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ANNUAL REPORT 2008

Thirteenth

Annual General

Meeting

October 15th, 2008

**At The North York Memorial Community Hall, 5120 Yonge Street,
Toronto, ON M2N 5V7**

Thirteenth Annual General Meeting October 15th, 2008
Held At the North York Memorial Community Hall, 5120 Yonge Street,
Toronto

AGENDA

1. **Welcome from the Chair** *Sandi Bell*
2. **Approval of the Agenda** *Sandi Bell*
3. **Approval of Previous Year's Minutes** *Sandi Bell*
4. **Report from Staff**
-Administration Co-director *Aseefa Sarang*
-Program Co-director *Martha Ocampo*
5. **Treasurer's Report** *Keith Shrouder*
-Acceptance of Financial Report
-Appointment of Auditor
6. **Presentation of Proposed Amendments to the By-Laws for Voting** *Sandi Bell*
7. **Nominations Committee Report** *Sara Azargive*
- Election of Board of Directors
8. **Other Business** *Sandi Bell*
9. **Adjournment and Thanks** *Sandi Bell*
10. **Presentation:**
"Research findings in Concurrent Disorder, Older Adults and Trauma in Racialized Communities"
*By Kwame McKenzie, Senior Scientist,
Social Equity and Health Research, CAMH*
11. **Presentation: Creative Expressions and Music Therapy Participants**

Light Snack and Refreshments

Minutes of the Twelfth Annual General Meeting Held at the North York Civic Centre 5100 Yonge Street Toronto, Ontario on October 17, 2007

Welcome from Chair

1. Sandi Bell, Vice- Chair, welcomed everyone to the 12th annual general meeting and thanked the members of the Board, members of the organization, staff, volunteers, funders, and clients for their continued support to Across Boundaries over the year. The meeting then began in accordance with the agenda.

2. **Approval of Agenda**

The agenda of the meeting was approved as circulated.

Moved by: Steve Scott

Seconded by: Amina Dualeh **CARRIED**

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

The minutes of the 11th annual general meeting held on November 9, 2006 were approved as circulated:

Moved by: Rahim Rahmatullah

Seconded by: Maggie Lau **CARRIED**

4. **Chairperson Report**

Sandi Bell, Vice -Chair presented the report and highlighted the growth of the agency in the last fiscal year, spoke to the collaborations and partnerships new and old, and relationship building with the new LHIN structure. Sandi also spoke to the strategic planning and restructuring process the board has begun and looked forward to reporting at the next AGM on this.

Special thanks presented to all board members, staff, clients and volunteers.

5. **Report from Staff**

i) Administration

Aseefa Sarang reported on the various activities the agency has been involved in over the last year, ranging from continued advocacy, to developing relationships with the new LHIN body, use of anti-oppression/anti-racism as a core value of the organization and the related challenges, the Needs Assessment conducted on the adult mental health population resulting in interesting trends and recommendations and the activities surrounding the strategic planning and restructuring. A very busy year was completed and already the New Year has started on a very busy note.

ii) Programs

Martha Ocampo presented the programs and services report for the year, noting a total of 436 clients served. The partnerships with Mainstay Housing and CHMA under the Mental Health and Justice Initiative continue to flourish and capacity building and community engagement with members of the Tamil, Caribbean, Ghanaian, Punjabi and South Asian communities continue. The center engaged in an evaluation of the programs provided and looks forward to developing evaluation tools to better reflect measurable outcomes of the holistic approach to mental health care within an anti-racism and anti-oppression framework used at Across Boundaries.

6. Treasurer's Report

i) Presentation of Financial Report

Charmaine Williams presented the audited financial report and statements for the period of April 2006 - March 2007, and explained the revenue and expenses for the fiscal year.

Charmaine Williams recommended the acceptance of the financial report and statements for the fiscal year 2006 - 2007 as presented.

Moved by: Charmaine Williams

Seconded by: Annemarie Shrouder **CARRIED**

ii) Appointment of Auditor

Charmaine Williams recommended that the firm of Clarke Henning LLP be appointed to be the Auditors for the next fiscal year 2007-2008.

