

ANNUAL REPORT 2006

**ELEVENTH ANNUAL GENERAL MEETING NOVEMBER 9TH, 2006
AT THE YORK CIVIC CENTRE, 2700 EGLINTON AVENUE WEST, TORONTO**

Agenda

Welcome from the Chair	Peggy-Gail DeHal-Ramson
Approval of the Agenda	Peggy-Gail DeHal-Ramson
Approval of the Previous Year's Minutes	Peggy-Gail DeHal-Ramson
President's Report	Peggy-Gail DeHal-Ramson
Report from Staff -Administration Co-director -Program Co-director	Aseefa Sarang Martha Ocampo
Treasurer's Report -Acceptance of Financial Report -Appointment of Auditor	Myrtle Robichaud
Presentation of Proposed Amendments to the By-Laws for Voting	Sandi Bell
Nominations Committee Report - Election of Board of Directors	Sandi Bell
Other Business	Peggy-Gail DeHal-Ramson
Adjournment and Thanks	Peggy-Gail DeHal-Ramson
Special Screening: "Behind the Mask" & Panel Discussion	Alison Duke
Light Snack and Refreshments	

**Minutes of The Tenth Annual General Meeting held at 51 Clarkson Ave Toronto,
Ontario M6E 2T5 Thursday, November 10, 2005**

1. Welcome from Chair

Peggy-Gail DeHal-Ramson, Chair, welcomed everyone at the 10th annual general meeting of the organization, and thanked the members of the Board, members of the organization, staff, volunteers, and funders for their continued support of Across Boundaries. The meeting then began in accordance with the agenda.

2. Approval of Agenda

The agenda was approved as circulated.

Moved by: Uzo Ezemenari
Seconded by: Rodney McGregor **CARRIED**

3. Approval of Previous Year's Minutes

The minutes of the 9th annual general meeting held on Wednesday, October 27, 2004 were approved as circulated:

Moved by: Masi Singh
Seconded by: Angela Grant **CARRIED**

4. Nominations Committee Report

The slate of nomination was presented by Simone Hammond, and approved as circulated. The nominees were:

Peggy-Gail Dehal-Ramson, Simone Hammond, Sandi Bell, Waikwa Wanyoike, Audley Stephenson, Tegeste Emiru, Myrtle Robichaud, Nina Chandy and Charmaine Williams

No nominations from the floor.
Moved by: Simone Hammond
Seconded by: Masi Singh **CARRIED**

5. Treasurer's Report

Myrtle Robichaud, presented the audited financial report for the period of April 2004-March 2005, and explained the revenue and expenses for the fiscal year. Myrtle Robichaud recommended acceptance of the financial report for the fiscal year 2004-2005 as presented.

Moved by: Myrtle Robichaud
Seconded by: Simone Hammond **CARRIED**

Myrtle Robichaud explained that this year the board had decided to put out a Request for Proposals for the audit work. Based on the responses received, the firm of Clarke Henning LLP was chosen.

Myrtle recommended that the firm of Clarke Henning LLP be appointed to be the Auditor for the year 2005-2006.

Moved by: Myrtle Robichaud

Seconded by: Simone Hammond **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 experienced a lot of significant changes in the past year, which include new funding, developing new programs for youth mental health, youth substance abuse and those involved in the criminal justice system with mental health issues, working in the new LHIN environment, and establishing new partnerships and collaborations. Martha spoke of the new programs offered through the centre, the work done to support communities affected by the Tsunami, and introduced all the staff. Martha mentioned the agency has seen a high turnover in staff due to new opportunities in the sector and wish them well in their new roles, and thanked everyone 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: Uzo Ezemenari **CARRIED**

8. Presentations

1st Presentation:

Sankofah presented some poetry that signified the experiences of people of colour around the world. His work was well appreciated and enjoyed.

2nd Presentation:

Ginelle Skerritt spoke to the audience on Across Boundaries' experience to date on fundraising and asked each and every member to support the work of the agency by becoming members and donating generously. She informed people of the upcoming gala event in December and invited everyone to join in this 10th year celebrations.

