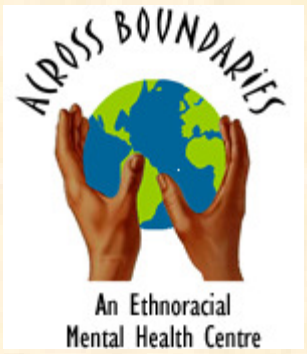

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ANNUAL REPORT 2008– 2009

Fourteenth

Annual General

Meeting

October 15th, 2009

at

York Civic Centre

2700 Eglinton Ave. West (West of Keele)

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OUR 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.

OUR 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.

OUR 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.

OUR 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.

Fourteenth Annual General Meeting
October 15th, 2009
Held at The York Civic Centre
2700 Eglinton Ave. West, (West of Keele)

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. **Executive Director Report** — *Aseefa Sarang*
5. **Treasurer's Report** — *Asha Moore Clarke*
   - Acceptance of Financial Report
   - Appointment of Auditor
6. **Presentation of Proposed Amendments to the By-Laws for Voting** — *Sandi Bell*
7. **Nominations Committee Report** — *Suranjita Khaund*
   - Election of Board of Directors
8. **Other Business** — *Sandi Bell*
9. **Adjournment and Thanks** — *Sandi Bell*
10. **Award presentation**
11. **Entertainment: Music Therapy Group**
12. **Presentation:** "Health Disparities in Racialized Communities"
    1. *By Avvy Yao Yao Go, Clinical Director - Metro Toronto Chinese & Southeast Asian Legal Clinic*
    2. *Dianne Patychuck, Social & Health Equity Consultant*

Light Snack and Refreshments

ACROSS BOUNDARIES: AN ETHNORACIAL MENTAL HEALTH CENTRE

Minutes of the Thirteenth Annual General Meeting held at the North York Memorial Community Hall, 5120 Yonge Street Toronto, Ontario on October 15, 2008

1. Welcome from Chair

Sandi Bell, Chair, welcomed everyone to the 13th annual general meeting and thanked 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: Annemarie Shoulder
Seconded by: Asha Moore Clarke **CARRIED**

3. Approval of Previous Year's Minutes

The minutes of the 12th annual general meeting held on October 17, 2007 were approved as circulated:

Moved by: Idil Abdillahi
Seconded by: Caroline Kwok **CARRIED**

4. Chairperson Report

The year 2007-2008 continued to be busy for the board, working under the new LHIN's environment. The agency continued with strategic planning and organizational restructuring over the year that defined the path of Across Boundaries for the next few years. The agency will be moving toward an Executive Director Model of leadership from the current Co-Director Model which will be beneficial to the agency as it grows. The board developed a new mission, goals and vision statements that are more focused, clear and transparent. The board also worked hard to define the organization's approach in terms of the anti-racism/anti-oppression model. It was agreed that we will continue to work within this framework in which so many of us, including Board Members, staff, clients and other volunteers are impacted and in which we believe.

5. Report from Staff

i) Administration

Aseefa Sarang reported on the various activities the agency has been involved in over the last year. Development of relationship with the LHIN was crucial along with the implementation of recommendations from the strategic planning and organizational review. She spoke of the internal audit of operational and administrative systems initiated by the agency, with the aim of having these systems strengthened for the efficient provision of services to clients. Aseefa congratulated and thanked the

ii) Programs
Martha Ocampo presented the programs and services report for the year. 530 clients was served in the year 2007-2008. The youth program - Y-Connect continues to run programs located in the Jane/ Finch Mall, in the schools and other locations in that area. The Short Term Crisis Safe Beds Support Worker developed a program housed at Seaton House for Punjabi speaking individuals who are experiencing severe mental health problems and/or substance use. Advocacy and Leadership Training series for Consumer/Survivors continues and 8 clients received certificates for their participation. Across Boundaries had developed a report, "Advancing Anti-racism in Mental Health Services: A Needs Assessment for Racialized Communities in Toronto". This report led to a study in 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 the population.

