



Annual Report on Giving

Douglas

INSTITUT
UNIVERSITAIRE EN
SANTÉ MENTALE

FONDATION

MENTAL HEALTH
UNIVERSITY
INSTITUTE

FOUNDATION

2016-2017



Marisa Giannetti, Chair of the Board of Directors
Lea Valentini, volunteer

Twenty Million Thank Yous!

This year has been marked by the extraordinary support of our volunteers. Whether they run, skate, raise funds with family, friends and colleagues, contribute their expertise, greet participants, represent us or head to the golf course, our volunteers spare no effort. We wouldn't have achieved anything without them, and we would like to express our thanks.

Chic Jeans was the dress code for the Open Minds event, which brought together 500 guests at Le Salon 1861 last February. Led by honorary president Mitch Garber and thanks to engaged co-presidents and a determined organizing committee, the event raised over \$430,000. Other events took place throughout the year, including the **Défi Douglas** Groupe Copley, which doubled both the number of triathletes and its revenues; the annual Bell Mobility and Bell Canada golf tournaments; a contemporary dance performance by choreographer Jane Mappin; and a film screening at

Cinéma Guzzo that raised funds for the project to expand the Eating Disorders Unit, not to mention the courageous cyclists and runners of the Parc de la Mauricie.

Funding advances in research and better patient care are at the heart of our mission. This year, in addition to support for the Research Centre, we are proud of the aid we have been able to provide for research on Alzheimer's disease. Innovative projects aimed at patients have also taken shape; one of them seeks to promote better nutrition among patients in one of the psychotic disorders units and to measure the benefits for their physical and mental health. This project is dear to the CIUSSS-ODIM's director of mental health and addiction, Najia Hachimi-Idrissi, whose career I invite you to read about in the following pages.

As we near the \$20 million goal of the Investing in Mental Health campaign, and on behalf of all those people who are living with a mental health problem, I thank you for your generosity towards the Douglas Institute Foundation.

Marisa Giannetti,
Chair of the Board of Directors



Najia Hachimi-Idrissi: dedicated to serving people living with mental health problems

No matter the time of day or the number of meetings that she has attended since early that morning, Najia Hachimi-Idrissi, Director of mental health and addiction programs for the CIUSSS de l'Ouest de l'Île de Montréal, can always be counted on to listen attentively and respond with intelligence. It is therefore no surprise that in 2009 she received the Prix Hommage Gilbert-Blain, from the Association des diplômés en administration de la santé, of the Université de Montréal, for her leadership role in the field and her humane approach.

With the recent turmoil in the healthcare system, many at the Douglas worried that mental health would be brushed aside and that the worst cuts would target a vulnerable clientele, one ill-equipped to make itself heard.

But that was without taking Najia into account. In 2017, just two years after arriving at the CIUSSS, she succeeded in mobilizing her teams in order to offer services that promote our patients' rights and their recovery. The results are encouraging and everyone has benefited.

Among the causes that matter the most to her is the reintegration into the community of people who have been hospitalized at the Douglas for several years. As a result, a patient diagnosed as intellectually disabled and as having a severe behaviour disorder, and who had been at the Douglas for 7 years, now lives



in community housing and has not been re-hospitalized since. Thanks to a member of the mental health care team who accompanied her during this transition, she has also reconnected with her family, who she had not seen for 20 years.

Similarly, children in the Douglas day hospital now spend one day a week at their regular school, accompanied by their health care worker. Children and families are delighted with this new schedule that facilitates integration into the school environment and encourages academic perseverance during clinical follow-up.

For **Najia Hachimi-Idrissi**, combining physical and mental health is essential. Thanks to the generosity of the **Gustav Levinschi Foundation**, she is in the process of setting up a pilot project that includes balanced nutrition as part of the treatment plan for individuals who are hospitalized in the intensive rehabilitation unit (CPC3).

Patients at the Douglas are very fortunate to have Najia, a compassionate, efficient and open-minded person, as their ally.

Open Minds 2017 raises more than \$430,000 for the Douglas Institute

The 16th edition of Open Minds, which took place last February 23rd at Le Salon 1861, helped raise more than \$430,000 in support of the various mental health research programs.

Over 500 guests responded to the invitation launched by Mitch Garber, President and CEO of Caesars Acquisition Co. & Caesars Interactive Entertainment, and Honourary President of this event.

Mitch Garber brought his personal touch to the evening by taking a complete opposite approach to the usual traditional balls. He brought a casual style to the Open Minds Benefit evening, where there was no sit-down dinner, nor endless speeches, and where guests were able to wear their favourite jeans. This year's dazzling edition hosted by Aphrodite Salas, CTV reporter, was a great success that we hope to reproduce next year.

