ANNUAL REPORT 2010–2011

Sixteenth
Annual General Meeting

November 17th, 2011

at

Across Boundaries
51 Clarkson Ave., Toronto, ON., M6E 2T5
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"Many of the great achievements of the world were accomplished by tired and discouraged men who kept on working.”
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.
The year 2010-2011 was a year of internal reflection and development at all levels of the organization. Across Boundaries board continued to provide their oversight while investing time in increasing their capacity of governance, leadership, as well as anti-racism/anti-oppression. This reflection and development comes at a critical time within the current mental health and addiction sector. The board continues to prioritize their growth and learning both on the micro and macro levels to best service the organizational needs and comply with changing funder requirements.

As we continue with our programs both at the national and local levels, we are pleased to report that our enrolments for the Mental Health Commission of Canada’s At Home/Chez Soi project is complete and the research on the homelessness project is fully underway. We are excited about the documentation of the anti-racism/anti-oppression practice lens which is going to enable us to share our model widely and assist other organizations in becoming more accessible to racialized communities. The completion of this research document and assessment tool will allow Across Boundaries to succinctly describe its’ practice approach, speak to the multi-layers of service provision within an anti-racism/anti-oppression model and put our critical cutting edge services at the forefront of the ‘evidence based practice’ arena, while deconstructing the dominant ways of conducting research.

Another research project, through a grant provided by The Public Health Agency of Canada offered an opportunity to work in partnership with many organizations and more specifically many young people from racialized communities in taking a leadership role on the project. The project objective was to find a model of service intervention that would be applicable to the racialized youth in Canada. The youth chose an intervention from Australia, called Mind Matters which resonated for them and was adapted to the Canadian context. This project ultimately resulted in a number of resources for racialized youth, families, service providers, educators, and community members, and will be very useful in starting some very difficult conversations around mental health, identity, racism, stress, coping and help seeking. These resources are all available on our website and are generating a lot of interest from many sectors. For additional information, please refer to www.morethanalabel.acrossboundaries.ca.

The organization has also embarked on the implementation of the Ontario Common Assessment of Needs tool which a standardized, consumer-led decision is making tool that allows information to be electronically gathered in a secure and efficient manner. Across Boundaries continues to recognize the importance of assessing and engaging clients and communities in ways that are unique and innovative, in addition to the use of standardized tools. Across Boundaries participated in the initial consultations for the selection of this tool, and advocated for an inclusive and diverse representation of identities and experience in the document. Across Boundaries has also taken a lead in ensuring this tool is available in a variety of languages in order to be accessible to all of our participants.

We are pleased with the calibre of work being done at the agency, and continue to resist discourses that marginalize our service users and communities and actively work towards inserting and centralizing our service user narratives within the dominant mental health sector.

As we move forward we are engaging in a strategic planning process and are excited about what the future holds and the position of Across Boundaries as the leader in anti-racism/anti-oppression mental health services.

We thank all board members, staff, volunteers, and funders for their ongoing support of the work of Across Boundaries and we especially thank the participant of our services who are the source of our continued learning and growth.

I. Abdillahi Aseefa Sarang
Acting-Board Chair Executive Director
PROGRAM AND SERVICES REPORT AT ACROSS BOUNDARIES

ADULT MENTAL HEALTH PROGRAM

Adult Mental Health (AMH) program has a total of 120 clients with an average of about 20 clients to team member. This program continues to out-perform and surpass its benchmark requirements. Case Managers’ ever persistent work ethic is what determines success and satisfaction for clients, regardless of their varying mental health issues. This comes through the most non-intrusive practices possible, always remembering to respect the client’s choice on environment and lifestyle. The team spends a large percentage of its’ time advocating for clients and their basic rights. By partnering with other agencies in the mental health and addictions sector, 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 framework.

This 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, Music Therapy, Creative Expression, Tamil Peer-Support Storefront, Mainstay Housing Program Initiative, are just some among a fuller list.

