

# ***Annual Report 2006***



F. A. M. E.

**Family Association for  
Mental Health Everywhere**



F . A . M . E .

## ***Mission Statement***

The Family Association for Mental Health Everywhere (F.A.M.E.) is an organization for family support where mental illness of any form is an issue. We are run for and by families to help reduce the stress of mental illness by strengthening and supporting the family members in their roles as caregivers.

We believe families make up the basic social structure of our society. Family members provide ongoing support and connection for many of our life experiences. This is particularly important for people who are vulnerable or ill. Families must be knowledgeable about mental illness, treatments, community services, resources and understand the system as a whole. As partners in mental health reform, family members should be encouraged to sit on Boards, Committees and participate in the ongoing planning process.

### ***The Goals of F.A.M.E. are:***

- To reduce the stress on families by providing support, education and information, thus ensuring that our mentally ill relatives will be able to continue to receive the care and support they need in the community.
- To promote a partnership between families and mental health services; facilitating communication and feedback.
- To ensure a family role in planning, coordinating, implementing and evaluating mental health programs and services.
- To address current issues affecting the quality of life for both the person with the illness and their family members.
- To develop everywhere, a strong organization amongst the families of those who have a mental illness.
- To reduce the stigma of mental illness.
- To build cooperation with consumer/survivors of the mental health system and related organizations.

## *Chair's Message*

To FAME Members,

This year's message is one that any Board Chair would be delighted to deliver on behalf of his or her organization. I am pleased to report that under the dynamic leadership of our Executive Director, Christine Cooper, your organization has expanded its private and institutional funding, increased its staff and volunteer resources, and reached out with more programming that has impacted more families. I am sure you will agree with this conclusion when you have reviewed the Executive Director and Staff reports and financial information included in the meeting materials. I am confident that 2006/07 will bring similar success.

One of the Board objectives for 2005/06 was to undertake a strategic plan process. This involved an examination of who we are, how we fit into the evolving framework of public service in the mental health sector and the necessary steps for F.A.M.E. to continue to lead in its niche of delivering effective and needed services to families. I can report that we are in the final stages of this process. Staff participation in the planning process is acknowledged and appreciated. The plan is not a static document but rather one that evolves over time and allows the organization to reflect on direction over and above the day to day bustle of the organization's work. I intend to have more to say on this topic in our newsletter later this year. Our intention is that the action plan to accompany this plan will be tracked and reassessed on a more periodic basis. We acknowledge with thanks the volunteer contribution of Chris Govern of Management Advisory Service (M.A.S.) who facilitated our strategic planning process.

I can report without qualification that your organization has an effective governance structure. The Board is composed of dedicated and competent people and it is functioning effectively and efficiently. The Board had ten board meetings this year and met on three additional occasions to work through the strategic plan process. The personnel committee met four times. I would like to thank retiring board members Norma-Jean Case and Jim Clough. Jim stepped in as Treasurer for 2005/06 and is succeeded by Gregory Dickson. Gregory's bio is in the meeting materials. Norma-Jean has served for several years and made significant contributions to our communication materials and fundraising efforts.

As you will note in the Executive Director's Report, we have been able to expand our institutional funding base. However, we do require funds to get us through cost surprises and more importantly to be used to bridge into new initiatives. The Membership has been generous this year through direct contributions and participation in fundraising initiatives. Please consider, if you can, a renewed contribution or a new contribution to this, your organization.

On behalf of the Board, many thanks for your continuing interest and support.

David Kennedy  
Chair of the Board of Directors

## *Executive Director's Message*

It has been a busy year here at F.A.M.E. with many changes being made and many more to follow. We have been excited and buoyed by the recognition that the mental health community is finally receiving and accordingly the increased funding support by our primary funders, the Ministry of Health. There are other partners that must also be recognized for their support of our organization and they include the Trillium Foundation, the United Way of Peel and Janssen-Ortho Pharmaceuticals. Our capacity to serve the communities of the GTA grows with the addition of a new staff member in Peel, in partnership with the FACT Clinic & CAMH. At the time of the writing of this report we had also just learned of additional funding for another Family Support Worker for Toronto. This will allow us to continue to address the growing needs of families across the GTA.

