



The Sashbear Foundation

Making waves on BPD and suicide prevention...

Annual Report

FISCAL YEAR 2016:

January 1 to December 31, 2016

Date of Report: March 5, 2017

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"In skills and Hope"



President's report

Message

"We cannot accomplish all that we need to do without working together" - Bill Richardson

For Sashbear, 2016 has been the Year of Awareness and Growth. Thanks to a dedicated group of tireless volunteers, Sashbear was able to deliver remarkable growth in programs and awareness in 2016.

It all started early in the year with the ambitious film series *Having A Life Worth Living*, launched on Mindfulness Day March 10, 2016, an all-volunteer production of incredible quality and reach. The original film and individual stories continue to make waves and bring awareness from the voices of those with lived experience – a story of struggle and hope.

Meanwhile, the growth of Sashbear's Family Connections program delivery continued, with new groups being launched not only in the Greater Toronto Area but now, for the first time, outside the province, in Quebec and later in Alberta. With this expansion came more recognition for the value of this program as Sashbear partnered with YouthCan IMPACT project to deliver the family support component as growing referrals from agencies and hospitals filled our groups to capacity with no wait lists. And none of it would have happened without our incredible Sashbear FC leaders. The success and growth of this life saving program is because of them and the incredible efforts and skills of our FC Director and Vice-President Rosanna Ruppert.

Many people believe in this FC program including Dr. Marilyn Korzekwa, Psychiatrist and Canadian champion swimmer who swam to raise funds in support of Sashbear's FC program, not once but three times breaking records in the process.

And records continued to be broken in 2016, with our signature event the Borderline Walk reaching over 500 participants and over \$56,000 in revenue – a new water mark for the largest event of its kind in support of emotion dysregulation in Canada and perhaps the world. For this event, we were privileged to have as our keynote speaker a thought leader from outside of Canada, Dr. Blaise Aguirre, Medical Director of McLean 3East in Boston and Assistant Professor of Psychiatry at Harvard Medical School. Dr. Aguirre came bussing with his team from McLean all the way from Boston to attend the walk. This gesture is greatly appreciated as is the support of all of our participants, donors, sponsors and, of course, our legion of volunteers, each one, and all together as one, made the success of this event possible.

The success of the walk was followed by great strides in our mission for early intervention as our attention turned from school talks to planning the delivery of life coping skills to students as part of their curriculum. The DBT skills for schools' pilot became more than just a dream with planning in 2016 that culminated in a pilot go live date scheduled for the fall of this year. As an FC participant said: *"I think if everyone learned DBT skills, the world would be a better place"*. We have waited to give these invaluable life-long practical skills to our youth for a long time and are excited to see this is finally happening.

Lastly, thanks to NEA-BPD and Dr. Perry Hoffman who were catalysts in making Sashbear an internationally recognized organization with conference presentations in the US, Austria and Israel. The feedback from these presentations has been very positive – our message, that family matters in the road to recovery of our loved ones and that early intervention is key, is getting through.

Our mission is an ambitious one and we are taking great strides to meet our objectives one day, one person at a time, with love and compassion. As philosopher Henry David Thoreau said: *"Go confidently in the direction of your dreams. Live the life you have imagined"*.

I want to thank each Sashbear Director for their time, expertise and dedication in making 2016 a successful year. The Sashbear Foundation Board of Directors as of end of 2016:

Lynn Courey, President and Board Chair

Rosanna Ruppert, Vice-President and Director of Family Connections

Dawn Coombs, Treasurer

Victoria MacLean, Director at large

Carolyn MacLean, Legal Advisor

I would like to take a moment to express my appreciation and gratitude to all organizations that collaborated with Sashbear and to all volunteers, including our FC leaders, your time and your commitment to Sashbear's vision and mission, is changing the world for the better. We are truly making waves in mental health, for ourselves and our loved ones!

Thank you!