SOCIAL REHAB PROGRAMS

Social Rehab programs continue to grow in scope and numbers. Clients from At-Home (Chez-Soi), Y-Connect and other departments are all participating in Recreational, Heritage and skill-building programs. The lunch and breakfast programs are serving approximately 50 clients per day and clients are active in preparing their own meals. A Cooking Program was introduced to help our clients to prepare nutritious food on a budget and to use items from food banks creatively. This program had a good response with eight to ten graduates per session, and the male clients showed good leadership in this group!. The participants also made a cook book of their recipes and shared copies with staff and new clients.

Celebrations are an integral part of the Social Rehab Programs and the past year was no exception. Celebrations included Eid, Persian New Year, African Heritage and Asian Heritage and these programs featured the Across Boundaries drummers as the main performers. Clients and staff were treated to Western and Bollywood style dances and music, food and an Asian fashion show. African Heritage celebrations were lots of fun with presentations on Sankofa Symbols and a screening of Umoja, the South African Musical.

Learning continued through interactive learning sessions with the clients on education and empowerment issues. These workshops are held once per month and address issues of gender, race and institutional racism and oppression.

New programs included a Dance Workshop, featuring different genres of contemporary dance. This is a popular workshop that offers clients a chance to exercise feel good and express themselves while learning new dance skills and meeting new friends.

All 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, 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 treat-
ments. The aim is to teach and encourage self-care, healing methods and healthy lifestyles.

The Breakfast Program has been such a huge success that it has now become an expected part of the clients daily routine at Across Boundaries. The Creative Expressive Arts program is a fusion of visual art and movement draws many in attendance to partake. Music Therapy workshops promote and encourage writing lyrics, learning the history of instruments and group instructions to play instruments.

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.

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 provide youth and their family’s 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.

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 also 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 and For Youth Initiatives (FYI) recently partnered with Y-Connect to offer referral service and mutually take advantage of each others programs.

MENTAL HEALTH AND JUSTICE INITIATIVE

The Canadian criminal justice system has a disproportionately high representation of racialized individuals within its jails. Many racialized individuals who are suffering from mental health issues end up in the prison system because they lack adequate access to appropriate mental health services.

In order to address some of these disparities, Across Boundaries, through a partnership with the Canadian Mental Health Association (CMHA) - Toronto, continues to provide case management services for 34 tenants from racialized communities who have been involved with the criminal justice system and are dealing with mental health issues. The 34 apartment units are disbursed around the city and are managed by CMHA.

Case Managers support clients overcome their legal issues while identifying and addressing various goals towards facilitating happier, more stable lives.

A dedicated Case Manager also provides short term case management services for 12 participants, for up to 6 months. This support assists those racialized individuals who have been released from custody and have been identified with a mental health issue but have no community mental health support in place.
AT HOME/CHEZ SOI DEMONSTRATION PROJECT

The At Home/Chez Soi Demonstration Project funded by the Mental Health Commission of Canada (MHCC) focuses on highly needed housing in the Greater Toronto Area for homeless people who suffer from serious mental illness. This is a nation wide project in five major cities across Canada: Vancouver, Winnipeg, Toronto, Montreal and Moncton. It is a four year project which commenced on April 1, 2009 and is expected to end on March 31, 2013.

The housing model used is based on the Pathways “Home First” model which has been successfully operating in the United States, and Across Boundaries is providing specialized supports to 100 moderate - needs participants from racialized groups. The service is offered from a holistic approach within an anti-racism/anti-oppression framework.

Across Boundaries successfully completed its first Fidelity visit by the national research team last year and passed with flying colours. It was a day of many interviews, focus groups, file reviews and discussions. The evaluators were very affected by what they called the ‘sense of belonging’ they felt the clients had at the agency and were pleased to report back that Across Boundaries was on the right track and a good fit for this project.

The project has completed full enrolment and staff continue to support clients to find the housing they desire and work on their goals and expectations for the future.

