

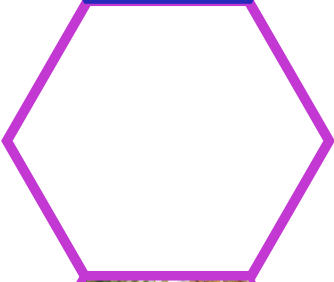
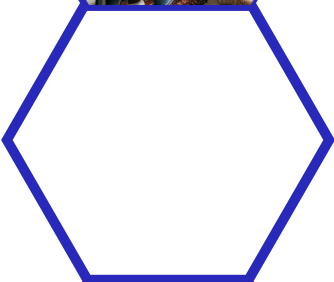
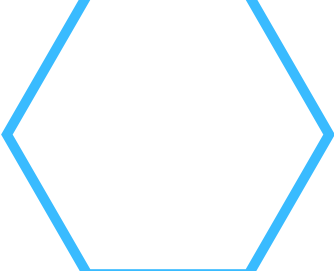
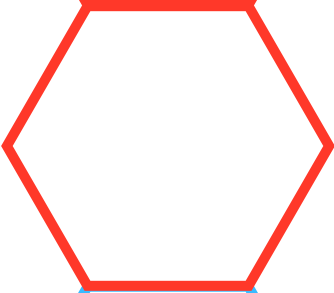


EVOLVING WITH CHANGE

2022/2023 IMPACT REPORT



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MESSAGE FROM BOARD CHAIR AND THE CEO

Change is an integral part of life. The pace of change, especially in our rapidly evolving world, often brings with it challenges that test our resilience, adaptability, and mental well-being. Whether it's personal transitions, professional shifts, or societal evolutions, adjusting to change requires strength, patience, and, more often than not, the right support systems.

The **Institute for Advancements in Mental Health (IAM)**, is committed to understanding these transitions and the mental health implications they carry.

As the Board Chair and CEO of the Institute for Advancements in Mental Health (IAM), we are proud to lead an organization that is deeply committed to mental health innovation in Canada.

Innovation in mental health is not just about new medications or treatments. It's about finding creative and effective ways to address the diverse and multifaceted needs of those living with mental health challenges. It's about developing preventive measures, reducing stigma, enhancing access to services, and creating environments that promote mental well-being and recovery.

We're proud to foster this level of innovation through our **scholarship program**, which has **awarded hundreds of thousands of dollars** to students with mental illness since its inception, our **medication resource centre**, which works to **make mental health medication information more accessible**, and our **Your Toolkit** which allows **people with lived experience to better communicate with their primary care physician and healthcare providers**. Your Toolkit was developed for people living with schizophrenia by people with schizophrenia. We also invest in innovation through our **Innovation Prize Challenge**, which allows us to fund research into areas of mental health care that could deliver outsized results.

Our mission is to transform the way we think about, approach, and support mental health. We believe that research and innovation are key drivers for improving mental health care and enabling individuals to live their best lives, regardless of the challenges they face.

While we work to fund and find solutions for better mental health for the future, **we still see an incredible need for mental health support services** and **IAM is beacon for those who need them most**.

We not only saw large increases in people accessing our website and social media channels- **we also served an outsized increase of nearly 25% of calls to our support line**. IAM often fills the gap for those stuck on long waitlists, providing bridge support services for people who can't wait until they finish the waitlist to get help.

Thank you to our staff. Without them, IAM would not provide the seamless care we are known for, nor would we have navigated the last few years as successfully as we have.

We would also like to thank all of our donors for their support of IAM. We have had the support of incredible individual and family donors, our government partners, corporations, and volunteers, who host the annual golf tournament "Hole out for Hope."

The commitment of our donors and supporters has been inspiring and directly linked to our ability to meet the increased needs for support that we've continued to see year after year.

Lastly, we'd like to thank everyone who has given their time to IAM this year, particularly our Board of Directors, who tirelessly provided their expertise, guidance, and support throughout the last several years as we've worked to address an ongoing increase in the need for mental health support services. They played a critical role in developing our direction and provided key guidance, which has allowed us to serve individuals, families, and communities better.