Lynn Courey

President

March 5, 2017

*“Making waves on
Mental Health...”*



Mission and Value Statements

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

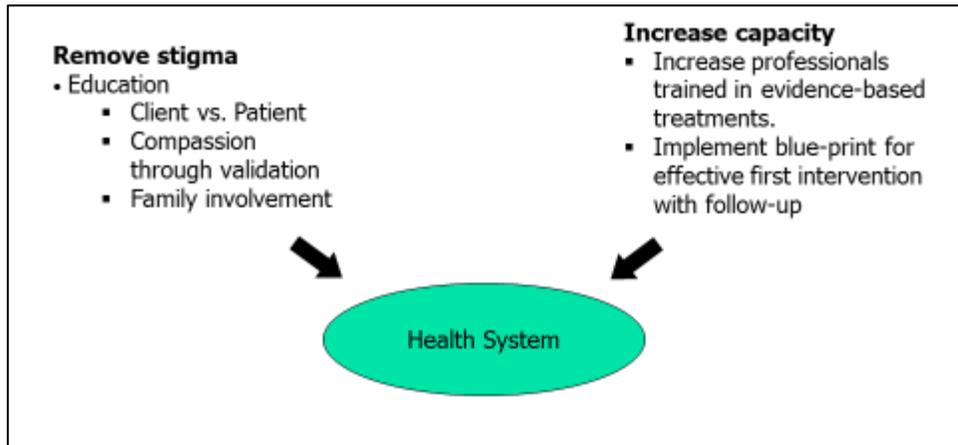
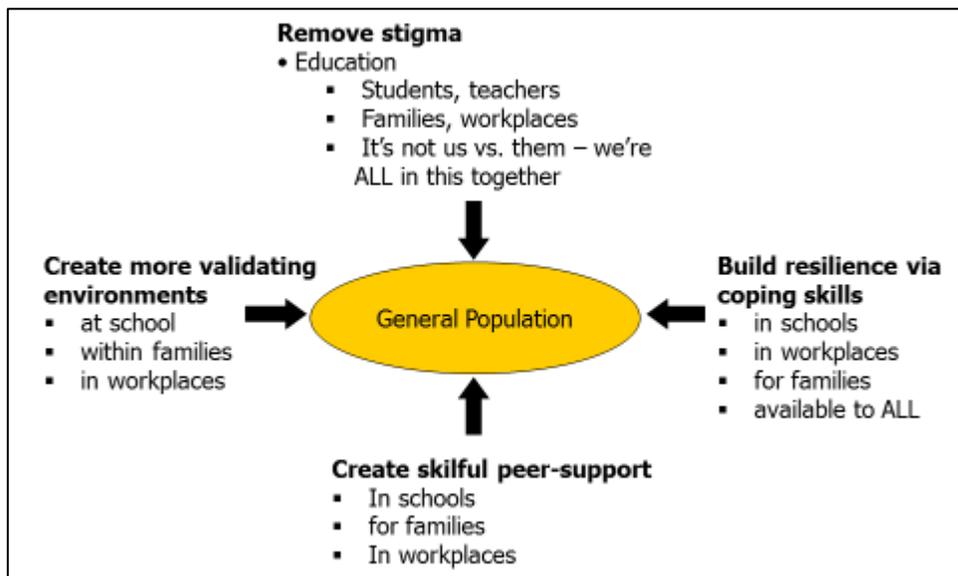


Figure 2 - Mission Roadmap – Interventions in the general population



“A global reach...

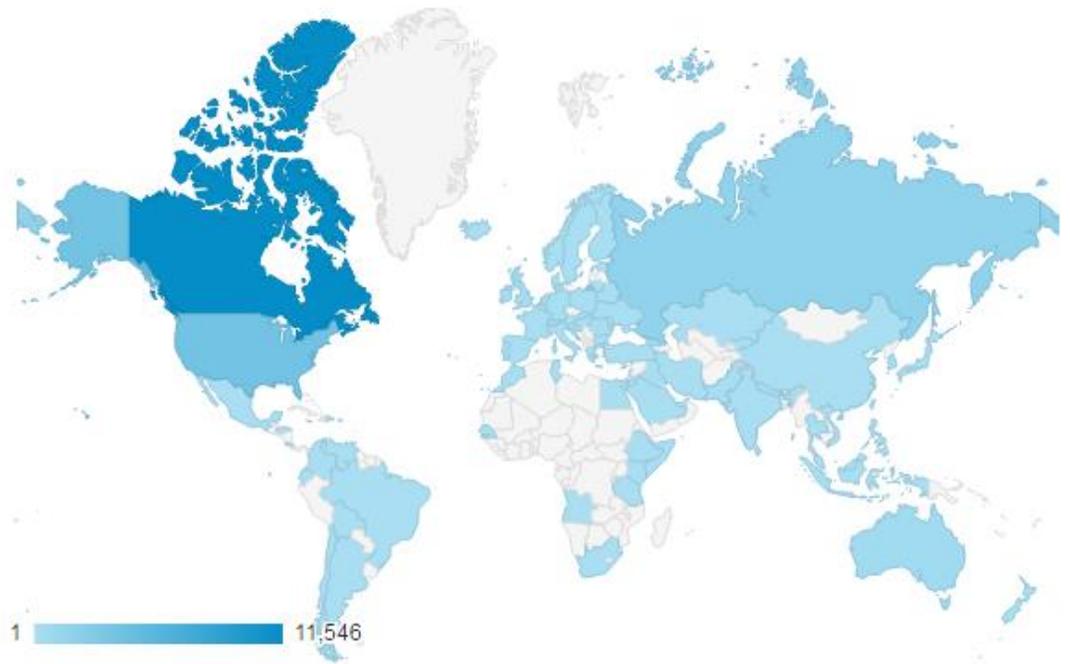
Reorganization of website map”



Website Report

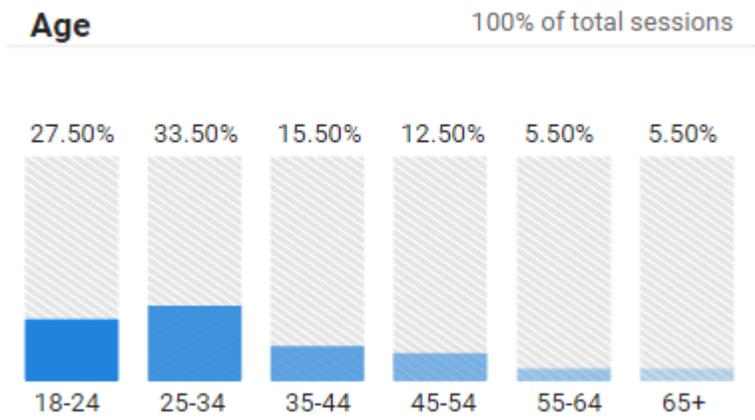
Website

In 2016 the website received over 48,000 pageviews from over 19,500 browser sessions with over 67% of traffic being new users. This data was gathered by Google Analytics which was installed on January 23, 2016 so the numbers may be slightly higher than that. Here’s a map of the sessions distributed by geography (the darker the blue the more sessions for that country):



80% of the sessions originated from Canada and the US and the rest of the 20% from elsewhere around the globe. In 2016 a total of 97 countries had at least 1 session at sashbear.org.