I would like to take this opportunity to thank the staff for their ongoing commitment to the well-being of not only the families but also to the community they serve. They are the front-line workers of this organization and the level of their commitment speaks volumes. I encourage you to take the time to read thoroughly through this annual report and you'll see this for yourself. I would like to thank the Board of Directors for their support and direction over the past year. It has, as we've noted, been a year of change towards an organization improving to best practices and building partnerships.

In closing I would encourage the membership, the families and the friends of the organization to continue to support the programming and the mission of this amazing organization. You can do this by renewing your membership, making a donation, becoming a volunteer or by utilizing the services. Your support speaks volumes to our funders and our community partners.

I look forward to seeing and meeting with many of you over the coming year.

Respectfully,

Christine Cooper  
Executive Director



## *Community Development Coordinator's Report*

Over the past year, F.A.M.E. has made it a priority to increase both our volunteer and community development projects. Thanks to a 3 year funding grant from the Ontario Trillium Foundation, I joined F.A.M.E. in October 2005 to focus on these initiatives. I am pleased to report that the volunteer roster has doubled in the last year, and that many new opportunities have been created to assist within the organization. The orientation process of volunteers has also been revamped with volunteers now receiving a F.A.M.E. volunteer manual and attending an information and training session. F.A.M.E. volunteer roles include: assisting with office support, youth outreach, Board and Committee members, special events assistants and IT support.

In the spring, we successfully launched our first fundraising event '**simply divas**' located at the Great Hall in Toronto with the help of over twenty volunteers. It was an extremely entertaining afternoon showcasing young talented singers along with delicious refreshments. The event raised over \$7000.00, including 150 tickets sold and 100 donated silent auction items. The success was made possible by the ongoing commitment of our volunteers, the support of F.A.M.E. members, and the generous donations by local businesses.

F.A.M.E. has also been busy planning educational speakers events in various regions of the GTA. These events help to provide families, and other community members, with increased knowledge of mental health resources available in their communities. Events were held in Peel Region, North York, and Scarborough and the topics included: 'The Role of the Family and Mental Health', 'Community Organizations and Hospitals Working Together', and 'Understanding the Path to Mental Health Recovery'. All of the events were well received and upcoming sessions are listed in the quarterly newsletter and on our website.

Remarketing ourselves has also been an objective for F.A.M.E. this year. With the help of G Group Studio, we launched our new website in July. We have also developed a new brochure made possible by funding from Janssen-Ortho Pharmaceuticals and a graphic design volunteer, Elton Spence, helped us reformat our newsletter.

I would like to take this opportunity to thank all the volunteers that have contributed to the organization in the past year, and the ongoing support from our members. I look forward to another exciting year with F.A.M.E. as we continue to reach out to more families and communities.

Stephanie Baker  
Community Development Coordinator

## *Administrative Coordinator's Report*

In the last year, F.A.M.E. has experienced significant growth in the administrative functions of the organization. Our new and refurbished website ([www.fameforfamilies.com](http://www.fameforfamilies.com)) has been successfully launched, and for the first time it can be updated in-house. F.A.M.E. members now have on-line access to monthly schedules and all of our publications, including our quarterly newsletters and Annual Reports.

We have also installed a new accounting software program, QuickBooks, and implemented a new database program, Income Manager. Both programs will allow us to process transactions more efficiently and accurately.

F.A.M.E. is also now able to accept donations and memberships through Visa, MasterCard or American Express cards. I would like to encourage F.A.M.E.'s clients and friends to continue to support F.A.M.E. by sending their donations in order to assist us to continue administrative improvements to better serve our membership.

Afroz Eghbali  
Administrative Coordinator

## *Etobicoke & North York Report*



F.A.M.E. continues to provide successful programs that fulfill families' needs for education, support and advocacy. The groups that operate in these areas are always well attended and family members enjoy supporting one another with staff assistance. The one-to-one support is an individualized service offered on an "as needed basis" by F.A.M.E. staff which families acknowledge as vital in assisting them and their loved one in a timely manner. F.A.M.E.'s participation in committee work, such as The Family Mental Health Alliance, ensures that families' issues and needs remain at the forefront of change within the LHINs and the mental health system.

