



The Sashbear Foundation

Making waves on mental health and suicide prevention

Annual Report

FISCAL YEAR 2017:

January 1 to December 31, 2017

Date of Report: March 4, 2018

The Sashbear Foundation - Registration #: 8233 90042 RR0001

Tel 416-523-0495
Fax 416-523-0495

25 Hartfield Rd.
Etobicoke, ON, M9A 3C8

<http://sashbear.org>
info@sashbear.org

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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

It is with a sense of great satisfaction that I write this annual report sharing some of the activities and successes of the past year. Together, we have tackled significant issues and celebrated important milestones. I am proud of how our board members have engaged to:

- Solidify the foundation's future by improving our infrastructure and processes
- Support the foundation to deliver our skills in schools and Family Connections™ programs with credibility and passion
- Remain accountable to each other and to the public interest; and
- Offer a strong voice to varied and important topics about mental health issues locally, regionally, provincially, nationally and internationally

Thanking past Board Members

On behalf of the Sashbear Foundation, I should begin by offering a sincere thank you to our three board members that are not renewing their mandate this year:

- Jennifer Carpenter
- Heather Rider
- Victoria MacLean

We thank Jennifer for all her work as Secretary and all the work she did to help us with Family Connections™.

We thank Heather for the incredible success of the Borderline walk, 2017 – this was due to her leadership and her amazing team. If the walk wasn't enough, under Heather's leadership, Sashbear successfully launched our first Skills in Schools Pilot in 2017!

We thank Victoria MacLean for her continued support of the foundation from the very start and for all her work to ensure its growth, from presentations in schools, to finding sponsorship for the walk, and locations for various events.

Other Contributions

This was an incredible year again for our Family Connections™ program under the leadership of Rosanna Ruppert. With the funding received from Sun Life, and with the passionate dedication of our Family Connections facilitators, Sashbear has been expanding further in Alberta, British Columbia, Ontario and in Quebec. Rosanna's team is in the process of changing the infrastructure with a new Sashbear site and database for our Family Connections program. These various technology products will enable us to be more effective in conducting our business of serving families!

Thanks to a select group of Family Connections participants I was nominated and was honoured to be a recipient of the "150 Leading Canadians For Mental Health" award in November of 2017. This will help put Sashbear on the spotlight as a mental health leader in Canada.

Johanne Papillon spent a considerable amount of time working through our finance and accounting systems to improve and facilitate our accounting process and timely reporting.

Leanne Nicole's strategic planning has helped improved the foundation's focus and planning in anticipation of the future growth of our organization.

Karen Black's communication strategy has helped shine the spotlight into the foundation's activities with both media and other organizations. This includes a congressional briefing in Washington DC on suicide prevention that Karen and I attended where I had the opportunity to speak about the impact of losing a loved one to suicide and on the importance of early prevention.

Carolyn MacLean has expanded her contributions to include helping co-facilitate FC groups and helping us with outreach awareness activities.

Sheryl Trachter continues to support the organization and runs FC-North groups contributing to the FC groups supporting the GTA.

Dr. Marilyn Korzekwa continues to set incredible long distance swim records in support of our foundation.

Mike Menu continues in his advisory role to the Board and helps with various initiatives.

The Voice of Families heard in Canada and around the world

During the year, I attended conferences to share the importance of including families in the recovery of their loved ones and help expand Family connections in France and Russia with

NEABPD USA. With Rosanna Ruppert we presented at the ISSPD Congress in Germany and forged important relations with international authorities in mental health making Sashbear a recognized world leader in the voice of families, and their positive role in their loved one's road to recovery.

As President, I wish to acknowledge the support of each member of the Board for the work we do to help families so no family is left behind.

To our board members, the many Family Connections leaders, Family Connections members, our numerous volunteers, and supporters that make The Sashbear Foundation a dynamic, responsive, compassionate and fun organization: you have spent day and night (and I know that statement is sometimes literal and not figurative) responding to requests, organizing events, engaging with decision makers, volunteering at events, delivering Family Connections groups, helping out at a conference or a booth event, helping at a school talk, supporting us financially, the list goes on. The Sashbear Foundation is a volunteer organization and you do incredible work. You are making a difference for someone and you are changing the world!

As we head toward another year, may the waves we are generating continue to help families across Canada.

Thank you!