As we continue to adapt to change, we want to emphasize that IAM is here to be a resource for you and your communities and will continue to be a strong and tireless voice for those we serve to build an inclusive society free from stigma. We encourage you to explore our programs and services, share your insights and experiences, and support our efforts to drive mental health innovation and support in Canada.



Chris Damaren
Board Chair

A handwritten signature in black ink that reads "Chris Damaren".



Mary Alberti
CEO

A handwritten signature in black ink that reads "Mary Alberti".

OUR STORY

WHO WE ARE

The Institute for Advancements in Mental Health actively works towards our mission of redesigning society for better mental health.

We are a connector, collaborator, thought leader and solution-driven organization, supporting, innovating and driving change for better mental health.

At IAM, we believe that the future of mental health care begins with collaboration. In-house, we design and deliver programs **with** and **for** the people we serve; to **provide care, navigate the mental health care system, develop solutions and deliver positive change** to improve lives.

We find better ways of working in mental health – focusing on finding solutions that will work today and can grow to be effective for tomorrow.

WHAT WE BELIEVE IN

IMPACT:



We listen to what people need so that together, we can deliver real solutions for real lives.

INTEGRITY:



We work for better mental health with unwavering candor, compassion, and respect, always.

INNOVATION:



We question what's not working and move fast to create meaningful change.

PARTNERSHIP:



We believe that we are better together, not alone.

WHO WE SERVE

At IAM, we serve people with complex mental illnesses, people with or without a diagnosis, family members/caregivers, professionals, and communities.

“Thank you for this workshop. It was simplified but full of knowledge. I felt comfortable enough to speak out and participate in the conversation”

- IAM Supporter of Cognitive Behavioural Therapy for Professionals



BY THE NUMBERS



55%

Of people who have accessed care are Caregivers



3,334

Medication Resource Centre visits

24 recipients were awarded scholarships for a total of **\$42,900**



10%

Of people who have accessed our workshops and services are Professionals



35%

Of people who have accessed care are people living with mental illness

Website Visits:

32,247



BY THE NUMBERS

20%

increase of followers over all of our social media platforms

3,794

people we serviced in Canada



We reached **707** people through education presentations/groups and **115** people attended our educational community events



25%

increase of people reached out through our Support Line



Number of Partnerships

23

\$110K+

Raised During Our Annual Hole Out For Hope!



CAREGIVER SUPPORT

Every day, caregivers provide selfless support, love, and care to those navigating the complexities of mental health challenges. These individuals—whether they be family members, friends, or professionals—play an essential part in the recovery and well-being of those who need their support. They often wear many hats: advocate, listener and companion.

However, the journey of a caregiver is not without its own challenges. They face unique pressures and demands that can take a toll on their own mental well-being. The weight of responsibility, coupled with their deep empathy and concern for those they're caring for can be overwhelming. And in these moments of exhaustion and vulnerability, who cares for the caregivers?

At IAM, we understand and deeply appreciate the sacrifices and contributions of caregivers. Recognizing the pivotal role they play, we are committed to supporting them in their journey. It is precisely why we have designed our programs and services to offer resources, training, and respite for caregivers, ensuring that they are equipped, empowered, and cared for in return.




We continue to serve a growing number of caregivers in our day-to-day work at IAM. Following a spike in requests for our caregiver support service during the pandemic, we continue to meet the growing needs of the caregiver community. We introduced more programming, offering more support line hours, and ensuring that we get back to all requests in a timely matter (all requests are met within 48 hours).

After all, a supported and informed caregiver can make an even more significant positive impact on the lives of those they care for.

To all caregivers reading this: IAM salutes you.

Your dedication, love, and resilience are commendable. We want you to know that while you have been tirelessly supporting others, IAM stands ready to support you. Through our programs, workshops, and resources, we aim to be your ally, ensuring that you continue to flourish in your invaluable role, supporting those around you.