Moved by: Charmaine Williams

Seconded by: Sara Azargive **CARRIED**

7. Presentation of Proposed Amendments to the By-Laws for Voting

Sandi Bell introduced the proposed amendments to the by-laws and requested approvals for the following sections.

Section 3.2: Moved by: Charmaine Williams,
Seconded by: Adeline Chew **CARRIED**

Section 3.3: Moved by: Wendy Komiotis,
Seconded by: Steve Scott **CARRIED**

Sandi thanked everyone for being patient and allowing her to explain the changes in detail and engaging actively with questions and comments.

8. Nominations Committee Report

The slate of nominees for the Board for the upcoming year was proposed as circulated and the following three motions were tabled on terms for Board members and the Executive Committee.

Motion No.1:

Annemarie Shrouder, Mohamed Gilao, Charmaine Williams, Keith Shrouder and Idil Abdillahi become members of the board of directors of Across Boundaries, for a term of one year.

Moved by: Adeline Chew

Seconded by: Charmaine Williams **CARRIED**

Motion No. 2:

That **Sandi Bell, Sara Azargive and Adeline Chew** become members of the board of directors of Across Boundaries, for a term of two years.

Moved by: Annemarie Shrouder

Seconded by: Charmaine Williams **CARRIED**

Motion No. 3:

That the following members of the board of directors of Across Boundaries become the Executive Committee for the coming board year:

| | |
|-----------------------|-------------------|
| Sandi Bell | Chair |
| Sara Azargive | Vice-Chair |
| Adeline Chew | Secretary |
| Keith Shrouder | Treasurer |

Moved by: Charmaine Williams

Seconded by: Annemarie Shrouder **CARRIED**

9. Adjournment:

There being no other business the 12th annual general meeting of Across Boundaries was brought to a close.

Moved by: Wendy Komiotis

Seconded by: Charmaine Williams **CARRIED**

10. Presentation

A panel presentation on “**Emerging Trends and Issues in Mental Health with Racialized communities**” was moderated by Wendy Komiotis. The presentations were delivered in the following order by the panellists indicated:

- a) **Alexander Lovell** - Applying an Anti-Racist Approach towards Current Mental Health issues in Toronto.
- b) **Caroline Kwok** - Survival in Current Trends in Mental Health Issues.
- c) **Andréa Panrha** - Gender based Violence in connection to Youth of Colour.
- d) **Charmaine Williams** - Research issues in Mental Health for Racialized communities.

The presentations were detailed, informative and well received by the audience.

“End Racism Day ... is a perfect opportunity to help our communities celebrate human unity and the diversity of the human race rather than allow our differences to become an excuse for racial separation”.

By: Robert Alan (1943 –) American Writer, Artist & Social Activist

SLATE OF NOMINATIONS

Returning Board Members:

ASHA MOORE CLARKE

AZARGIVE, SARA

Sara is a lawyer and works with the Ministry of Government Services of the Ontario Government. Her work involves regulatory reform related to corporate law with a specific focus on corporate structure, board governance and fiduciary issues. Prior to her current position, her practice at the Office of the Information and Privacy Commissioner of Ontario focused exclusively on privacy and access to information law. Volunteer work, particularly in the health sector, is an important part of Sara's life. Aside from her commitments to Across Boundaries, she has devoted her time to the Board of Directors of the Sunnybrook Foundation where she worked to develop the Foundation's Board Governance Framework. She is also a director on the Multiple Sclerosis Society of Canada's Toronto Chapter Board. Sara holds a BA from the University of Toronto and obtained her law degree from the University of Ottawa Law School.

BELL, SANDI

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.

Sandi is a part time Commissioner with the Canadian Human Rights Commission and is pleased to be on the Mental Health and Law Advisory Committee to the Canadian Mental Health Commission.

GILAO, MOHAMED

IDIL ABDILLAHI

Idil Abdillahi has completed her Master Degree in Social Work at Ryerson University where her focus was on Anti-oppression and Anti Racism social work practice. She

has worked in a multiplicity of roles both as a practitioner and within a leadership capacity for several years in areas such as; violence against womyn, mental wellness and addictions. Her areas of interest include; the implementation/evaluation of Anti-oppressive practices within organizations, invisible homelessness and world majority communities, the effects of globalization in the global south and the dialectic between gender identity and race. Idil attributes much of her success and determination to her sole support parent (her mother) who has been an excellent example of struggle, survival and success; and her mentor Dr. Lisa Barnoff who assisted her in situating herself within a western academic context.

