

## **ANNUAL REPORT 2005**

**TENTH ANNUAL GENERAL MEETING THURSDAY, NOVEMBER 10TH, 2005  
6:00 PM – 8:00 PM**

### **Agenda**

1. Welcome from the Chair
2. Approval of the Agenda
3. Approval of the Previous Year's minutes
4. Nomination Committee Report  
-Election of the Board of Directors
5. Treasurer's Report
  - Acceptance of Financial Report
  - Appointment of Auditor
6. Report from Staff
  - Administration Co-Director
  - Program Co-Director
7. Other Business
8. Adjournment and Thanks
9. Presentations

**MINUTES OF The Ninth Annual General Meeting held at The Royal Canadian Legion, 3326 Bloor Street West. Wednesday, October 27th, 2004**

### **1. Welcome from Chair**

Peggy-Gail DeHal-Ramson, Chair, welcomed everyone and thanked the members of the Board, staff, volunteers, members of the organization and funders, for their continuing support of Across Boundaries, and opened the proceedings of the ninth annual general meeting in accordance with the agenda.

### **2. Approval of Agenda**

The agenda was approved as circulated.

Moved by: Sybil Sooknanan  
Seconded by: Doreen Forde **CARRIED**

### **3. Approval of Previous Year's Minutes**

The minutes of the eight annual general meeting held on October 27, 2004, were approved as circulated:

Moved by: Masi Singh  
Seconded by: Sybil Sooknanan **CARRIED**

### **4. Nominations Committee Report**

The slate of nomination was presented by Peggy-Gail Dehal-Ramson, and approved as circulated. The nominees were:

Peggy-Gail Dehal-Ramson, Kim Gittens, Patrick Brown, Simone Hammond Sandi Bell, Waikwa Wanyoike, Audley Stephenson, Tegeste Emiru

No nominations from the floor.

Moved by: Jean Wade  
Seconded by: Arnold Minors **CARRIED**

### **5. Treasurer's Report**

Kim Gittens, presented the audited financial report for the period of April 2003-March 2004, and explained the revenue and expenses for the fiscal year. Kim Gittens recommended appointing Dona Goldson to be our Auditor for the year 2004-2005.

Moved by: Kim Gittens  
Seconded by: Jean Wade **CARRIED**

### **6. Report from Staff**

Aseefa Sarang and Martha Ocampo presented the Co-Directors report, highlighting the success and challenges of the previous year. Aseefa reported that Across Boundaries has come a long way since its inception and is continuing to grow. Many new opportunities await the agency, and Across Boundaries is well situated to take advantage of them. Martha spoke of the programs offered through the centre and introduced all staff, consultants, volunteers and student placement and thanked them for their hard work, dedication and time.

### **7. Adjournment**

As there were no further matters, the business proceedings were brought to an end and meeting adjourned.

Moved by: Peggy-Gail DeHal-Ramson  
Seconded by: Jean Wade **CARRIED**

## **8. Presentations**

### **1st Presentation:**

Keynote speaker, Michelle Munroe, City of Toronto Community Development Officer talked about strategies of Community Crisis Response.

### **2nd Presentation:**

Creative Expression group headed by Shanti Dhore presented a skit on collectively problem solving community crises.

### **3rd Presentation:**

Laughter Therapy, Poornima Gosavi led the audience through an interesting and humourous session of therapeutic laughter.

## **SLATE OF NOMINATIONS**

### *Returning Board Members*

#### **PEGGY- GAIL DEHAL-RAMSON**

Peggy-Gail DeHal-Ramson is a Community legal Worker and Clinical Instructor in the Family and Welfare Division at PCLS. She is involved in community development, public legal education and advocacy work in the areas of Income Support, Mental Health, Disability and Violence Prevention with initiatives that respond to and/or prevent systemic discrimination. Her community development experience also includes working with youth and adults who have been institutionalized, transient as well as homeless immigrant/refugee youth, and members of migrant communities. She has worked with the Immigration Division at PCLS as a designated representative and advocate for refugee status claimants who also experience a mental health disability. In addition, she is a member of the Metro Credit Union's Spare Change Allocations Committee that distributes member-raised funds to not for profit community groups.

#### **SIMONE HAMMOND**

Simone Hammond is currently the Executive Director of Parkdale Community Health Center. She has worked at the health center for approximately 4 ½ years. Simone has more than 20 years experience working within a community-based, health care environment. Whether the situation involves program and policy development, advocacy and community relations, management/supervision, or finances and fundraising, Simone thrives on the challenge of delivering services that make a meaningful difference within our society. Simone is a well seasoned manager who is well known for her ability to manage change and create stability and continuity to the environment she works in. Simone is extremely committed to the inter-disciplinary approach of the Community

Health center model and dedicates a great deal of time towards ensuring that this model remains a viable part of the Canadian Health Care system.