3rd Presentation:

Alok Mukherjee, an anti-racism activist and Chair of the Police Services Board, as the guest speaker for the evening, congratulated Across Boundaries on its 10th year anniversary and spoke of the racism in society and in the sector that has caused an agency such as this to be a necessity. There is still much work to be done ahead and wished Across Boundaries many more successes.

SLATE OF NOMINATIONS

Returning Board Members

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.

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 a boy. He enjoys playing basketball and baseball competitively and is a huge fan of both sports.

NINA CHANDY

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.

CHARMAINE WILLIAMS

Dr. Williams is an assistant professor at the University of Toronto, Faculty of Social Work. Previous to this position, she was a social worker in the mental health care system for ten years, engaging in practice that included experience with children, adults, family and groups in inpatient and outpatient services. In addition, her professional experience

has included organizational development for anti-racist and diversity-focused change, and the development and delivery of professional development programs concentrated on mental illness, addictions, diversity and cultural competence. Since being at the University of Toronto, Dr. Williams was recently seconded to serve as the university's Anti-Racism Officer during the 2004-5 academic years. Dr. Williams is currently teaching in the areas of mental health and diversity and social justice at the Faculty of Social Work and her research is focused on issues of access and equity in health care.

New Members

RHONDA HACKETT

Over the past sixteen years Rhonda has worked as a counselor and as a facilitator both in community organizations and in private practice. She works from an anti-oppression and empowerment perspective and has done a variety of educational workshops and trainings for community organizations. She was a member of the first board for the Black Coalition for AIDS Prevention. For the past seven years Rhonda has worked as a personal and disabilities counselor at the Atkinson Counselling & Supervision Centre, York University. She has a Master of Social Work degree from the University of Toronto.

MOHAMED GILAO

Mohamed Gilao is presently Executive Director at Dejinta Beesha (Multi Service Centre) agency that offers settlement and integration services for new comers in Toronto. He has extended background in community development capacity building programs in the area of education, income support, conflict mediation, neighbourhood support services, housing and recreation, youth programs, family support mental health programs, organizational and institutional development, community economic development, public health services, families and child protections welfare, etc.. In 2003 Mohamed has been awarded YMCA Peace Medal Award, 2001 UN Year of Volunteer medal Award, Medal for Queen Elizabeth Jubilee Award. Currently he is member of (REAC) Regional Ethno Cultural Advisory Committee of Correctional Service of Canada. Founder of African Canadian Communities Social Development Council a coalition of 45 organization serving Continental African communities, and in 2006 founder of Loyan Foundation.

CATHLENA MASON

Cathlena is presently employed with the Toronto Transit Commission. She is also a board member with the Elizabeth Fry Society that assists women who are in conflict with the law. Cathlena has a background in Psychology. She has previously served on the Across Boundaries board for 6 years. Cathlena has attended the International Conference on Racism and Xenophobia in South Africa in 2001, and as a result has been asked by the United Nations' non governmental committee to participate on the International Committee on Mental Health.

ANNUAL REPORT APRIL 2005 to MARCH 2006

Message from the Chair of the Board of Directors

Welcome to our 11th Annual General Meeting. This meeting always seems like a birthday of sorts for the organization – an opportunity to reflect on the year gone by and to highlight some of the many accomplishments of staff and community members. There's food, music and if we are lucky even cake!

For me, this past year has been another year of building and growing with committed staff, volunteers and community members. The second annual summer celebration in High Park brought out many familiar faces and many new ones and provided an opportunity to connect without paper or pen between us, just grass, clouds and a belly full 'o' food. It's great to have been a part of building traditions such as this one.

The past year has been an exceptionally challenging one for the Board. With the introduction of LINHS (Local Integrated Health Networks) in the next fiscal year we were busy keeping our finger on the pulse of what will transpire. That has included representing the organization at sector meetings as well as hosting a meeting with consultants to share our work and our vision. In addition we had significant growth in our programs bringing us additional staff and the opportunity to enhance and increase the services offered to the community. The growth of the organization over-all prompted the Board of Directors to undertake an organization review. This has kept the Board and staff busy with

work plans to implement a number of the recommendations.