6. Treasurer's Report

i) Presentation of Financial Report
Keith Shoulder presented the audited financial report and statements for the period of April 2007 - March 2008, and explained the revenue and expenses for the fiscal year. He recommended the acceptance of the financial report and statements as presented.

Moved by: Keith Shoulder
Seconded by: Masih Singh **CARRIED**

ii) Appointment of Auditor
Keith Shoulder recommended that the firm of Clarke Henning LLP be appointed to be the Auditors for the next fiscal year 2008-2009.

Moved by: Idil Abdillahi
Seconded by: Asha Moore Clarke **CARRIED**

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

Sandi Bell introduced the proposed amendments to the by-laws section 4.1 and 4.3 and requested approval.

Moved by: Masih Singh
Seconded by: Alisa Smith **CARRIED**

8. Nominations Committee Report

The slate of nominees for the Board for the upcoming year was proposed as circulated and the following motion was tabled:

Idil Abdillahi, Sara Azargive, Sandi Bell, Mohamed Gilao, Suranjita Khaund, Asha Moore Clarke, Joyce Plummer and Keith Shrouder becomes members of the board of directors of Across Boundaries.

Moved by: Fenton Taylor
Seconded by: Ira Moore **CARRIED**

9. Adjournment and Thanks:

There being no other business the 13th annual general meeting of Across Boundaries was brought to a close.

Moved by: Mohammed Pappolzai
Seconded by: Masih Singh **CARRIED**

10. Presentation

There was a creative expression and music therapy presentation by Across Boundaries clients. This was followed by a formal presentation on the research findings in **Concurrent Disorder, Older Adults and Trauma in Racialized Communities''** by Dr. Kwame McKenzie, Senior Scientist, Social Equity and Health Research, CAMH

The presentation was detailed, informative and well received by the audience.

"It's not enough we do our best;
sometimes we have to do what's required."

\- Sir Winston Churchill

SLATE OF NOMINATIONS - 2009

Returning Board Members:

ASHA MOORE CLARKE - Director

Asha is a Social Worker and currently works in the city of Toronto. She has worked and volunteered with the African-Canadian community as well as other marginalized sectors of Ontario; where she continues to develop her skills in areas of infant and adult mental health. Asha has worked with young parents, persons with Post Traumatic Stress Disorder, persons who have acquired brain injuries, homeless families and children. Asha continues to work with families with a focus on life skills development, empowerment, and self determination. Asha's experience includes advanced knowledge of human behaviour, supportive counselling, treatment planning, family violence theories, assessment skills, intervention techniques, and appropriate placement. Asha is interested in and committed to anti-racism, anti-oppression and poverty.

IDIL ABDILLAHI - Director

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 or 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.

JOYCE PLUMMER - Director

Joyce Plummer brings many years of direct experience in the areas of mental health and addiction, including working with the Renascent Treatment Centres. That centre quickly noticed her assets and engaged her to write and perform television and radio commercials for their organization which was sponsored by Sleep Country. She also played a major role in various fund raising endeavours for the Centres.

She has been a sought after motivational speaker at conventions, universities, private and public schools on mental health issues surrounding women in the addictions field.

Ms. Plummer has also volunteered her time for several years to men with mental health issues, convicted of offences, through the partnership of The Elizabeth Fry Society, Hamilton Wentworth and Toronto Police Services.

Ms. Plummer has a varied business background. Her volunteer positions coupled with her professional and personal experience, make a good addition to the Across Boundaries' Board of Directors.

MOHAMED GILAO - Director

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.

SURANJITA KHAUND - Director

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:

AYSHIA MUSLEH - Director

Ayshia obtained her Master of Arts in Critical Disability Studies from York University in 2006. She has worked and volunteered in a number of capacities advocating for the social inclusion and human rights of people with various forms of disabilities, with a special interest in the implication and systemic barriers for racialized communities. Ayshia is the past-Chair of the Ethno-Racial People with Disabilities Coalition of Ontario (ERDCO) and Women's Health in Women's Hands Community Health Centre. Ayshia also has an interested in the development of mental health services and other supports for un/underserved communities in the city of Toronto and the GTA.