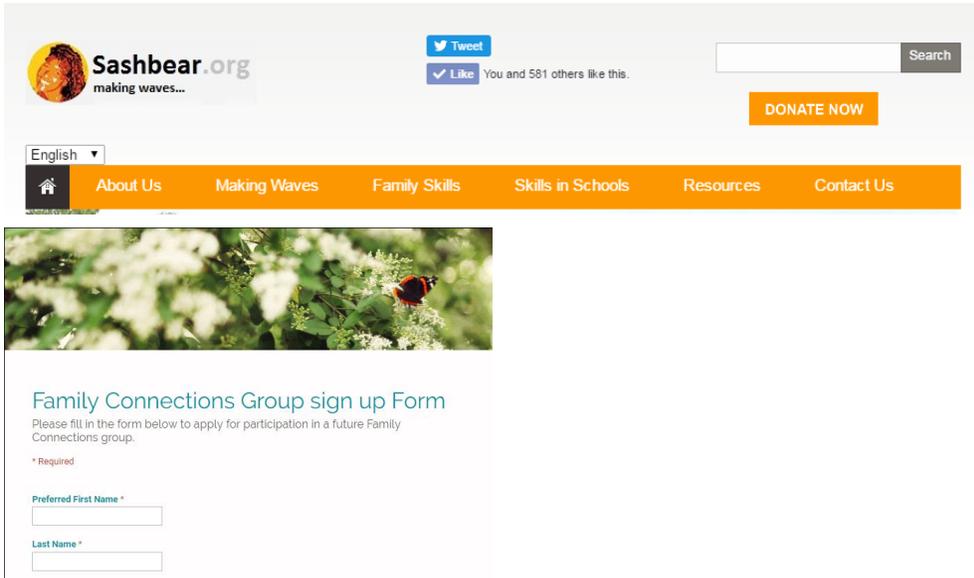
In terms of our audience here’s a breakdown of visitors to the site by age in 2016:



This represents over 75% of visitors between the ages of 18-44.

Website Reorganization

The Sashbear.org website was reorganized in 2016 to better support the activities of the foundation including a separate Family Skills section that displays the schedule of current and upcoming Family Connection groups and the ability to register online for these groups. A separate section was also created for skills in schools which includes information about the DBT skills in schools’ pilot project.



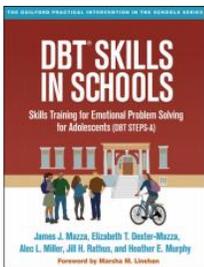
“Bringing skills in schools...early”



DBT Skills in Schools Pilot

Beyond School Presentations

The focus on 2016 shifted from school presentations to working at introducing life coping skills into schools as part of the school curriculum.



The Curriculum

The curriculum is a social emotional learning (SEL) curriculum designed for the range between grades 7 and 12, called DBT Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A).

The Pilot

The Dialectical Behaviour Therapy (DBT) Skills in Schools Pilot Project is directly aligned with two of Sashbear’s objectives: **early prevention and intervention** and **providing life coping skills to all our youth**. The pilot, funded by The Sashbear Foundation, will measure the impact of delivering this curriculum to students and includes implementation of the DBT based curriculum, general training of staff and specific training of teachers delivering the curriculum to students. Training will be delivered by world recognized authorities in DBT for adolescents: Dr. James Mazza and Elizabeth Dexter-Mazza, first authors and developers of the curriculum.

*“I think if everyone learned DBT skills, the world would be a better place.”
-FC Participant*

By introducing DBT STEPS-A into pilot schools, Sashbear plans to use the results of research gathered to roll out a wider implementation of the program for the benefit of schools above and beyond those participating in the pilot.

Status

In 2016, initial contacts and discussions were made with a few schools, and we are very excited to announce The York School, a co-educational independent school is the first school to sign up as participants in the pilot. Sashbear will use its existing skills in school presentations and skills training to bring initial exposure to the students, staff and parents of The York School. Intensive training of select York School staff will commence in June 2017 with implementation of the program into the curriculum beginning September 2017. This program will improve students’ mental health by providing them with practical life coping skills via DBT Skills in Schools! We look forward to 2017!



THE **YORK** SCHOOL

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



Outreach Programs and Events

Beyond BPD

The Sashbear Foundation continued its mission to bring awareness about emotion dysregulation and to bridge the gap in services for those impacted.