Marisa Giannetti, Chair of the Board of Directors of the Douglas Institute Foundation, wishes to emphasize the efforts undertaken by Mitch Garber as well as those of the event's co-chairs: Helen Beck, Maude Leblond, Michael Novak, and Scott Yetman who motivated the business community around this very important cause.



Aphrodite Salas and members from organizing committee :
Alicia Hamilton, Sarah Ivory, Caroline Dillon,
Susan Doherty, Nancy Simard,
Marisa Giannetti and Sophie Lussier





Aphrodite Salas, Scott Yetman, Mitch Garber,
Maude Leblond, Marisa Giannetti and Michael Novak





You Make a Difference!



In Style with Holts : Let's Bond and Holt Renfrew team up to raise funds and awareness on mental health issues.



Pauline Belliveau, a former patient of the Eating Disorders Program, succeeded in rallying support from Cinémas Guzzo for her cause by organizing a movie night. Contributions were generously matched by the Guzzo family. **Close to \$10,000 was donated.**

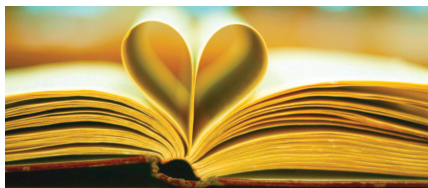


McDonald and few generous donors joined forces to offer patients a memorable **hockey night** and dinner.



Thanks to **Catherine D'Amours**, a volunteer, the Douglas was granted a **\$10,000** donation from the **Casse-Tete Foundation** in support of the expansion project of the Eating Disorders Unit.

Thank you **Caroline Solis** for organizing the 2nd edition of **Défi des fondations** Golf Tournament.



Book Sale: A fine partnership between the Foundation and the Douglas Auxiliary Committee raised more than **\$2,000** for the Patient Fund.



A huge thank you to the members of **Les Roses** who in the past 2 editions have raised more than **\$200,000** for the Douglas. Hats off ladies!





Three Bell Mobility employees, **Yannick Lauzé, Nikola Petrovic and Benoit L'Italien** raise **\$28,320** at their annual golf tournament. Heartfelt thanks to all **Bell Mobility** employees and partners for their participation.

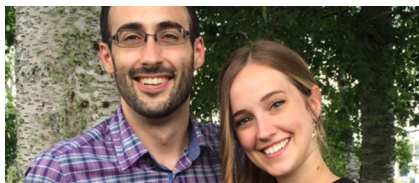


Dr. Maria Di Tomasso of the Douglas, Andrew Carter of CJAD and an enthusiastic participant

Défi Douglas – Groupe Copley, a growing success that doubled its number of participants at its 2nd edition and raised more than **\$102,000**.



Oasis Surf hosts an **indoor surfing and marshmallow party**: a unique fundraising initiative by Guillaume Fuso, a young man that has mental health at heart and a passion for surfing!



Instead of wedding favors, **Cynthia and Joel** decided to thank their wedding guests by offering a donation to the Douglas in memory of Michaël, Cynthia's cousin.



Photo: Let's Bond Organizing Committee

The most sought out event of the year: **Let's Bond** donated a portion of its proceeds, **\$42,412**, to the Douglas. Over 800 tickets sold out in less than an hour!



The first edition of **Bell Canada's Let's Golf** raised **\$ 75,000** to support the Douglas, as well as the Institut universitaire en santé mentale de Montréal and the Fondation Jeunes en Tête.



A sold-out **benefit dinner** in Victoriaville; the initiative of two mothers **Huguette** and **Michèle** reaped nearly **\$3,000 in donations**.



« **Je marche à côté de moi** » A contemporary dance performance by choreographer Jane Mappin that brought in nearly **\$20,000**. Our sincerest gratitude to Maurice Forget for his outstanding dedication.

Some major discoveries thanks to your support



2003 Anorexia and Bulimia: It's also a question of genetics

Howard Steiger, director of the Eating Disorders Program (EDP) at the Douglas Institute, has shown that genetic factors have a significant impact on the development of anorexia and bulimia.

2009 Child abuse affects certain genes and increases the risk of suicide

Researchers Gustavo Turecki and Michael Meaney used epigenetics, a revolutionary approach, to demonstrate that abuse leaves marks on the brain and affects how genes function. To put it simply, epigenetics is the study of what may alter, not our genes, but the expression of these genes. As such, abuse would reduce the expression of certain genes that play a fundamental role in our ability to resist stress. However, this damage may be reversible.

2014 A guardian angel against Alzheimer's disease

Ten years after discovering the gene responsible for the development of Alzheimer's disease, Dr. Judes Poirier's team has discovered a genetic variant that reduces by 30 to 50% the risk of developing the disease. Present in one quarter of Quebecers, this genetic "guardian angel" brings good news, since a medication exists that can imitate its effect, and that may, as a result, be able to slow the onset of symptoms of this terrible disease.



