
The Decorating Shoppe
The Fireside Bar & Restaurant
The Hardman Group Limited
The John and Judy Bragg Family
Foundation
The Landings Surgical Centre
The Mahone Bay Trading Company
Quality Footwear

The Press Gang Restaurant & Oyster Bar
The Municipal Group of Companies
The Shaw Group Limited
The Tower (Saint Mary's University)
The Windsor Foundation
Theakston Phipps Interiors
Therault Financial Inc.
Thibault Design Incorporated
Thornbloom The Inspired Home
Tim Hortons
Totally Yours Salon & Spa
Touch of Gold
Tour Tech East
Tower Interiors
Trade Centre Limited
Transat Tours Canada Inc.
Trattoria della Nonna Ristorante
Uncommon Grounds
Uncommon Kids Gear Inc.
United Gulf Developments
Upper Clements Park
Valley Armoured Car Service Ltd.
Valley Ford Limited
Via Rail Canada Inc.
Vitality Medi Spa
WBLI Chartered Accountants
Westwood Developments Limited
Whycocomagh Education Centre
Anti-Bullying Team
Wilson Fuel Company Limited
Winchester's
WM Fares Group
Woozles
World Trade & Convention Centre Limited
WPS North America Inc.
Zed Events
Zerona Laser

Donors and sponsors listed have made a contribution of
\$100 or more to the Mental Health Foundation of Nova
Scotia between April 1, 2010 and March 31, 2011.

The Foundation makes every effort to ensure that our
donors' wishes are respected and their contribution
acknowledged. Please let us know of any errors or omissions
by contacting us at 1-888-227-4642.



COMMUNITY REPORT TO THE COMMUNITY



Mental Health Foundation of Nova Scotia

300 Pleasant Street, Suite 1120
Mount Hope Centre, PO Box 1004
Dartmouth, Nova Scotia
B2Y 3Z9

Phone: (902) 464-6000 or
1-866-CARING
Email: info@mentalhealthns.ca
Web: mentalhealthns.ca