There were many important awareness events in 2016: The Mindfulness day “*Having A Life Worth Living*” film series, the Borderline walk, Dr. Marilyn Korzekwa record-setting swims for Sashbear, and speaking engagements in conferences at home and for the first time overseas with presentations in Vienna and Tel Aviv. Through these events, Sashbear continued to bring a message of hope to families and their loved ones while at the same time inspiring mental health professionals to continue their important work with renewed energy.

Consistent with Sashbear’s mission of expanding availability of free services, Sashbear’s delivery of the Family Connections program grew significantly in 2016, with FC groups expanding outside of Ontario, and, for the first time, an FC Youth to Youth group.

Sashbear’s message goes intentionally *beyond BPD*. The benefits of learning to manage our own emotions more effectively, to live in the moment without judgments and to see the world from other’s perspectives can be critical to BPD and other mental illnesses. These benefits also extend to everyone else. We are committed to making this message clear as it levels the playing field for all of us and removes the stigma surrounding mental health. It boils down to how each of us interacts with our environment in a way that is healthy and effective to both ourselves and those around us.

Here is the timeline of outreach events in 2016:

“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
2016-02  Stephen Lewis Secondary School	Stephen Lewis SS Mental Health Fair, Mississauga, ON	Sashbear booth
2016-03  The Hincks-Dellcrest Centre Gail Appel INSTITUTE	Treatments for BPD Workshop, Toronto, ON	Sashbear co-sponsored of a two-day workshop with the Hincks-Dellcrest Centre on three treatments for Borderline Personality Disorder on March 8 and 9 at Hincks-Dellcrest: Dialectical Behavior Therapy, Mentalization Based Therapy and Transference-focused Psychotherapy TFP.
2016-03  Hazel McCallion Senior Public School	Hazell McCallion Senior P.S. Parent talk, Mississauga, ON	Parent talk on effective communication skills and importance of early intervention.
2016-03 	Mindfulness Day, 2016	Sashbear releases Mindfulness Day video “Having A Life Worth Living” – full report later in this document.
2016-03 	Dr. Marilyn Korzekwa Cook Straight Swim New Zealand	Dr. Marilyn Korzekwa becomes the first Canadian to swim the Cook Straight Swim, NZ raising funds for Sashbear’s FC program.
2016-04 	Linehan Institute Benefit, New York, NY	Sashbear was invited as special guests to the Linehan Institute Benefit which included launch of excerpt from “Having A Life Worth Living” video – a collaboration between Sashbear and the Linehan Institute.

<p>2016-04</p> 	<p>NASSPD Conference, New York, NY</p>	<p>The impact of not including families in recovery and the importance of providing Family Connections skills to families for better outcomes.</p>
<p>2016-05</p> <p>American Athletic Conference Big East Conference</p>	<p>Big East American Athletic Conference Tampa, FL</p>	<p>Understanding the adversity families and athletes experience when dealing with a Mental Health Illness. The importance of providing key skills to manage this transition</p>
<p>2016-05</p> 	<p>5th Annual Borderline Walk, Toronto, ON</p>	<p>5th annual Borderline Walk takes place in historic Sunnyside Park, Toronto with record attendance and fundraising – full report later in this document.</p>
<p>2014-06</p> 	<p>U of T, 1st year Psychiatry Resident Workshop, Toronto, ON</p>	<p>For the 3rd consecutive year...the impact of not including families in recovery and the importance of providing skills to families for better outcomes</p>
<p>2016-06</p> 	<p>Sashbear Practical Facilitation Training, @ Sun Life Toronto, ON</p>	<p>Sashbear first Family Connections Practical co-facilitating Training for Sashbear FC leaders at Sun Life.</p>
<p>2016-06</p> 	<p>YouthCan IMPACT Launch Toronto, ON</p>	<p>Launch of YouthCan IMPACT project with Sashbear providing family support component within Integrated Collaborative Care Team in community sites.</p>
<p>2016-06</p> 	<p>Dr. Marilyn Korzekwa Lake of Bays, Dwight, Muskoka Swim Muskoka, ON</p>	<p>Dr. Marilyn Korzekwa second swim to raise funds for Sashbear's FC program.</p>

<p>2016-08</p> 	<p>Dr. Marilyn Korzekwa Cape Cod Bay, Massachusetts Swim MA</p>	<p>Dr. Marilyn Korzekwa became only the 7th person (and only Canadian) to swim across Cape Cod Bay, Massachusetts Swim...while athletes in Rio were competing in the Olympic games.</p>
<p>2016-08</p> 	<p>ISITDBT Linehan Institute VIP Reception, New York, NY</p>	<p>Networking with thought leaders in DBT skills to leverage opportunities in Canada</p>
<p>2016-09</p> 	<p>Vendor at Sunnybrook Speaker Series</p>	<p>Sashbear booth at this mental health event.</p>
<p>2016-09</p> 	<p>SickKids Suicide Prevention Day</p>	<p>Sashbear was represented as community organization with a booth during SickKids Suicide Prevention Day exhibit.</p>
<p>2016-09</p> 	<p>ESSPD IV Congress, Vienna, Austria Co- presenting with NEABPD</p>	<p>Importance of including families in treatment and providing skills training for families. CME credit offered</p>
<p>2016-10</p> 	<p>Mindfest Mental Health Fair Toronto, Ontario</p>	<p>Family Connections: A message of hope Importance of including families in treatment and providing skills training for families as emphasized with a testimonial from a youth. Sashbear booth</p>
<p>2016-10</p> 	<p>Broadview Psychology Intro to Sashbear</p>	<p>Presentation about Sashbear collaborations and activities</p>