Another deliverable from this project will be the anti-racism/anti-oppression assessment tool that will help document not only Across Boundaries’ practice of service delivery from the anti-racism/anti-oppression perspective but will also help others in implementing such a model.

This is an exciting time for all on this project and we look forward with hope to the sustainability of this service.

EDUCATION, TRAINING and RESOURCE PROGRAM

The Education and Training Program of Across Boundaries is a very critical part of the services. Based on the Anti-racism/Anti-oppression model, training and education plays a key role in developing and implementing services that are accessible, equitable, and meaningful for the participants. This program offers trainings not only in-house to all staff and clients on an ongoing basis but also in the community to assist other agencies to become more accessible to racialized communities.

In the year 2010-2011, aside from the numerous training workshops that were provided both in-house and with other agencies/organization tailored according to their specific needs, the Education and Training Program did an analysis of the evaluations submitted by the participants. The results have been very positive, indicating a high level of achievement of goals and expectations from the workshop participants. Majority acknowledged an increase in awareness of issues related to racism and oppression and mental health/substance use.

A major achievement in Across Boundaries’ Community Engagement Strategy is the establishment of relations with specific racialized groups, namely, the Afghan, Ghanaian, Tamil Seniors, Filipino, Somali, Eritrean and Ethiopian communities in Toronto. Ongoing engagement with some of these communities has resulted in the formation of a network of community workers and recognized leaders who are now in the planning stage to organize an educational event about issues relevant to the community including mental health, employment and immigration. Others are still in the process of discussions. A regular dialogue occurs in-house with consumers, family members and staff as part of the community engagement strategy to keep a flow of communication going, regarding new poli-
cies and feedback from the group.

Access to Traditional services other than the Western Medical Model is key to Across Boundaries’ Equity Plan. Initiatives have been established to reach out to Traditional Healers. In the coming fiscal year, a network of traditional healers will be developed, that can provide additional alternative therapies to the clients served.

The Music Therapy session is one of the most sought out in the In-house programming. A product of this program is the development of a cd called “The Tree” which is a compilation of songs accompanied by drums, guitar, piano and many other musical instruments, intended to raise awareness of mental health/mental illness and raise funds for the program. More information on this initiative can be had at www.thetreemusic.ca.

**RESEARCH PROJECT ON**

**“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” in partnership with the Centre for Addiction and Mental Health (CAMH), funded by the Public Health Agency of Canada (PHAC). Other partners on this initiative included Access Alliance, Health Equity Council, Colour of Poverty and Steps to Equity.

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. One of the goals of this project was to identify innovative approaches and interventions that could enhance youth’s access to services and which focused on building mental health well-being, social well-being, adjustment and resiliency.

The process led to the selection of Mind Matters, a mental health resource 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 schools, communities – students, teachers, support staff, principals – with community-based mental and emotional supports.

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 was to pilot the mental health resources in schools with diverse student populations over the course of 4 years. While this submission was not funded however Across Boundaries was asked to document it’s youth engagement, partnership collaboration and overall selection process of the Mind Matters model. To this opportunity was added the development of additional resources which were launched through a website in October.

This has been a very interesting and exciting project as it has led to many connections for Across Boundaries both in the sector and outside. Many school boards and community agencies have indicated support for this initiative and moving forward this will be cultivated for the benefit of the youth client group.
## ACROSS BOUNDARIES: AN ETHNORACIALMENTAL HEALTH CENTRE