### **SANDI BELL**

As the president of EMPOWORD Inc., a mediation and training and development firm, Sandi Bell offers a comprehensive range of “people-focused” expertise. She has extensive background dealing with interpersonal and organizational conflict, child welfare, education, youth matters, disability issues and workplace situations (including harassment and discrimination).

Sandi’s special mediation style has not gone unnoticed by disfranchised sectors of our community, including Aboriginal & First Nation people, youth, people with disabilities, and people from a wide range of racial/ethnic/cultural and religious communities. They regularly seek her out based on her reputation for knowledge of and sensitivity to Canada’s diverse communities and the challenges they face. Further, Sandi assists companies to implement and monitor their effectiveness, including equal opportunities in the workplace, as well as board development training for non-for-profit agencies. Sandi is also very actively involved in various community boards and committees in various capacities.

### **WAIKWA WANYOIKE**

Waikwa was born and grew up in Lare Location, Nakuru District in Kenya. Before coming to Canada in 1997, he attended Kenyatta University. He was an external Affairs Secretary of the Kenya Universities Students Organization (KUSO), a member of the Citizens Coalition for Constitution Change (4C’s) and the Kenya’s National Constitution Executive Council (NCEC). He worked for the Kenya Human Rights Commission and collaborated with many other human rights organization in Kenya. He attended York University in Toronto graduating with B.A. in 1999 and later completed a Bachelor of Laws degree at Queens University in Kingston, Ontario. He worked at Parkdale Community Legal Services from September 2002 to August 2003. He currently practices immigration, refugee and criminal law in Toronto.

### **AUDLEY STEPHENSON**

Audley Stephenson is presently employed in Service Canada. As a Program Officer, he works with organizations from all sectors to address the issue of unemployment that Canadians face. Prior to joining Service Canada Audley worked in the not for profit sector as a youth mentor and assisted a number of young people deal with other life issues outside the lack of employment. Audley is a father of two girls and enjoys playing basketball and baseball competitively and is a huge fan of both sports.

### **TEGESTE EMIRU**

Tegeste is originally from Ethiopia. She lived in Somalia for 9 years as political refugee and experienced many unjust situations including discrimination and persecution during those years. As a result of this experience she speaks three languages Somali, Amharic and English. She immigrated to Canada in 1986 and lived in Winnipeg Manitoba before moving to Toronto in 1992. Currently she is employed at The Elizabeth Fry Society of

Toronto as a Residential Counselor. In addition, to this she is a student at York University in the Bachelor of Social Work Program on part-time basis. She has many years of experience working with homeless individuals at Fred Victor Centre and as an advocate and volunteer at Trinity Church at Dundas and Sherburne, and at the Canadian Center for Victims of Torture. She was also involved in the Toronto Disaster Relief Committee and the 1% Solution to build more special social housing to reduce homelessness in Toronto. She is committed to social justice and creating equal opportunity in education, housing and health for a better society for all in Canada.

### **NINA CHANDRY**

Nina is a lawyer in the province of Ontario. Her academic credentials include a Master of Laws degree from Dalhousie University in Nova Scotia and a B.A., LL.B. (Hons.) degree from the National Law School of India. She has been practicing in the Immigration/Refugee Law area since her Call to the Ontario Bar in February 2001. She has experience working with mental health needs. She also has experience working in the area of violence against women.

## **ANNUAL REPORT - APRIL 2004 to MARCH 2005**

*You opened my eyes. Offered me a chance to see. I saw and cried. Then I closed my eyes, because I did not wish to see. Now, I look with eyes that see but I am sad, because who make me see have gone from sight.*

*By Kattie M. Cumbo*

### **OUR MISSION:**

To provided a range of support and services to people from ethnoracial communities who are experiencing severe mental health problems.

To provide a holistic approach to dealing with mental health problems recognizing the interdependence of the spiritual, emotional, mental, physical, social, cultural, linguistic, economic and broader environmental aspects of health, that effect the well-being of people from ethnoracial communities.

Across Boundaries recognizes the diversity among people from ethnoracial communities who in addition to race, may also be discriminated on account of their religion, language, ethnicity, class, gender, sexual orientation, disabilities, age, country of origin and citizenship status.

Across Boundaries is committed to challenging systemic racism in mental health service delivery.

