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ANNUAL REPORT 2009– 2010

Fifteenth

Annual General Meeting

October 20th, 2010

at

Across Boundaries

51 Clarkson Ave., Toronto, ON., M6E 2T5
(North of Eglinton Ave. W/Corner of Caledonia & Clarkson Ave.)

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The journey of the butterfly symbolizes change that transforms and renews life. The innovative work of Across Boundaries transforms the lives of racialized families challenged by mental health concerns. An investment in Across Boundaries is an investment in your community.

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.

BOARD CHAIR & EXECUTIVE DIRECTOR'S REPORT

As we celebrate our 15 years at Across Boundaries, we look back on the work that has been done by the staff, the management, the board and the communities. We think back and reflect on the resistance, the resiliency and the growth we have experienced.

We have emerged as a leader in the work we do with our clients in mental health and addictions, with families and our communities and we are proud of the many strides we have made to bring matters of concern to the places where conversations are taking place and decisions are being made.

Our resiliency is highlighted in our commitment in advocating for the rights of marginalized people, knowing that the words we speak and the actions we take are necessary to ensure voices of racialized communities are not only heard but also incorporated at all levels of the mental health and addictions sectors.

As a whole the past fifteen (15) years have brought about many changes to the organization and in the process we have matured and become more sophisticated. We have enriched not only the lives of our clients but ours as members of the agency as well. We have come a long way and know we have a long way to go yet.

This last year in particular has been one of many accomplishments as we established the research demonstration project funded through the Mental Health Commission of Canada. We have also been the recipients of a short grant from the Public Health Agency of Canada to look at innovative models of intervention around health and health promotion for racialized youth. We have seen an increase in the utilization of the education and training program of the organization and have hosted some very cutting edge conferences that have allowed the participants to think and reflect outside their comfort zones.

Our physical space has grown considerably and we (the staff and the clients) are proud of our newly renovated space which is much more functional. We continue to look internally at the organizational changes implemented and the impacts on the staff, the clients and our work. We welcome feedback given both constructive and corrective, and reflect upon it to improve the relationships with the staff as well as the programming for the clients.

We want to acknowledge that our success is due to the collaboration with all those who have supported us (funders, staff, community partners, program participants, board members etc.) and that while we celebrate our growth to date, we acknowledge a lot more needs to be done, and we look forward to your ongoing support in our efforts.

Asha Moore-Clarke
Board Chair

Aseefa Sarang
Executive Director

"For tomorrow belongs to the people who prepare for it today".
- African Proverb -

PROGRAM AND SERVICES REPORT AT ACROSS BOUNDARIES

ADULT MENTAL HEALTH PROGRAM

Adult Mental Health (AMH) is the longest standing program offered at Across Boundaries with a team of dedicated and professional Case Managers on board. With the overall objective being to increase the quality of life, our measurement to determine success and satisfaction for our consumer clients, regardless of their varying illnesses, comes in the way of the most non-intrusive practices possible always remembering to respect their choice of environment and lifestyle. The team where possible enables the individual to attain his/her maximum level of functioning based on pre-set goals and possible outcomes. Our team dedicates itself to ensuring that our clients' basic needs such as food, clothing and shelter are met. Working relationships with our clients are established over a period of time after completing first a needs assessment to determine skills, strengths and shortfalls. Our team spends a large percentage of our time advocating for our clients and their basic rights. By partnering with other agencies in the mental health and addictions sector, our clients have the benefit of linking with community resources and natural supports. All of these objectives are carried out using a holistic, anti-racism/anti-oppression mindset.

We have a total of 120 clients within the Adult Mental Health program with an average of about 20 clients to a team member.

Our AMH team is also responsible for co-facilitating groups/programs within the Agency as well as out in the community. Such programs, as Women's Group, Men's Group, Life Skills, Tamil Storefront, Mainstay Housing Initiative, as well as a list of others.

This past year, like most every year our team participated in community trips to such places as Niagara Falls, Centre Island, Black Creek Pioneer Village and Riverdale Park.