A woman with dark, curly hair is shown in profile, looking down at a document she is holding. She is wearing a grey cardigan over a white top and a gold necklace with a circular pendant. The background is softly blurred, suggesting an indoor setting with warm lighting.

**"As caregivers,
we sometimes
feel like
forgotten
people. It is
essential to find
avenues of
support that help
us feel seen and
remembered."**

- IAM Caregiver

SUPPORT SERVICES

The need for mental health supports is seen by all, touching lives across age groups, demographics, and backgrounds. When needs are not met, the ripple effects are felt not just by the individuals living with a mental illness, but also by their loved ones, caregivers, and the broader community.

IAM recognizes the intricate web of connections and impacts associated with mental health care. This understanding forms the foundation of our unwavering commitment to developing and offering robust support services and programs to the community at large. It's why we've dedicated so much of our time and efforts to ensuring needs are met, and that everyone finds a place for support.

For those with lived experience: Mental health is a journey, often with its share of hills and valleys. Our programs are tailored to provide individuals with the tools, resources, and support they need at every stage of this journey.

Whether it's helping someone recognize early symptoms, providing therapeutic interventions, or offering resources for wellness and recovery, IAM is here to walk alongside those in need.

We believe that everyone deserves the opportunity to live a full, rich, and meaningful life.

For Caregivers: The role of caregivers is indispensable but often unsung. While they provide support, they too need understanding, resources, and tools to navigate the complex emotional and practical terrains of caregiving.

Our services not only extend to them, but we have catered support services, ensuring that they are **provided care**, they are **given the supports they need**, and **know they have a place to turn to**.

PROGRAMS & SERVICES

ONE TO ONE SUPPORT

IAM provides one-to-one support and system navigation for caregivers, individuals with lived experience, and communities (including professionals).

STRENGTHENING FAMILIES TOGETHER (SFT)

- SFT is a 5 session psychoeducational program for caregivers who support someone affected by serious mental illness.
- Based on changing needs, IAM is working to adapt this program for caregivers of someone living with bipolar disorder.

COGNITIVE BEHAVIORAL THERAPY (CBT) FOR CAREGIVERS

This program is for caregivers looking to build their resilience, better support to their family members' day-to-day well-being, and improve relationships and communication. This is a 3 session programming that focuses on the following:

- How to Support Someone Living with Psychosis
- How to Support Someone to Re-engage with Life
- How to Build a Relationship with Someone Experiencing Psychosis

EDUCATIONAL WEBINARS

- IAMs responsive educational webinars are for caregivers to learn more about topics relevant to their evolving needs.
- Some examples of sessions we offered last year: Boundaries and Communication, Financial Planning, Coping with the Holidays, and Insight to the Caregiver Experience

PROGRAMS & SERVICES

RECOVERY IN ACTION (RIA)

- This 7-session program is grounded in cognitive behavioural therapy is for individuals living with psychosis and aims to support them with day-to-day living
- Looking forward, RIA will be adapted for individuals living with bipolar disorder.

PROFESSIONAL TRAINING

- CBT for Professionals is training aimed at providing frontline professionals skills to provide more effective support to people affected by serious mental illness.
- Police Training is provided to frontline officers to increase their understanding about mental illness, how it presents, and how families are affected.
- Police training was provided in: Hamilton, Halton, and Thunder Bay.

MENTAL HEALTH LITERACY

This professional training is in partnership with YCAP/ YMCA/ YGAP, which studies subject such as:

- Let's Talk about Cannabis
- Adolescents and the Brain
- Canna-Facts
- Talking with Youth about Cannabis
- Youth and Cannabis: A Canadian Landscape



"The hosts were calm and well organized. They delivered the subject matter in a professional way. Their insights were inspiring. "



"I really enjoyed the knowledgeable instructors and openness of the participants."



"I really enjoyed the support of the other group members sharing their experiences and resources."



"Seeing other people with similar struggles helped me to feel less isolated."

