



ACROSS BOUNDARIES

MAKING A DIFFERENCE

Annual Report 2018-2019



MISSION

To provide equitable, empowered and holistic mental health and addiction services for racialized communities within an anti-racism, anti-oppression and resisting anti-Black racism framework.

VISION

Dignified, inclusive and compassionate mental health and addiction services for racialized communities

VALUES

We believe in Excellent Quality of Care through:

BEING SERVICE-USER AND FAMILY CENTERED

**PRACTICING ANTI-RACISM, ANTI-OPPRESSION
& RESISTING ANTI-BLACK RACISM**

PROVIDING HOLISTIC SUPPORTS

BEING COLLABORATIVE

A YEAR OF TRANSITION

As we mark the beginning of our Silver Jubilee, we can look back with pride and forward with confidence. We've had a monumental year – reaching new heights, forming new relationships and raising the bar in addressing discrimination in all its forms

4 YEARS AGO, Across Boundaries committed to a process with Accreditation Canada to ensure quality as a core aspect of our work. Our goal, over the last two years, has been to ensure that a “golden thread” was followed from the development of quality improvement policies to implementation to articulation of that work. This May we attained Accreditation Status with Commendation. This is an achievement of which we should be proud, as it reflects the hard work and dedication of our Board, staff and service-users.

IN A RELATED EFFORT, we engaged in a new initiative through Excellence Canada, focusing on the psychological health and safety of our organizational staff. The goal was to ensure a healthy work-life balance through organizational policies and practices. We aimed to attain Bronze status as the first step in this standardization process – which we saw as an addendum to our existing work with Accreditation Canada.

WE ALSO ENGAGED in the development of a new strategic plan. Through the support of consultants and engagement with staff, service-users, families and external stakeholders Across Boundaries' now has a set of strategic directions for an ever-changing environment. This is particularly significant in light of the Ministry of Health's announced policy direction to form Ontario Health Teams.

DEDICATION. RESILIENCE. PASSION

WE HAVE REACHED a new 3 year agreement with OPSEU, providing us with the ability to implement extended hours. This enables our agency to be open on Saturdays. We are excited to put the new programming hours in place and to increasing access for our service-users, families and partner agencies.

WE NOW HAVE a full time psychotherapist on board under a new program of the Ministry of Health and in partnership with Ontario Shores. This adds another layer of support for our program participants, and is very much needed by our racialized communities.

WE CONTINUED TO GROW our partnership with The Wellness Collaborative (started last year with Addictions Services of York Region), adding two staff members to the addictions program. Particularly promising, is our ability to grow the Peer Support staffing in the organization from one to three. This will go a long way in creating a stronger culture for the Peer Support program.

WE WERE EXCITED TO MAKE connections with the LGBTQ++ community, bringing together seventy participants who?? been racialized and/or were experiencing mental health and addictions issues. The event (that we called “The Gathering”) resulted in tough and honest conversations about what is missing in the health care system and how this community is not getting proper care. With this engagement and gap analysis, we now have the basis to develop inclusive, effective and responsive programming.

WE NOW SIT on the Expert Advisory Committee on non-medical cannabis enacted by the Mental Health Commission of Canada. The Committee will look at the relationship between mental health and cannabis use. Across Boundaries’ primary goal in participating is to ensure that racialized and other marginalized communities are included in the research.