SOCIAL REHAB PROGRAMS

Programs at Across Boundaries focus on a holistic approach to healing and recovery. Clients learn to cope in supportive group environments, through such skill building groups as: Computer Training, ESL /Literacy, Cooking Classes, Life skills, Leadership and Advocacy, Peer Support

These groups cater to basic, intermediate or advanced learners, providing them with knowledge, skills and resources to improve personal, interpersonal and community functioning. The programs also give clients opportunities for leadership and confidence building.

We also offer programs such as: Music Therapy, Art Therapy, Traditional Chinese Medicine (TCM) and Yoga that draw from the histories and cultures of our clients, providing them with therapies that complement their conventional treatments. The aim is to teach and encourage self care, healing methods and healthy lifestyles.

Clients have a chance to take day trips and enjoy activities outside of the Centre, such as: trips to Niagara Falls, Centre Island, Baseball Games, and Summer Outings/Bar-B-Qs.

Celebrations are part of our Special Events Calendar that help maintain cultural/ national pride at our Centre, through occasions such as: South Asian Heritage, Diwali, Persian New Year, African Heritage and Eid.

The Centre hosted ongoing workshops on Diabetes Education, Breast Cervical Cancer Screenings, Substance Cessation Education, Public Health Workshops on Safe Sex/Sexuality and Legal Education. Our Fall 2009 session of Leadership Training included goal setting, antiracism/anti-oppression training and public speaking. These sessions empower our clients to increase their participation in their communities and in society.

We have added new programs such as Breakfast Program and an Expressive Arts program that is a fusion of visual art and movement and Music Workshops that will encourage writing lyrics, learning the history of instruments and group instructions to play instruments.

A circle of various Asian symbols created by the Art Therapy group.

MENTAL HEALTH AND JUSTICE PROGRAM

The Mental Health and Justice Initiative (MHJI) provides community mental health support services and housing services across Toronto for those who are involved in the criminal justice system. The MHJI was established by the Ministry of Health and Long Term Care (MOHLTC). The program is offered in partnership with the Canadian Mental Health Association (CMHA) – Toronto branch. CMHA provides subsidized housing for the clients and Across Boundaries provides case management service.

The case management service is individual support provided by case managers who come from different communities. The (MHJI) program has an average of 30 clients. The case managers provide intensive client-directed supports, assists the client define his/her needs and goals and works with the client to achieve goals. The case manager also links the client to appropriate resources and services in the community and advocates when necessary.

MENTAL HEALTH AND JUSTICE COMMUNITY SUPPORT WORKER

This service is provided in collaboration with the Short-Term Residential Crisis Services as part of the Mental Health and Justice Initiative.

The community support worker supports clients in this program by connecting them to community resources. Clients receive support in areas such as legal, housing, financial, psychiatric and symptom management, advocacy, counselling, and much more. Referrals come from various sources including the court, Safe Bed, case workers, social workers, police, psychiatrists, G.P. self, etc.

YOUTH CONNECT (Y-CONNECT)

Y-CONNECT, a program in partnership with the Griffin Centre, offers a range of supports and services for transitional aged youth (15-24 years) in the Jane-Finch and surrounding communities.

Y-Connect provides youth and their families mental health and substance use counseling and support, case management, outreach and drop-in programs. It provides assistance in accessing various community services such as education, legal, employment and housing.

Over the past year:

- Y-Connect staff continued to meet with families and youth at home, in community settings and in schools. Currently Y-Connect provides onsite counseling and support to the students of Kipling Collegiate on a weekly basis in conjunction with the school social worker.

- Y-Connect has been a key partner in the Diabetes Peer Support project which aims to provide holistic wellness workshops and trainings for community members who have been diagnosed with diabetes.

- Y-Connect has been a part of an effort to develop front line staff training modules for service providers, to engage with youth and families dealing with mental and substance abuse issues.

- Y-Connect is a key partner in the Community Mental Health Learning Exchange pilot project with Ryerson University.

AT HOME/CHEZ SOI RESEARCH DEMONSTRATION PROJECT IN TORONTO

Housing First Model and Recovery

At Home/Chez Soi team is now working with 45 clients, and growing by the day!

