



**The Sashbear Foundation**  
Making waves on BPD and suicide prevention...

# Annual Report

**FISCAL YEAR 2015:**  
January 1 to December 31, 2015

**Date of Report: March 6, 2016**

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*"Together as one..."*



## President's report

### Message

*"Alone we can do so little; together we can do so much."* – Helen Keller

For Sashbear, 2015 has been the Year of Community Outreach. We have reached out to many communities -- the mental health community, the general population, the media, the education community, the business community and even the international community.

There are only positive side effects to Sashbear's community outreach. We are promoting more understanding and compassion and helping to dispel the stigma of mental health. We are working with the health system to increase capacity in treatment programs and promote the benefits of evidence-based strategies. We are working with the general population to create skillful peer support in families, schools and workplaces.

Sashbear is fulfilling a vital role as catalyst to bring mental health organizations and the general population together. Our signature event, the Borderline Walk is a great example of this. The Borderline Walk is a symphony of families, mental health providers, organizations, entertainers, mindfulness practitioners and educators. The 2015 walk was covered extensively by print, online and broadcast media including a story on CBC The National aired across Canada, CTV's W5 and a front-page story in Canada's largest newspaper, the Toronto Star.

We are working with the education community through school presentations starting in junior kindergarten and spanning the curriculum from middle schools to high schools all the way to post-secondary institutions like George Brown College and University of Toronto Scarborough.

Support for families was greatly enhanced by the many Family Connection groups run by Sashbear at Davenport Perth Neighborhood Community and Health Center (Davenport-Perth). The collaboration with Davenport-Perth includes free space for these groups as well as administration support services.

Further enhancing family support services, Alan Fruzzetti, professor of psychology and director of the Dialectical Behavior Therapy Program at the University of Nevada, Reno directed a National Education Alliance Borderline Personality Disorder (NEA-BPD) workshop last October to train Family Connections leaders at Hincks Dellcrest Centre. Several new Family Connections groups were formed as a result.

Also in October, Sashbear introduced the concept and was the main organizer of an international Family Day Conference held in Montreal offering an opportunity for family members, people with Borderline Personality Disorder, clinicians and members of the community to learn more about BPD. The program covered family functioning, skills and strategies and available support networks. The family day was so successful that it inspired other Family Days such as, next fall's Family Day Workshop, in Vienna, Austria during the 4th International Borderline Personality Disorder Congress.

Sashbear is bending the arc of mental health toward the three "A"s of awareness, acceptance and access. We are promoting awareness of mental illness through education and community outreach. We are working towards acceptance in the absence of judgment by creating more validating environments in schools, homes and workplaces. And we are acting as a catalyst to create greater access to evidence based treatments as well as training for mental health professionals.

I want to thank each Sashbear Director for their time, expertise and dedication in making 2015 a successful year.

The Sashbear Foundation Board of Directors:

Lynn Courey, President  
Barb Schultz, Secretary  
Dawn Coombs, Treasurer  
Susan Morency, Strategic Advisor  
Victoria MacLean, School Talk Liaison  
Carolyn MacLean, Legal Advisor  
Rosanna Ruppert, Family Connections Liaison

I would like to take a moment to express my appreciation and gratitude to all members of the Sashbear team, for your dedication, your time and your commitment to Sashbear's vision and mission, together as one we are making the world a better place for those who struggle and need our support and understanding.

The word is getting out and change is happening.

To all the volunteers, Board members and members, I want to thank you all for your valuable contribution in making a difference in our community. Your efforts are truly making waves on BPD and generating hope for many!

Last but not least, I would like to give special thanks to Barb Schultz for her time and effort on the Board as she steps down from her position on the Board to pursue a new chapter in her life and moves to beautiful Prince Edward County with husband John. Barb has been a Board member since the start of The Sashbear Foundation and is one of the original founders of the Sashbear group. Her many contributions to the Sashbear Foundation and her personal support through our difficult journey will not be forgotten and we wish her well in her new adventure!

Thank you!



Lynn Courey

President

March 6, 2016

*“Making waves on  
Mental Health...”*



## Mission and Value Statements

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### Vision

Making waves on Mental Health by building environments for the advancement of life coping skills.