<p>2016-11</p> 	<p>2nd International Conference on BPD, Tel Aviv, Israel</p>	<p>The impact of not including families in recovery and the importance of providing Family Connections skills to families for better outcomes.</p>
<p>2016-11</p>  <p>Children's Mental Health Ontario Santé Mentale pour Enfants Ontario</p>	<p>Children Mental Health Ontario Toronto</p>	<p>A message of hope and compassion and connection through skills for family members</p>
<p>2016-11</p> <p>Toronto Public Health</p>	<p>Investing in families</p>	<p>Presentation to family members on self-care and self-validation as part of the "Let's Talk" series</p>
<p>2016-12</p> 	<p>Webinar: YouthCan IMPACT Service Pathway for youth with mental health and addiction challenges Toronto</p>	<p>The importance of providing family members with skills through Family Connections</p>
<p>2016-12</p> 	<p>NEABPD Family Connections Leader Training, Boston, MA</p>	<p>Family Keynote Speaker as kickoff to training</p>

Mindfulness Day 2016



Having A Life Worth Living film series

In celebration of International Mindfulness Day 2016, Sashbear released another compassionate message of hope to remember Sasha on her birthday, March 10th.

In 2016, thirteen brave souls stepped forward to share from their hearts an honest portrayal about living with symptoms of Borderline Personality Disorder (BPD). Their candid, personal journeys offer strength and hope for those still struggling day to day. As well, Dr. Blaise Aguirre, medical director of McLean3 East hospital in Boston, contributes mindful insights toward positive outcomes for this condition.

During the fall of 2016, on Mondays, Sashbear released, one by one, the individual stories of the 13 participants of the original Having A Life Worth Living film. Since the release of the film, we have received over 27,000 combined views on YouTube for the original film and the individual stories.

“Still the best video on bpd I have found. And I still use it to refer people to for an understanding.”

*~ John Michael Borylo
YouTube comment*

What people are saying

Here are some of the many testimonials about the powerful impact of this film series:

Psychiatrist at youth treatment centre:

“I have shown the video to 3 different groups of kids in treatment and they all thought it was the best thing they ever saw and that it would help so many people to understand themselves and reduce stigma.”

Psychologist from Sweden:

“I shared the 4-minute mindfulness video with my management team at a retreat yesterday, and I plan to use the 30-minute video when teaching in the Psychologists' Program on DBT at Lund University later this spring. I have shared the videos on DBT Scandinavia's Facebook page, which has clinicians following from both Sweden and Denmark. You might be proud to hear that it was shared on two professional listservs yesterday, one Canadian and one American, both with the highest praise.

When the message comes from the heart it is so powerful. This is a beautiful gift. Thank you.”

Excerpts from email sent to Sashbear:

“[...] Finding your Facebook page has helped me a lot, especially your #MindfulnessMonday / Having a life worth living video series. [...] I would love and be proud to participate, if I can, in your Having a life worth living series. It is so validating to watch these videos and hear their

stories or survival. My hope is that my story can help someone else, just like these stories have helped me.”

YouTube comment:

“I have distributed this to all my friends to better understand me and you know what I received? OVERWHELMING SUPPORT. Should be widely circulated, this will help a lot of people, THANK YOU”

“You are a warrior and you have survived. That’s the most beautiful thing a person can say about themselves.”

~ Selena

The heroes in front and behind the camera

We want to wholeheartedly thank all participants of this film, who are courageous warriors and heroes, as well as all of those volunteers and organizations that made these individual stories possible as well as the original film. In particular, among those volunteers, special thanks go to Director **Karen Waddell** whose loving and compassionate vision was masterfully put to life by Editor **Wally Goodwin** - both Karen and Wally spent countless hours creating these films for the noble purpose of giving participants a voice so their stories could be heard. Thanks also to Hincks-Dellcrest Centre and George Brown College for providing the space where the footage was filmed.

The participants from top left: Sam, Julie, Mehma, Maria, Daniela, Victoria, Georgia, Alecia, Selena, Donovan, Caleigh, Emily and Debbie (not shown)



...and Dr. Blaise Aguirre



Sashbear wholeheartedly thanks all of the participants of this film, who are courageous warriors and heroes, as well as all of those volunteers and organizations that made these individual stories possible as well as the original film. In particular, among those volunteers, special thanks go to Director **Karen Waddell** whose loving and compassionate vision was masterfully put to life by Editor **Wally Goodwin** - both Karen and Wally spent countless hours creating these films for the noble purpose of giving participants a voice so their stories could be heard.



A message from Director Karen Waddell

"The original idea was to have twelve individuals willingly come forward to speak candidly about what it has been like living with the symptoms of Borderline Personality Disorder. It was time to break the stigma and to offer compassion as well as hope to those still struggling. What resulted was an extraordinary day of mindful exchange between the participants and myself that will never be forgotten for all of those involved in the shooting of this rewarding endeavor. At the end of the day, the generous heartfelt, raw and uninhibited sharing went far beyond my expectations.