We have seen the crucial role that housing plays. Housing is what grounds us, it is what gives us a beginning. And for a lot of clients it was because they were able to secure housing that they were able to pursue their goals and dreams. It has been an amazing year with the At Home/Chez Soi project. We have had challenges, but more are success stories. Out of the 45 clients 31 have been housed successfully and there have been 2 unit transfers.

Our clients are seeing doctors, infections are being cured, medication is being taken, and health is being taken care of. Clients are attending rehab programs, and re-uniting with friends and family. Some of our clients are pursuing school, looking for work/working, volunteering, and making positive changes in their lives.

The At Home/Chez Soi team prepared its first dinner for the At Home/Chez Soi participants in July which provided them with the space to get to know others at Across Boundaries. This turned out to be a tremendous success. One of the participants who is taking a chef training program cooked for everyone and the event was well received. A total of 10 participants showed up for the event and provided positive feedback. In August a luncheon was organized for some members of the Mental Health Commission of Canada. Ms. N. Louise Bradley the President and Chief Executive Officer and Dr. Jayne Barker, Vice-President, Research Initiative and Faye Moore, Site Coordinator, came to visit Across Boundaries. All participants of the project were encouraged to attend the lunch. A drumming program was organized at Across Boundaries and the guests from the Commission participated with the clients and seemed to enjoy the event. Arrangements were made for the Commission guests to visit clients in the community where they had the opportunity to see the clients in their personal settings.

Hosting MHCC Staff at AB

The work we do with our clients continuously remind us that recovery is an ongoing process, and requires a strong support system. We have witnessed time and time again the power of having housing and how far that can carry someone through the journey of recovery.

EDUCATION AND TRAINING PROGRAM

Since April 2009, Across Boundaries' quarterly training on cultural competency, diversity and anti-racism/anti-oppression in mental health and/or addiction have had its registration full to capacity. The training is obviously of great interest to many people not just from the health sector but also from allied agencies such as housing, settlement, shelters and social services. "This training workshop will help us develop policies that are relevant to the population we serve", from a supervisor of a mental health agency. "This training will help me become a better case manager when assisting clients from racialized group", Case Manager. We responded to many requests for presentations at local, national and international conferences. An article was written about the workshop presented at the Ontario Council of Agencies Serving Immigrants (OCASI), and was circulated Canada-wide. This prompted agencies as far as Saskatchewan to invite us to provide similar workshops in their agencies.

In year 2009-2010, the Education and Training Program organized two very successful conferences namely: the launching of the results of three studies commissioned by Across Boundaries and "Recovery Approaches to Trauma and Mental Illness/Addiction in racialized communities: A Community Perspective". At present, we are partnering with the Cultural Diversity program, OISE and the Social Work Department at the University of Toronto to organize a conference on Mixed Race in June 2011.

Through this program, a few new initiatives have also been established. 1) the creation of a quarterly newsletter; 2) the development of an Equity Plan for the Agency; and 3) Implementation of Community Engagement events in specific racialized communities.

TAKING ACTION TO REDUCE HEALTH INEQUALITIES IN CANADA

Since January 2010, Across Boundaries has co-lead a youth mental health promotion initiative called "Taking Action to Reduce Health Inequalities in Canada" – A2RHI in with the Centre for Addiction and Mental Health (CAMH), funded by the Public Health Agency of Canada (PHAC).

During the first phase of the project, a partnership steering committee consisting of community and health agencies as well as a youth advisory group took part in selecting a mental health promotion resource that would address racism and other forms of oppression affecting youth. The process led to the selection of MindMatters mental health resources. MindMatters is a resource and professional development program that was first used in secondary schools in Australia to promote a 'whole school' approach to mental health promotion, one that is inclusive and works towards linking school communities – students, teachers, support staff, principals – with community-based mental and emotional supports.

Youth participants and staff of PHAC project

On June 29th, 2010, Phase I of the project, celebrated a major milestone of the project with a "graduation ceremony" for the youth advisory group at the North York Civic Library. The event highlighted the contributions of all the youth involved in the project, through finalizing of the intervention Mind Matters from Australia, and they were presented with certificates to commemorate their participation.