### Mission

To lead a mental health reform by promoting awareness for the need of early prevention, recognition, timely intervention and access to affordable treatment of individuals with emotional dysregulation. Through our efforts, we will bring positive changes to create a more validating environment for everyone by:

- Eliminating the stigma around Borderline Personality Disorder
- Promoting access to affordable treatment services leading to improved quality of life
- Disseminating effective life coping and interrelationship skills
- Informing and mobilizing family and friends to seek the skills training needed to support loved ones when they struggle

Figure 1 - Mission Roadmap – Interventions in the Health System

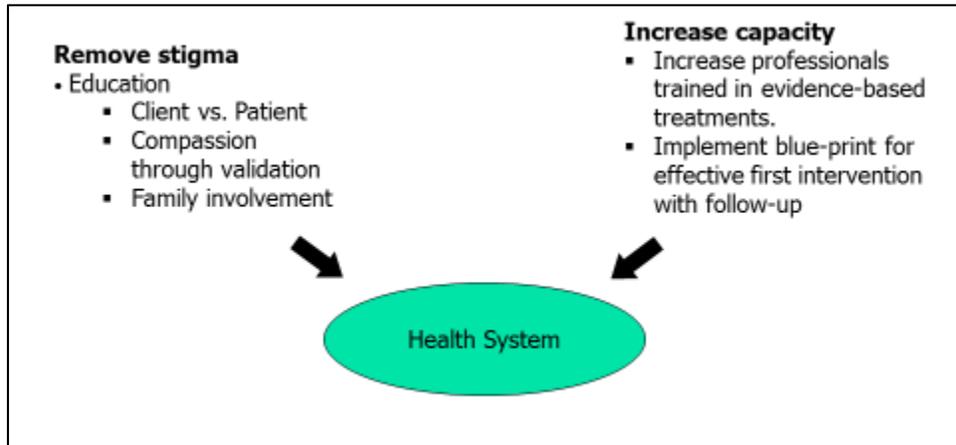
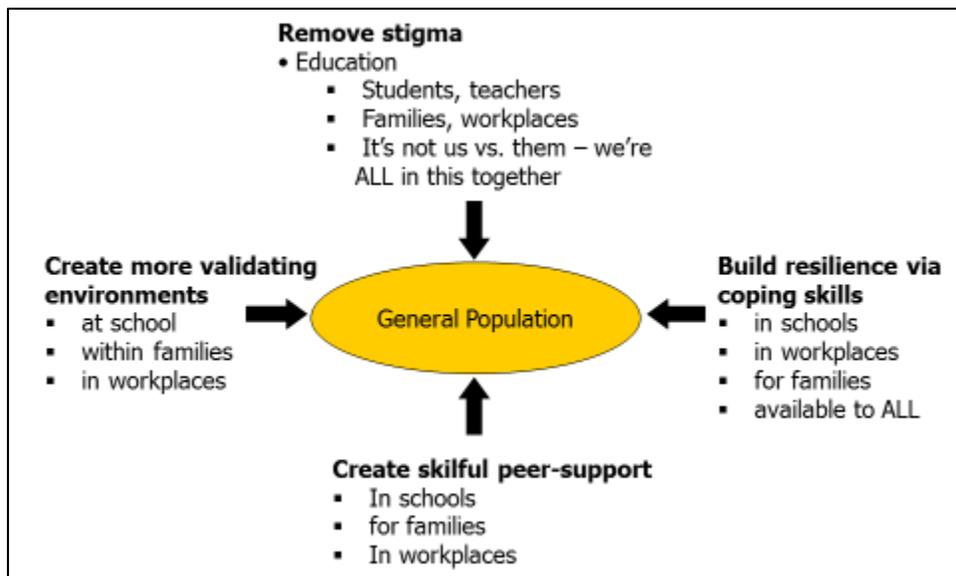


Figure 2 - Mission Roadmap – Interventions in the general population



*“Website traffic increasing...*

*technology improvements underway”*



## Website Report

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### Website

The website received almost 69,000 hits since the start of March 2014. That's a 43% increase over last year.

### Online Donations

The website was recently updated to use CanadaHelps.org for online donations allowing income tax receipts to be automatically issued to donors.

### Newsletter improvements

The last two newsletters were mobile friendly making them easier to read from mobile devices. The next newsletter will use a more powerful emailing system called MailChimp that allows for better management of our 1,000+ newsletter subscribers.

### Website Redesign

The Sashbear.org website will be redesigned to better meet the needs of our stakeholders. An RFP (Request for Proposal) was submitted in the fall of 2015 and website redesign should start this year.