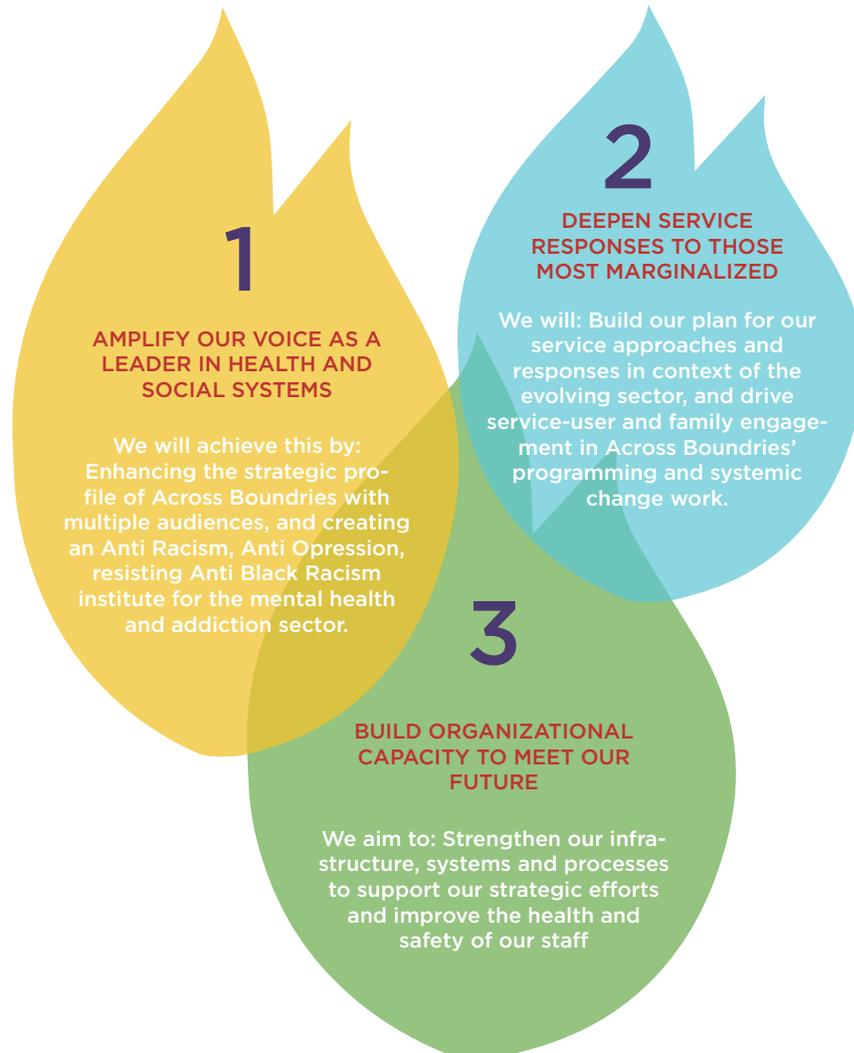
WE MADE DEPUTATIONS to the Toronto Police Services Board, following the inquest into the death of former Across Boundaries’ service user Andrew Loku. One outcome was the convening of an Anti-Racism Advisory Panel on which Across Boundaries is a member. The Toronto Police Services and its Board have much more work to do to ensure consistent, equitable treatment of racialized and Black communities. We hope the panel will play a role in addressing these systemic issues.

The last year has shown us the strength of our organization. We have taken on critical initiatives that strengthened our foundations, while continuing to provide amazing services to our constituents. We see that as a testament to the unity, harmony and the cohesiveness of the Across Boundries Team.

Fay Sun, Board Chair
Aseefa Sarang, Executive Director

OUR PATH FORWARD

OUR STRATEGIC PLAN FOR 2019 TO 2022 IS BUILT ON THREE, MUTUALLY SUPPORTIVE GOALS:



MAKING A DIFFERENCE

PROGRAMS AND SERVICES 2018 - 2019

THE ADDICTIONS SERVICES OF YORK REGION (ASYR) WELLNESS COLLABORATIVE

The Wellness Collaborative is a partnership of 6 agencies led by ASYR to provide Opioid and Addictions services. Across Boundaries, Black Creek Community Health Centre, Caritas, Krasman Centre and Vitanova came together to provide services such as outreach/education, peer supports, withdrawal management, case management, and primary health care to communities that have been impacted by Opioid addictions.

Through the winter of 2018/2019, Across Boundaries provided a Winter Wellness Program that included outreach, hot meals, and distribution of winter survival kits, case management and peer support services to racialized members of the community who do not ordinarily have access to addiction services. Our highly successful Lunch 'n' Learn program runs twice a month, and shares information, resources and referrals with the attendees. The Lunch 'n' Learns are geared towards individuals with addictions and their families.

LGBTQ++ PROGRAMMING

We had the privilege of hosting a large event, inviting racialized member of the LGBTQ++ community to speak about their experiences in the mental health and addictions sector. More than 70 people participated in this day-and-a-half gathering, sharing their insights, their pain and their hopes for a more responsive and effective system of care. Alongside this event we also implemented training for our staff in working effectively with LGBTQ++ community members. This included the development of a "Train the Trainer" module. We are excited to incorporate the learning from these initiatives in to the core aspects of our work.