At the end of the summer, the project team submitted a proposal to receive additional funding from PHAC to implement the project in two cities – Toronto and Halifax. The primary objective of Phase II is to pilot the mental health resources in schools with diverse student populations over the course of 4 years. Toronto was chosen because there are currently no mental health promotion resources being used in high schools that address racism and also because of Across Boundaries' strong ties to local communities. Halifax has been proposed as another site for the intervention because the city has a unique history, including having one of the oldest established African-Canadian communities.

ACROSS BOUNDARIES: AN ETHNORACIALMENTAL HEALTH CENTRE

STATEMENT OF OPERATIONS
YEAR ENDED MARCH 31, 2010

	2010	2009 *(note 12)*
Revenues		
Grants - Central Local Health Integration Network *(note 5(b))*	**$ 2,202,967**	$ 2,181,622
- Mental Health Commission of Canada	**301,273**	-
- Public Health Agency of Canada	**87,798**	-
– CMHA	-	17,469
Donations and other revenue	**33,170**	23,470
	2,625,208	2,222,561
Expenses		
Salaries, benefits and sub-contractors	**1,606,207**	1,330,457
Transitional aged youth services - Mental health/substance abuse	**394,678**	385,943
Program and general	**260,899**	179,200
Office rent and utilities	**130,172**	108,735
Professional fees	**67,943**	104,668
Sessional expenses	**28,594**	38,936
Staff training and travel	**50,546**	49,483
Telephone and fax	**22,020**	17,196
Small equipment purchases and maintenance	**51,376**	33,084
Dues, fees and conference	**2,110**	2,101
Printing and publicity	**10,481**	4,538
	2,625,026	2,254,341
Amortization	**70,215**	51,295
Amortization of deferred capital contributions	**(70,215)**	(51,295)
	2,625,026	2,254,341
Excess (deficiency) of revenues over expenses for the year	$ **182**	$ (31,780)

BOARD MEMBERS: 2009 – 2010

Asha Moore Clark (Chair)
Idil Abdillahi (Vice-Chair)
Saundra Lawson (Secretary/Treasurer)
Mohamed Gilao
Suranjita Khaund
Ayshia Musleh
Joyce Plummer (Past Board Member)
Sandi Bell (Past Chair)

NEW BOARD MEMBERS: 2009 – 2010

Akanksha (Anne) Motwani
Saba A. Mengesha

PAST BOARD MEMBERS: 2009-2010

Sandi Bell (Past Chair)
Joyce Plummer

MANAGEMENT TEAM: 2009 – 2010

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

OUR STAFF: 2009-2010

Ajibola Callisto
Alison Pais
Anindita Paul
Bernadette Gapuz
Bradley Mulder
Daniel Sem
Dorrett Miller
Fred Lwanga
Genoveva Policarpio
Hoda Samater
Hodari Clarke
Ian Messam
Jackie Patterson
Kerry Carpenter
Kevin Panton
Kola Iluyomade
Kwasi Kissi
Lavannethaji Senathirajah
Leira Mendez
Lorraine Payne
Mariam Saleh
Natasha Tavares
Neelam Sharma
Olivia Han Yi Li
Peri Vyramuthu
Qudsia Hadizai
Randip Singh
Ruqia Hassan
Sagal Mohamoud
Tegeste Emiru
Ubah Warsame
Wendy Munemo

OUR FUNDERS

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

Central Local Health Integrated Network (C-LHIN)

- Ken Morrison - Board Chair
- Hy Ehasoph - Past CEO
- Karen Baker - CEO

Mental Health Commission of Canada

- Jayne Barker - Vice-President, Research Initiative
- Cameron Keller - Director, At Home/Chez Soi
- Sean Foote - At Home/Chez Soi Project Accountant
- Faye Moore - Site Co-ordinator

Public Health Agency of Canada

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.