*“Bringing awareness in schools...to a wider audience”*

## School Presentations

School presentations are at the heart of Sashbear’s early prevention strategy. In 2015, our presentations reached a wider audience with presentations at George Brown (first college presentation), and first ever presentations at the elementary and middle school levels. School presentations are also a vehicle to spread the value of DBT-informed skills beyond BPD, to reach kids and adolescents (as well as staff!) who can use these skills to help themselves and better support others while promoting an environment free from stigma and bullying.



Date	Significance	Detail
2015-02-26	First School Talk at a College	George Brown Mental Health Conference - school staff, students and outreach workers.  <a href="http://www.georgebrown.ca/16th-mental-health-conference/#presentations">http://www.georgebrown.ca/16th-mental-health-conference/#presentations</a>
2015-03-17	First presentation to settlement workers	Presentation of Borderline What? - a message of hope to <b>Settlement workers</b> in Toronto.
2015-04-28	First school talk in elementary schools	Mindfulness Workshop presentation at Cedarvale Community School in Toronto. A presentation to kids in JK to Grade 3 followed by a presentation to kids in Grade 4 to 8 (TDSB).  <a href="http://sashbear.org/en/events/school-talks-on-bpd">http://sashbear.org/en/events/school-talks-on-bpd</a>
2015-07-29	School Presentation at U of T Scarborough	Presentation of ‘Borderline What? - a message of hope’ to University of Toronto Scarborough students.  <a href="http://sashbear.org/en/events/school-talks-on-bpd">http://sashbear.org/en/events/school-talks-on-bpd</a>
2015-10-27	Second Presentation at Silverthorn	Second presentation of Borderline What? - a message of hope is delivered to students at Silverthorn Collegiate Institute (TDSB).  <a href="http://sashbear.org/en/events/school-talks-on-bpd">http://sashbear.org/en/events/school-talks-on-bpd</a>
2015-12-08	First School Presentation in Middle Schools	First presentation of Borderline What? - a message of hope is delivered to staff, parents, coaches, athletes and students at Hollycrest Middle School (TDSB). Includes focus on high performance athletes.  <a href="http://sashbear.org/en/events/school-talks-on-bpd">http://sashbear.org/en/events/school-talks-on-bpd</a>

*“Nurturing successful collaborations to pursue our mission...”*



## Outreach Programs and Events

### Collaborations with Mental Health Agencies

Sashbear Foundation continued its mission to reach out and partner with organizations to deliver much needed mental health support to people in need across Canada. Sashbear values its partnerships with all agencies working to improve lives of those afflicted by mental health disorders, with a focus on emotional dysregulation. We look forward to growing our existing relations, and also beginning new partnerships with organizations.

### Collaborations to support families

Family support via Family Connections program by National Education Alliance Borderline Personality Disorder (NEA-BPD) was greatly expanded in 2015 due to collaborations with many organizations such as Davenport-Perth, Hincks Dellcrest, Family Outreach and Response (FOR), CAMH and others.

One of our newer partnerships is with International Society for the Study of Personality Disorders (ISSPD). On October 13, ISSPD, with programming support from Sashbear, added its first Family Day conference to its bi-annual international scientific symposium. The 2015 conference was hosted in Montreal, Quebec with the help of a generous grant of \$5,000 from SickKids Foundation. Family members from Canada, US and several other countries had a chance to learn from leading scientific experts on topics such as understanding borderline personality disorder, current therapy approaches, etc. The conference was a huge success and included an impactful presentation, conceptualized by Sashbear: Game Changer: A family's journey to healing using dialectic behavioral therapy. ISSPD now plans on incorporating the Family Day into future conferences.

In December of 2015 the Sashbear Foundation started collaboration with YouthCan IMPACT to provide the family skills services component of that project starting in May 2016. Beginning in Toronto and using an integrated care model, YouthCan IMPACT will develop a number of front-line projects, including community-based mental health assessment sites and outreach programs that will be implemented nationally.

**Collaborations for mental health provider's education and awareness**

Sashbear continues to reach out to the “future of Psychiatry” as part of the University of Toronto's Psychiatry Department curriculum through a workshop given to doctors transitioning to full time psychiatry practice. The goal of the presentation is to improve care by sharing family perspective and issues on stigma about BPD and emotion dysregulation.

2015 was also the first year we supported a Dalhousie University BSW student in completing her community internship program. The student not only successfully completed the BSW program, she is now working towards an MSW certification.