IAM DRIVES COLLABORATION

The Institute for Advancements in Mental Health (IAM) is a connector, collaborator, thought leader and solution-driven organization, supporting, innovating and driving change for better mental health.

IAM innovates in mental health with a focus on returning solutions back to communities, through partnerships and collaborations. We work collaboratively across sectors to further our advancements in the mental health space- including building Your Toolkit and our Mental Health Innovation Prize Challenge.

Last year, IAM engaged in 23 partnerships across all functions of our organization. Partnerships and collaborations are a cornerstone of our work and critical to activating change. Some examples of our work last year:



We work better together, and together, we'll redesign society for better mental health.

GOVERNMENT UPDATE

IAM has continued making efforts to work with the government in support of expanded services and supports for those living with and affected by mental illness, and to encourage adoption of innovation in the mental health space across Canada.

- **Access to Treatment**

- Joint advocacy about accessibility to a range of treatment options/ treatment is not a one-size- Fits-all approach

- **Corrections Reform Coalition (IAM co-chairs this group)**

- Joint submission on the framework for strip searches
- Joint letter to various ministers regarding the establishment of Ontario's first healing lodge

- **Submitted brief to Standing Committee on Science and Research (SRSR) parliamentary committee re its research on International Moonshot programs (in support of Canadian Brain Research Strategy).**

- **IAM pre-budget submission**

- IAM had opportunity to respond to 2022 pre-budget consultations, our submission was informed by our 40-year history working with people affected by mental illness and their families and caregivers.
- **Our recommendations:**
- Invest in mental health innovation at the community level
- Consider serious mental illness in mental health investments
- Provide increased direct funding for community-based mental health services, which is sustained over time and can support operational costs as well as programmatic costs



- **Additionally, IAM echoes our longstanding calls for supports and investments in:**
 - Financial and respite support to informal caregivers of persons with mental illness.
 - Income and employment supports, such as increasing rates and reducing claw backs for Ontario Works and the Ontario Disability Support Program, to continue to support Ontarians as we recover from this pandemic, and beyond.
 - Housing supports including construction of more affordable and supportive housing units, which are inclusive of diverse needs.
 - Access to high-speed internet, particularly in rural and remote areas, in order to facilitate access to mental health supports and social and economic inclusion.

- **Presented Your Toolkit to Assistant Deputy Minister of Mental Health and Addictions /OH/ CoE** to promote innovation in mental health and encourage provincial uptake.



We will continue our government relations efforts to affect change and help create a society for better mental health.

INNOVATION

We're taking a human-centered approach, starting with the insights of the people we serve, listening, and understanding what their unique needs. Through design-thinking we try to understand the experience of people living with mental illness, as well as their support networks, and create solutions to the everyday challenges that impact them.

FUTURES REPORT



In partnership with OCAD U, using Futures and Foresight methodology, IAM developed the 'Future of Mental Health' report. Findings in this report reaffirm what we already know: the mental health system in Canada is siloed, resource strapped, and hard to navigate. The impacts of these realities limit access to support and negatively impact individuals, communities, institutions, and governments.

After soft-launching the final report, IAM is looking forward to actioning the recommendations and promote adoption through advocacy efforts.

MENTAL HEALTH INNOVATION PRIZE CHALLENGE

Our Mental Health Prize Challenge is a developed LOI process. We received we received 37 letters of intent. Which 7 of these candidates were invited to submit their full proposals.

In second half of of 2023 we were happy to extend our prize to our 2 winners for their study on:

- **Predicting opioid overdose risk using machine learning: Evaluation of an AI approach.**
- **Using digital phenotyping measures to predict the symptoms and functional outcomes in first episode of psychosis.**

We will be working with these two innovative projects over the next two years. Learn more [here](#).



YOUR TOOLKIT

IAM received funding to explore different ways individuals can optimize the follow-up appointment experience with their healthcare professionals. We worked alongside individuals, their caregivers, and healthcare professionals to unpack what goes on pre-, during and post-appointment to better understand challenges and opportunities along the way and gain insight around building tools to enhance their experience.