We wanted to make a difference and spread the word about BPD, and, based on the positive feedback we have indeed accomplished what we set out to do."



- Clarifying the role and responsibilities of lead facilitator, co-facilitator and observer
- Reviewing core facilitation skills and best practices for effective skills sharing
- Review of the “Sashbear Way” for bringing the FC material to life for participants including supplemental handouts, videos and mindfulness exercises
- Sharing sound bites for each module
- Reviewing the setup and format for each class

Participants found the course to be helpful, giving them a solid foundation and comfort level to be able to teach the course once they had completed all their training.

“Growing support
for families...”



Davenport-Perth
Neighbourhood and
Community Health Centre

Expansion in the Community

2016 was a year of staggering growth for the Family Connections™ program. More than doubling the number of groups from 2015 for a total of 32 groups. Sashbear continued to provide Family Connections™ at Davenport-Perth in 2016, our only multi-group location, and further expanded as follows:

- **Jan 2016**
CAMH early psychosis 12-week FC group co-facilitated between CAMH and Sashbear
- **Feb 2016**
Hincks Dellcrest 12-week FC group facilitated by Sashbear
Ami-Quebec, Montreal, QC – facilitated by Sashbear FC intensive weekend (1 of 2)
- **Jun 2016**
First FC Youth to Youth group (YtYFC) Sashbear facilitated 10-week FC at Stella’s Place
- **Sep 2016**
YouthCan IMPACT project – 3 Sashbear facilitated 10-week FC groups at 3 locations:
East Metro Scarborough, East Metro Danforth and Delisle – special thanks to Eastminster United Church for providing location for Danforth area FC
Ami-Quebec, Montreal, QC – facilitated by Sashbear FC intensive weekend (2 of 2)
- **Nov 2016**
Kingston, ON –Sashbear facilitated FC intensive weekend (1 of 2)
Inner Solutions, Calgary, AB – Sashbear Facilitated FC intensive weekend (1 of 2)

ami québec

Agir contre la maladie mentale
Action on mental illness

The
Hincks-
Dellcrest
Centre.

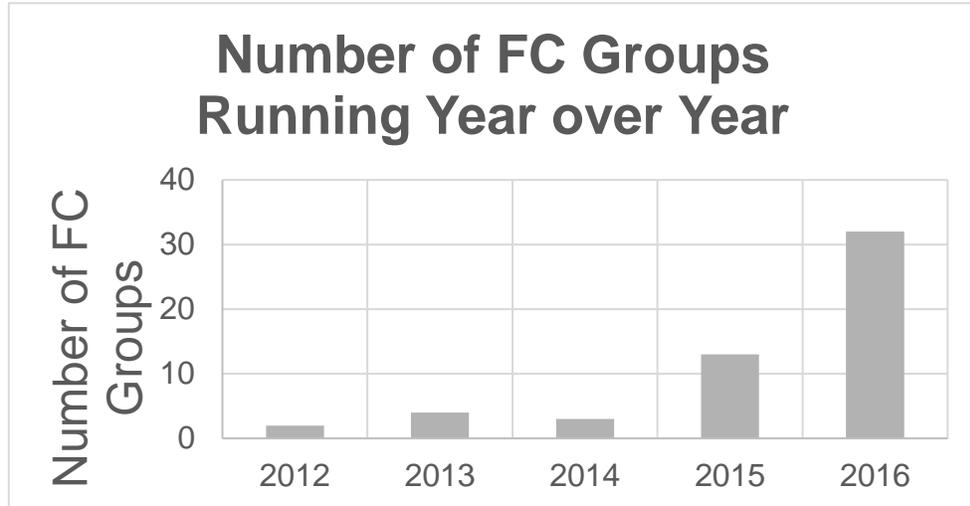
camh
Centre for Addiction and Mental Health

STELLA'S
PLACE

YouthCan IMPACT

inner } solutions

“Impressive growth...”



Our goal is to expand to all Canadian provinces and territories:

“Targeting all of Canada!”



“A collaborative project for Youth Mental Health...”



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

Sashbear in YouthCan IMPACT project

The Sashbear foundation is proud to be part of the Youth Can Impact Initiative which is a systems-wide approach to making mental health care more accessible and effective for adolescents and youth aged 11-25 who are experiencing moderate to severe mental health challenges.

“Adolescents are in a transitional phase of life – too young to be allowed adult privileges, but too old to be treated like children. This can create challenges as many youth are not comfortable accessing mental health services, which are either housed in a children’s’ mental health agency or an ‘adult’ mental health agency. The YouthCan Impact mental health initiative is helping to address and improve important unmet needs for this population.” - *Dr. Peter Szatmari, Chief of the Child and Youth Mental Health Collaborative at SickKids, CAMH and the University of Toronto*

YouthCan Impact brings together The Sashbear Foundation with a broad range of partners to set up special mental health care teams to provide youth with rapid access to mental health and addition services right in their communities. These partners include The SickKids, CAMH, Michael Garron Hospital, East Metro Youth Services, Sunnybrook Health Sciences Centre, LOFT Community Services and Skylark Youth Services, Anne Johnston Health Station, and Southeast Family Health Team.

offered by Sashbear to family members, Sashbear Foundation provides volunteers to facilitate DBT Skills Groups for youth who struggle to control their emotions and behaviours.