### **VALUES AND BELIEFS:**

Across Boundaries recognizes that individual and systematic racism is a barrier to the health and mental health for people of ethnoracial communities.

Across Boundaries is also committed to a community development approach and will strive to promote the active participation of ethnoracial communities in the mental health system.

Across Boundaries will operate within an anti-racism framework to promote equity

and access for ethnoracial communities.

*We younger Negro artists who create now intend to express our individual dark-skinned selves without fear or shame. If white people are please we are glad. If they are not, it doesn't matter... the tom-tom cries and the tom-tom laughs. If coloured people are pleased we are glad. If there are not, their displeasure doesn't matter either.... We know we are beautiful. And ugly too.*

*By Langston Hughes*

## **ABOUT US**

By Aseefa Sarang  
Co-Director Administration

Across Boundaries is the first mental health agency in Canada, which operates within an anti-racism framework. It is one of the only two mental health agencies in Toronto serving the people of colour communities. According to the 1996 census, the aforementioned population now comprises about 54% of the total population in Toronto. Recent reports indicate that people of colour (racial minorities) are among the most disadvantaged and would consequently have greater health and mental health issues. Western psychiatric approaches and Eurocentric service delivery models are not always appropriate for individuals who originate outside of Europe.

As tax payers and equal participants in society, people of colour communities are entitled to appropriate services. Recent studies have explored and validated the need for 'integrated' or 'holistic' care from an anti-racism framework.

Across Boundaries has a holistic model of mental health care that also integrates the principles of health promotion and prevention, medical and complementary approaches. The center recognizes the

interdependence of spiritual, emotional, mental, physical, social, economic, cultural, linguistic and broader environmental aspects of life, playing a key role in the recovery process of individuals.

The agency supports and initiates creative, effective, and sustainable programs and projects which facilitate the empowerment of consumer survivors of colour. Across Boundaries will continue to share its knowledge and expertise, gained over ten years of service, and articulate contemporary, relevant, and inclusive 'better practices'. The mental health system as a whole benefits by being able to access a model that is appropriate (sensitive to race, gender and culture which is one of the guiding principles of Mental Health Reform) and accessible by communities of colour.

The Ministry of Health and Long-Term Care has recognized the need for integrating anti-racism/anti-oppression practices in mental health and has funded the centre to provide anti-racism training to service providers in the mental health system. For more information on our programs, please visit our website <http://www.acrossboundaries.ca>

## **PROGRAM REPORT 2004-2005**

By Martha Ocampo  
Co-Director Programs

The Case management service, the in-house Social/Rehab programs and the consumer/survivor initiatives served a total of 272 clients. The Case Management service served 198 clients, 101 admissions, 64 discharges, 8 were re-hospitalized, 4 had multiple admissions to hospital, and 3 were involved in the Justice system. The waiting list in the case management service was maintained at an average of 8-10 per month.

The outreach support programs in the different communities (Afghan, Somali and Tamil) continued to be very popular with high attendance rate. These programs were provided in partnership with different agencies such as CMHA Toronto, West Hill Community Services, Lawrence Heights Community Health Centre and the Scarborough East Storefront.

The in-house Social/Rehab and Consumer/Survivor Initiative programs continued to serve as:

- a) step-down program for those discharged from the case management service;
- b) as an alternative care to those client on the waiting list and as a vehicle to link client to the agency;
- c) a day program to address social isolation, skill building, and to promote mental health. These programs are also accessed by other agencies and health providers to send referrals where their clients can participate in meaningful activities in a safe environment.

Across Boundaries has actively participated as part of the Steering Committee of the North York and Scarborough Quadrant Project for Access to Support Services

(PASS), an initiative which developed a coordinated access system model for community-based mental health individual support services. The project is now finished but the agencies involved continued to work together in developing strategies on how to best implement the model under the leadership of a Management Committee of which Across Boundaries is a member. The Centre is also involved in forging a new alliance of all west end agencies and organizations that are providing mental health and substance abuse services to ensure a common understanding of priorities and strategies for coordinated action plan.

Across Boundaries in collaboration with other mental health agencies developed and submitted a Letter of Intent to the Ministry of Health and Long-Term Care to request for an addition of case managers to be able to serve ethno-specific communities and to provide individual support for the number of units allocated to this agency for individuals from the Criminal Justice System. (Note: Across Boundaries recently received a notice from the Ministry of Health and Long-Term Care about being provided 32 units with CMHA Toronto as its lead agency) In this submission, Across Boundaries also requested for a resource to increase system capacity by providing culturally competent interpreters.