Lynn Courey

President

March 4, 2018

“Making waves on
Mental Health...”



Mission and Value Statements

Vision

To TRANSFORM SOCIETY by INSPIRING COMMUNITIES to EMBRACE SOCIAL and EMOTIONAL LIFE-THRIVING 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

Values

At Our Core we will lead with Unwavering: *Integrity, Respect and Honesty*

In our Essence, we thrive by being:

COMPASSIONATE

Act with acceptance, care and non-judgement.

COMMITTED

Honour our promises. Deliver on our passion. Be unwavering in our vision.

MINDFUL

Act in the present. Consider other perspectives. Be intentional. Think. Observe. Feel.

BALANCED

Stable and sustainable growth. Operate in wise mind. Be certain and thoughtful.

EFFECTIVE

Act with our values. Be productive. Use skills. Stay focused. Optimize resources.



“A global reach...

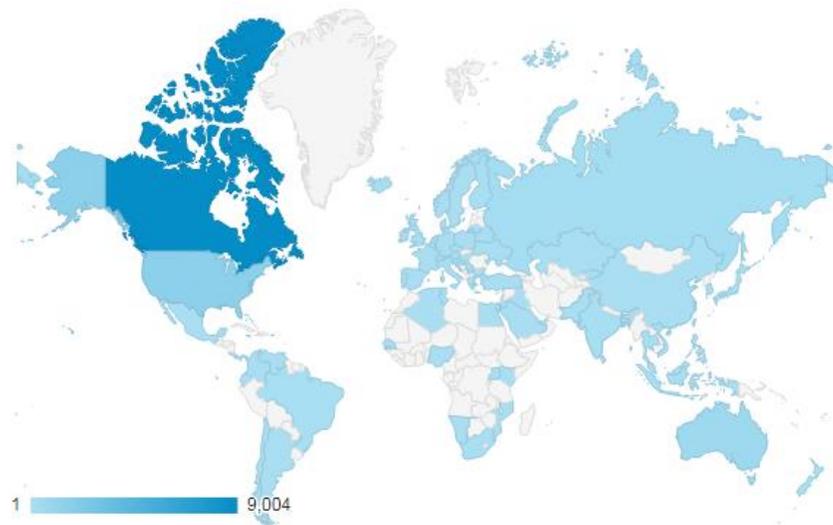
*Reorganization of
website map”*



Website Report

Website

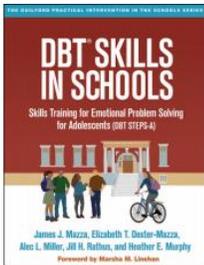
In 2017 the website received over 43,500 page views from over 19,500 browser sessions with over 81% of traffic being new users. Here’s a map of the sessions distributed by geography (the darker the blue the more sessions for that country):



85% of the sessions originated from Canada and the US and the rest of the 15% from elsewhere around the globe. In 2017 a total of 90 countries had at least 1 session at sashbear.org.

Website activity in 2017 was comparable to 2016.

“Bringing skills in schools...early”



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

DBT Skills in Schools Pilot

Into the Schools

2017 saw the implementation of Sashbear’s Skills in Schools Pilot, a pilot aimed 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 Training

Fifty-seven teachers and school administrators from the Independent, TDSB, TCDSB and Peel School Boards attended a 3-day training session given by industry experts Dr. James Mazza and Elizabeth Dexter-Mazza. This training program, funded by Sashbear, provided a comprehensive understanding of Sashbear’s Skills in Schools Pilot, a Sashbear initiative aimed at early prevention, recognition and timely intervention by providing access to effective emotion regulation skills for youth.

The Implementation

In September 2017, four independent and public schools implemented the DBT STEPS-A curriculum into 23 classrooms reaching 330 students from grades 7 to 12. Information is being gathered over the 2017/2018 school year through teacher and student surveys to improve the program and develop a rollout strategy

“The voice of families in the recovery of their loved ones...”

Outreach Programs and Events

The voice for families

Sashbear is making significant gains in getting the message out there, at home and abroad, that families are critical partners in the treatment of loved ones with mental health issues. At the same time, our message of compassion is bringing awareness about emotion dysregulation and is helping bridge the gap in services for those impacted.

