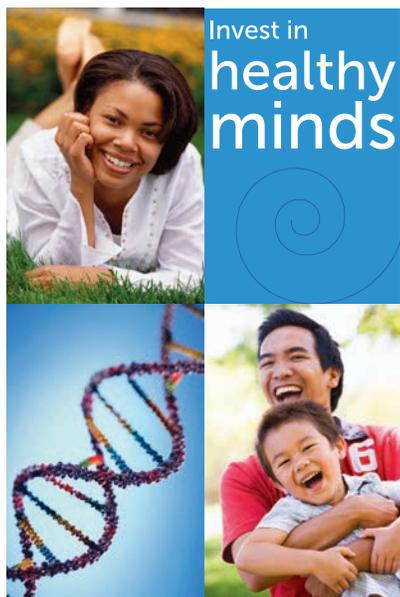


2011 / 2012

ANNUAL REPORT ON GIVING

Douglas
 INSTITUT UNIVERSITAIRE EN SANTÉ MENTALE
 FONDATION
 MENTAL HEALTH UNIVERSITY INSTITUTE
 FOUNDATION



If you have any questions about this Report, or any of the patient programs and research projects at the Douglas, please do not hesitate to contact us:

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Thank you!

Thank you for investing in healthy minds and supporting the Douglas Institute in its mission to improve patient outcomes and prevent mental illness.

The Foundation is pleased to share **with you and our 1,715 other donors** some highlights of our activities this past year.

We have chosen to focus this *Annual Report on Giving* on how researchers at the Douglas are contributing to advances in mental health care and prevention of illness. Their work is helping people right now, right here in our community.

Last year, some of you who responded to our reply card survey expressed interest in the sources of the Foundation's revenue and the types of expenditures we incur. Detailed information about our revenue and expenses, including our full audited financial statements, is available on our website: www.douglasfoundation.qc.ca/2011-2012



CASH REVENUE FROM ANNUAL AND MAJOR GIFTS AND BEQUESTS*	\$ 897,928
INVESTMENT RETURNS	\$ 745,967
GRANTS TO THE INSTITUTE	\$ 1,618,780

* DOES NOT INCLUDE PLEDGE PAYMENTS TO COME: \$ 3.9 MILLION



Thanks to you, our adolescent inpatients (10 to 17 years old) went on a nine-day canoe-camping excursion. The trip achieved its objective of improving self-confidence in these youngsters, teaching them that their illnesses did not define them and helping them on their road to recovery.

Stopping Alzheimer's before it starts

Did you know that, by the time a person with Alzheimer's Disease starts noticing memory loss, about 60 to 70% of the brain cells involved in the disease process are already dead? It's too late.

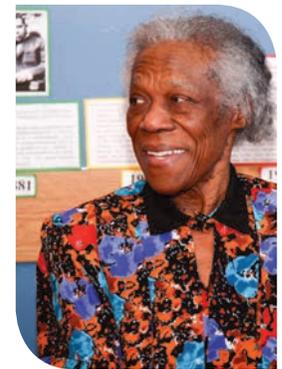
That's why researchers at the Douglas' **Centre for Studies on Prevention of Alzheimer's Disease** are trying to prevent the disease before parts of the brain begin to degenerate.

They are currently focusing on five prevention factors that have already shown promise in previous research: anti-inflammatory drugs, inhaled insulin, physical exercise, cognitive training activities, and certain heart medications. This study is one of the largest initiatives ever for Alzheimer's prevention.

To test these preventive factors, Douglas researchers are following 500 adult volunteers over age sixty with a family history of Alzheimer's Disease. People in our community will reap the potential benefits of these prevention strategies and help our scientists determine which strategies might benefit others in the future.

If you are interested in participating in the study, please contact Joanne Frenette at (514) 761-6131, extension 3329 or joanne.frenette@douglas.mcgill.ca

For more information about the Centre or study, please visit the News section of our website: www.douglasfoundation.qc.ca/StopAD



“Studies done at the Brain Imaging Centre will pave the way for future research into possible biomarkers for Alzheimer's, making early intervention and prevention more feasible.”

Natasha Rajah, PhD
Director, Brain Imaging Centre
Molson Fellow in Healthy and Successful Aging
Donor

Using brain imaging to understand aging

Researchers studying aging at the Douglas are using the new state-of-the art Brain Imaging Centre.

In one study, Natasha Rajah, PhD, and colleagues are performing brain scans on volunteers of various ages. They are hoping to uncover how the brain changes with aging in those with and without a family history of Alzheimer's.