SHROUDER, KEITH

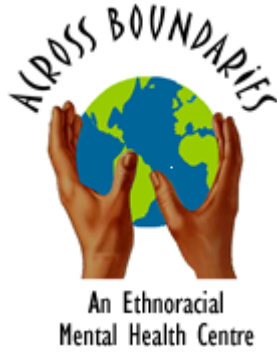
Keith Shrouder holds a Bachelor of Commerce degree in Accounting and Finance and a Certificate in Adult Education, both from Concordia University, Montreal, Quebec. He is an Accredited Public Accountant, APA designation in Toronto, Ontario. He was Lecturer in Principles of Accounting and Finance at Concordia University, Continuing Education, Montreal, Quebec and a Part-time teacher in Book-keeping, Small Business Management and Income Tax for the Peel Board of Education in Ontario. He was a Canadian Corporate Controller of Sealy Canada Ltd., a division Sealy Inc. a U.S. corporation manufacturer's of Posturepedic Bedding in Toronto, Ontario from 1988 to 2003. Currently he is the owner of REM Financial Services in Mississauga, Ontario where he does Income Tax Returns, Financial Statements and Consultancy for Small Business.

SURANJITA KHAUND

Suranjita is a graduate of Electronics Engineering and recently completed her Masters in Business from York University while also obtaining a Project Management designation from PMI. Presently, she works as a Project Manager in the field of healthcare market research. She have been involved in volunteering for marginalized communities in emerging as well as developed economies and has been an active participant in planning in addition to execution of programs for different organizations. Her most rewarding experience in this field has been working with street children in India and with the Sherburne Mental Health Centre in Toronto. Working with disadvantaged women has been of particular interest to her and this originated from the challenges she faced as being a woman pioneer in that field during the start of her career. She is also interested in free lance writing and enjoys exploring new places and meeting people from different cultures.

New Board Members:

JOHN WONG
JOYCE PLUMMER



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ANNUAL REPORT

APRIL 2007 to MARCH 2008

ACROSS BOUNDARIES'

TWELFTH ANNUAL GENERAL MEETING

October 15, 2008

A Registered Charitable Organization
Charitable # 14098 8262 RR 001

Message from the Chair of the Board of Directors

I am pleased to present this report on behalf of the board of Across Boundaries.

The past year (2007-2008) has continued to be busy for the board, as we managed our growth within the new environment of the LHIN's while ensuring that we continue to provide the best service to our clients and maintaining the utmost support to our staff.

Amidst all 'service as usual,' we have continued with our strategic planning and organizational restructuring activities. This process helped us get to know each other as individuals while working as a collective team throughout the task of defining the path of Across Boundaries for the next few years. This undertaking included much thoughtful discussion and deliberations as we considered all factors that impact Across Boundaries today and in the future. This path will include some new directions for the agency as well as continuation of ongoing work, including the following:

- Expanded Client Programs and Services
- Research
- Capacity Building through Education and Training
- Enhancing Sustainability
- Advocacy through promotion of the agency's profile

In terms of our organizational structure, following further in-depth discussions, comparisons of various structures, and consideration of what

is in the best interest of Across Boundaries, we will be moving toward an Executive Director Model of leadership from the current Co-Director Model. The Co-Director Model served the agency well for many years and complimented the core values of the agency. While this Co-Director Model remains valid today, we are of the view that moving toward the Executive Director Model will be beneficial to the agency as it grows; as it provides services within an external environment of change; and will enable the agency to continue to provide appropriate services to clients and support to staff.