In the spring and fall the Board of Directors organized retreats to reflect on the organization's work and the bigger picture in the community. During that time we were able to conduct an in depth reviews of our Bi-Laws, discuss our anti-racism education work and discuss strategies for strengthening the organization's position in the mental health sector. In addition, during this past year our Board committees have all been busy developing work plans, reviewing Terms of Reference and working with a focus on the organization's sustainability. In the next year the Board will be busy following through with recommendations made in the Organization Review including the Strategic Plan.

The reality that racism continues to impact the mental well-being of our community members remains a central focus in providing services and education to the community. This was clearly re-iterated in the Documentary and Needs Assessment commissioned by the organization. Both are significant contributions Across Boundaries has made to the literature and educational material available on youth, racism and mental well-being. We hope that you have the opportunity to review these materials and share amongst your communities, friends and family circles.

The wonderful staff and volunteers of Across Boundaries deserve a warm and heartfelt thank you for their support and continued dedication to enhancing the quality of life for our community members who are affected by a mental

health disability. Racism and mental distress can be a lethal potion for an individual seeking support. Systemic practices that permit racism to be embedded in society and those that permit for the discrimination of individuals who have been labelled with a mental illness further compound the experiences of people of colour who are either in distress or seeking community based services.

To this end, our growth signifies the need for Across Boundaries - a need we continue to try and meet but a need that still tells the story of people of colour

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

from around the world in a bustling city of a million plus.

As I end six years of service to the organization I think of the words of Martin Luther King Jr., "Faith is taking the first step even when you don't see the whole staircase". With the many people that make the entity that is Across Boundaries come alive I am thankful that staircase lead me to such a wonderful place.

Peggy-Gail DeHal-Ramson
Chair, Board of Directors

'holistic' care from an anti-racism framework.

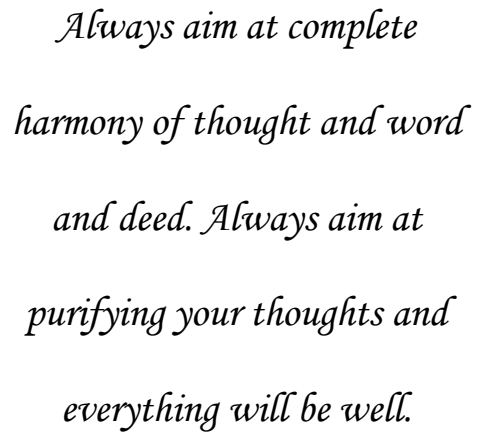
Across Boundaries has a holistic model of mental health care that also integrates the principles of health promotion and prevention, medical and complementary approaches. The center recognizes the interdependence of spiritual, emotional, mental, physical, social, economic, cultural, linguistic and broader 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.

For more information on our programs, please visit our website
<http://www.acrossboundaries.ca>



*Always aim at complete
harmony of thought and word
and deed. Always aim at
purifying your thoughts and
everything will be well.*

Mahatma Gandhi

OUR MISSION:

To provide 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.

One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings.

Franklin Thomas

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 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.

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.

Program and Services Report 2005-2006

The fiscal year 2005-2006 proved to be another very busy year for us having served 420 clients both in Adult and the Youth Mental Health programs.

The Youth-Connect program (better known as Y-Connect) is the program developed in partnership with the Griffin Centre, and located at 10 San Romano Way, opened for services and programs after actively doing outreach in the community within the Jane/Finch catchment area. The program is for transitional aged youth (15-24 years) experiencing mental health and addiction issues. The year ended with a very successful youth conference where the result of a needs assessment was released as well as a preview of the video entitled “Behind the Mask”.

The Mental Health and Justice Initiative (MHJI) Program in partnership with the Canadian Mental Health Association (CMHA-Toronto) is provided to keep people with mental illness out of the criminal justice system and assist them in maintaining their housing in the community. This is a great program as there are many people of colour who have been incarcerated due to mental illness, and this program allows us the resources to assist them in their recovery.

