



**BUILDING
HOPE.**

Douglas
FOUNDATION
FOUNDATION

Impact Report 2018-2019



Word from the President

Dear Friends,

It is a great honour for me to preside over the Board of Trustees of the Douglas Foundation. Looking back over the past year, I am filled with immense pride in all that we have accomplished. Each of your gifts has helped us to move forward in breaking the stigma of mental illness.

The important work done by our partners at the Douglas Institute in both research and patient care is essential to supporting those living with, and those who will live with, mental illness.

We are fortunate to have world renowned researchers who are determined to improve our understanding—and, of course, treatment options for those who are suffering.

None of this would be possible without the support of our partners and I am eternally grateful for your collaboration. Thanks to our generous donors, as well as to our committed volunteers, we continue to successfully support the difficult work of the Douglas Institute.

We are proud to be at the forefront of positive change, investing in mental health at every stage.

Thank you for helping us!

Marisa Giannetti



Word from the Executive Director

Taking on a new role is a challenge. There are surprises around every corner and what seems like an insurmountable amount of new information to remember. Joining the Douglas team as Executive Director earlier this year was no different—in this case, the unknown was all good news. I am, simply put, astounded by the scope of expertise, range of knowledge and level of patient care delivered at the Douglas Institute.

With over 60 researchers, our Research Institute is the second largest in Canada. Our researchers are consulted almost daily by news outlets around the globe for their help in decoding the latest discoveries in mental health research on topics ranging from the impact of stress on maternal mental health to which proteins accelerate the development of Alzheimer's Disease. Our treatment protocols are recognized as innovations, shared with clinicians worldwide to ensure that more patients can benefit from our best practices. And our donors and volunteers are exceptional—looking for every opportunity to help support improvements in mental health care and knowledge.

By joining us and supporting the Douglas Foundation, you too have made a concrete step towards building greater hope for those who live with mental illness. Your dollars are accelerating innovation and research; your dollars are optimizing patient care. You are helping us advance understanding of the causes of and solutions for mental illnesses. And you are helping us break the stigma that still surrounds mental health.

Thank you for your support.

Laura Fish



BUILDING HOPE.

Donations that fit together and make a difference.

Each donation to the Douglas Foundation is an essential building block. The mission of the Douglas Foundation is to finance the development of the Douglas Institute, building in three essential areas: patient care, research in neuroscience and mental health as well as education & training.

Everything clicks into place.

Our impact is stronger when we join forces. By bringing together generous donors, innovative researchers, dedicated clinicians and our amazing volunteers, we are building hope for those suffering from mental illness and their families.

Fighting mental illness brings us together.

We are stacking the odds in favour of the future by investing in research. The Douglas Foundation is proud to support the work of the Douglas Institute, the second largest psychiatric research facility in Canada and the only psychiatric teaching hospital affiliated with McGill University. Established in 1931, the Research Centre examines mental health from every perspective—cultural, biological, developmental and psychological. By bringing together researchers, clinicians, patients and students, the Douglas develops cutting edge research programs, covering all aspects of mental health from genetics through the societal causes of mental illness.

We are building hope for today by looking after our patients. Each year, more than 10,000 patients are treated at the Douglas Institute, whether in our clinics, day-hospitals, in-patient units or treatment programs. We help improve their experience by supporting recreational programs, providing comfort items, and improving physical space.



Some examples of the impact our generous donors have on everyday life.

1 The Child and Adolescent Psychiatry Program

The Child and Adolescent Psychiatry Program at the Douglas Institute provides care for our youngest patients (0-17 years old). Our team works hard to ensure that hundreds of young patients receive specialized and super specialized care that they need in order to live a full life.

Our patients suffer from a broad range of mental illnesses including anxiety, psychosis, eating disorders, attention deficit disorder, depression, developmental disorders and serious behaviour problems. The objective of our program is to establish a diagnosis, treat the illness, and provide families and youth with the tools they need to return to their everyday life.

Young patients in our intensive programs are treated by an interdisciplinary team led by a psychiatrist, and which includes specialized nurses, nutritionists, specialized educators, psychologists and social workers, as well as other seasoned professionals. This approach enables us to provide individual treatment plans for each of our patients.

We are here to ensure that our patients and their families are in comfortable surroundings, with access to complimentary programs whenever appropriate.

Making a difference: Teen Depression and suicide prevention.

Suicide is the second greatest cause of mortality among youth. Fortunately, Quebec is the only province that has not recorded an increase in adolescent suicide, thanks to a provincial suicide prevention program developed using research carried out at the Douglas Institute.

The Manulife Centre for breakthroughs in teen depression and suicide prevention at the Douglas has increased accessibility to treatment for adolescents and their loved ones. Our programs treat youth and, as necessary, provide transition care toward adulthood.

Bringing music to our patients.

The generosity of the **Simple Plan Foundation** has made it possible for us to bring music into the lives of our young patients by supporting a music therapy program at the Douglas Institute. Music helps support the therapeutic process, and allows those suffering to express themselves when words are not possible or not entirely sufficient.