In 2017 outreach activities continued strongly with The Mindfulness day “*Having A Life Worth Living*” film series, the Borderline walk, Dr. Marilyn Korzekwa record-setting swim for Sashbear, and speaking engagements in conferences at home, overseas and for the first time in the Caribbean. 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.

Here is the timeline of outreach events in 2017:

“Spreading awareness at home and abroad ...”

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

“Spreading awareness with a healing walk ...”

Date	Event	Description
2017-03  Stephen Lewis Secondary School	Stephen Lewis SS Mental Health Fair, Mississauga, ON	Sashbear booth outreach.
2017-03 	Mindfulness Day, 2017	Sashbear releases Mindfulness Day video “Having A Life Worth Living - Dr Aguirre's Insights on Borderline Personality Disorder” – full report later in this document.
2017-05 	5 th Annual Sashbear Walk, Toronto, ON	5 th annual Borderline Walk takes place in historic Sunnyside Park, Toronto with record attendance and fundraising – full report later in this document.
2017-06 	The York Humber Toronto Employment Social Services Info Fair, Toronto, ON	Sashbear booth outreach.
2017-06 	U of T, 1st year Psychiatry Resident Workshop, Toronto, ON	For the 4 th consecutive year...the impact of not including families in recovery and the importance of providing skills to families for better outcomes.
2017-06 	First FC group in France! Versailles, France	Sashbear was invited to deliver with NEABPD USA a Family Connections workshop to family members and mental health professionals in France.

<p>2017-08</p> 	<p>Dr. Marilyn Korzekwa Lake Tahoe Swim, California-Nevada, USA</p>	<p>Dr. Marilyn Korzekwa became the first Canadian to swim Lake Tahoe from south to north, raising past her goal of \$10,000 in support of Sashbear's FC program!</p>
<p>2017-09</p> 	<p>SickKids Suicide Prevention Day, Toronto, ON</p>	<p>Sashbear was represented as community organization with a booth during SickKids Suicide Prevention Day exhibit.</p>
<p>2017-09</p> 	<p>ISSPD Congress Heidelberg, Germany</p>	<p>Sashbear presented with NEA-BPD on the role of the family in the recovery of their loved one with BPD, and, for the very first time, chaired a symposium during the scientific conference.</p>
<p>2017-09</p> 	<p>GAP Meeting Heidelberg, Germany</p>	<p>Sashbear participated in face to face GAP meeting that was held during the ISSPD conference. GAP stands for the Global Alliance for Prevention and Early Intervention of BPD. One of GAP's biggest achievements in the last year was to get its position paper published as a letter in World Psychiatry. Sashbear is a signatory to this position paper which lays out a blueprint for action on BPD.</p>
<p>2017-10</p> 	<p>5th Annual 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>2017-10</p> 	<p>International Conference on Prevention of Suicide and Self Harm Moscow, Russia</p>	<p>Sashbear presented during Russian conference on personal story and the importance of including families in the recovery of loved ones.</p> <p>Sashbear also helped NEABPD USA in delivering Family Connections workshop to service providers - 3 to 5 fc groups would be delivered in the next year in Russia!</p>
<p>2017-10</p> 	<p>8th International Conference on Health Psychology Havana, Cuba</p>	<p>Sashbear presented at a conference in Havana with NEABPD on the importance of early intervention through the lens of Sashbear's personal story with emphasis on the importance of involving families in the recovery of their loved one.</p>
<p>2017-11</p> 	<p>Congressional Briefing on Youth Suicide and Self Injury, Washington, DC</p>	<p>The Briefing was hosted by NEABPD and B-TECH in co-ordination with Representative Grace Napolitano, Chair of the Congressional Mental Health Caucus.</p> <p>The goal of the briefing was to outline priorities to address the crisis, build awareness and provide education to Congressional members and staff.</p> <p>Sashbear presented at the briefing on the impact of losing a child to suicide and the need for early intervention.</p>

Mindfulness Day 2017



Having A Life Worth Living - Dr Aguirre's Insights on Borderline Personality Disorder

In celebration of International Mindfulness Day 2017, Sashbear released Dr Blaise Aguirre's exclusive interview footage from Having A Life Worth film series.

Dr. Blaise Aguirre, medical director of McLean3 East hospital in Boston, contributes mindful insights toward positive outcomes for Borderline Personality Disorder in this 44-minute YouTube video that collected a record 39,305 views, 873 likes and 89 comments in 2017, making it by far the most successful Sashbear video ever.