Findings were consolidated into 4 personas and corresponding journey maps. The personas represent the different personality types that use mental health services and products in similar ways, and the corresponding journey maps represent their processes.

Your Toolkit addresses the commonalities amongst these personas and their corresponding experiences and provides a unique solution to their common pain points.

This innovative, patient-informed toolkit supports individuals living with psychosis in their journey towards autonomy and improved mental health. By addressing appointment-related anxieties and promoting collaborative discussions with healthcare professionals, "Your Toolkit" has made a significant impact on the lives of those who have had access to it and fosters a more holistic approach to mental health care.



Maya – The Disenchanted

It's the same old every time.



Ahmed – The Untreated

I'm not okay, but I don't know why.



Sebastian – The Champion

I take responsibility for my own mental health.



Janice – The Resistant

I'm not sick, I don't need help.

Funding in 2022-2023 from Janssen Inc. allowed us to incorporate all of the feedback from testing into the final prototype and develop a low-fidelity prototype of the digital accompaniment.

OUR SOLUTION:

- Individuals see **value in having a physical collection** of **information**, resources and activities.
- Caregivers like that this tool could **give the individuals autonomy**.
- Many see this tool **filling the gaps** in their appointment schedule.

USERS LIKED:



Written with **genuine care** for the individual.



Importance of **informal supports** to augment formal support systems.

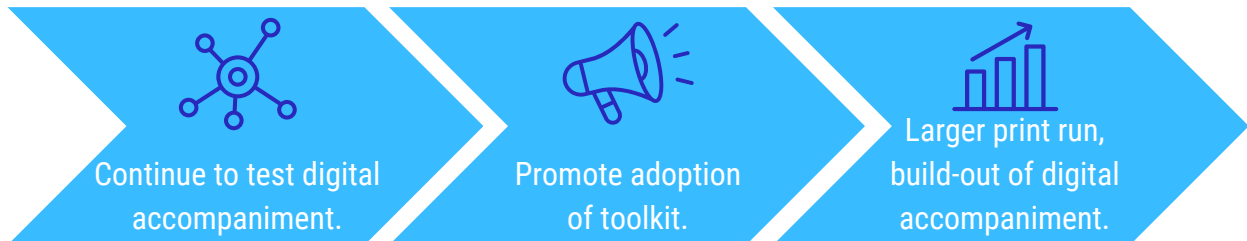


Cannabis information was **neutral and non-judgmental**.



CBT booklet **resonated** with individuals and they were **excited** about **completing the activities**.

NEXT STEPS:



ALIGNMENT WITH PROVINCIAL PRIORITIES:

- ✓ Implementing **innovative** solutions: **filling gaps** in care.
- ✓ Better health **outcomes**.
- ✓ Promotes **autonomy** and **improved system navigation**.

CARING FOR CAREGIVERS: CHARTING THE PATHWAY TO ENHANCED SUPPORT

IAM Awarded \$150,000 Grant to Address Mental Health Crisis in Canada

The Petro-Canada CareMakers Foundation inspires and raises awareness and understanding of the issue of family caregiving in Canada. They continue to raise funds to help enable charitable organizations in Canada to support family caregivers.

In Canada, **the pandemic has impacted the mental health of 54% of Canadians** two years after the pandemic onset. And the growth in the mental health crisis across the country is evident.

For **individuals impacted by psychosis, the pandemic has been far worse through the prescribed isolation and disruption to routine** and the significant impact on available **support and recovery aids**.

In light of these challenges, IAM has been awarded a \$150,000 grant from the Petro-Canada CareMakers Foundation to address mental health concerns in Canada. Through collaborative efforts and partnerships across Canada, IAM is aiming to reassess and remap mental health services for caregivers in Canada, focusing specifically on complex mental illnesses. Leaning on a range of perspectives from provincial partners, service providers, and caregivers, this comprehensive research initiative aims to shed light on how COVID-19 has impacted the service landscape where older supports might have disappeared, and newer supports emerged, and potential opportunities and recommendations for ongoing systemic collaboration and solution development.