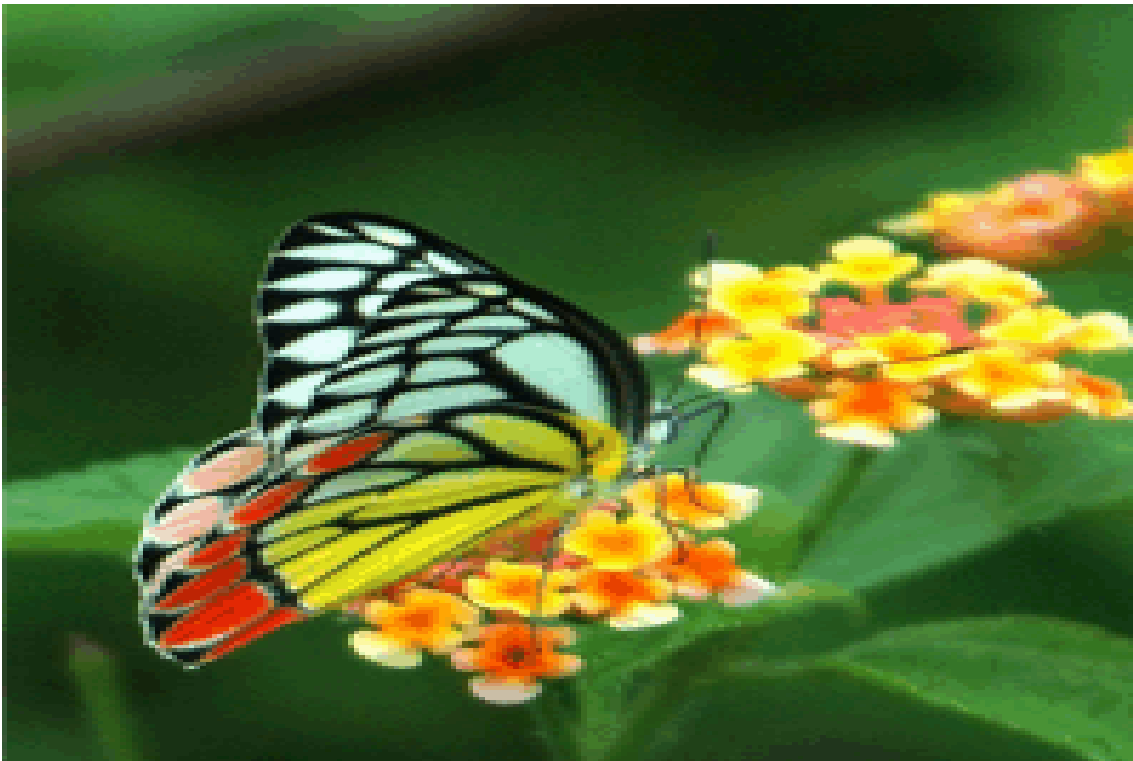
As with any significant change, this requires associated funding. While we do not have the funds yet, it will be a priority area of the board to ensure that we secure those funds and embark on the transition to the new structure. We commit to do so in a manner that has the least impact on the agency, our clients and staff.

We have also spent a great amount of time considering the values and principles embedded in the agency which impact everything we do. We are proud to present our new mission and vision statement to you. It is timely and all encompassing in its nature. During this task, we struggled to ensure that the mission and vision focus on issues relevant to our population, what we do and doing it well, yet being realistic as there is so much we would like to be able to undertake. The Board is of the view that this new mission statement is focused, clear and transparent.

We also worked hard to define our approach in terms of the anti-racism/anti-oppression model. After a lot of soul searching and discussion the Board concluded that we will continue with this framework in which so many of us, including Board Members, staff, clients and other volunteers are impacted and in which we believe. At the same time, Across Boundaries will continue to engage other approaches to equity to ensure that we are able to offer education to other agencies and service providers, from a variety of perspectives/models to meet their needs.

Sandi Bell, Chair, Board of Directors

One of the genuine pleasures of being a Board Member of Across Boundaries is the wonderful people one meets and engages with. The Board Members want to thank every member of staff for your dedication to the people we serve. We also thank the two Co-Directors for their wisdom, knowledge, (and at times patience with us, the Board Members). Finally, I wish to thank each of my colleagues on the board who have brought a wide range of skills, talents, and commitment to Across Boundaries.



The journey of a butterfly symbolizes change that transforms life. The innovative work of Across Boundaries transforms the life of racialized families challenged by mental health and addiction concerns.

ABOUT US...