"...they are as essential to the universe as anyone of us is because without them, and without us, the universe is not the same universe; the universe cannot be the same without either one of us."

~ Dr. Blaise Aguirre

What people are saying

Here are some of the many comments from YouTube about the powerful impact of this film:

"So eloquently put Doctor. Thank you. At the end when you said that you wished people with BPD could see how amazing they are and not second-class citizens that immediately made me tear up. Thank God for patient, understanding doctors like you that won't give up on us."

" I teared up at the end of this video. Never have I ever heard anyone speak to the core of Borderline issues the way Dr. Aguirre has. I have become so resigned to the thought that no one could possibly understand unless they were BPD themselves, that I gave up expecting to find professionals who could help. Feel grateful for this brief glimmer of understanding and of self-recognition which my current psychiatrist cannot provide despite the firm diagnosis. Thank you so much to those who made this video as well. I hope you know what a difference this made to even just one person. "

The heroes in front and behind the camera

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 editing this film. Last but not least, special thanks to **Dr. Blaise Aguirre** for speaking from the heart and sharing his wisdom and world-renowned expertise about this disorder – this film has gone a long way to remove the stigma surrounding this disorder and giving countless many hope.



Family Connections™



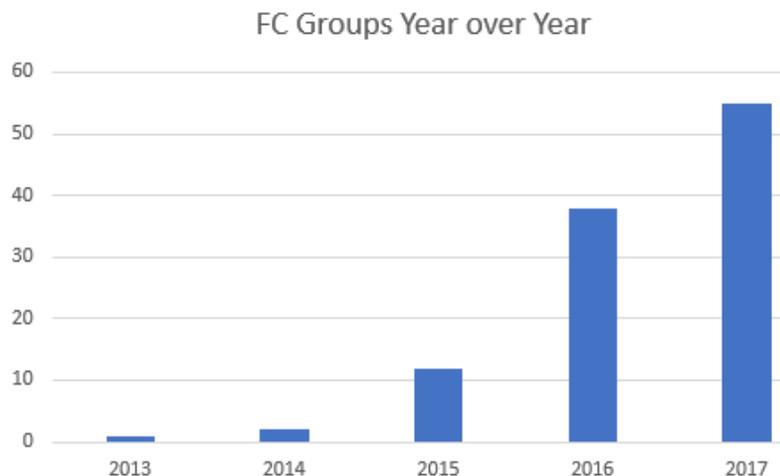
“We no longer feel alone...”

“our relationship is improving because of what we learned from FC...”

“Supporting families with skills for self-care and effective communication...”

Another year of growth

In 2017 Sashbear continued to be the driving force behind the expansion of NEABPD’s Family Connections™ program in Canada. This year Family Connections™ expanded to offer 55 sessions, helping about 800 families. That’s up from 38 sessions in 2016, 12 sessions in 2015 and one session in each of 2013 and two in 2014. (NEABPD stands for National Education Alliance for Borderline Personality Disorder and is recognized as the leading BPD organization in the U.S.).



Expansion of FC to the rest of Canada

Sashbear’s goal is to make the Family Connections™ program available across Canada. This year, Sashbear’s volunteer facilitators travelled from Toronto to Montreal, Calgary, Edmonton, Kingston, Sudbury and Vancouver to provide the Family Connections™ program. Some of the Quebec sessions were held in French. Thanks to one of our volunteers who translated the entire Family Connections Program Guide from English to French. The out-of-Toronto sessions are held over the course of two weekends rather than the regular 12-week sessions. Thanks to the volunteer facilitators who gave up their weekends. In the fall, Sashbear piloted a very successful two weekend Family Connections program in Toronto.



Figure 1 First FC group in French



“Our FC volunteers and process are our strength...”

Our FC volunteers and training

The expansion of the Family Connections™ program is possible because of the dedication and commitment of family members who have stepped forward to become leaders, having experienced the transformative power of the skills taught in the program. Sashbear provides ongoing training for new and existing leaders. During 2017, a one-day training program was held in August and a two-day weekend training was held in September. The September weekend training was led by Alan Fruzzetti PhD, who was speaking to Family Connections leaders in several cities via video conferencing from Seattle under the auspices of the NEABPD. Alan Fruzzetti is Director of the Boys DBT Residential Treatment Program and Director of Training in Family Services (both at McLean Hospital), and Professor of Psychology in the Department of Psychiatry at Harvard Medical School.