OUR VOLUNTEERS

IAM is very thankful for our generous volunteers and supporters. Over the last four decades, countless volunteers have rallied around our mission to support better mental health. They've thrown their own events, organized community gatherings, and created impact in their own, meaningful way.

Nineteen years ago, **Hole Out For Hope** started as an event called Drive to Survive. The founders of the event, **Fred Howe and Craig Sindrey**, started this annual golf tournament in support of mental health and the initiatives of the Institute for Advancements in Mental Health (IAM).

Fred and Craig first connected 20 years ago when they met at an annual golf tournament. This is where they learned they have a similar family history with mental health and, of course, their love for golf. **They then reconnected at IAM, where they had family members living with schizophrenia.**

IAM has been partnering with Hole Out For Hope for over a decade. We are thankful for the support and donations that their yearly event has been able to help out with initiatives at IAM. Even through COVID-19, Hole Out For Hope continued to share their support with an alternate online event, and we greatly appreciate that Fred and Craig, as well as the golf committee which includes Fred Howe, Craig Sindrey, Frank Deluca, Ricky Tian, and Ellezandro Noronha who were able to bring back the 2023-2024 year event in person!

On **June 21, 2022** IAM held its annual Hole Out for Hope campaign. Our 2022 goal was to raise **\$100,000**, and we are pleased to share we well surpassed our original goal and raised **approximately \$108,000!**

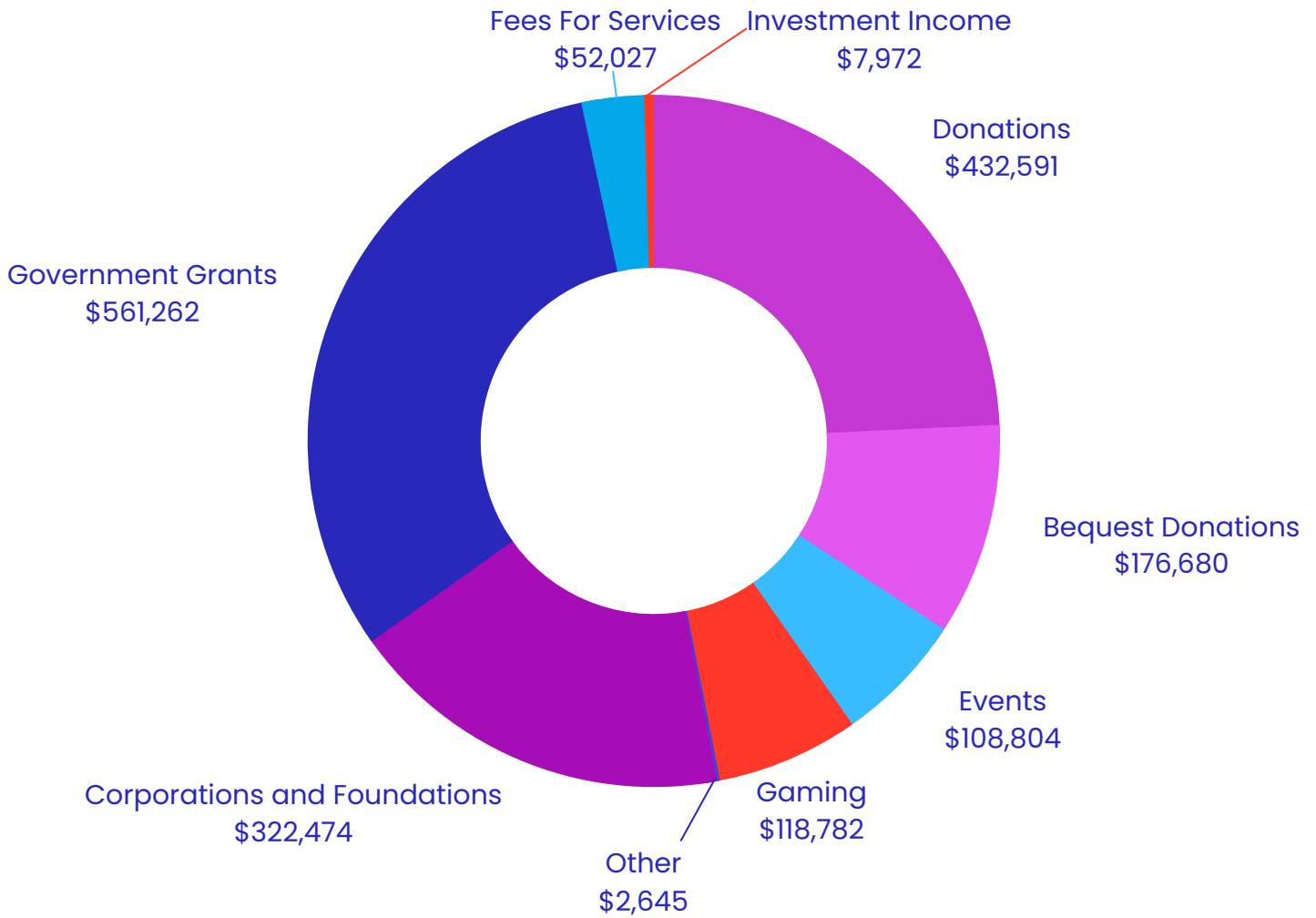
Thank you to our dedicated golf committee for participating in this event!