By Aseefa Sarang
Co-Director Administration

Across Boundaries is the first mental health agency in Canada, which operates within an anti-racism/anti-oppression framework. It is one of the only two mental health agencies in Toronto serving the people of colour communities.

Recent reports indicate that racialized communities 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/anti-oppression 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 thirteen 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>

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word".

By: Martin Luther King, Jr.

Revised Vision, Mission, Goals and Values Statements

VISION

Across Boundaries is a leader in providing equitable, inclusive and holistic mental health and addiction services for communities of colour and operates within an anti-racism/anti-oppression framework.

MISSION

Across Boundaries provides a range of supports and services that identify and honour the strengths of individuals, families, and communities of colour - while recognizing and addressing the negative impact of racism and discrimination on their mental health and well being. Our services are grounded in up-to-date knowledge and research, community engagement, capacity building, and an awareness of the intersection of personal identities. Advocacy, training, and education within the health care sector that brings about individual, families, institutional and systemic change are strong components of our commitment to quality mental health and addiction care for people of colour.

GOALS

Across Boundaries recognizes that...

- Racism and racial discrimination impacts on the health and mental health of individuals and communities of colour.
- Individual and systematic racism is a barrier to accessing health and mental health care for people of color.

- There is diversity among people of color who, in addition to race, may also be discriminated against based on their religion, language, ethnicity, class, gender, sexual orientation, disabilities, age, country of origin and citizenship status.

VALUES:

Equity

We recognize the intersectionality of identities among people of colour, and address the disparities related to social location by providing services that reflect the needs and realities of our clients.

Transparency

*We are accountable to our clients **and to the communities we serve** and provide respectful services and programs.*

Client-Centered

We recognize the importance of the whole person, and the role of the family and community in their recovery and wellness.

Collaborative

We work in partnership with individuals, families, communities and other agencies to build capacity and address the needs of our clients and support their health and recovery.

Innovative

At Across Boundaries, we are responsive to the ever-changing realities. We include a variety of

healing approaches to help achieve and maintain wellness in ways that are meaningful and relevant to the lived experiences, and cultures of our clients.

Holistic

We believe in addressing the interdependence of the spiritual, emotional, mental, physical, social, cultural, linguistic, economic and broader environmental aspects of health that affect the well being of people of colour



Program and Services Report 2007 - 2008

In the fiscal year 2007-2008 Across Boundaries' programs and services served a total of 530 clients: Adult Mental Health 277; Mental Health and Justice Initiative 50; and Youth Mental Health and Addiction Programs 203.

The youth program popularly known as Y-Connect is a joint partnership program with the Griffin Centre, continues to develop programs in collaboration with other agencies and organization in the immediate neighborhood and surrounding areas of Jane and Finch. It runs programs located in the Jane/Finch Mall, in the schools and other locations that are convenient for the youth to access safely. The centre had a weekly program for Young Muslim Youth as well as a support group, "Never Too Late Group" for youth that are involved with the law. In the coming fiscal year 2008-2009, the centre plans to introduce Music Therapy and a joint initiative with Youth Unlimited called "What Is Your Story?"

The Short Term Crisis Safe Beds Support Worker developed a program housed at Seaton House to provide consultation and support for homeless South Asian men and specifically Punjabi speaking individuals who are experiencing severe mental health problems and/or substance use. In addition, the worker has established relations with Mental Health Diversion Workers in the different courts to facilitate access to appropriate services of this population including the Crisis Safe Bed

The Advocacy and Leadership Training series for Consumer/Survivors continues to be very popular among our current clients. The training is now offered twice a year in the spring and in the fall. We had 8 members who received certificates for their participation during the spring session.

Across Boundaries has also started the process to join the Concurrent Disorders Transitional Support Partnership This is a coalition of 16 agencies serving individuals with both mental health and substance use issues. A Memorandum of Understanding (MOU) is being developed to finalize the partnership.

Recognizing the changing needs of mental health in our target communities, Across Boundaries came out with a report, "Advancing Anti-racism in Mental Health Services: A Needs Assessment for Racialized Communities in Toronto". The report led to a study in the following fiscal year on 3 different areas: Trauma, Concurrent Disorders and Mental Health Needs of Older Adults from Racialized Groups. The result and recommendations from these studies will help guide the development of new programs that will appropriately serve the needs of these population.