- Atungo, Simone
- Bakers Street
- Barning, Claudia
- Chandler, Clarissa - LCC Consulting
- Fernando, Dr. Suman
- Grant, Yola
- Gomez, Cynthia
- Hansson, Emily
- Juzkow, Ted - Manager - Information System - CMHA Toronto
- Jackson, Fatima Jackson
- Jowhar, Dr. Abdishakur
- Kafele, Kwasi
- Kerr, Michael
- Khorasani, Dr. Kasra
- Kwok, Carolyn
- Lau, Maggie
- Lord, Afrinda
- Lovell, Alex
- McKenzie, Kwame
- Moore, Ira
- Murtaza, Rabea
- Oluwole-Aina, Christine
- Patychuck, Dianne
- Perez, Fidel
- Phipps, Phalguni J.
- Pollock, Brian—CMHA Toronto
- Punzalan, Alex
- Sameer, Dr. Kumar
- Simich, Laura
- Smith, Roz
- Tat Lo, Dr. Hung -
- Uy, Michelle
- Wang, Dr. Chao

"One important key to success is self-confidence. An important key to self-confidence is preparation." -

- Arthur Ashe

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
- Houselink
- 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

"Faith is taking the first step, even you don't see the whole staircase"

- 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:

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.
To volunteer, to make a donation, or to order any resources please call us at 416 787 3007 ext. 297 or email us at info@acrossboundaries.ca

Fifteenth Annual General Meeting
October 20th, 2010

Held 51 Clarkson Ave., Toronto, ON., M6E 2T5
(North of Eglinton Ave. W/Corner of Caledonia & Clarkson Ave.)

AGENDA

1. **Welcome from the Chair**
2. **Approval of the Agenda**
3. **Approval of Previous Year's Minutes**
4. **Executive Director Report**
5. **Treasurer's Report**
   - Acceptance of Financial Report
   - Appointment of Auditor
6. **Nominations Committee Report**
   - Election of Board of Directors
8. **Other Business**
9. **Adjournment and Thanks**
10. **Award presentation**
11. **Entertainment: Music Therapy Group**
12. **Presentation:**

Celebrate our 15th Anniversary and Hear Personal Inspiring Stories of Resilience and Recovery from our participants

Light Snack and Refreshments

"A dream doesn't become a reality through magic; it takes sweat, determination and hard work." -
Colin Powell

ACROSS BOUNDARIES: AN ETHNORACIAL MENTAL HEALTH CENTRE

Minutes of the Fourteenth Annual General Meeting held at York Civic Centre 2700 Eglinton Ave. West (West of Keele), Ontario, M6M 1VA on October 15, 2009

1. Welcome from Chair

Sandi Bell, Chair, welcomed everyone to the 14th 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 past year.

2. Approval of Agenda

The agenda of the meeting was approved as circulated.

Moved by: Carmen Talavera
Seconded by: Andrew Deweillyn **CARRIED**

3. Approval of Previous Year's Minutes

The minutes of the 13th annual general meeting held on October 15, 2008 were approved as circulated:

Moved by: Daniel Addai
Seconded by: Simmonese Greenridge **CARRIED**

4. Chairperson Report

The year 2008-2009 was a year of tremendous activity and growth for the agency. The agency was engaged in many changes internally and has been instrumental in influencing change externally. The agency smoothly transitioned into a new management model that was approved by the board late last year. We moved from the Co-Director model to an Executive Director model, in response to the growth of the agency and the changes in our environment. We are confident that this change has been positive to the organization and ultimately to the clients that services are provide 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 were pleased to have been part of many key projects and continue to look forward to opportunities to ensure the voices of our marginalized communities are included and heard where it matters.

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.

5 . Executive Director's Report

Aseefa Sarang the Executive Director presented her report. The agency was engaged in an Internal Audit of Operational and Administrative Systems where an assessment of our work processes and procedures was done. The agency also came up with a strategic plan 2009 – 2011 which documented our strategic directions. 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). The anti-racism/anti-oppression education and training program was launched this year with the employment of an Education & Resource Manager. Aseefa then introduced the Management team and thanked all staff for their, dedication and continued support to the organization and the clients.

Presentation of Thanks was made to Maurice Scott and his wife for the generous donation they made to Across Boundaries. Maurice and his wife had chosen Across Boundaries as the organization for their guests to contribute donations to on the occasion of their anniversary.