### STATEMENT OF OPERATIONS
YEARD ENDED MARCH 31, 2011

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<th>2011</th>
<th>2010</th>
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<td><strong>Revenues</strong></td>
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<tr>
<td>Grants</td>
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<td>- Central Local Health Integration Network <em>(note 5(b))</em></td>
<td>$2,255,738</td>
<td>$2,202,967</td>
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<td>- Mental Health Commission of Canada</td>
<td>511,983</td>
<td>301,273</td>
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<td>- Public Health Agency of Canada</td>
<td>275,983</td>
<td>87,798</td>
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<tr>
<td>- Other</td>
<td>9,754</td>
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<td>Donations and other revenue</td>
<td>68,556</td>
<td>33,170</td>
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<td><strong>Total Revenues</strong></td>
<td>3,122,014</td>
<td>2,625,208</td>
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<td><strong>Expenses</strong></td>
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<td>Salaries, benefits and sub-contractors</td>
<td>1,925,281</td>
<td>1,606,207</td>
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<td>Transitional aged youth services - Mental health/substance abuse</td>
<td>402,572</td>
<td>394,678</td>
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<td>Program and general</td>
<td>304,443</td>
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<td>Office rent and utilities</td>
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<td>Professional fees</td>
<td>63,798</td>
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<td>Sessional expenses</td>
<td>43,569</td>
<td>28,594</td>
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<td>Staff training and travel</td>
<td>75,201</td>
<td>50,546</td>
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<td>Telephone and fax</td>
<td>22,911</td>
<td>22,020</td>
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<td>Small equipment purchases and maintenance</td>
<td>52,433</td>
<td>51,376</td>
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<td>Dues, fees and conference</td>
<td>7,595</td>
<td>2,110</td>
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<td>Printing and publicity</td>
<td>10,427</td>
<td>10,481</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td>3,049,363</td>
<td>2,625,026</td>
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<td><strong>Amortization</strong></td>
<td>71,420</td>
<td>70,215</td>
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<td>Amortization of deferred capital contributions</td>
<td>(71,420)</td>
<td>(70,215)</td>
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<tr>
<td><strong>Excess of revenues over expenses for the year</strong></td>
<td>$72,651</td>
<td>$182</td>
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BOARD MEMBERS: 2010 – 2011

Asha Moore Clark (Past Chair)
I. Abdillahi (Acting-Chair)
Keith Shrouder (Treasurer)
Saundra Lawson (Former Treasurer & Secretary)
Mohamed Gilao
Suranjita Khaund –Vice Chair
Ayshia Musleh
Akanksha (Anne) Motwani
Saba A. Mengesha
Zahra Binbrek

PAST BOARD MEMBERS: 2010-2011

Asha Moore Clark (Past Chair)

MANAGEMENT TEAM: 2010 – 2011

Aseefa Sarang - Executive Director
Martha Ocampo – Manager, Education and Training
Ian Messam - Program Manager
Jim Huang - Finance/Office Manager
Sulekha Jama – Manager, At Home/Chez Soi Demonstration Project
Alex Lovell – Project Manager, PHAC
John Watibini – Office Manager
Kola Iluyomade - Project Manager, PHAC

OUR STAFF: 2010-2011

Ajibola Callisto
Alison Pais
Amina Dualeh
Anindita Paul
Bernadette Gapuz
Bradley Mulder
Daniel Sem
Dorrett Miller
Evelyn Amponsah
Felicia Carty
Genoveva Policarpio
Hoda Samater
Hodari Clarke
Jackie Patterson
Kerry Carpenter
Kevin Panton
Leira Mendez
Lavannethaji Senathirajah
Lorraine Payne
Mariam Saleh
Neelam Sharma
Olivia Han Yi Li
Peri Vyramuthu
Peter Makanza
Philip Chao
Qudsia Hadizai
Randip Singh
Ruqia Hassan
Sagal Mohamoud
Tegeste Emiru
Ubah Warsame
Wendy Munemo

“Real Integrity is doing the right thing, knowing that nobody is going to know whether you did it or not”

- Oprah Winfrey
OUR FUNDERS

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

**Local Health Integrated Network - Central (C-LHIN)**
- Kim Baker - CEO

**Mental Health Commission of Canada**
- Faye More - Toronto Site Co-ordinator

**Public Health Agency of Canada**
- Susan Stevenson - Innovation Strategy Coordinator

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.