Y-CONNECT - 10 San Romanoway, Unit 12, North York ON, M3M 2Y2



Y-CONNECT is a program run by Across Boundaries in partnership with Griffin Centre to offer mental health and substance abuse services for youth between the ages 15 to 24 in the Jane-Finch area and surrounding communities.

Over the past year, the community we serve has suffered from a number of tragic incidents arising from issues of poverty and gang related violence. As a result, many youth and their families were shaken and felt very reluctant to come out and participate in different services provided in the community. During the summer, most young clients needed to work in order to support themselves and their families, which also made it difficult for them to join our programs. In the midst of all this adversity, we continued to make meaningful community linkages and implement the following programs:

- Community Outreach
- Individual And Family Support / Counselling
- Health Promotion and Education
- Youth Drop-In Program
- Youth Support Groups held in shopping malls, schools and community centers.

As the new school year starts, our goal is to make our presence more visible in the communities to offer programs at various locations through different partnerships. We have formed a youth advisory committee, including current and former clients and service providers from neighbouring organizations, to meet and discuss the arising issues and needs for youths in this community as well as provide input into Y-Connect prosperity. In addition, our Movie Afternoon, Young Muslim Women's Group, Never Too Late Group, and Music Therapy are also open to youths on weekly a basis.

Our goal for this year is to recover from grief; overcome obstacles and grow together with the community.

BOARD MEMBERS: 2007 - 2008

Adeline Chew (Former Secretary)
Annemarie Shrouder
Asha Moore Clark
Charmaine Williams
Idil Abdillahi
Keith Shrouder (Treasurer)
Mohamed Gilao (Former Treasurer)
Sandi Bell (Chair)
Sara Azargive (Vice-Chair)
Suranjita Khaund

Jaipreet Kohli
John Watibini
Kevin Panton
Kwasi Kissi
Leira Mendez
Lorraine Payne
Mariam Saleh
Mary James
Martha Ocampo (Co-Director)
Mieshia Forrester
Neelam Sharma
Olivia HanYi Li
Peri Vyramuthu
Quidsia Hadizai
Ruqia Hassan
Sagal Mohamoud
Samiya Abdi

OUR STAFF 2007-2008

Ajibola Callisto
Aseefa Sarang (Co-Director)
Bernadette Gapuz
Ian Messam
Jackie Patterson

New Staff:
Genoveva Policarpio

“Let it never be said by future generations that indifference, cynicism or selfishness made us fail to live up to the ideals of humanism which the Nobel Peace Prize encapsulates. Let the strivings of us all, prove Martin Luther King Jr. to have been correct, when he said that humanity can no longer be tragically bound to the starless midnight of racism and war”.

By: Nelson Mandela (1918 –) South Africa's 1st Black President

ACROSS BOUNDARIES: AN ETHNORACIALMENTAL HEALTH CENTRE

STATEMENT OF OPERATIONS

YEAR ENDED MARCH 31, 2008

| | 2008 | 2007 |
|--|------------------|------------------|
| Revenues | | |
| Grants - Central Local Health Integration Network | \$ 2,105,044 | \$ 1,849,934 |
| - CMHA | - | 2,247 |
| - Minister of Health and Long-Term Care | 79,138 | - |
| Donations and other revenue | 22,347 | 32,952 |
| | 2,206,529 | 1,885,133 |
| Expenses | | |
| Salaries, benefits and sub-contractors | 1,274,043 | 993,223 |
| Transitional aged youth services – Mental Health/Substance Abuse | 377,499 | 376,605 |
| Program and general | 166,362 | 195,967 |
| Office rent and Utilities | 107,111 | 105,231 |
| Professional Fees | 132,874 | 57,131 |
| Sessional expenses | 32,562 | 29,586 |
| Staff Training and travel | 44,105 | 37,147 |
| Telephone and fax | 18,842 | 17,756 |
| Small equipment purchases and maintenance | 39,766 | 48,466 |
| Dues, fees and conference | 1,668 | 5,020 |
| Printing and publicity | 3,221 | 9,576 |
| | 2,198,053 | 1,875,708 |
| Amortization | 70,545 | 71,658 |
| Amortization of deferred capital contributions | (70,545) | (71,658) |
| | 2,198,053 | 1,875,708 |
| Excess of revenues over expenses for the year | \$ 8,476 | \$ 9,425 |