“Families for Youth!”



The Borderline Walk, May 28, 2017

The 5th Annual Sashbear 2017 Walk breaks all records!

On Sunday May 28th, Toronto’s Sunnyside Boardwalk became a sea of orange as record-setting 650 family members, friends, people with lived experience, and leading mental health practitioners from Canada and the United States, gathered for a 5K Walk in support of The Sashbear Foundation.

Walk by the numbers

Total participants: 650

Teams: 42

Funds raised: \$100,000+

Volunteers: 130

Media: 2 TV, 2 Print.



Getting ready for media

Walk volunteers arrived at Sunnyside Beach at 6:45 am to begin setting up for the walk. By 9 am the registration table was open, the podium was set up, the music was playing, the VIPs were arriving and CTV and CBC television cameras as well as French newspaper L’Express de Toronto were on their way to interview founders Lynn Courey and Mike Menu.



Kick-off ceremonies

The event kicked off promptly at 10 am with actor John Ralston as Master of Ceremonies. Parkdale-High Park MP Arif Virani and MPP Cheri DiNovo both came out to support the Sashbear Walk and gave brief speeches, offering words of hope and encouragement. This was the first time the walk was attended by federal and provincial politicians.



With Olympians Heather and Britany MacLean by her side, Lynn Courey announced the inauguration of a new commemorative bench at Sunnyside Beach facing the water. The commemorative plaque reads:



The Sashbear Foundation

Dedicated to making waves on mental health

In honour of those we lost too soon





R. Shelley sang a new song written specifically for this year's walk entitled "It'll Be Alright", and the walk officially got underway at 10:45.

Heather and Brittany were on hand to greet the walkers at the turn-around mark at Sheldon Lookout and posed with everyone who wanted the honour of having a selfie with an Olympic athlete.



Karen Waddell led a mindfulness walk across the Humber Bay Arch Bridge.

The theme of this year's walk was "**Families for Youth**" - highlighting the powerful role the family plays in helping to support loved ones struggling with mental illness.

Guests



The Sashbear Walk was honoured to have the following esteemed guests from the U. S.:

Alan E. Fruzzetti, Ph.D., Director of the Boys DBT Program and Director of Training in Family Services at McLean Hospital, and Associate Professor of Psychology in the Department of Psychiatry at Harvard Medical School.



Perry Hoffman, Ph.D., President and co-founder of the National Education Alliance for Borderline Personality Disorder

Preston Thompson, CEO of Behavioral Tech and Executive Director of the Linehan Institute in the United States

Dr. Fruzzetti and Dr. Hoffman, pioneered the Family Connections Program that provides education, skills training, and support for people who are in a relationship with someone who has mental health issues.



Pat Healy, Sasha Menu Courey's heart recipient, and his wife Karen drove 9 hours from Boston in order to participate in the fifth annual Sashbear Walk, and Pat was interviewed by CBC.

“What an incredible 2017 walk. No words can express my gratitude.”

– Lynn Courey

Official walk video

Here’s the official video of the 2017 Borderline Walk conceptualized, filmed and edited by Wajih Abdalnor:



Our Sponsors

We thank our Platinum sponsors Car Park Management, McLean 3East and Clearview as well as our Gold sponsors Broadview Psychology and The Centre for MindBody Health and all our silver sponsors for supporting this important cause.



Thank you for making this walk a huge success!



Communications

Communications focus in 2017 was to get media coverage for Sashbear for Mental Health Week and then to attract media to the Annual Borderline Walk. The other focus was to get coverage of Marilyn Korzekwa's Annual long-distance swim in August to raise money for Sashbear.

All goals were achieved with CBC doing a major story on Sashbear and the Family Connections program in April, leading in to Mental Health Week. The story was rebroadcast several times on CBC Radio and on Metro morning.

It was a record year for media coverage of the Annual Borderline Walk. Both CTV television and CBC television attended the Walk and reports appeared on the evening news featuring interviews of Lynn Courey and Mike Menu and good visuals of the walk. In addition to television the Walk was also featured on CBC Digital and CBC Radio news. Other coverage included: OPSEU Newsletter, Bloor West Villager, L'Express, Community Captured Roncy. Listings promoting the Walk appeared in 10 different media.