Our partnerships with Humber River Regional Hospital and North York General Hospital continue to operate successfully and demonstrate the success that can be achieved when shared resources are utilized in facilitating families' roles as supports in the recovery of consumer/survivors. The monthly support group at Humber River Regional Hospital and the educational series at North York General Hospital provide families opportunities to interact and learn from various professionals involved with the mental health system.



The Etobicoke Educational Speaker Meetings and Social Events (Strawberry Social and Holiday Party) will continue to run as they always have. The Educational Meetings of 2005-2006 included Cognitive Behaviour Therapy and Concurrent Disorders. The 2006-2007 series will include Henson Trust and Alternative Therapies. F.A.M.E. would like to thank the staff from Centre for Addiction and Mental Health, Humber River Regional Hospital, F.O.R. (Family Outreach and Response), and the Dream Team for their presentations. We are happy to announce the new location of these events at the Royal Canadian Legion, Branch 210 at 110 Jutland Road.

The utilization of F.A.M.E.'s services continues to rise and we look forward to working with families and community partners in ensuring the priorities of families in the mental health system are recognized.

Mary Jursinic  
Community Outreach Worker

## *Peel Region Report*

There have been plenty of exciting developments in Peel Region in 2006. We have welcomed many new families at both the Brampton and Mississauga offices, and our membership continues to increase. This has been partially a result of an enhanced promotion of F.A.M.E. with other service providers in the region, along with a much needed increase in Brampton staffing from part-time to full-time.

Important partnerships that have been established in 2006 include the First Assessment Clinical Team (F.A.C.T. Peel) where F.A.M.E. staff help to provide support for families who are dealing with a first episode of psychosis. We have also begun to co-facilitate a family group with Clean and Sober Thinking (C.A.S.T.), for families who are supporting an individual with a dual diagnosis of mental illness and addiction issues.

One of the highlights of the year was F.A.M.E.'s involvement in a four-day training for Peel Regional Police. The goal was to create an awareness of issues that families deal with when police are involved due to a mental illness. We were very pleased by the positive response, and the organizers asked if we would return for future trainings.

We are delighted to announce that starting this fall, our fameShare program for children ages 7-12 will be available in Mississauga. Previously, children from Peel Region who have a family member with a serious mental illness have traveled as far as Scarborough to be involved in this amazing and unique program. We are also greatly looking forward to resuming the youth outreach that we began last year in Peel Regional at local high schools and youth events.

Emily Collette  
Community Outreach Worker

## *Scarborough Report*

Over the past year, the programs offered by F.A.M.E. in Scarborough have continued to thrive. We maintain the two Family Support groups in partnership with the Scarborough General Hospital and the Rouge Valley Centenary Health Centre and also our membership continues to be on the rise, which means that more families have been seen on a one-on-one basis. The groups are well attended and the feedback we have received from family members is very encouraging. Our success in delivering services in an area of the city that is culturally very diverse is the result of our committed community partners. Our special thanks go to partners such as The East Scarborough Storefront, The Scarborough Hospital, The Rouge Valley Centenary Health Centre, and Community Resource Connections of Toronto (C.R.C.T.) which understand the benefit of local collaboration and building capacity in order to deliver comprehensive services to as many families as possible.

One of our highlights with our external partners was The Mental Health Awareness Week. We had an exciting presentation in Malvern about 'Understanding Recovery'. Family members, consumers and professionals of the mental health field attended this forum and shared with us how hopeful and informative the presentation was. As F.A.M.E. moves forward we expect to enable more families to deal effectively with the mental health system and support them in their roles as caregivers.

Marta Campos  
Community Outreach Worker

# fameShare Update

fameShare has taken some new and exciting steps over the past year. There is now a fameShare manual (Bridges to Understanding) complete with instructions, guidelines, teaching components and resource listings for the eight week program. This manual was used as a teaching guide to train Carolyn Buhler from the Peel office who then co-facilitated a group at the Scarborough Grace Hospital with Judy Gabriel from C.R.C.T., a partnering agency. This is one of the three groups we facilitated this past year.

For the first time we ran a program out of a Children's Aid Society of Toronto office at York Mills and Yonge with Kim McLean a family support worker as the co-facilitator. The majority of the children referred to the group were clients of the North York Branch. One of the benefits of this partnership was that the facilitators of fameShare got to talk directly with the case workers involved so that questions and new information could be easily shared.