PROGRAMS AND SERVICES 2018 - 2019

CONTINUED

SOCIAL REHABILITATION

A dynamically structured drop in program for the registered service-users, this program continues to provide a variety of skills based programming and regular discussions on issues of equity, justice and power relations. It also allows service-users to examine anti-racism, anti-oppression and resisting anti-Black racism strategies in the Center and in their daily lives.

A new employment initiative at Across Boundaries was developed in partnership with CMHA-Toronto. This has provided stable, ongoing employment opportunity in housekeeping and maintenance to a number of our service-users.

Our service-user advisory committee (ABSUAC) provides opportunities for leadership and collective decision making in partnership with management and linked up to the board. Service-user needs and ideas continue to form the basis for new program initiatives, collaboration and client-centered service delivery.

Family supports are an integral part of our service delivery, and for racialized communities families are an integral part of their lives. We have enhanced family and service-user engagement, with the Board personally meeting these key stakeholders on a regular basis throughout the year. This provides a great opportunities for the Board to hear concerns and compliments directly from the service-users, and it increases Board accountability to service recipients.

“If tolerance, respect and equity permeate family life, they will translate into values that shape societies, nations and the world.” –Kofi Annan



AT-HOME/CHEZ SOI PROGRAM

Our service-users in the At Home/Chez Soi program continue to be highly successful, and our partnership with COTA and Toronto North Support Services continues to keep our service-users housed. This was a program that was originally funded by the Mental Health Commission of Canada as part of a national research initiative. Since the completion of the research in 2013, the Provincial Government has stepped in to fund the housing supplements and case management supports. Over the last year, as the costs for housing continues to skyrocket in Toronto, the availability of affordable units continued to decrease. As a result, many of our services-users continue to be without a fixed address even with access to rent supplements.

The Housing First Program follows the same principles as the At Home/Chez Soi Program, but without the built-in rent subsidies. While this is challenging, the staff continue to search for appropriate accommodations for our service-users. This program further offers the support of a Registered Nurse and a Social Worker.

These specialized services are utilized by our service-users as needed to augment the Case Management supports.

PROGRAMS AND SERVICES 2018 - 2019

CONINUED

MENTAL HEALTH AND JUSTICE AND SHORT TERM CRISIS BED PROGRAMS

These programs provide case management (short and long-term), housing and court supports to those involved in the criminal justice system. The Mental Health and Justice Program is run in collaboration with the Canadian Mental Health Association – Toronto and is one of our longest partnerships. The short term crisis program provides mental health and addictions supports in an effort to transition individuals from the courts to the community. This year, we saw a rise in the number of referrals to this program. As part of our program review, we made significant changes to our approach. Our staff spent more time in the various Toronto court rooms. We solidified referral protocols and ensured that Across Boundaries staff were at the table for discharge planning and pre-release planning meetings. This enabled our staff to provide the necessary supports to the client from the point of release.

“No one is born hating another person because of the colour of his skin, or his background or his religion. People learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.” – Nelson Mandela

“Defeating racism, tribalism, intolerance and all forms of discrimination will liberate us all, victim and perpetrator alike.” – Ban Ki-moon



ADULT MENTAL HEALTH PROGRAM (AMH) PROGRAM

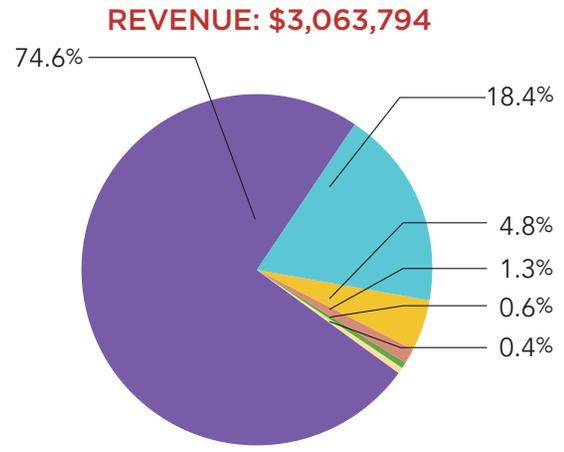
The Adult Mental Health Program includes moderate to intensive case management supports, counseling, advocacy, training and education. The service-users are referred through ACCESS Point. We also rely on community outreach and engagement, utilizing our culturally-specific programs in the GTA for referrals. As the population of Canada continues to age, the impact on this program has been significant. Across Boundaries serves an older population whose needs are complex. These needs range from dementia and Alzheimer's, to lack of appropriate programming and isolation.