Marilyn Korzekwa's Annual long distance swim was covered by CBC Hamilton and the Hamilton Spectator ran three separate stories. All stories mentioned Sashbear.

Financial Statements

Financial statements in this report are for fiscal period starting on January 1, 2017 to December 31, 2017.

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,

	2017	2016
<i>ASSETS</i>		
Current		
Cash	\$144,629	\$72,294
Accounts receivable	4,937	5,418
Government remittance receivable	3,940	3,885
Prepaid expenses	1,449	401
	\$154,955	\$81,998
<i>LIABILITIES</i>		
Current		
Accounts payable and accrued liabilities	\$8,349	\$8,419
<i>NET ASSETS</i>		
Unrestricted net assets	146,606	73,579
	\$154,955	\$81,998

Income Statement

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

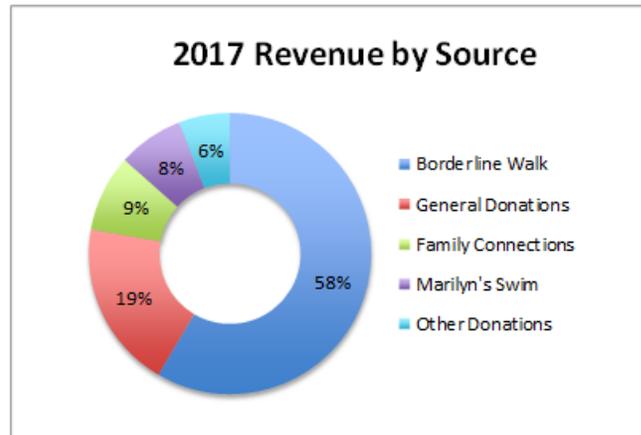
	2017	2016
Revenue		
Borderline walk	\$102,078	\$56,565
Conference Grants	-	-
General Donations	43,516	7,113
Family Connections	15,442	9,471
Marilyn's swim event	13,138	5,771
Palooza event	392	4,236
	\$174,566	\$83,156
Expenses		
Accounting and legal	\$3,699	\$2,138
Board Governance and Annual General Meeting	1,098	1,012
Bank charges and fees	2,927	1,714
Borderline walk	23,271	15,192
Conferences and outreach	9,355	9,657
DBT in schools training	28,497	-
Equipment rental	-	1,993
Family connections	22,376	11,920
Promotional, gifts and prizes	4,819	422
Insurance	1,229	1,200
Office supplies and general expenses	4,270	1,076
	101,540	46,324
Excess of revenues over expenses	73,027	36,832
Unrestricted net assets, beginning of year	73,699	36,747
Unrestricted net assets, end of year	\$146,606	\$73,579

Cash Flows

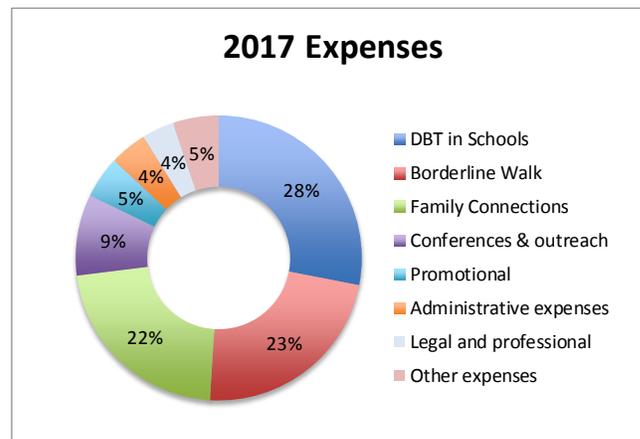
*THE SASHBEAR FOUNDATION**STATEMENT OF CASH FLOWS**For the year ended December 31,*

	2017	2016
Cash provided by (used in):		
Operating activities		
Excess of revenues over expenses	\$73,027	\$36,832
Net change in non-cash working capital amounts:		
Accounts receivable	481	(5,418)
Government remittance receivable	(55)	(1,954)
Prepaid expenses	(1,048)	-
Accounts payable and accrued liabilities	(70)	3,419
Net increase in cash during the year	72,335	32,879
Cash, beginning of the year	72,294	39,415
Cash, end of the year	\$144,629	\$72,294