The anti-racism/anti-oppression trainer while not successful in providing training to specifically mental health service providers was able to provide education and training to other mental health related agencies such

as housing, health agencies and educational institutions.

After the Tsunami disaster, Across Boundaries responded quickly to the mental health needs of the communities affected in particular the Tamil community in Toronto. The Centre organized a spiritual service wherein the clients and their families were provided the opportunity to collectively mourn the loss of many love ones including those who experienced other disaster. This turn out to be a very effective form of

healing both for individuals and communities. The centre also partnered with other agencies to organize a support group where families and the community were provided the opportunity to express their feelings and collectively develop appropriate action plan to address their mental health needs. The support group continued until the present at the request of the community because it was the only place where they got information, support and empowerment on how to take control of their own health.

*A “no” uttered from deepest conviction is better and greater than a “yes” merely uttered to please, or what is worse, to avoid trouble.*

***Mohandas k. Gandhi***

## **The Ontario Trillium Foundation Grant**

By Aseefa Sarang  
Co-Director Administration

We are in the last face of the grant from the Ontario Trillium Foundation. The function of the grant was to support a resource development program to diversify Across Boundaries’ funding base in order to enhance provision of mental health services to communities of colour.

We have hired the services of The Wise Sage to assist us in implementing some exciting fundraising opportunities as well as implementing our signature event for the years to come. This has been a very interesting and stimulating time for us at Across Boundaries as we move forward to ensure long lasting structures and programs are put in place. Under the direction of The Wise Sage, we have planned a few events which we will be able to report on more in-depth in our next report. Until then, please

stays tuned to news of upcoming events and continue to support our efforts so that we may show success beyond compare!

### **OUR FUNDERS**

Your support has helped us make our programs the success that they are:

The Ontario Ministry of Health and Long-Term Care: Ms. Janice Buchanan, our Regional Consultant.

The Ontario Trillium Foundation: Ms. Carrie Butcher, Programs Manager.

### **BOARD MEMBERS**

Sandi Bell, Nina Chandy, Peggy-Gail DeHal-Ramson, Tegeste Emiru, Simone Hammond, Fernando Marshall, Myrtle Robichaud, Audley Stephenson, and Waikwa Wanyoike.

A special thanks to the following individuals who have helped us in numerous day-to-day tasks. Some of you have come to us as students, as donors, as volunteers, as facilitators, as consultants and as participants of the programs.

Ammie Parikh  
Amoy Ong  
Bakers Street  
Bo Yan  
Carolyn Kwok  
Cathy Kwok  
Canadian Mental Health Association  
(CMHA) Toronto Branch  
Dana Marks  
Deborah Deng  
Denise Alexander  
Donna Goldson  
Dr. Khorasani  
Dr. Lo  
Dr. Parish  
Dr. Suman Fernando  
Dr. Wang  
Farouq Tinat  
Fidel Perez  
Halin Amini  
Homa Ghani  
Jian Yang  
Jo Roberts  
John Bonnar  
Kadija Hayir  
Karyn Baker  
Lucy Costa  
Milton Cheng  
Nigarit, Ethiopian Group  
Pathway Communication  
Paulos Gerbeheysus  
Phalguni J. Phipps  
Ravil Gulati  
Renwick Herry  
Rev. Michel Belzile-Greenborough Church

Ronda Hackett  
Saleema Saleem  
Shanti Dhore  
Shikiba Osmane  
Trinity St. Paul United Church  
Vanessa Spooner  
Yasmin Dudic

Our sincere thanks also to those who gave anonymously and to those whose names we may have missed.

Across Boundaries gratefully acknowledges your contribution.

To volunteer or to make a donation, please call us at 416 787 3007, ext. 27.

#### COMMUNITY & AGENCY COLLABORATION

In the past year we have worked collaboratively with the following groups, agencies and institutions on boards, committees, ad hoc structures, consultations, and through student placements:

Access Alliance Radicalized Group & Health Status; Exploring Poverty, Housing, Race-Band Discrimination & Access to Health Care in Toronto.