- Alcambra, Robin
- Alexander, Teneal
- Barning, Claudia
- Bascillo, Susan
- Boonaa, Mohammed
- Chandler, Clarissa
- Fernando, Dr. Suman
- Gonzalez, Manuel
- Grant, Yola
- Health Equity Council
- Hussen, Ruun
- Isse, Zahara
- Juzkow, Ted - Manager - Information System
- - CMHA Toronto
- Jackson, Fatima
- Kafele, Kwasi
- Khorasani, Dr. Kasra
- Kwok, Carolyn
- Kumar, Sameer
- Lau, Maggie
- Lo, Dr. Hung Tat
- Lord, Afrinda
- Maramba, Jennifer
- McKenzie, Kwame-CAMH
- Moore, Ira
- Nelo, Sid
- Perez, Fidel
- Punzalan, Alex
- Smith, Roz
- Dianne Pattychuck - Steps to Equity -
- Townsend, Martin
- Trevithick, Scott
- Uy, Michelle
- Wang, Dr. Chao

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

-Mahatma Gandhi
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
- 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
- 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
- Emery C.I.
- 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
Community & Agency Collaboration...
- 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
- Kipling C.I.
- 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 North Support Service
- 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

“Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances”.

- Mohandas K. Gandhi
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. -$5.00
- **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. -$5.00
- **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. -$5.00
- **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. -$10.00
- **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
Sixteenth Annual General Meeting
November 17th, 2011
Held 51 Clarkson Ave., Toronto, ON., M6E 2T5

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

7. Other Business

8. Adjournment and Thanks

9. Presentation:  Mr. Haroon Siddiqui
    Editor Emeritus, Toronto Star
    Columnist on National and International Politics

“I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.”

- Martin Luther King Jr.
1. **Welcome from Chair**

Asha Moore Clarke, chair, welcomed over 80 members of organization, guests, friends, volunteers, staff and clients to the 15th annual general meeting and thanked them 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: Arnold Walton*
   *Seconded by: Tessie Orcino CARRIED*

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

   The minutes of the 14th annual general meeting on October 15, 2009 were approved as circulated:

   *Moved by: Saundra Lawson*
   *Seconded by: Arnold Walton CARRIED*

4. **Executive Director’s Report**

Aseefa welcomed all the members and presented her report, highlighting the incredible work of the organization over the last year. Aseefa acknowledged the contributions of the management team members in light of the high level of activities at the agency due to many new funding opportunities. Aseefa thanked the board for their support to her and the organization as a whole, and the clients for making this a fantastic place to work at!

5. **Treasurer’s Report**

Saundra Lawson presented the audited financial statements for the year ended March 31, 2010, which have been reviewed by Board of Directors. She stated that the agency received the bulk of the funding from the Central LHIN, Mental Health Commission of Canada (MHCC), Public Health Agency of Canada (PHAC) and some income from donations and other revenue. Across Boundaries’ finances were managed responsibly and made a motion for approval of the Audited Financial Statements for the fiscal year 2009-10.

   *Moved by: Arnold Walton*
   *Seconded by: Phillip Akolaween*

6. **Appointment of Auditor**
Saundra Lawson made a motion to appoint the firm Clarke Henning LLP, to be the auditors for Across Boundaries for the fiscal year 2010-2011. Vinay Raja was also introduced to the membership and was available for any questions if needed.

Moved by: Rowena Abungan  
Seconded by: Saereen Qureshi

7. **Nomination Committee Report**  
The slate of nominees for the Board for the upcoming year was proposed as circulated and the following motion was tabled:  
**Asha Moore-Clarke, Idil Abdillahi, Saundra Lawson, Mohamed Gilao, Suranjita Khaund, Ayshia Musleh, Akanksha (Anne) Motwani and Saba Mengesha** become members of the board of directors of Across Boundaries for the year 2010-2011.

Moved by: Saereen Qureshi  
Seconded by: Phillip Akolaween

8. **Other Business**: No other business

Moved by: Arnold Walton  
Seconded by: Phillip Akolaween

9. **Adjournment and Thanks**

Shaheen Ali one of the founding members of Across Boundaries was introduced and asked to say a few words. She indicated her pride in how the organization has grown over the years, and thanked everyone who made Across Boundaries for making it the success it is.