## Outreach Events Timeline

Date	Event	Description
2015-03-10 	Sashbear Mindfulness Day	In celebration of Sashbear Mindfulness Day – March 10, Sashbear's volunteer and actor Karen Wadell produced a 5-minute video called "Mindfulness Day March 10". The video was shared via different social media and was a huge success accumulating over 2,300 views on YouTube!
2015-04-25 	Families Count: Healing Together Conference	Emily Collette, Family DBT-informed Recovery Coordinator at FOR co-presented with Sashbear a workshop entitled: "Dialectical Behaviour Therapy and Families"
2015-05, 2015-08 	Internship for BSW program	Sashbear supported a Dalhousie University BSW student in completing her community internship program. The student not only successfully completed the BSW program, she is now working towards an MSW certification.
2015-05-24 	3rd Annual Borderline Walk	Sashbear launched its third annual walk on Sunday May 24 in beautiful Sunnyside Boardwalk on the shores of Lake Ontario in west Toronto. This is our top fundraising event of the year and it was a huge success, raising even more than last year and with wider media coverage including CTV's W5, CBC's The National and The Toronto Star.
2015-05-27 	CAMH BPD Awareness Forum	Sashbear represented the family member perspective on a panel at the CAMH Borderline Personality Disorder Awareness Forum.

*"Spreading awareness mindfully ..."*

*"Promoting benefits of evidence-based treatments and strategies beyond BPD... for the benefit of all..."*

*"Spreading awareness with a healing walk ..."*

Date	Event	Description
2015-06-04 	Mental Health America Media Awards	Mental Health Award conference where ESPN's program Outside the Lines won a media award for its investigative report in 2014 of College Athletes and Mental Health: Sasha's Story which brought attention to the urgent need to change the dialogue of mental health on college campuses and beyond.
2015-06-09, 10 	Hincks Dellcrest Centre McLean 3East visit	Sashbear leveraged its close relationship with McLean 3East to help bring a Hincks Dellcrest delegation to McLean 3East in Boston for information exchange.
2015-06-16 	UofT Curriculum Seminar	Presented Sasha's story and her struggles to access proper care to doctors transitioning to full time psychiatry practice. This is the second consecutive year delivering this critical awareness presentation that reaches out to "the future of Psychiatry" to remove stigma.
2015-01, 06, 09 	Family Connections	Sashbear continued to provide Family Connections at Davenport-Perth. Sessions ran January, June and September. 96 received the training free of charge; 5 observers were cross trained to become facilitators. In addition to running Davenport-Perth FC groups, Sashbear volunteers helped co-facilitate groups at FOR and CAMH.
2015-07-08 	NAMI 2015 National Conference	Sashbear participated during NAMI 2015 National Conference in San Francisco, CA, presenting Sasha's story and the positive impact of Family Connections program based on experience from GTA groups.
2015-09-25 	SickKids Suicide Prevention Day	Sashbear was represented as community organization with a booth during SickKids Suicide Prevention Day exhibit.
2015-10-14 	EPION Conference 2015	Gillian Gray Executive Director, Executive Director at Family Outreach and Response co-presented with Sashbear a workshop entitled: "Applying a Dialectical Behaviour Therapy (DBT) framework to family work in early psychosis intervention"

"Spreading awareness through education and talks..."

"Supporting families..."

*“Setting precedence by bringing families and their loved ones together with service providers during “Family Day” in conferences ...”*