6. Treasurer's Report

i) Presentation of Financial Report

Asha Moore Clarke presented the audited financial statements for the year ended March 31, 2009, which have been reviewed by the Board of Directors. She explained that we received the bulk of our funding from the Central LHIN and some income from donations and other revenue. This past year continued to be a very busy year for us as we saw the full implementation of all of our programs. Across Boundaries' finances were managed responsibly, and we were able to finish the year on a positive note. She moved a motion for approval of the Audited Financial Statements for the fiscal year 2008-2009.

Moved by: Asha Moore Clarke
Seconded by: Mohammed Gilao **CARRIED**

ii) Appointment of Auditor

Asha Moore Clarke made a motion to appoint the firm of Clarke Henning LLP, to be the auditors for Across Boundaries for the fiscal year 2009-2010.

Moved by: Asha Moore Clarke
Seconded by: Bert Ramkalawan **CARRIED**

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

Mohammed Gilao introduced an amendment to the by-laws to change the words Co- Director to Executive Director throughout the whole document and requested for approval.

Moved by: Mohammed Gilao
Seconded by: Fidel Perez **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, Sandi Bell, Mohamed Gilao, Suranjita Khaund, Asha Moore Clarke, Joyce Plummer, Ayshia Musleh and Saundra Lawson become members of the board of directors of Across Boundaries for the year 2009 - 2010.

Moved by: Bert Ramkalawan
Seconded by: Ira Moore **CARRIED**

9. Other Business

Sandi Bell whose term as Chair of the board has ended thanked fellow board members, AB members, staff and clients for having given her the opportunity to serve. She wished AB prosperity so that it could continue offering the unique and exceptional services to clients.

10. Adjournment and Thanks:

There being no other business the 14th annual general meeting of Across Boundaries was brought to a close.

Moved by: Sandi Bell
Seconded by: Saundra Lawson **CARRIED**

11. Presentation

Saundra Lawson introduced the guest speakers who made presentations on the theme of the meeting which was “Health Disparities in Racialized Communities”. The first person was Avy Yao-Yao Go from Metro Toronto Chinese & Southeast Asian Legal Clinic who was followed by Diane Pattychuk (an epidemiologist), from Health Equity Council.

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

SLATE OF NOMINATIONS - 2009-2010

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.

I. S. ABDILLAHI - Director

Ms. I. 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. Currently she is pursuing her Ph.D. in Policy Studies. Ms. Abdillahi has a lengthy history within the social services both within the private and public sector. She has worked in a multiplicity of roles as a practitioner, consultant, researcher and within leadership capacities for several years. Ms. Abdillahi's areas of interest include; the implementation and 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.

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.

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, B Eng. MBA. PMP - Director

Suranjita had been living and working in different cities around the world until 2004 when she moved to Toronto. She has done a lot of volunteer work in different countries, mostly for marginalized communities in emerging economies. She spent several years working with street children and children of gypsies and metal workers in India. In Toronto, during her post graduation, she volunteered for the Sherbourne Mental Health Centre, helping them come up with a business plan for consumer survivors. She has also been actively involved in the Asom Sangha, a Canadian non-profit organization for the past 6 years and has been helping new immigrants from Assam find their bearings as they try to cope with a new culture, lack of family support and other impediments. Working with disadvantaged women and racialized communities has been of particular interest to her. This originated from the challenges she faced as being one of the few woman in her field when she started her career and the issues she faced during her volunteering. She currently works in a planning role in MPAC, a non-profit agency funded by the MoF and in her spare time enjoys exploring new places and meeting people from different cultures.

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.

New Board Members:

Akanksha (Anne) Motwani,

Anne Motwani has graduated from the University of Waterloo with an Honours Bachelor of Science degree in Health Science and Management Studies. She is also a Certified Information Privacy Professional / Canada (CIPP/C). Anne presently works in the Privacy Office at Cancer Care Ontario, where she provides privacy support and consultation for a number of programs and projects which are operated by this organization. Previously, she has worked in a variety of healthcare settings including public health and informatics.
Through her past experience and interests, Anne brings with her a sound understanding of both Information Technology in healthcare at the system-level and the importance of health promotion and planning activities at the community-level.
Anne is committed to the anti-oppression and anti-racism framework within which Across Boundaries operates and is honored to serve on this organization's Board of Directors.

Saba A. Mengesha