TRANSITIONAL-AGED YOUTH PROGRAM (TAY) PROGRAM

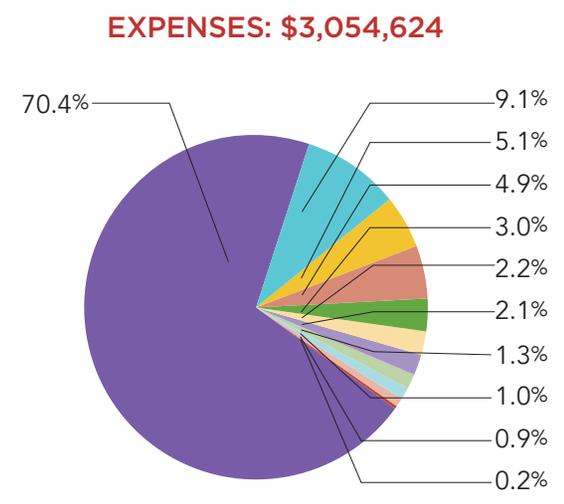
TAY program is located in the Black Community Health Centre and continues to work collaboratively with local youth agencies, including The Spot, Driftwood Community Centre, Peach and Black Creek Community Health Youth Program. In partnership with other youth service organizations, our staff have been able to provide immediate supports to the youth, particularly after traumatic events such as the increased gun violence in the area. As part of our focus on youth engagement this year, we established youth Lunch 'n' Learn events at the Yorkgate site as well. These focused on opioid addictions. The TAY program and its collaborators provide a robust array of streamlined services that are accessible to racialized youth. Our emphasis on family counseling and the involvement of whole family units is instrumental to our wrap-around approach to service delivery for the youth.

STATEMENT OF OPERATIONS

YEAR ENDED MARCH 31, 2019



- CENTRAL LOCAL HEALTH INTEGRATION NETWORK GRANT
- CANADIAN MENTAL HEALTH ASSOCIATION GRANT
- ADDICTION SERVICES PROJECT GRANT
- AMORTIZATION OF DEFERRED CONTRIBUTIONS
- FEDERAL PROJECT GRANT
- DONATIONS AND OTHER REVENUES



- SALARIES, BENEFITS, AND SUB-CONTRACTORS
- PROGRAM AND GENERAL
- OFFICE RENT AND UTILITIES
- SMALL EQUIPMENT PURCHASES AND MAINTENANCE
- PROFESSIONAL FEES
- SESSIONAL EXPENSES
- TRAINING AND TRAVEL
- AMORTIZATION OF CAPITAL ASSETS
- CONTRACTED-OUT SERVICES
- TELEPHONE AND FAX
- PRINTING AND PUBLICITY

“When we identify where our privilege intersects with somebody else’s oppression, we’ll find our opportunities to make real change.” Ijeoma Oluo

THANK YOU

FUNDERS, DONORS, SERVICE PARTNERS, VOLUNTEERS, FACILITATORS, CONSULTANTS

Our special thanks to our funders, donors, service partners, volunteers, facilitators, consultants and students who have helped us in numerous day-to-day tasks.

Our Funders:

Central - Local Health Integrated Network - (C-LHIN)
Service Canada
Status of Women Canada

Our Formal Service Partners:

Addiction Services York Region (ASYR)
Black Creek Community Health Centre (BCCHC)
CMHA Toronto
COTA Health
The Institute for Research and Development on Inclusion and Society (IRIS)
Mainstay Housing
Ontario Shores
Toronto North Services
Malvern Employment and Social Services

Facilitators, Volunteers, Consultants:

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Patricia McPherson	Dr. Chao Wang
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OUT TEAM

BOARD MEMBERS 2018-2019

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