

IMPACT REPORT

2019-2020



Douglas
FOUNDATION
FOUNDATION

A WORD

FROM THE PRESIDENT



Dear friends,

It was a great honor for me to chair the Douglas Foundation's Board of Trustees for the past few years. I leave this presidency and the Foundation in excellent financial health thanks to a competent, dedicated board and a committed team. What we have accomplished is extraordinary; our donors have allowed us to build hope like never before for people suffering from mental illness and their families.

The Douglas Institute is a unique resource in mental health research and care and we need all of you to help us sustain its essential work. We could not offer care of such high quality and exceptional research without the continuous support of our partners. It was a real pleasure for me to see our accomplishments grow thanks to their collaboration with two editions of the Bal des Lumières, our Let's Bond and Open Minds evenings, recent mailings and the new advertising campaign orchestrated by our team. I am also very proud to have been at the helm of the foundation during the hospital's transition into the CIUSSS structure and to collaborate more closely with the Research Centre, McGill University and the Montreal Neurological Institute to develop shared projects for mental health.

I would like to give special thanks to our donors and volunteers without whom our success would not be possible. I am sure you are as proud as I am to help support the Douglas and see it continue to be recognized as a champion of mental health in Quebec and around the world.

In conclusion, it is my pleasure to welcome Maude Leblond as the new Chair of the Board of Trustees. I wish her all the best and a mandate filled with success as she leads the organization in its important work.

Thank you for all of your support,

Marisa Giannetti

A WORD

FROM THE EXECUTIVE DIRECTOR



Dear donors,

My first year at the Douglas Foundation was filled with excitement, particularly because of the many opportunities we have had. Thanks to our dedicated Board of Directors and a team full of ideas, we were able to honor the expertise and care offered by the Douglas Institute. I can no longer count the number of rewarding meetings and achievements we have had since my arrival.

The researchers, clinicians, employees and volunteers at the Douglas accomplish extraordinary things. The support demonstrated by our donors and partners is also astounding; their help allows us to fund countless initiatives to help improve the mental health care and knowledge that we need now more than ever.

We are ending this fiscal year with a big challenge because of the rampant public health crisis. I am so impressed by the speed with which our teams mobilized to overcome the pandemic and provide the best possible care to our patients. This reflects, once again, the resilience of the community working at the Douglas.

I would like to remind you that your support is an essential building block to help us build hope for all those who are affected by mental health problems. The psychological distress caused by COVID-19 will touch many people and we have a collective responsibility to address this important need. Now is the time for action.

I want to conclude by giving my thanks to Marisa Giannetti for showing her confidence in me and for her dedication during the past years. I am delighted to welcome Maude Leblond as our new president and looking forward to partnering with her to continue the important work of the Douglas Foundation.

Thank you for your continued support,
Laura Fish

THE DOUGLAS

FOUNDATION

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.

BLOCK BY BLOCK

WE MAKE A DIFFERENCE

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.



Douglas Institute Foundation

6875 LaSalle Blvd., Montreal, Quebec H4H 1R3
514 762-3003

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



SHOWING THE TRUE FACE OF MENTAL HEALTH



**BUILDING
HOPE.**

Putting an end to the stigma surrounding mental illness is one of the fundamental goals of the Douglas Foundation. The purpose of our “**BUILDING HOPE**” campaign was to give a voice to people with mental health issues and their families. It is through their emotional testimonials that we were able to better understand the challenges accompanying a diagnosis of mental illness, put a face on the issues and help to build hope for those who suffer.

WATCH NOW

Everybody knew his father. Sadly, he could not remember his son. Denis, son of Henri Richard, tells us about the difficulties endured by him and his family following his father's diagnosis with Alzheimer's Disease.

[WATCH](#)

EVERYONE KNOWS MY FATHER. SADLY, HE DOESN'T REMEMBER ME.

BUILDING
HOPE.



Francis was 25 when he took his own life. His mother, Martine Loiselle, provides us with her perspective as a mother devastated by her child's actions. An essential testimonial that reminds us what families shaken by a suicide must endure.

[WATCH](#)

MY SON WAS 25 WHEN HE COMMITTED SUICIDE.