<p>2015-10-13</p>  <p>ISSPD XIV Personality Disorders Across the Lifespan</p> <p>October 13-16 2015 Hincks, Canada</p>	<p>ISSPD 2015 Family Day Conference</p>	<p>Sashbear introduced concept and was main organizer of the first ever Family Day Conference under the umbrella of the International Society for the Study of Personal Disorders (ISSPD) bi-annual Conference. Family Day was huge success setting possible precedence for continuing Family Day's in future conferences such as Borderline Personality Disorder Congress Family Day at in Vienna 2016 (confirmed).</p>
<p>2015-10-14,15,16</p>  <p>ISSPD XIV Personality Disorders Across the Lifespan</p> <p>NEA BPD</p>	<p>ISSPD 2015 Family Day Conference</p>	<p>Sashbear presented with NEA-BPD's Dr. Perry Hoffman on Family Connections program.</p>
<p>2015-10-16, 17,18</p>  <p>NEA BPD</p> <p>FAMILY CONNECTIONS</p> <p>Workshop Training</p>	<p>Family Connections Leader Training</p>	<p>Sashbear coordinated NEA-BPD Family Connections training by Dr. Alan Fruzzetti and Dr. Perry Hoffman in Toronto with help from Hincks Dellcrest Centre who provided location free of charge and Davenport Perth who helped with printing of material. Over <b>70 family members and service providers were trained!</b></p>
<p>YouthCan IMPACT</p>	<p>YouthCan IMPACT project</p>	<p>In December of 2015 Sashbear begins collaboration with YouthCan IMPACT project to being family skills component to project.</p>
<p>2015-12-04</p>  <p>The Hincks- Dellcrest Centre.</p>	<p>Hincks Dellcrest Centre Grand Rounds</p>	<p>Sashbear presented to staff at Hincks Dellcrest Centre during its Ground Rounds on December 4, 2015. The focus was on the importance of collaboration and Sashbear initiatives and strategy to impact both service providers and the general population with awareness and education.</p>

*“Supporting families by giving them increased understanding, hope and skills via FC ...”*

## Expanding Family Connections

**Family Connections** (FC) is a 12-week course for relatives of people with severe difficulties managing their emotions. Behaviors often present include unstable mood, high anger and/or shame, relationship problems, impulsivity, self-injury, and suicide attempts. The program is typically run in the community by peer facilitators.

The Sashbear team continued to facilitate Family Connections at DPNCHC who provided space free of charge as well as admin support. DPNCHC FC groups started at various times throughout the year, for a total of 7 groups facilitated in 2015. Family member peer facilitators ran the groups. A total of 96 family members attended across the groups sessions with all participants reporting positive impact to their own wellbeing and their relationships with their families after going through the 12-week program.

Sashbear invited five prospective Family Connections leaders to observe sessions at DPNCHC, as part of a training program that supports expansion of the Family Connections programs to other communities.

Sashbear members also continued to co-facilitate alongside mental health service providers at CAMH (winter, summer, fall) and at FOR (winter, summer).

FC runs in the winter and summer at FC North (Thornhill) as well.

### Train the Trainer

In October 2015, Sashbear hosted a “Family Connections – Train the Trainer Workshop”. The two-and-a-half-day workshop was facilitated by Dr. Alan Fruzzetti and Dr. Perry Hoffman from National Education Alliance Borderline Personality Disorder (NEA-BPD). The workshop was made possible due to generous support from our partners. The Bayer Cares Foundations “Being a role model pays off!” campaign contributed \$2,500. Hincks-Dellcrest Centre provided the meeting space. DPNCHC provided administrative support.

There were 71 participants who attended the training. Approximately half were health care service providers. The remainder of attendees were family members of loved ones struggling with BPD and Emotion Dysregulation. Participants were selected from a pool of applicants who expressed an interest in taking their newly learned skills back to their communities by starting new Family Connections programs.

*“A hopeful, and healing walk.”*

## The Borderline Walk, May 24, 2015



Our third annual Borderline Walk held on Sunday May 24, 2015 was a huge success. What a beautiful day it was! More participants than ever walked along beautiful Sunnyside Boardwalk on Sunday May 24, 2015 to remove stigma and raise awareness about Mental Health and Borderline Personality Disorder. In an atmosphere of support and solidarity, the walk gathered people of all ages for a relaxed and fun event. Our "sandwich" board volunteers joined the walkers and displayed messages highlighting mental health challenges, statistics and words of encouragement.

New for 2015 was an awareness passport, mindfulness bridge walk, mindfulness beach meditation, and live music played during most of the event.

We were pleased to welcome back for the second year our Platinum Sponsor, Car Park Management. We thank them for their continued support along with the rest of our sponsors: Gold level sponsor McLean 3East and our supporting level sponsors: DBT Path, Christensen Real Estate Team, Dialectical Living and the co-operators.

Of course, a walk of this size requires more volunteer manpower than our previous endeavors. We are ever grateful to our 57 volunteers who collectively worked more than 2500 hours!