SAUNDRA LAWSON, BSC, CHCM - Director

Saundra Lawson is a graduate from the University of Western Ontario, where she holds a Bachelor of Science degree; she continued her studies at McGill University and obtained a certification in Health Care Management. Her career in health care included a varied number of roles in management, client services and clinical research. She is currently working as an Investment Advisor at one of Canada's premier brokerage firm in downtown Toronto. Saundra is a past member of several working committees for the District of Peel Region and the North York Public Health Department.

More specifically, she was one of several community members appointed to sit on a committee which was mandated to set priority goals for the North York Public Health Department. She is also a former member of the Database Subgroup, Mental Health Reform Steering Committee for the Peel District Health Council. Saundra continues to pursue her interests in sharing and applying her unique experiences in the areas of healthcare and finance/capital markets. She is honoured to serve in the capacity as a Board of Director of Across Boundaries.

Past Chair:

SANDI BELL - Director

As the president of EMPOWWORD 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.

"To be a champ you have to believe in yourself when nobody else will."

- Sugar Ray Robinson

BOARD MEMBERS: 2008 – 2009

Sandi Bell (Chair)
Sara Azargive (Former Vice-Chair)
Suranjita Khaund (Vice-Chair)
Keith Shrouder (Former Treasurer)
Asha Moore Clark (Treasurer)
Joyce Plummer
Annemarie Shrouder
Idil Abdillahi
Mohamed Gilao

NEW BOARD MEMBERS: 2008-2009

Ayshia Musleh
Saundra Lawson

PAST BOARD MEMBERS: 2008-2009

Sara Azargive (Former Vice-Chair)
Keith Shrouder (Former Treasurer)
Annemarie Shrouder

MANAGEMENT TEAM

Aseefa Sarang - Executive Director
Martha Ocampo – Manager, Education and Training
Ehsan Sharif – Manager, Program & Services
Sulekha Jama – Manager, At Home/Chez Soi Demonstration Project
John Watibini – Office Manager

OUR STAFF: 2008-2009

Ajibola Callisto
Bernadette Gapuz
Genoveva Policarpio
Ian Messam

OUR STAFF: 2008-2009

Jackie Patterson
Kevin Panton
Kwasi Kissi
Leira Mendez
Lorraine Payne
Mariam Saleh
Neelam Sharma
Olivia Han Yi Li
Peri Vyramuthu
Qudsia Hadizai
Ruqia Hassan
Sagal Mohamoud

NEW STAFF: 2008-2009

Dorrett Miller
Natasha Tavares
Ehsan Sharif
Daniel Sem
Randip Singh
Sulekha Jama
Anindita Paul
Kerry Carpenter
Tegeste Emiru
Fred Lwanga
Alison Pais
Wendy Munemo

PAST STAFF :2008-2009

Jaipreet Kohli
Mary James
Mieshia Forrester
Muniram Kemraj
Samiya Abdi

"Never doubt that a small group of committed citizens can change the world."

- Margaret Mead

BOARD CHAIR & EXECUTIVE DIRECTOR'S REPORT

The year 2008-2009 has again been a year of tremendous activity and growth for the agency.

We have been engaged in many changes internally while we have been instrumental in influencing change externally.

The agency has smoothly transitioned into a new management model that was approved by the board late last year. We have moved from a Co-Director model to an Executive Director model, and while it was sad to let go of a model that we believed was reflective of the shared leadership approach, we were also cognizant of the need to respond to the growth of the agency and the changes in our environment. We are confident that this change will prove positive for the organization and ultimately for the clients we provide services for. We are grateful to staff, and the management team for supporting the change and implementing it so effortlessly. We thank the board for their insight and direction.