Since Sept 2016, as part of the YouthCan Impact initiative, in addition to the Family Connections skills groups, Sashbear volunteers have been providing adolescents, ages 13-19, twelve sessions to learn and practice emotional regulation skills under Skylark Children, Youth & Families. These DBT skills groups also serve as training to Skylark staff who will lead their DBT skills groups in future.

With an eye to providing DBT psychoeducation to the wider student population in the schools, we at The Sashbear Foundation look forward to continued growth and success of the DBT adolescent skills program in the YouthCan Impact initiative.

“Together as one...”



The Borderline Walk, May 29, 2016

The 4th Annual Borderline Walk (2016) was a huge success.

The walk took place on Sunday May 29, 2016. Hundreds of people enjoyed the beautiful, sunny day along scenic Lake Ontario, practiced their mindfulness and made waves about BPD and emotion dysregulation.

Participants

The online registrations increased in 2016. This year there were 173 individual walkers and 178 team walkers based on 43 teams for a total of 351 walkers registered online before walk day. An additional 65 walkers registered on site the day of the walk. Improvements in the registration process with additional lanes for walk-in registrations meant no long lines at the registration tables and a smoother start to the day.

Much appreciation must be shown to the amazing volunteers. The Borderline Walk was made possible by the 106 dedicated volunteers (20 registered and 86 unregistered). Next year one goal will be to ensure more of the volunteers are registered prior to the event.

The volunteers contributed their services to the smooth running of the registration process and walking with their sandwich boards to ensure that participants and passers-by learned about Sashbear, BPD, DBT and more. They also made sure that all participants were hydrated and injuries quickly attended to. As well the volunteers entertained the participants with music and song, guided them through the mindfulness bridge walk, helped fill their passport stamps, corralled participants at the beginning and end of the walk and made sure that the memories were caught on film for everyone to enjoy.

A total of 502 total participants, including walkers and volunteers, made the event a huge success.

Guests

Sashbear was privileged to have Dr. Blaise Aguirre, Medical Director of McLean 3East and Assistant Professor of Psychiatry at Harvard Medical School be the keynote speaker at the walk.



“Supported by thought leaders.”



Dr. Aguirre, one of the world’s leading authors and experts on Borderline Personality Disorder, brought a team from McLean 3East all the way from Boston by bus to participate in the event and helped us promote the walk via [YouTube video](#) and the following quote:

"Overcoming stigma means overcoming the fear of judgment. Judgment is born and bred out of ignorance and it is compassionate curiosity together with knowledge that will overcome ignorance. The Sashbear Borderline Walk is the living manifestation of overcoming this fear. The ever-growing number of supporters is a testament to courage."

“Media shakers”



Nicole Noren, ESPN producer of Mental Health America award winning “College Athletes And Mental Health: Sasha’s Story” was also part of the opening ceremonies along with Teresa Braeckel sexual assault survivor and advocate.

Official walk video

Here’s the official video of the 2016 Borderline Walk conceptualized, filmed and edited by Wajih Abdalnor:



“..and loyal sponsors”

Our sponsors

Sashbear was very pleased that all of the previous sponsors returned in 2016 and they received support from 3 new sponsors as well.



Car Park Management Inc. was the Platinum sponsor for the third consecutive year. McLean 3East and the co-operators were Gold sponsors again. The 7 Silver sponsors were Broadview Psychology, Christensen Real Estate Team, DBT Path, Dialectical Living, Herzing College Toronto, Kingsbury Dental and the law firm of Rubenstein, Siegel.

“Thank you for your support!”

Revenue

The total revenue raised at the 2016 walk was \$56,565. This surpassed the revenue from the Borderline Walk in 2015 by \$11,444.

The online system worked well, accounting for \$9,220 in registrations and \$27,893 in online pledges. For the first time, online pledges received automatic income tax receipts. Offline pledges contributed \$3,150.

The 10 sponsors sponsored the 2016 walk in the amount of \$7,500.

On the day of the walk, Sashbear raised \$1,641 at the Memories Table and with donations made for the bracelets. Credit Card registration and on site donations on the day of the walk \$1,156.

Media at the walk

Sashbear was pleased to have coverage of the 2016 annual walk by CTV Toronto. A concerted effort is being made to increase the media coverage at the 2017 walk.

Overall the walk was a success in every way: raising awareness about Sashbear, BPD, mindfulness and emotion dysregulation; attracting more sponsors; and generated significant revenue.



Map of walk



- LEGEND**
- Registration Gazebo
 - Picture/Speaker Corner Station
 - First Aid/Rest • Passport Station
 - Memory/Passport Table Station
 - Garbage & Recycling Bin
 - Start & Finish

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

Sashbear.org
May 29, 2016

Borderline Walk

*“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, 2016 to December 31, 2016.