As our program becomes more widely known we receive requests to speak at different organizations and conferences as far away as Nova Scotia. F.A.M.E. has also been approached by Brenda Gladstone, a PhD candidate to sit in and evaluate the fall fameShare program as part of her thesis material on the effects of children living with a family member with a mental illness. Brenda was in England this summer speaking to an international audience where she used fameShare as an example of what can be done in the field of mental health education.

In June there was a two day fameShare training workshop for the F.A.M.E. staff from Peel, Etobicoke and Scarborough. This staff training will be extremely valuable in an emergency situation when one of the facilitators can't make a session.

I would like to thank Marta Campos, Children's Program Coordinator for all the administrative work that is necessary to make this program run so efficiently and effectively.

Barb Patterson BA, MTS  
Program Facilitator



## *Highlights of 2005 / 2006*

- Received a grant from the Ministry of Health and Long Term Care for a one-time systems upgrade.
- Established a new partnership to provide family support in Peel Region with the First Assessment Clinical Team (F.A.C.T. Peel)—an early intervention program through the Centre for Addiction and Mental Health (C.A.M.H.).
- Established a new partnership with Clear and Sober Thinking (C.A.S.T.) in Peel Region to co-facilitate a family support group for concurrent disorders.
- Participated in a 4-day training for Peel Regional Police, along with various other mental health service providers, including C.A.M.H. and the Canadian Mental Health Association (C.M.H.A.).
- Launched F.A.M.E.'s first fundraising event 'simply divas' and raised \$7000.00.
- Hosted a second fundraising event 'Junk in 'da Trunk' and increased awareness of F.A.M.E. in the local community.
- Installed Income Manager (a database program) and QuickBooks (an accounting program).
- Presented 3 'Speakers Series' in North York, Mississauga, and Scarborough reaching out to 300 participants.
- Participated in 'Sprockets: Toronto Children's International Film Festival', to respond to children's mental health inquiries.
- 61 volunteers provided over 1200 hours of volunteer service from November 2005 to present.
- Launched F.A.M.E.'s new website June 2006.
- Interviewed about issues relating to family support for an upcoming issue of C.M.H.A.'s 'Network Magazine'.
- Participated in the CAMH Family Fair 2006.
- All Staff participated in the newly developed 2-day fameShare Training Program.

## *Auditor's Report*

To the Members of Family Association for Mental Health Everywhere,

I have audited the balance sheet of Family Association for Mental Health Everywhere as at March 31, 2006 and the statements of operations and changes in fund balances and cash flows for the year then ended. These financial statements are the responsibility of the Corporation's management. My responsibility is to express an opinion on these financial statements based on my audit.

Except as explained in the following paragraph, I conducted my audit in accordance with Canadian generally accepted auditing standards. Those standards require that I plan and perform an audit to obtain reasonable assurance whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation.

In common with many not-for-profit organizations, the Corporation derives revenue from donations the completeness of which is not susceptible of satisfactory audit verification. Accordingly, my verification of these revenues was limited to the amounts recorded in the records of the Corporation and I was not able to determine whether any adjustments might be necessary to the contributions, excess of revenues over expenses, current assets and net assets.

In my opinion, except for the effect of adjustments, if any, which I might have determined to be necessary had I been able to satisfy myself concerning the completeness of the contributions referred to in the preceding paragraph, these financial statements present fairly, in all material respects, the financial position of the Corporation as at March 31, 2006 and the results of its operations and the changes in its financial position for the year then ended in accordance with Canadian generally accepted accounting principles.