We have successfully begun our education and training program, which is critical in allowing us to share our knowledge and expertise with others and in allowing the participants to learn some key approaches to providing accessible, equitable and accountable services. As the face of Canada changes rapidly, there is a real call for us to respond to the emerging and existing needs of our population and we have found a real interest from our colleagues in understanding the value of serving the diversity in our city.

We have also offered our staff time to take part in many key projects at the local, provincial and federal level in order to help shape the future of mental health and addictions services for racialized communities throughout Canada. Our involvement in projects with the Mental Health Commission of Canada; with the Central LHIN; and, with the Ontario Federation of Community Mental Health and Addictions Program among others was well received and our input well documented. We have been pleased to have been a part of such key work and continue to look forward to opportunities to ensure the voices of our marginalized communities are included and heard where it matters.

In early 2009, we were informed that we were successful in our application to the Mental Health Commission of Canada to participate in a 4 year demonstration research project to evaluate housing stability and health for those who are homeless and experiencing a mental illness, in Toronto, one site of the project. This application was made in partnership with CMHA-Toronto, Parkdale Community Health Centre and Community and Legal Aid Services Programme (CLASP). We will be focusing on people from racialized communities and are very excited at the opportunity to participate and document the details of our service to inform good practice for our communities.

Through these and other activities we have continued to work within our anti-racism/anti-oppression model, keeping our mission, vision and strategic directions central to our work and continue to find ways of aligning our work with that of our core funder the C-LHIN.

The success of Across Boundaries comes at the hands of every individual connected to the agency, from the dedicated and committed board members, the extremely qualified and skilled staff members, and the users of our service who trust us to provide the best in care. We thank you all.

Sandi Bell
Board Chair

Executive Director
Aseefa Sarang

Program and Services Report 2008 - 2009

In the fiscal year 2008 -2009 Across Boundaries' programs and services served a total of 639 clients: Adult Mental Health 420; Housing CM and Short Term Support Mental Health and Justice Initiative 65; and Youth Mental Health and Addiction Programs 154.

Y-Connect, our youth program in the Jane-Finch community partnered with Youth Unlimited to facilitate a very successful group called "What's Your Story". Youth from diverse racialized communities shared their experiences, concerns and collectively problem-solved. Y-Connect also joined a coalition to celebrate National Mental Health Week, an educational event held at Yorkgate Mall to promote mental wellness. Various members of the North West Coalition of Mental Health Service Providers planned and organized the event with a focus on reducing stigma associated with mental health and addiction issues.

In keeping with the changing needs of the communities served, Across Boundaries did a need study in three areas to ensure that we develop programs based on the recommendations from these studies: " *Re-Conceptualizing "Trauma": Examining Mental Health Impact of Discrimination, Torture and Migration for Racialized Groups*"; " *Addressing the Mental Health Needs of People from Racialized Groups with Concurrent Disorders" and, "The Mental Health Needs of Older Adults from Racialized Groups in Toronto*". All these studies are now posted on our website at www.acrossboundaries.ca. We hope these reports will be accessed by health agencies to help them develop appropriate and relevant mental health services and programs for racialized communities.

Across Boundaries is known for its holistic and integrative approach to care within an anti-racism anti-oppression framework. Many agencies have expressed interest in understanding and adopting this model so we developed a manual, "*How We Do It: Across Boundaries' anti-racist, holistic service delivery model*" which can now also be accessed on our website. This document summarizes and builds upon the findings of Across Boundaries May 2007 report, "*Clarifying Anti-Racism, Holistic Service Delivery Model in a Toronto Mental Health Agency"*. We wish to thank the funding support of CAMH Community Research Capacity Enhancement Program (2004) which helped us complete this manual and the original report.

Across Boundaries is a participating member of ACCESS 1, a coordinated access service developed by several partner mental health and addiction agencies in North York and Scarborough and supported by Central LHIN. Access 1 has developed a common application form for all referrals in the mentioned areas in Toronto. They have hired 3 "service navigators" who assist the referral to access appropriate Case Management (CM) and Active Community Treatment Team (ACTT) services.