2015 What if sleep quality was a question of gender?

You may already have noticed it: women are more vulnerable than men to sleep



disturbances. Furthermore, they are twice as likely to suffer from insomnia. Is there a connection between the biological clock that regulates sleep and whether one is a woman or a man? According to a new study conducted by Dr. Diane B. Boivin, the answer is yes.



UN MONTRÉLAIS AU SECOURS DES PARISIENS

Un expert québécois soignera les plaies des centaines de victimes des attentats de Paris aux prises avec un syndrome de stress post-traumatique. La méthode du Montréalais Alain Brunet, spécialiste en traumatismes, sera utilisée dans 14 hôpitaux parisiens auprès de plus de 400 patients. Si elle porte ses fruits, elle pourrait révolutionner le traitement des victimes de catastrophes de masse partout dans le monde.

2016 Dr. Alain Brunet launches an ambitious program to treat the victims of the Paris terrorist attacks

Dr. Alain Brunet, of the Research Centre, is involved in an ambitious project, developed in collaboration with Paris hospitals, to treat victims of the Paris terrorist attacks who suffer from post-traumatic stress disorder. The treatment protocol, developed by Dr. Brunet's team,

aims to reduce the intensity of a painful memory using a drug called propranolol. Over a 6-week treatment period, the drug will make it possible to recall a painful memory and then to inhibit its reconsolidation.

To Expand, The Eating Disorders Unit Needs Your Help!

For more than 30 years, the Eating Disorders Program at the Douglas Institute has been at the heart of services that treat adolescents and adults struggling with eating disorders. It is no exaggeration to say that the Douglas program is the 'go to' centre in Quebec, and arguably one of the best in Canada. Each client is assessed and receives the care they need; for some, it will be hospitalization, while others will come to the day hospital or the day program or get treated as an outpatient.

The program enjoys international recognition for its excellent care and cutting edge research. Each year, nearly 450 patients are treated at the Eating Disorders Program and over the past 5 years, the number of new patients has increased rapidly. The waiting list is getting longer and the facilities are crowded.

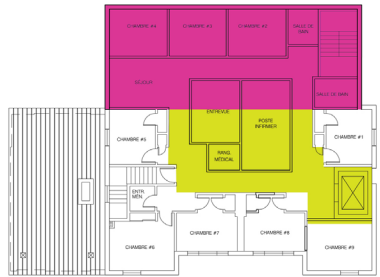
Taking advantage of necessary renovations, we want to increase the number of rooms from 6 to 9 and expand common and therapy areas. This will allow us to treat 50% more people who need hospitalisation and 35% more of those who come to the day hospital or the day program.

Help us realize this project!

To contribute or to learn more, please contact Suzanne Bélanger, Executive Director of the Douglas Foundation, at **514 762-3003**.



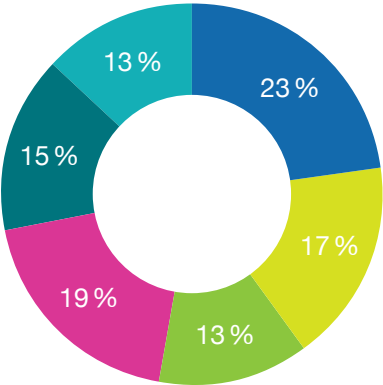
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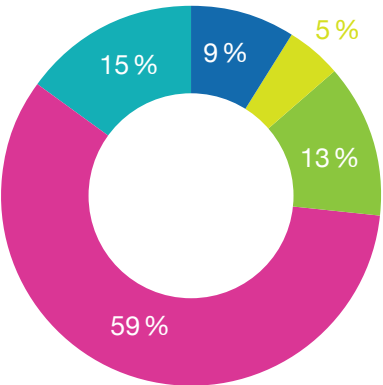
2016-2017 in Numbers



Revenues

Gifts from organizations	\$981,993
Corporate donations	\$714,941
Gifts from individuals	\$556,368
Activities	\$834,300
Investments	\$655,961
Parking fees	\$538,309

Total: \$4,281,872



Expenses

Grants to the Institute	\$329,553
Fundraising Programs	\$170,132
Parking lot management	\$489,861
Grants to the Research Centre	\$2,211,451
Administration	\$559,495

Total: \$3,760,492



Thank you!

By supporting the Douglas Institute Foundation you have helped advance mental health research, helped make the Douglas Research Centre a powerhouse in neuroscience and mental health that is recognized internationally, and helped to de-stigmatize mental illness. But above all, you have helped thousands of people benefit from quality care.

Dear volunteer, dear donor and dear member of the Board of Directors of the Foundation, we thank you from the bottom of our hearts.

We love to hear from you, so feel free to contact us to learn more about what we do at the Douglas or to visit the Institute.

Contact :

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