Adam's House

Ad Hoc Committee on Homelessness, Social Isolation and Mental Health Reform

Assaulted Women's Helpline

Best Practices for Working with Homeless, Immigrant & Refugees

Booth Industries

Canadian Centre for Victims of Torture (CCVT)

Canadian Mental Health Association, Toronto

Centennial College

Centre for Addiction and Mental Health (CAM-H)

Community Resources Consultants of Toronto (CRCT)

Community treatment Order Advisory and Evaluation Committee  
COSTI  
Community Occupational Therapy Association (COTA)  
Council of Agencies Serving South Asians (CASSA)  
East Scarborough Storefront  
Ecuhome Corporation  
Ethnoracial Coalition-Access to Addiction Services  
Ethnoracial Disabilities Coalition of Ontario  
Family Mental Health Alliance  
Family Service Association of Toronto  
Friends of Alternative & Complementary Therapist Society (FACT)  
George Brown College  
Gerstein Centre  
Griffin Centre  
Health & Diversity Conference Planning Advisory Group  
Homeward  
Hong Fook Mental Health Association  
Humber College  
Humber River Regional Hospital  
Intercede for the Rights of Domestic Workers Caregivers & Newcomers  
Kapisanan Philippine Centre  
Lawrence Heights Community Health Centre  
LCC Consulting  
Margaret Fraser House  
Mindeynta Somali Association  
Mount Sinai Hospital  
Nellie's Hostel

North York General Hospital- Department of Psychiatry, Substance Abuse Program  
North York Women Centre  
Northwestern Mental Health Planning Group  
Ontario Council of Agencies Serving Immigrants (OCASI)  
Rexdale Community Health Centre  
Rough Valley Mental Health System  
Ryerson University  
Sabawoon Afghan Family Education and Counseling Centre (SAFE)  
Scarborough General Hospital Forensic Case Management Program  
Sistering  
Steering Committee of Projects to Access Support Services (PASS) in North York and Scarborough  
South East Toronto Mental Health Network  
Supportive Housing in Peel  
Supportive Housing and Diversity (SHAD)  
Ontario Federation of Community Mental Health & Addiction Program (OFCMHAP)  
Toronto Forensic Mental Health Committee  
Toronto Peel Mental Health Implementation Task Force Systems Subcommittee  
  
University of Toronto, School of Nursing  
Vasantham: A Tamil Seniors Wellness Centre  
Women's Counselling, Referral and Education Centre (WREC)  
York Town Shelter for Women  
York University

## **POETIC REFLECTIONS**

**I am not that Random, America For the ambiguously ethnic**  
**By M .K. Asante, Jr.**

I am not that random. America;  
my passport is the earth-tone of your ambitious itinerary.

I am not that random. America;  
recognize me from ventures in the featureless desert.

I am not that random. America;  
I built this shiny airport by lying down & dying.

I am not that random. America;  
you beam me syndication & I laugh- to keep from crying.

I am not that random. America;  
you search the pockets of my native tongue for spare grammar.

I am not that random. America;  
the lyrics of your dream are the soundtrack of my workday.

I am not that random. America;  
I subscribe to your magazines just to read the pictures.

I am not that random. America;  
I, too, sing songs of pain and remembrance. Remember?

Perhaps you were too young to.  
But America,

I am not Black.  
What is it with all these questions?  
What am I?

I am that curious shade of brown  
that conjures either red past of guilt or  
a sandy future or terror. Or both.  
America,

do you know why I'm at your gates?  
What is it with all these questions?  
I'm here on business, for the third time.  
America,

you said this would only take a minute.  
Do you know what time it is?  
Your eyes:  
half-distant,  
half-trained,  
interrogate my belongings  
in patriotic tantrums.  
You gave birth to me,

America.

&

I am not that random...

## ACROSS BOUNDARIES' RESOURCES

A number of resources have been developed by Across Boundaries for use as educational tools and can be purchased at the following prices:

1. **Hear What We Are Saying (video):** an award winning video about systemic racism in the mental health sector. **\$30.00**
2. **30 Questions & Answers on Racism & Anti Racism:** a booklet outlining commonly asked questions about racism and anti-racism including examples within the mental health sector. **\$10.00**
3. **The Healing Journey, Phase I:** A review of relevant information on ethnoracial mental health issues. **\$5.00**
4. **The Healing Journey, Phase II, Women and Mental Health:** Documenting the voices of ethnoracial women within an anti-racism framework. **\$10.00**
5. **The Healing Journey, Final Report:** report on ethnoracial communities and mental health within an anti-racist framework. **\$20.00**
6. **Implementing the Anti-Racism Framework: an outline of Across Boundaries' service delivery model.** **\$5.00**
7. **A Guide to Anti-Racism Organizational Change in Health and Mental Health Sector:** a practical tool to initiate organizational changes in order to make services accessible to ethnoracial communities. **\$20.00**
8. **Racism and Health (video):** using a group discussion format, women of colour speak about the impact of racism on health. **\$5.00**

### TO ORDER PLEASE CONTACT US AT:

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