An evaluation of all programs and services was done to ensure that its goals, objectives and activities are guided by the principles and values of Across Boundaries which has a holistic model of care within an anti-racism/anti-oppression framework allowing us to continue to offer enhance care to the participants of our programs.

"Spring is wonderful. It makes you feel young enough to do all the things you're old enough to know you can't."

- Franklin P. Jones

ACROSS BOUNDARIES: AN ETHNORACIALMENTAL HEALTH CENTRE

STATEMENT OF OPERATIONS

YEAR ENDED MARCH 31, 2009

	2009	2008
Revenues		
Grants - Central Local Health Integration Network	**$ 2,181,622**	$ 2,105,044
- CMHA	**17,649**	-
- Minister of Health and Long-Term Care	**46,413**	79,138
Donations and other revenue	23,470	22,347
	2,268,974	2,206,529
Expenses		
Salaries, benefits and sub-contractors	**1,330.457**	1,274,043
Transitional aged youth services – Mental Health/Substance Abuse	**385,943**	377,499
Program and general	**179,200**	166,362
Office rent and Utilities	**108,735**	107,111
Professional Fees	**104,668**	132,874
Sessional expenses	**38, 936**	32,562
Staff Training and travel	**49,483**	44,105
Telephone and fax	**17,196**	18,842
Small equipment purchases and maintenance	**33,084**	39,766
Dues, fees and conference	**2,101**	1,668
Printing and publicity	**4,538**	3,221
	2,254,341	2,198,053
Amortization	**51,295**	70,545
Amortization of deferred capital contributions	**(51,295)**	(70,545)
	2,254,341	2,198,053
Excess of revenues over expenses for the year	**$ 14,633**	$ 8,476

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
- Burnhamthrope Adult Education Centre
- Canadian Centre for Victims of Torture (CCVT)
- Canadian Mental Health Association (CHMA) Toronto
- Caregiver Connections Education and Support Organization
- Catholic Cross Cultural Services (Toronto, Peel)
- 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
- Colour of Change Network
- Community Resources Connections of Toronto (CRCT)
- Concurrent Disorder Support Services
- 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)
- Delta Family and Child services
- Dixon Community Services
- East Metro Youth Services
- East Mississauga Community Health Centre
- 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
- Fred Victor Centre
- 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
- Jane and Finch Community and Legal Services
- Jane and Finch Community and Family Centre
- Lawrence Heights Community Health Centre
- Livonia Place, Scarborough
- Mainstay Supportive Housing
- Malvern community
- 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)
- Regeneration
- Rexdale Community Health Centre
- Rouge Valley Mental Health System
- Ryerson University, Department of Social Work
- Sabawoon Afghan Family Education and Counselling Centre (SAFE)
- Saint Elizabeth Mobile Crisis
- Salvation Army Maxwell Meghan Centre
- Scarborough General Hospital Day Clinic and Forensic Case Management Program
- Seaton House
- Sistering
- South Asian Women Centre South
- Asian Family Services
- 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
- Turning Point Youth Shelter
- 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.
- 416 Drop in Center

"Your most unhappy customers are your greatest source of learning."