David W. Dunphy  
Chartered Accountant

Toronto, Ontario  
August 3, 2006

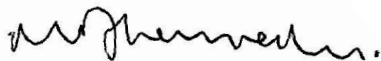
# Financial Performance 2005/2006

## Balance Sheet - March 31, 2006

	<u>Ministry of Health Fund</u>	<u>Corporate Fund</u>	<u>Total 2006</u>	<u>Total 2005</u>
<b>CURRENT ASSETS</b>				
Cash and equivalents	\$15,030	\$76,613	\$91,643	\$144,938
Accounts receivable	3,725		3,725	867
Interfund receivable		16,969	16,969	6,883
Rent deposit	<u>1,052</u>	<u>          </u>	<u>1,052</u>	<u>1,052</u>
	19,807	93,582	113,389	153,740
<b>CAPITAL ASSETS (notes 2 and 3)</b>	<u>19,192</u>	<u>3,845</u>	<u>23,037</u>	<u>25,005</u>
	\$38,999	\$97,427	\$136,426	\$178,745
<b>CURRENT LIABILITIES</b>				
Accounts payable	\$9,675	\$	\$9,675	\$32,266
Interfund payable	16,969		16,969	6,883
Deferred revenue	<u>16,671</u>	<u>50,000</u>	<u>66,671</u>	<u>82,117</u>
	43,315	50,000	93,315	121,266
<b>DEFERRED CAPITAL GRANT</b>	<u>17,801</u>	<u>          </u>	<u>17,801</u>	<u>25,290</u>
	<u>61,116</u>	<u>50,000</u>	<u>111,116</u>	<u>146,556</u>
<b>FUND BALANCES</b>				
Externally restricted (note 2)	(22,117)		(22,117)	( 2,919)
Unrestricted (note 2)	<u>          </u>	<u>47,427</u>	<u>47,427</u>	<u>35,108</u>
	<u>(22,117)</u>	<u>47,427</u>	<u>25,310</u>	<u>32,189</u>
	\$38,999	\$97,427	\$136,426	\$178,745

See accompanying notes

Approved by the Board




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David Kennedy, Chair




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Gregory Dickson, Treasurer

## Financial Performance continued

### Statement of Operations and Changes in Fund Balances - Year Ended March 31, 2006

	<u>Ministry of Health</u> <u>Fund</u>	<u>Corporate Fund</u>	<u>Total 2006</u>	<u>Total 2005</u>
REVENUE				
Grant from Ministry of Health	\$248,271	\$	\$248,271	\$240,238
Amortization of capital grant	7,489		7,489	
Interest		1,006	1,006	313
Donations		26,879	26,879	12,391
United Way Appeal		34,048	34,048	18,924
Ontario Trillium Foundation		25,000	25,000	
Miscellaneous	<u>1,280</u>		<u>1,280</u>	<u>(1,793)</u>
	<u>257,040</u>	<u>86,933</u>	<u>343,973</u>	<u>270,073</u>
EXPENSES				
Salaries	187,467	17,590	205,057	179,396
Benefits	25,664		25,664	18,087
Rent	18,710	4,200	22,910	22,758
Office	16,417	18,040	34,457	7,821
Library	95	40	135	229
Travel and conferences	4,457	2,231	6,688	5,585
Staff Training	418	2,173	2,591	518
Publicity and advertising	449	1,429	1,878	1,030
Telephone	2,295	42	2,337	3,100
Meetings	1,502	197	1,668	383
Insurance	1,668		1,699	1,588
Memberships	727	160	887	645
Accounting and bookkeeping	1,604		1,604	1,387
Audit	3,183		3,183	1,708
Service contract		17,090	17,090	19,098
Repairs and maintenance	1,426		1,426	1,045
Programs	1,117	5,994	7,111	3,371
Fundraising		2,303	2,303	805
Honoraria		1,202	1,202	1,320
Amortization	<u>7,907</u>	<u>1,923</u>	<u>9,830</u>	<u>691</u>
	<u>275,106</u>	<u>74,614</u>	<u>349,720</u>	<u>270,565</u>
EXCESS REVENUE OVER (UNDER) EXPENSES FOR THE YEAR	(18,066)	12,319	(5,747)	(492)
Fund balance, beginning of year	(2,919)	35,108	32,189	32,982
Refunded to the Ministry of Health	<u>(1,132)</u>	_____	<u>(1,132)</u>	<u>(301)</u>
FUND BALANCE, END OF YEAR	<u>\$(22,117)</u>	<u>\$47,427</u>	<u>\$25,310</u>	<u>\$32,189</u>