Thank you,
IAM



FINANCIALS

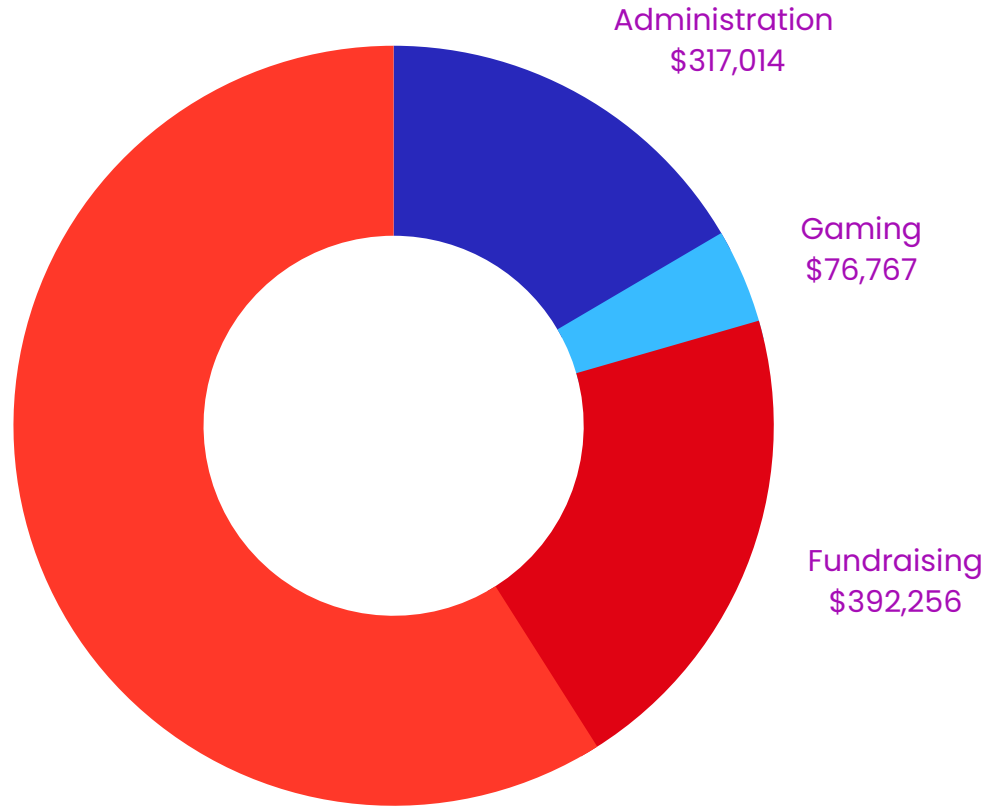
WHERE OUR MONEY COMES FROM



Total: \$1,783,237

FINANCIALS

WHERE OUR MONEY GOES



Total: \$1,917,158

\$100-\$999

Abadi, Babak
Adamson, Donald
Agnew, Edward
Akman, Justine
Alberti, Maria T.
Alkin, Seval
Alzamora, Eduardo
Anderson, Karen
Anderson, Neil
Ashbee, Clare
Assaf, Lisa
Au, Oymoon
Baker, Eleanor
Barber, Rick
Bathe, Walter
Battler, Murray
Bauer, Martha
Beaubien, Ronald
Becker, Jody
Belanger, Lucie
Belzile, Aline A.
Bernard, John D.
Beukeboom, Louise
Beukeboom, Rene
Bezverbnaya, Irina
Bezverbnyy, Alexandr
Bichon, Andree
Biderman, Beverly
Billes, Martha
Blundy, Chad
Bonin, Real Y.
Borish, Joanne
Boshan, Linda
Bossy, Andrew
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Boychuk, Susan L.
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Breedon, Marie Christine
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Christy, Gail
Cicuta, Claudio
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Dymon, Rick
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Elkin, Simon
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Field, Helen
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Goldlist, Renee
Goodman, Gail
Gough, Ian
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Gray, Mary
Green, Rachel
Guo, Xiang
Guttman, Beatrice
Hall, Jean
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Harling, Rob R.
Hart, Les
Hartley, Hilary
Hawkins, Gerry
Haythornthwaite, Raymond
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Heipel, Charles
Hobbs, Donna
Hobbs, Keith
Hoogkamp, Jim
Hooydonk, Emmy
Hossein, Chris
Hough, Bridget
Houston, Greg
Houston, Ron J.
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Howard, Gry
Howe, Christine
Howe, Fred
Huh, Kil-Moon
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Huppke, Megan
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Kenel, Prisca
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King, Christine E.
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Kozlowski, Steve
Kritsch, William
Kuhn, Martin
Kungl, Michelle
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Lam, Richard