### Guests

Kick off ceremonies included key note speaker Donna Duncan, President and CEO of The Hincks-Dellcrest Centre, actors John Ralston of "Life with Derek" and "Degraasi" fame and Rosemary Dunsmore of "Anne of Green Gables", local musician Michelle Ronchin aka R. Shelley, and last but not least Pat Healy, Sasha's heart recipient who came all the way from Boston with his wife Karen in support of this event. To complement the atmosphere, musicians Matt Elder and Rob Hughes from last year's walk performed some live songs, joined by R. Shelley, during the walk to the delight of the crowd.



“Supported by  
thought leaders.”



### Message of Support from Dr. Alan Fruzzetti

In 2015, we were honoured to receive a quote of support for the Borderline Walk from Dr. Alan Fruzzetti:

*"I commend the Sashbear Foundation for organizing this walk to bring attention to borderline personality disorder and other problems related to chronic and severe emotional dysregulation. Borderline personality disorder brings much suffering, affecting 2 to 3 percent of the population. The more attention we can bring to it, and more resources we can put into research, the better we can understand the disorder and make evidence-based treatments available to the people who need it. The Sashbear Foundation has been highly effective at increasing awareness, and deserves our support."*

Alan Fruzzetti is a Professor of Psychology and Director of the Dialectical Behavior Therapy Program at the University of Nevada, Reno. He provides extensive training for DBT in the United States and abroad. Dr. Fruzzetti is Research Director of the National Education Alliance for Borderline Personality Disorder (NEA-BPD) and is co-creator of the Family Connections™ Program. Dr. Fruzzetti teaches skills to families in order to reduce stress, conflict, depression and feelings of hopelessness; and build the family’s support for their loved one with BPD. In addition to maintaining an active clinical practice, Dr. Fruzzetti has created multiple successful DBT applications for individuals, couples, parents, and families and has provided extensive training in the United States, Europe, Australia and New Zealand in family interventions.

### Media at the walk

There was extensive media coverage during the 2015 Borderline Walk, with CBC The National, CTV’s W5 and the Toronto Star attending. This resulted in the following impactful stories:

**CBC The National**, May 24, 2015 evening news: Click on image below to view story:

“Spreading  
awareness  
through media...”

our voice is being  
heard...”





CTV W5, October 24, 2015: *Emotional Rescue*. Click on image below to view story:



The Toronto Star, May 24, 2015: Click link [He walks in honour of Etobicoke swimmer whose heart saved his life](#) to read story.

Map of walk

**Legend**

- Registration area, Start/Finish
- First Aid, rest & passport station
- Picture station
- Memory table station

**Register from 9am to 10am**

- 1<sup>st</sup> leg of walk going Westbound
- Turn around after bridge, 2<sup>nd</sup> leg going Eastbound
- Walk in front of registration area, 3<sup>rd</sup> leg Eastbound
- Turn around at Palais Royale, 4<sup>th</sup> leg Westbound ending your walk by registration area
- Sign Memory board and have your picture taken!

For safety, please stay on the Sunnyside Boardwalk (not the bike trail)

*“Thank you!  
Merci!”*

Special thanks to all the volunteers who make this annual event possible!



## Financial Statements

Financial statements in this report are for fiscal period starting on January 1, 2015 to December 31, 2015.

### Statement of Financial Position

#### Balance Sheet

*THE SASHBEAR FOUNDATION*

*(Incorporated under The Canada Not-for-profit Corporations Act)*

#### STATEMENT OF FINANCIAL POSITION

*As at December 31,*

	2015	2014
<i>ASSETS</i>		
<b>Current</b>		
Cash	<b>\$39,415</b>	\$22,465
Government remittance receivable	<b>1,931</b>	357
Prepaid expenses	<b>401</b>	567
	<b>\$41,747</b>	\$23,389
<i>LIABILITIES</i>		
<b>Current</b>		
Accounts payable and accrued liabilities	<b>\$5,000</b>	\$43
<i>NET ASSETS</i>		
<b>Unrestricted net assets</b>	<b>36,747</b>	23,346
	<b>\$41,747</b>	\$23,389

## Income Statement

*THE SASHBEAR FOUNDATION**STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS**For the year ended December 31,*