Across Boundaries continues to participate in:

- Meetings of the 4 geographical Quadrants in the city of Toronto to discuss local as well as common issues pertaining to mental health and addiction services.
- Four different LHIN’s (Local Health Integrated Network) to ensure that

information, issues and strategies are shared among the agencies.

- A partnership with Mainstay Housing to secure housing for clients and their families.
- The newly established partnership with the Centre for Addiction and Mental Health’s (CAMH) Cultural Interpretation and General Psychiatry Program to provide Across Boundaries the services of a psychiatrist for 3 hours a week to do client consultation and staff training.
- The coordinated access project in Scarborough and North York now called Access I continue to discuss how to implement its recommendations and suggested model given the current limited resources. The coalition has developed a common referral form that is being considered by the 13 participating agencies.
- The organizing of The Health, Equity and Diversity Conference in June 2005 and the development of a health charter that is under review.
- A coalition with Ryerson University Social Work and other community partners in organizing educational forums to address the heightened media coverage of gun violence in Toronto associated with black youth.
- A research with several partners on “Striving for Best Practices and Equitable Mental Health Care Access for Racialised Communities in Toronto”

Across Boundaries invested in a new software program to collect relevant data needed for the required CDS and MIS reporting to the Ministry of Health and Long Term Care. The report is clearly showing that the programs and services provided by Across Boundaries are proving to be an effective strategy in reducing the waiting period for new referrals.

The Community Outreach and Education Program held in Scarborough at the (Storefront for the Tamil community and SAFE Centre for the Afghan community) continue to attract both regular and new members. The facilitation of the Somali Women Support Group held at the Lawrence Heights Community Health Centre was continued by one of the participants after the departure of the original facilitator, which fulfilled our aim to empower participants to take on a more leadership role.

The anti-racism education and training continued to be provided in the universities and other allied community health agencies. This program was reviewed during the organizational review process and recommendations are now being considered.

Across Boundaries held its first annual summer celebration at Earl Bales Park. The event was attended by Board, staff, clients and their families and friends. Ethnic food, music, games, henna and face painting were some of the highlights of the well attended celebration. This is now an annual event of the organization and we look forward to seeing you all next year!

The Ontario Trillium Foundation Grant

This last year we concluded work on the Trillium grant, the purpose of which was to support a resource development program to diversify Across Boundaries' funding base

and enhance the provision of mental health services to communities of colour. We had contracted the services of the Wise Sage to bring our efforts in line with funding objectives. We participated in two events, a bowlathon and a gala event to raise the profile of the organization and to raise funds. These events were a good opportunity for us to let the community know what we do and connect with us at a social level. While we still have work to do in making Across Boundaries a household name, we are confident that we have built the base from which we can continue our efforts in the years to come. The Trillium Foundation is sincerely acknowledged for this grant and we look forward to an ongoing relationship on other ventures and projects.

Choose

*The single clenched fist lifted and ready,
Or the open hand held out and waiting*

Choose:

For we meet by one or the other.

By Carl Sandburg

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.

ACCESS I

Adam's House
Ad Hoc Committee on Homelessness, Social Isolation and Mental Health Reform
African Legal Clinic
Assaulted Women's Helpline
Best Practices for Working with Homeless, Immigrant & Refugees
Black Creek Community Health Centre
Black Inmates and Friends Assembly (BIFA)
Bloor Information and Life Skills Centre
Booth Industries
Burnhamthorpe Adult Education Centre
Canadian Centre for Victims of Torture (CCVT)
Canadian Mental Health Association, Toronto

Centenary Hospital (Mental Health Clinic)
Centennial College
Central LHIN Mental Health and Addiction Network
Centre for Addiction and Mental Health (CAMH)
(CAMH) Family Outreach and Response Program
Community Resources Consultants of Toronto (CRCT)
Community Treatment Order Advisory and Evaluation Committee
COSTI
Community Occupational Therapy Association (COTA)-Court Support Program
Council of Agencies Serving South Asians (CASSA)
Dixon Community Services
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
Family Mental Health Everywhere (FAME)