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,

	2016	2015
<i>ASSETS</i>		
Current		
Cash	\$72,414	\$39,415
Accounts receivable	5,418	-
Government remittance receivable	3,885	1,931
Prepaid expenses	401	401
	\$82,118	\$41,747
<i>LIABILITIES</i>		
Current		
Accounts payable and accrued liabilities	\$8,419	\$5,000
<i>NET ASSETS</i>		
Unrestricted net assets	73,699	36,747
	\$82,118	\$41,747

Income Statement

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

	2016	2015
Revenue		
Borderline walk	\$56,565	\$37,960
Conference Grants	-	5,000
Family Connections	9,471	11,600
Donations	7,113	-
Marilyn's swim event	5,771	-
Palooza event	4,236	-
Speaker presentations	-	2,093
	\$83,156	\$56,653
Expenses		
Accounting and legal	\$2,138	\$5,000
Annual general meeting	1,012	429
Bank charges and fees	1,714	544
Borderline walk	15,192	8,692
Conferences and outreach	9,657	4,053
Equipment rental	1,993	1,064
Family connections	11,800	12,708
Family day conference	-	5,500
Gifts and prizes	422	-
Insurance	1,200	1,161
Office and general	1,076	2,920
Promotion	-	717
Website	-	464
	46,204	43,252
Excess of revenues over expenses	36,952	13,401
Unrestricted net assets, beginning of year	36,747	23,346
Unrestricted net assets, end of year	\$73,699	\$36,747

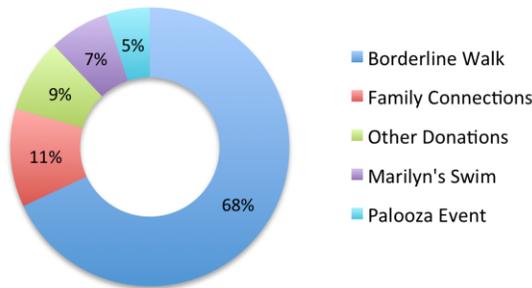
Cash Flows

*THE SASHBEAR FOUNDATION**STATEMENT OF CASH FLOWS**For the year ended December 31,*

	2016	2015
Cash provided by (used in):		
Operating activities		
Excess of revenues over expenses	\$36,952	\$13,401
Net change in non-cash working capital amounts:		
Accounts receivable	(5,418)	
Government remittance receivable	(1,954)	(1,574)
Prepaid expenses	-	(166)
Accounts payable and accrued liabilities	3,419	4,957
Net increase in cash during the year	32,999	16,950
Cash, beginning of the year	39,415	22,465
Cash, end of the year	\$72,414	\$39,415

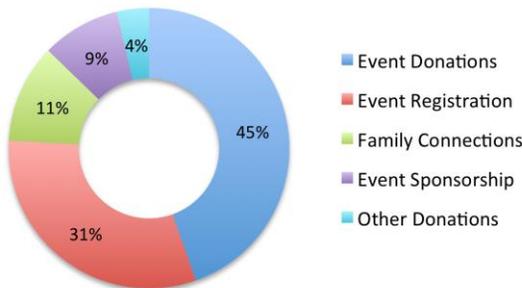
Analysis of 2016 Revenue and Expenses

2016 Revenue by Source



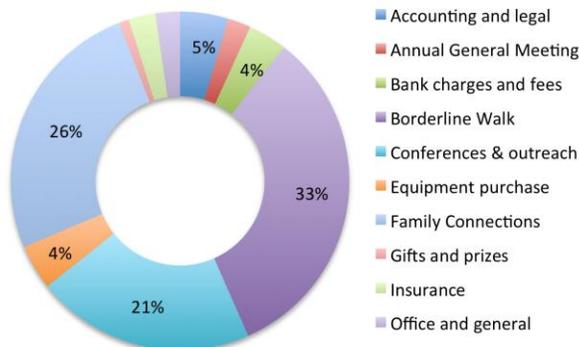
Borderline Walk	56,565	68%
Family Connections	9,471	11%
Other Donations	7,113	9%
Marilyn's Swim	5,771	7%
Palooza Event	4,236	5%
Total Revenue	83,156	100%

2016 Revenue by Type



Event Donations	37,066	45%
Event Registration	26,027	31%
Family Connections	9,471	11%
Event Sponsorship	7,500	9%
Other Donations	3,092	4%
Total Revenue	83,156	100%

2016 Expenses



Accounting and legal	2,138	5%
Annual General Meeting	1,012	2%
Bank charges and fees	1,714	4%
Borderline Walk	15,192	33%
Conferences & outreach	9,657	21%
Equipment purchase	1,993	4%
Family Connections	11,800	26%
Gifts and prizes	422	1%
Insurance	1,200	3%
Office and general	1,076	2%
Total Expenses	46,204	100%

Board of Directors at end of 2016



Lynn Courey
President

Lynn Courey, C.S.W., graduated from McGill University in marketing and entrepreneurship. In 2014, Lynn was 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.



Rosanna Ruppert
Vice President,
Family Connections Director

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.



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.



Victoria MacLean
Director,
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
Director,
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.

Resignations from the Board

Susan Morency – March 2016

The Sashbear Foundation thanks Susan Morency for her dedication and commitment to the Sashbear Foundation as a board member during the foundation's early years of growth.

Organization Information

The Sashbear Foundation - Registration #: 8233 90042 RR0001

25 Hartfield Rd.
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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