BUILDING
HOPE.



At eight, Michel had to face everyday life with his mother suffering from schizophrenia. He recounts the loss of his mother affected by a mental illness that remains misunderstood.

[WATCH](#)

AT 8, I COULD SPELL SCHIZOPHRENIA.

BUILDING
HOPE.



At 18, Gabriel weighed only 90 pounds.
He carefully explains to us how
eating disorders are much more
than a matter of weight.

[WATCH](#)

**AT 18,
I WEIGHED
90 LBS.**

BUILDING
HOPE.



The loss of a loved one is always difficult.
Laura explains to us the pain of
watching her mother fade away.

[WATCH](#)

**IN 2006,
MY MOTHER
DISAPPEARED.
IN 2014,
SHE PASSED AWAY.**

BUILDING
HOPE.



“We are currently at war against
an invisible threat”. Roméo Dallaire,
official spokesperson of Building Hope
– The movement, speaks about the
challenge posed by COVID-19 and how
we can protect those who already suffer
from mental health problems.

[WATCH](#)

**FOR THOSE WHO
HAVE SUFFERED
BECAUSE OF THE
PANDEMIC.**

 **BUILDING HOPE**
The movement



ANNUAL EVENTS

2019-2020

This year was marked by the success of three major fundraising events: the **Bal des Lumières**, **Open Minds** and the **fifth edition of Défi Douglas**. We would like to thank our generous sponsors and our organizing committee for their remarkable work. We conclude another successful year thanks to your help with over **\$1,281,252** raised for mental health. We also wish to thank all of our organizers for their invaluable support. Together, we are **BUILDING HOPE**.

Bal des Lumières



Open Minds



Défi Douglas



ANNUAL EVENTS

2019-2020

Mental health, mind matters!

Last fall, the Douglas
offered a workshop titled
“**Mental health, mind matters!**”
at the Montreal Science Center.
It was a unique opportunity to expose
the many faces of mental health
to young children and help them
to cultivate a healthy mind.

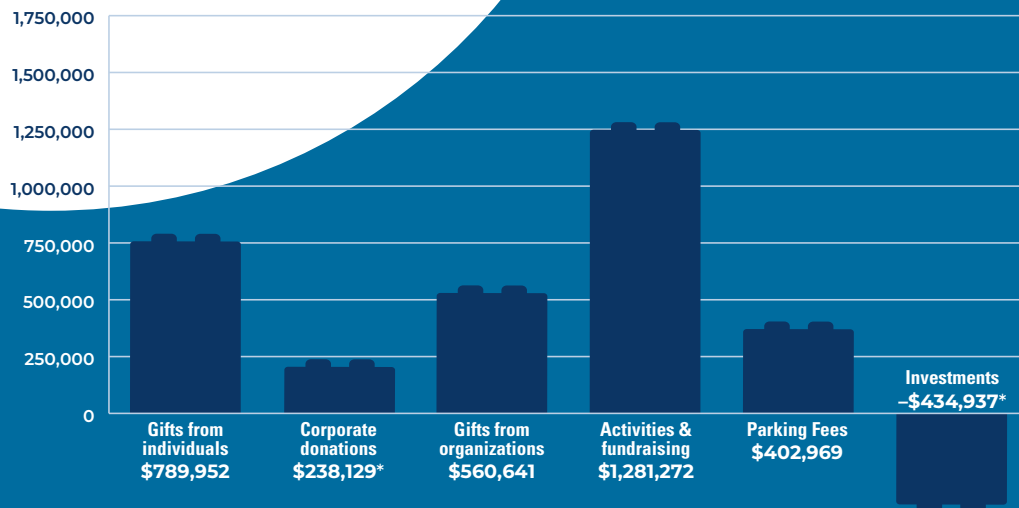


Many thanks to the other events that made 2019-2020 a resounding success: **Let's Bond**, the **Highland Games** and the **Bell Mobility Golf Tournament**.

IN NUMBERS

2019-2020

REVENUES



*The COVID-19 pandemic had a major impact on the Douglas Foundation. Stock market volatility and significant downturns during the closure of our financial year both affected the calculation of value in investments.

EXPENSES