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 I
- Adam's House
- Ad Hoc Committee on Homelessness, Social Isolation and Mental Health Reform
- Afghan Women's Organization
- Afghan Association
- 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 (CHMA) Toronto
- Centenary Hospital (Mental Health Clinic)
- Centennial College
- Central LHIN Mental Health and Addiction Network
- Centre for Addiction and Mental Health (CAMH)
- Chinese Acupuncture and Herbal Clinic
- Community Resources Connections of Toronto (CRCT)
- COTA Health – Mental Health Court Support
- Community Treatment Order Advisory and Evaluation Committee
- Community Occupational Therapy Association (COTA)-Court Support Program
- COSTI
- Council of Agencies Serving South Asians (CASSA)
- Dixon Community Services
- East Scarborough Storefront
- Ecuhome Corporation
- Ethnoracial Disabilities Coalition of Ontario
- Family Mental Health Alliance
- Family Mental Health Everywhere (FAME)
- Family Outreach and Response Program
- Family Service Association of Toronto
- Friends of Alternative & Complementary Therapy (FACT)
- George Brown College
- Gerstein Centre
- Griffin Centre
- Harmony Hall, North York
- Health Equity Council
- Health and Racism Working Group - Peel
- 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
- Livonia Place, Scarborough
- Mainstay Supportive Housing
- Margaret Fraser House
- Mental Health and Justice Initiative Network
- Metro Toronto Police Community Liaison Division #12 Metro East
- Midaynta Somali Association
- Mount Sinai Hospital
- Nellie's Hostel
- North York General Hospital- Department of Psychiatry, and Substance Abuse Program and Mental Health
- North York Women Centre
- Ontario Federation of Mental Health & Addiction Program
- Ontario Council of Agencies Serving Immigrants (OCASI)
- Ontario Federation of Community Mental Health & Addiction Program (OFCMHAP)
- Promoting Economic Action through Community Health (PEACH)
- REXDALE Community Health Centre
- Rouge Valley Mental Health System
- Ryerson University, Department of Social Work
- Sabawoon Afghan Family Education and Counselling 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
- South Etobicoke Community Legal Services
- Supportive Housing in Peel
- Supportive Housing and Diversity (SHAD)
- Toronto Community Housing Corporation (TCHC)
- Toronto Central LHIN Mental Health and Addiction Network
- Toronto Central LHIN Diversity Project Committee
- Toronto Bail Program – Mental Health Coordinator - Cultural Competency Position Paper Committee
- Toronto District School Board
- Toronto Parks, Forestry and Recreation
- Toronto Parks, Forestry and Recreation
- 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.

“When we are no longer able to change a situation we are challenged to change ourselves”

By: Victor Frankl (1905-1997) Austrian neurologist and psychiatrist and a Holocaust survivor.

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

Central Local Health Integrated Network (LHIN)

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

- Afrinda Lord
- Alex Lovell
- Aminah Dualeh
- Bakers Street
- Carolyn Kwok
- Dr. Suman Fernando
- Dr. Abdishakur Jowhar
- Dr. Kasra Khorasani
- Dr. Hung -Tat Lo
- Dr. Wang
- Farouq Tinat
- Fidel Perez
- Gopal Banerjee
- Halim Amini
- Homa Ghani
- Ira Moore
- John Bonnar
- Karyn Baker
- Kwame McKenzie
- Lena Lee
- Maggie Lau
- Malini Pararaja Singam
- Mei Lin
- Nicco Garcia
- Paulos Gerbeheysus
- Phalguni J. Phipps
- Randip Singh
- Renwick Herry
- Rose Cortez
- Sasha Henry
- Steve Luire
- Uchena Ibelo

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

"We have flown the air like birds and swum the sea like fishes, but have yet to learn the simple act of walking the earth like brothers."

By: Martin Luther King, Jr.

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**

*Across Boundaries gratefully acknowledges your contribution.
To volunteer or to make a donation, please call us at 416 787 3007, ext. 227.*