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Langis, Dino
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Lopez, Michael
Lum, Leanna
London, Alice M.
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MacMillan, Jimmy
Madden, Leslie
Madill, Jacqueline
Madill, Jamie
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Maher, MaryLou
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Mandyam, Annand
Mandyam, Jayalakshmi
Manji, Mina
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Milliken, Peter
Mills, Randolph
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Milestone, Odette
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Monti, Adriana
Mooder, Robert W.
Moritz, Lydia
Morris, Simon
Mortley, Penny C.
Muir, Nancy
Mund, Michael
Munro, Susan
Munsie, Reed
Murray, Vince

**THANK YOU
TO OUR GENEROUS
DONORS!**

\$100-\$999

Myry, Pentti
Naples, Gayle S.
Nelson, Catherine A.
Neuman, Travis
Noble, Sarina
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Olbach, Margaret
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Ortanez, Johnny
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Patterson, David J.
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Pauls, Agnes
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Prest, Carole
Price, John
Proctor, Thomas
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Reisler, Daniel
Rennie, Ross
Rhodes, Marie
Richards, Gail
Richardson, Joseph
Risen, Rebecca
Robertson, William
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Rogers, Carol
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Rose, Laurence
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Ruston, Marian
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Salter, B.R.
Schembri, Jennifer
Schroeder, Martin W.
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Shendelman, Eric

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Sherlock, Diane
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Shoom, Allan
Shuman, Risa L.
Simpson, Stuart
Sindrey, Craig J.
Sindrey, Mark
Skelly, David M.
Sloan, Monica
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Smith, Doug
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