See accompanying notes

## Financial Performance continued

### Statement of Cash Flows - Year Ended March 31, 2006

	<u>2006</u>	<u>2005</u>
CASH FROM OPERATING ACTIVITIES	\$(5,747)	\$( 492)
Items not affecting cash:		
Amortization of capital assets (notes 2 and 3)	<u>9,830</u>	<u>691</u>
	4,083	199
Changes in non-cash working capital	<u>(40,895)</u>	<u>111,108</u>
	<u>(36,812)</u>	<u>111,307</u>
FINANCING AND INVESTING ACTIVITIES		
Increase (decrease) in deferred capital grant	(7,489)	25,290
Purchase of capital assets	(7,892)	(25,015)
Repaid to Ministry of Health	<u>(1,132)</u>	<u>( 301)</u>
	<u>(16,483)</u>	<u>( 26)</u>
NET INCREASE IN CASH POSITION	(53,295)	111,281
Cash and equivalents, beginning of year	<u>144,938</u>	<u>33,657</u>
CASH AND EQUIVALENTS, END OF YEAR	\$91,643	\$144,938

*See accompanying notes*

## Notes to the Financial Statements, March 31, 2006

### 1. Purpose of the Corporation

Family Association for Mental Health Everywhere is a not-for-profit corporation without share capital and is registered as a charitable organization under the *Income Tax Act*. The Corporation provides help to reduce the stress of coping with mental illness by strengthening and supporting family members in their role as caregivers.

### 2. Significant Accounting Policies

Family Association for Mental Health Everywhere follows the deferral method of accounting for contributions.

Revenues and expenses related to the Community Mental Health Program under the Ministry of Health and Long-Term Care Act (Ontario) are reported in the Ministry of Health Fund.

Revenues and expenses related to unrestricted purposes are reported in the Corporate Fund.

#### REVENUE RECOGNITION

Externally restricted contributions are recognized as revenue of the appropriate fund in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue of the appropriate fund when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

#### CAPITAL ASSETS

Purchased capital assets are recorded at cost. Amortization is provided on a straight-line basis over the assets' estimated useful lives at the following annual rates:

Computers	33%
Software	50%
Furniture / equipment	20%
Leasehold improvements	20%

#### CONTRIBUTED GOODS AND SERVICES

The value of goods and services contributed to the Corporation is not reflected in these financial statements.

### 3. Capital Assets

	Cost	Accum. Amort.	2006	2005
Computers	\$30,008	\$18,103	\$11,905	\$12,089
Software	2,917	1,459	1,458	2,917
Furniture / equipment	13,467	5,449	8,018	7,929
Leasehold improvements	2,070	414	1,656	2,070
Totals	\$48,462	\$25,425	\$23,037	\$25,005

### 4. Economic Dependency

The Corporation is dependant on the Ontario Ministry of Health for funding of its operations. Funding is provided each fiscal year based on an operating budget approved by the Ministry. The Ministry requires any surplus to be repaid in the subsequent year.



F. A. M. E.

### Board of Directors

David Kennedy, Chair  
Gregory Dickson, Treasurer  
Jim Clough, Treasurer\*  
Irene Agius, Secretary  
Colin Browne  
Dr. Robert Hicks  
Norma-Jean Kase  
Leena Sharma

### Staff

Christine Cooper, Executive Director  
Stephanie Baker, Community Development Coordinator  
Carolyn Buhler, Community Outreach Worker\*  
Marta Campos, Community Outreach Worker  
Emily Collette, Community Outreach Worker  
Afrooz Eghbali, Administrative Coordinator  
Mary Jursinic, Community Outreach Worker  
Shea Stewart-Hall, Community Outreach Worker

\* Left organization during the year.

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(F): 416-207-5036

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Website: [www.fameforfamilies.com](http://www.fameforfamilies.com)

#### Mississauga Outreach Office

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(T): 905-276-8316  
(F): 905-276-9646

#### Brampton Outreach Office

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Brampton, ON L6X 5A5  
(T): 905-457-7740, ext. 31  
(F): 905-457-7769

Registered Charity #: 13258 2198RR0001

*F.A.M.E. proudly acknowledges  
its funders:*



THE ONTARIO  
TRILLIUM  
FOUNDATION



LA FONDATION  
TRILLIUM  
DE L'ONTARIO



United Way  
of Peel Region



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F. A. M. E.

**Family Association for Mental Health Everywhere**