	2015	2014
<b>Revenue</b>		
Borderline walk	\$37,960	\$26,140
Conference Grants	5,000	7,087
Family Connections	11,600	-
Speaker presentations	2,093	1,648
	<b>\$56,653</b>	<b>\$27,752</b>
<b>Expenses</b>		
Accounting and legal	\$5,000	-
Annual general meeting	429	-
Bank charges and fees	544	620
Borderline walk	8,692	3,423
Conferences and outreach	4,053	-
Equipment rental	1,064	394
Family connections	12,708	-
Family day conference	5,500	-
Gifts and prizes	-	50
Guest speaker	-	909
Insurance	1,161	733
Office and general	2,920	790
Promotion	717	3,521
Website	464	917
	<b>43,252</b>	<b>11,357</b>
<b>Excess of revenues over expenses</b>	<b>13,401</b>	<b>16,395</b>
<b>Unrestricted net assets, beginning of year</b>	<b>23,346</b>	<b>6,951</b>
<b>Unrestricted net assets, end of year</b>	<b>\$36,747</b>	<b>\$23,346</b>

## Cash Flows

*THE SASHBEAR FOUNDATION*

*STATEMENT OF CASH FLOWS*

*For the year ended December 31,*

	2015	2014
<b>Cash provided by (used in):</b>		
<b>Operating activities</b>		
Excess of revenues over expenses	\$13,401	\$16,395
<b>Net change in non-cash working capital amounts:</b>		
Government remittance receivable	(1574)	(357)
Prepaid expenses	166	(567)
Accounts payable and accrued liabilities	4,957	43
<b>Net increase in cash during the year</b>	<b>16,950</b>	15,514
<b>Cash, beginning of the year</b>	<b>22,465</b>	6,951
<b>Cash, end of the year</b>	<b>\$39,415</b>	\$22,465

## Board of Directors at end of 2015



**Lynn Courey**  
President

Lynn Courey, C.S.W., graduated from McGill University in marketing and entrepreneurship. In 2014, Lynn has been honoured with the award for Outstanding Graduate in Human Services from Career Colleges of Ontario. Trained as National Education Alliance Borderline Personality Disorder (NEABPD) Family Connections leaders and coordinator for the area, Lynn co-facilitates skills training sessions for family members with a loved one living with emotion dysregulation. Along with her husband and her daughter Kayla and the help of many friends and family, Lynn is a founding member of The Sashbear Foundation in memory of her daughter Sasha. Lynn brings a notable family perspective from lived experience.



**Barbara Schultz**  
Secretary

Barb along with husband John and daughter Paige helped to found Sashbear with Lynn and Mike in the late summer after Sasha's passing. Paige and Sasha had grown up together in the pool and although they swam for different teams, theirs was a vigorous and friendly rivalry in the pool that became a lifelong friendship. Sasha was a frequent visitor to our home and family cottage. Barb is a trained facilitator and life coach and has also taken part in the NEA-BPD Family Connections Training.



**Dawn Coombs**  
Treasurer

Dawn joined the Sashbear organization in 2012 and was involved in events like the Sashbear Walk. She was pleased to accept the role of Treasurer on the Board of Directors recently. Dawn is married and has two children. Her son, Colin, swam with Sasha for a number of years and was a friend of Sasha's. Both the Menu Courey and Coombs families have also become friends through the years and shared many memorable moments. Dawn is therefore proud to serve as a Board member of the Sashbear organization and help further the understanding of BPD. She has also held a number of roles in her full-time work such as Buyer for a national retailer and in circulation for a major local newspaper chain. She now does part-time work as a retail merchandiser for a national manufacturer. Dawn looks forward to her time with the Sashbear organization and is proud to contribute.



**Susan Morency**  
Strategic Advisor

Susan joined Sashbear in 2013 and accepted an appointment to the board of directors in 2014. As the strategic advisor, she helped to define the foundation's vision and mission and focused the direction of the organization. In her role, Susan continues to provide ongoing strategic leadership to the board members. Susan earned her honours Bachelor of Science degree from University of Toronto and has worked in the pharmaceutical sector for over 20 years in leadership positions. "I am honoured to have been chosen to serve on the Sashbear Board with a dedicated team leading a mental health reform."



**Victoria MacLean**  
School Talk Liaison

Victoria is a full-time student who is studying Business Administration at George Brown College. Before George Brown she attended Arrowsmith school, which is an institute that aids individuals to train their brains to learn differently. In the past she has worked in different positions ranging from receptionist, to secretary, to administrative assistant, to camp counsellor, to music school manager, to corporate trainer for a direct marketing company. She has also received awards and certificates for her hard work. She loves keeping busy and doing all sorts of different things for fun, and above all is quite passionate about helping others. Victoria and Sasha were friends from the age of 3, then attending the same high school years later, and still keeping the friendship when Sasha went away to university. Victoria has been extremely involved with the Foundation and wants to continue to spread awareness and be a part of many positive changes to come.