- Bill Gates

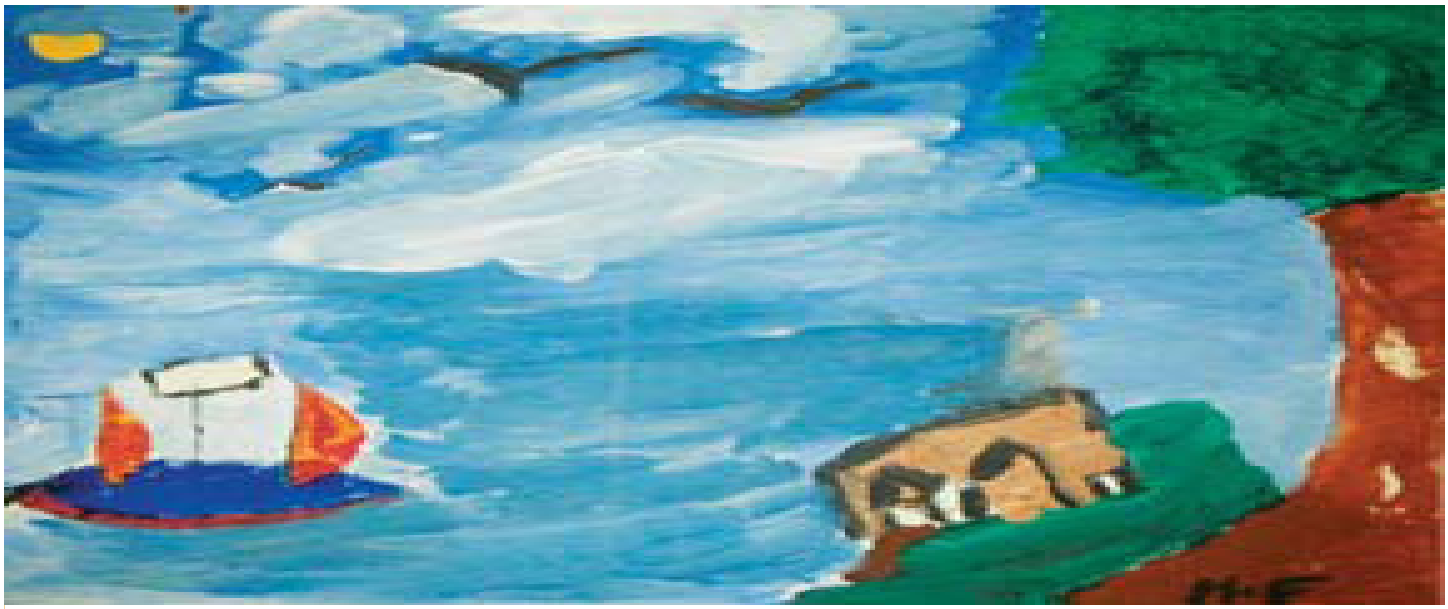
OUR FUNDERS

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

- **Central Local Health Integrated Network (C-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 and specially to our clients whose paintings are featured in our annual report.

- Afrinda Lord
- Alex Punzalan
- Bahja Wassir
- Bakers Street
- Clarissa Chandler
- Carolyn Kwok
- Christine Davis
- Cynthia Gomez
- Dr. Suman Fernando
- Dr. Abdishakur Jowhar
- Dr. Kasra Khorasani
- Dr. Hung -Tat Lo
- Dr. Chao Wang
- Fidel Perez
- Fatima Jackson
- Ira Moore
- Karyn Baker
- Kwame McKenzie
- Maggie Lau
- Phalguni J. Phipps
- Rose Cortez
- Steve Luire
- Uchena Ibelo
- Wendy Munemo
- Yola Grant



"You're not to be so blind with patriotism that you can't face reality. Wrong is wrong, no matter who does it or says it."

- Malcom X

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:

Hear What We Are Saying (video): an award winning video about systemic racism in the mental health sector. -**$30.00**

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**

The Healing Journey, Phase I: A review of relevant information on ethnoracial mental health issues. - **$5.00**

The Healing Journey, Phase II, Women and Mental Health: Documenting the voices of ethnoracial women within an anti-racism framework. - **$10.00**

The Healing Journey, Final Report: report on ethnoracial communities and mental health within an anti-racist framework. - **$20.00**

Implementing the Anti-Racism Framework: an outline of Across Boundaries' service delivery model. - **$5.00**

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**

Racism and Health (video): using a group discussion format, women of colour speak about the impact of racism on health. - **$5.00**

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**

Across Boundaries' Report on Mental Health Well-being and Substance Use Among Youth of Colour. - **$10.00**

Across Boundaries gratefully acknowledges your contribution.
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