Sandi Bell the previous chair of the board and an ex-officio thanked past and current board members, AB members, staff and clients for the opportunity given to her to serve the community. She asked the Board of Directors present and staff of Across Boundaries to pick a rock from her basket of rocks with different sizes, shapes and texture as a remembrance from her. It was a moment of sentiments.

10. **Award Presentation**

Aseefa Sarang acknowledged Sandi Bell on her immeasurable service to Across Boundaries for six (6) years. Asha Moore-Clarke presented a plaque of appreciation to Sandi Bell for the many years of leadership and dedication as a member of the board and as a Chair of Across Boundaries.

Sulekha Jama presented plaques to Brent Fader, Jo-Anne Fader and Darwin Fisher Commercial Flooring Ltd. for their support and contribution to Across Boundaries as vendors who recognized the great work the organization is doing and donated supplies and labour for the renovations.

11. **Presentation –Resilience and Recovery**

Ian Messam introduced each of our presenters who shared their personal and inspiring stories of resilience and recovery. The presenters brought the audience to tears and joy with their stories of strength in facing the trials and tribulations they have encountered in their lives, and how
SLATE OF NOMINATIONS - 2010-2011

Returning Board Members:

I. ABDILLAHI, BA(H),BSW, MSW,

Ms. I. Abdillahi has completed her Master Degree in Social Work 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, and researcher within leadership capacities for several years. Presently, she is a member of the Faculty of Social Work at Ryerson University and Guelph-Humber Institute.

MOHAMED GILAO

Mohamed Gilao is presently Executive Director at Dejinta Beesha (Multi Service Centre), an agency that offers settlement and integration services for new comers in Toronto. He has extensive 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 and in 2001 the UN Year of Volunteer medal Award, and the Medal for Queen Elizabeth Jubilee Award. Currently he is member of (REAC) Regional Ethno Cultural Advisory Committee of Correctional Service of Canada. He is also the founder of African Canadian Communities Social Development Council, a coalition of 45 organization serving Continental African communities, and in 2006 he founded the Loyan Foundation.

SURANJITA KHAUND, B Eng. MBA. PMP

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 women in her field when she started her career and the issues she comes across 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

Ayshia Musleh is currently a project coordinator at the Ethno-Racial People with Disabilities Coalition of Ontario (ERDCO); a cross-disability consumer-driven organization based in the city of Toronto.
Ayshia obtained her Masters of Arts in Critical Disabilities Studies from York University in 2006. Since then, she has worked in a number of different agencies such as, Parkdale Community Legal services and Regeneration Housing and Support Services as a case manager and community advocate for people with various types of disabilities and racialized backgrounds. Her key interests are in access, equity and inclusion for all those that reside in Canada.

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.

KEITH SHROUDER

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 with an APA designation in Toronto, Ontario. He was also a lecturer in Principles of Accounting and Finance at Concordia University, Continuing Education, Montreal, Quebec and part-time teacher in Book-keeping, Small Business Management and Income Tax for the Peel Board of Education in Ontario. He was the Canadian Corporate Controller of Sealy Canada Ltd. a division of Sealy Inc. a U.S. corporation, manufacturing Posturpedic 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 Consulting for Small Businesses. He also works part-time at Harris & Partners Inc. Trustee in Bankruptcy, doing tax returns.

ZAHRA BINBREK

Zahra is a human rights lawyer. Her cases have focused on discrimination and the duty to accommodate in employment, education, and services. She has represented clients who challenge findings of incapacity to consent to medical treatment and involuntary admission to psychiatric hospitals and clients detained pursuant to dispositions of the Ontario Review Board. She is currently a staff lawyer at the Human Rights Legal Support Centre and represents applicants before the Ontario Human Rights Tribunal. Prior to her legal career, Zahra managed settlement programs and various community projects related to access and equity, civic engagement and organizational capacity at the Canadian Arab Federation.