**Carolyn  
MacLean**

Legal Advisor

Carolyn A. MacLean graduated from Queen's Law School in Kingston, Ontario in 1992 and has practiced as a sole practitioner in Toronto since 1994. She graduated with her Masters in Law from Osgoode Hall in 2004. She worked as a consultant with the Ontario government on child protection mediation issues. For several years she coached the Small Claims Court mediation program, which engages third and fourth year Osgoode Hall Law School students trying to mediate the resolution of Small Claims Court matters.

Ms. MacLean has been teaching in the paralegal program at Humber College since 2007. She has taught an array of courses, such as the first year courses of Tort and Contract, Charter and Introduction to Legal Writing, as well as the third year Elder Law course and the fourth year course on Practice Management.

Carolyn A. MacLean and her daughter have traveled extensively through China, Africa, Central and South America, Europe and Canada. When her daughter was 14 years old they rode across Canada, from Vancouver to St. John's, on a tandem bike with a group of cyclists.



**Rosanna  
Ruppert**

Family  
Connections  
Liaison

Rosanna was first introduced to Family Connections several years ago as a participant. The effectiveness of the group and Dialectical Behaviour Therapy was quickly evident to her. She became a parent co-facilitator and has been facilitating groups year round since then at CAMH. She helped start a new FC group at Davenport-Perth Community Health Centre. In 2015 she became a member in Sashbear and was voted to the Sashbear Board of Directors. She is no stranger to deep involvement in the community. She is a Community Guider, treasurer and unit guider and has been with the Girl Guide organization since 2002. She has received many awards from Girl Guides of Canada. She was heavily involved in the gymnastics community as a volunteer. In 2011 she was also recognized as Club Volunteer of the Year by Gymnastics Ontario.

## Resignations from the Board

Barbara Schultz is embarking in a new stage in her life winding down her life here in Toronto and moving to Prince Edward County. As a result, she tendered her resignation as of December 31, 2015. Thank you for your dedication and commitment as a founding member of the Sashbear Foundation.

*“2015 was our best year ever!”*



## Appendix - Statistics

### Website

Description	2015 Metric
Total hits to website	68,997
Number of Articles posted to website (English)	3
Number of hits to website Home Page (English)	21,378
Total hits to website pages (English)	65,846
Number of hits to website Home Page(French)	357
Total hits to website pages (French)	3,177

### Media

Description	2015 Metric	Detail
Number of articles about Sashbear	2	The Toronto Star, Canadian Mental Association Journal
Number of television programs	5+	W5, CBC The National

### Social Media

Description	2015 Metric	Detail
Number of Tweets Sent in year	200	Total tweets 526
Number of new followers on Twitter	98	Total followers 367
Number of new entities we follow on Twitter	160	Total following 484
SashbearOrg Facebook new likes	208	Total likes 463

### School Presentations

Description	2015 Metric	Detail
Number of “Borderline What” Presentations	6	School talks expanding for the first time to elementary, middle schools and colleges.
Number of students/staff/parents at Presentations	1,520	

### Family Connections at Davenport Perth

Description	2015	Detail
Number of Participants	96	
Number of Volunteer Facilitators	5	
Number of Observers (Facilitators trainees)	5	
Number of Hours Worked by Facilitators	468	3 hours/night x 12 nights x # of groups worked
Number of Hours Worked by Observers	180	3 hours/night x 12 nights x # of groups worked
Number of Groups Run	7	winter=2, summer=2, fall=3

### The Borderline Walk

Description	2014 Metric	Detail
Number of Walkers	425+	
Number of Volunteers	57	
Number of Hours worked by Volunteers	>2500	
Number of Sponsors	6	Car Park Management (Platinum Sponsor), McLean 3East (Gold Sponsor), DBT Path LLC, Christensen Real Estate Team, the cooperators, Dialectical Living (Supporting Sponsors)

## Organization Information

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**The Sashbear Foundation - Registration #: 8233 90042 RR0001**

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Etobicoke, ON, M9A 3C8

**Tel** 416-523-0495

**Fax** 416-523-0495

Registered charity under registration number: **8233 90042 RR0001**

<http://sashbear.org>



### The Sashbear Foundation

Making waves on BPD and suicide prevention...



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