Analysis of 2017 Revenue and Expenses



Borderline Walk	102,078	58%
General Donations	33,664	19%
Family Connections	15,442	9%
Marilyn's Swim	13,138	8%
Other Donations	10,244	6%
Total Revenue	174,566	100%



DBT in Schools	28,497	28%
Borderline Walk	23,271	23%
Family Connections	22,376	22%
Conferences & outreach	9,355	9%
Promotional	4,819	5%
Administrative expenses	4,270	4%
Legal and professional	3,699	4%
Other expenses	5,254	5%
Total Expenses	101,541	100%

Board of Directors at end of 2017



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.



Victoria MacLean
Director at large

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.



Johanne Papillon
Treasurer

Johanne Papillon is an actuary who works with a large Canadian insurance company. Johanne was first introduced to The Sashbear foundation in January 2016, when she attended the Family Connections program. In Johanne's own words, "The program was transformational for our family, and I decided from that point on to get involved and use my skills to help this wonderful organization." Johanne has agreed to join the Board of Directors in the position of Treasurer.



Jennifer Carpenter
Secretary

Jennifer brings her many years of corporate administration experience to Sashbear, beginning in early 2016 when she applied as a volunteer for day to day administrative requirements. She has also assisted with organizing the Family Connections program at Davenport-Perth Community Centre and the annual Borderline Walk. Jennifer has held a variety of positions in the business sector and in 2015 retired from Yamaha Canada Music where she held the position of Manager, Corporate Services.



Heather Rider
Director
DBT in Schools

Heather graduated from Western University with a Master's in Business Administration. After spending a number of years in corporate finance at international banks, she has devoted the past 15 years to helping charitable youth organizations such as Camp Oochigeas, Families for Children and Girl Guides of Canada. Heather's strong belief in the effectiveness of the DBT skill set for youth and their families is the source of her commitment to Sashbear's mission and she hopes to have a positive impact on youth mental health by focusing on early intervention and prevention through implementing these effective skills in schools.



Karen Black
Director
Communications
& Marketing

Karen Black graduated from the Rotman School of Management, University of Toronto, after receiving BA degrees in Journalism and History from Ryerson and U of T respectively. For the past 15 years she was responsible for the overall strategic development and management of the City of Toronto's Museums and Heritage Services department and has been honoured with various management and marketing awards. Karen has held a variety of communications-related positions in the non-profit sector and has also worked as a journalist. Most recently she received the 10-year Ontario Volunteer Service award for her work on the Parent Council at her daughters' school. She was first introduced to Sashbear Foundation when she and her husband took the Family Connections program several years ago as participants. She believes strongly in the effectiveness of the Sashbear programs and is looking forward to contributing to the organization.



Sheryl Trachter
Director
Clinical

Sheryl Trachter, B.Ed, MSW, RSW, formerly a teacher for twenty years with the York Region Board of Education, volunteers with The Sashbear Foundation as both a DBT Youth Skills Group and a Family Connections co-facilitator. Ms. Trachter is a social worker in private practice in North York, specializing in Dialectical Behavioural Therapy for children, youth, adults and families who struggle with Borderline Personality Disorder and Emotional Dysregulation. She is also trained in brief solution focused and narrative therapy, and psychodynamic therapy and is currently training in Infant psychotherapy.



Leanne Nicolle
Director
Strategic
Planning

Leanne Nicolle, idea generator, girl advocate and globally minded social innovator left her private sector marketing executive career to dedicate her life to helping girls around the world and social impact initiatives.

Leanne has a passion for human development and has worked for UNICEF, Plan Canada and as the founder of "*girl Impact*". In 2010, she joined the team at Plan Canada as the Director of Corporate Development and Youth Engagement to work primarily on the domestic and global platform for girls' issues and rights through the "*Because I am a Girl*" initiative. Most recently, Leanne continued her journey in the social space as the Executive Director of the Canadian Olympic Foundation. After Rio in 2016, Leanne decided to expand her reach and re-established her consultancy, Ubuntu Marketing, a collective putting organizations in touch with humanity. This gives Leanne the opportunity to apply her social impact philosophy to various organizations and industries including sport, charities, education institutions and private sector companies.

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 mental health and suicide prevention



@SashbearOrg



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info@sashbear.org