2 A centre of excellence for understanding Alzheimer's Disease

The Douglas Institute is home to the McGill University Centre for Studies in Aging.

Bringing together renowned researchers, clinicians and patients, our team works hard to better understand the causes and best practices using a variety of innovative tools and methodology.

We are extremely proud of our impact in this field, including the StoP-AD Centre—the only Alzheimer's prevention program in Canada and one of the few in the world.

With its generous and ongoing support, the J.L. Levesque Foundation has made it possible for a team led by world-renowned **Dr. Judes Poirier, PhD, CQ**, Director of the Research Program on Aging, Cognition and Alzheimer's Disease, to work with cutting edge technology, leading to many new findings including the discovery of a novel protective gene against Alzheimer's disease.

Given the ever increasing age of our population, Alzheimer's disease may become a major public health crisis. Evidence that prevention will be the key is increasing; and the key to prevention is identifying those at greatest risk for the disease before symptoms even emerge. Artificial intelligence methods trained to discover novel patterns using standard clinical data and neuroimaging may be the way forward in early identification.

Mallar Chakravarty – PhD,
Computational Neuroscientist

3 The Douglas-Bell Canada Brain Bank

We are the second largest mental health research centre in Canada and we house the only brain bank in the country. With more than 3,500 human brains, we provide samples to researchers around the world.

The study of brain tissue is essential to the understanding of mental or neurological problems. By providing access to brain samples that have been preserved under optimal conditions for research, we are supporting advances in the treatment, cure and prevention of brain diseases and disorders.

Our researchers use samples from the brain bank to consider questions such as how life experience affects gene function and increases risks for suicidal behavior. Ground breaking discoveries include identifying changes in the neural structures in specific areas of the brains of people who suffered severe abuse as children.



4 The Eating Disorders Program

For more than 30 years, the Eating Disorders Program (EDP) at the Douglas Institute has contributed to the treatment of people with anorexia nervosa and bulimia nervosa. The program is recognized internationally for its research and sees close to 450 patients each year.

The EDP at the Douglas is the only program in Quebec that offers continuous, uninterrupted care of adolescents, right up to adult age. It provides cutting-edge treatment to hospitalized patients, day programs for external patient consultations, education and therapy to people suffering from anorexia and bulimia.

By training other health care workers throughout Quebec in best practices, the team at the Douglas ensures that hundreds of additional patients are helped each year.

5 The Prevention and Early Intervention Program for Psychoses (PEPP-Montréal)

Psychoses are among the most serious of mental illnesses, taking a tremendous toll on patients, their family and friends. Tragically, most patients are undiagnosed for years, leading to depression, unemployment, substance abuse, criminal activity and a life span that is 25 years shorter than that of the general population. These illnesses also place a tremendous burden on our health care system, with psychotic patients occupying more hospital beds than any other medical or surgical condition.

The Douglas has developed a unique **Prevention and Early Intervention Program for Psychoses** that offers timely treatment and comprehensive care. By combining medication, skills training, family support and education as well as cognitive, behavioral and psycho therapies, this program is producing some of the best outcomes in the country.

Because early intervention is so critical, our program assesses people within 72 hours, without the need for a referral from their family doctor. Patients are then provided with treatment geared specifically to their condition. At the same time, our field specialists work to understand how biological and environmental factors influence the risk of suffering a psychotic problem with a view to leveraging the knowledge gained from this program to improve understanding and outcomes for patients suffering from psychosis.



2018-2019 We did a lot together!

What a year! Together, we are building hope.
We thank you from the bottom of our heart.

Annual Events that Bring Us Together

List of events for 2018-2019, to name only a few...

- Mental Health & Wellness Event
- Bell Let's Talks – Hockey Night
- Spaghetti Dinner – Victoriaville
- Défi Douglas – Groupe Copley
- Highland Games
- Golf Tournament – Bell Mobility
- Let's Bond Urban Ball
- Charity Drive Committee International Civil Aviation Organization (ICAO)
- Pharmaprix – Newman Lasalle
- Live for the Cause

More than \$857, 000 was raised this year! We would like to thank all our organizers for their invaluable support. Together, we are building hope.



< Bell Mobility Golf Tournament Organizing Committee with Representative of the Douglas Institute.



Opens Minds Organizing > Committee.



< Douglas Team Members with Défi Douglas participants.

2018-2019 in Numbers

Revenues

Gifts from organizations	\$378,566
Corporate donations	\$391,346
Gifts from individuals	\$625,560
Activities	\$857,944
Investments	\$280,471
Parking fees	\$503,328

Expenses

Grants to the Institute	\$239,071
Fundraising Programs	\$148,315
Parking lot management	\$458,029
Grants to the Research Centre	\$1,762,099
Administration	\$447,781

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To learn more about our foundation please visit:
foundationdouglas.qc.ca