Friends of Alternative & Complementary Therapy (FACT)
George Brown College
Gerstein Centre
Griffin Centre
Harmony Hall, North York
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
Jane and Finch Community and Legal Services
Jane and Finch Community and Family Centre
Kapisanan Philippine Centre
Lawrence Heights Community Health Centre
LCC Consulting
Livonia Place, Scarborough
Mainstay Supportive Housing
Margaret Fraser House
Metro Toronto Police Community Liaison Division #12
Mental Health and Justice Initiative Supportive Housing
Midaynta Somali Association
Mount Sinai Hospital
Nellie's Hostel
North York General Hospital- Department of Psychiatry, and Substance Abuse Program
North York Women Centre
Ontario Council of Agencies Serving Immigrants (OCASI)
Promoting Economic Action Through Community Health (PEACH)
Rexdale Community Health Centre
Rouge Valley Mental Health System
Ryerson University, Department of Social Work
Toronto District School Board

Sabawoon Afghan Family Education and Counseling Centre (SAFE)
Scarborough General Hospital Day Clinic and Forensic Case Management Program
Seaton House
Sistering
South Asian Women Centre
South Asian Legal Clinic of Ontario (SALCO)
South East Toronto Mental Health Network
Supportive Housing in Peel
Supportive Housing and Diversity (SHAD)
Ontario Federation of Community Mental Health & Addiction Program (OFCMHAP)
University of Toronto, School of Nursing

Vasantham: A Tamil Seniors Wellness Centre
Whitby Mental Health Centre
Women's Counselling, Referral and Education Centre (WREC)
York University, Social Work
Youth Court Action Plan Program (Y-CAP)
Youth Inc.

*I want freedom...
For the full expression
Of my personality*

By Mahatma Gandhi

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, Regional Consultant

Ms. Robin Daly, Regional Consultant

The Ontario Trillium Foundation

Ms. Carrie Butcher, Program Manager

BOARD MEMBERS:

Sandi Bell,
Nina Chandy,
Peggy-Gail DeHal-Ramson (Chair),
Tegeste Emiru,
Simone Hammond (Previous Secretary),
Fernando Marshall,
Myrtle Robichaud (Treasurer),
Audley Stephenson (Current Secretary)
Waikwa Wanyoike
Charmaine Williams.

Our Staff 2005-2006:

Marian Adan,
Ajibola Callisto,
Mieshia Forrester,
Liben M. Gebremikael,
Everton Gordon,
Quidsia Hadizai,
Ruqia Hassan,
Sulekha Jama,
Mohamed Khan,
Kwasi Kissi,
Olivia HanYi Li,
Samira Lakhani
Paulton McKenzie,
Evelyn Mejía,
Leira Mendez,
Ian Messam,
Anthony Mohammed,
Sagal Mohamoud,
Sophia Montague,
Martha Ocampo (Co-Director)
Kevin Panton,
Roma Rashidi,
Durkhanai Ranzooryar,
Aseefa Sarang (Co-Director)

Nandini Tirumala,
Rekha Vaishnau
Peri Vyramuthu.

Bernadette Gapuz,
Mary James,
Jackie Patterson
Neelam Sharma.

New Staff:

Samiya Abdi,

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.

- Alex Lovell
- Alison Duke
- Bakers Street
- Carolyn Kwok
- Dr. Suman Fernando
- Dr. Jowhar
- Dr. Khorasani
- Dr. Lo
- Dr. Wang
- Farouq Tinat
- Fidel Perez
- Grace Ekere
- Halim Amini
- Halima Yousuf

- Homa Ghani
- Ingrid Pereira
- John Bonnar
- Kadija Hayir
- Karyn Baker
- Lena Lee
- Lotus Young
- Malini Pararaja Singam
- Paulos Gerbeheysus
- Phalguni J. Phipps
- Renwick Herry
- Rev. Michel Belzile and Lee -
Greenborough Church
- Sarah Shahsiah
- Shanti Dhore

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. 221.*

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**
9. **Behind the Mask (DVD):** Youth share their stories of being young and of colour. They remind us of the masks we all wear in the midst of our own lives. **\$15.00**
10. **Across Boundaries' Report on Mental Health Well-being and Substance Use Among Youth of Colour.** **\$10.00**