If you are interested in participating in this study, please contact Ms. Rajah's research assistant, Maria Fajardo, by phone at (514) 761-6131, extension 2877, or by e-mail at: rajahmemorystudy@gmail.com

The Foundation is contributing on an annual basis to the operation of the Brain Imaging Centre, an invaluable asset to mental health research.

The Molson Foundation invests in the healthy aging of Canadians

The Molson Foundation is helping fund the vital work of Douglas researchers in promoting healthy brain aging.

The Molson Foundation's generous one million dollar contribution included an endowed fellowship in healthy aging. The Foundation is pleased to announce the first Molson Fellow in Healthy and Successful Aging, Natasha Rajah, PhD.

Wanted: All Brains

Brain donation is not covered on the sticker on the back of your RAMQ card. It is also not covered when you donate your body to a university.

To find out more about how you can make the ultimate gift, please visit our website: www.douglasfoundation.qc.ca/ultimate-gift

“My mother had 6 sisters, all of whom developed Alzheimer's. I've seen first-hand the devastating effects mental illness can have on an entire family. I have been healthy my whole life and I will donate my brain because I want to help others who are less fortunate.”

Manon-Lucie Sirois, donor and volunteer



The Douglas-Bell Canada Brain Bank – An invaluable source of knowledge about the mind

Bell Canada has recognized that, without research, there would be no advances in our understanding of mental illness and is generously investing two million dollars in the **Douglas-Bell Canada Brain Bank**.

- Only bank in Canada to collect brains of people who had a mental illness and those who did not (healthy brains)
- Comparing the two types of samples is the best way to understand the causes of the illness
- Only by understanding the causes of mental illness can we have breakthroughs in treatment and prevention
- The bank ships samples to researchers around the world

The Foundation thanks Bell Canada for its gift, the largest donation to a mental health institute ever made in Québec from a private corporation.

“This gift is an important starting point for mental health discoveries.”

Martine Turcotte, Vice-Chair, Québec, Bell.

Ms. Turcotte is seen here with Naguib Mechawar, PhD, Director of the Douglas-Bell Canada Brain Bank and Bell Senior Fellow in Mental Health. Mr. Mechawar is a donor and volunteer of the Foundation.



“Aligned directly with the research pillar of the Bell Let’s Talk Mental Health initiative, the work that the Douglas is undertaking here in Montréal will grow our understanding of the causes and effects of mental illness.”

George Cope, President and CEO of Bell Canada and BCE

Standard Life invests in breakthroughs in teen depression and suicide prevention

Did you know that:

- 70% of adolescents who commit suicide suffer from depression
- 17% of adolescents will become depressed
- Despite this, they often have to wait up to 10 years before receiving any treatment
- If youth fail during these years to build strong relationships and prepare for their life’s work, they might never recoup the loss

Standard Life has recognized that, without research, there would be no scientifically-validated solutions to help young people suffering from depression recover faster and live life to the fullest. The company is generously investing one million dollars in the **Standard Life Centre for Breakthroughs in Teen Depression and Suicide Prevention**.

Johanne Renaud, MD, the Standard Life Senior Fellow in Teen Mental Health and the Centre’s Director, says that “At the Standard Life Centre, we will work with our teenage patients to establish which existing treatments are most effective in preventing depression and suicide. Then, to benefit youth elsewhere in Canada, we will offer training to health care providers, community organizations, and other partners.”

The Foundation thanks Standard Life for its gift, the largest corporate donation strictly designated to preventing depression and suicide in youth.



Dr. Johanne Renaud
Medical Chief, Youth section,
Depressive Disorders Program
Director, Standard Life Centre
Standard Life Senior Fellow in Teen
Mental Health
Donor and volunteer

A researcher in the lab and in the community

Thanks to a gift from the **Fondation J. Armand Bombardier**, Douglas researchers who study the quality of health care so as to suggest improvements will be benefiting from an endowed fellowship.

Eric Latimer, PhD, a health economist, is the first selected Bombardier Fellow in the Quality of Mental Health Care. He analyzes what cost-effective changes could be made to improve the services offered to those living with mental illness.

Currently, he is involved in the Mental Health Commission's At Home/Chez Soi project as the lead national economist and lead investigator for Montréal. Mr. Latimer and colleagues will evaluate the effectiveness and cost-effectiveness of offering housing and support to homeless people with mental illness. As part of this large study, he and a student supported by a Bombardier Fellowship (Daniel Poremski) are also evaluating the effectiveness and cost-effectiveness of a supported employment program for people who have recently been housed.

The Fondation J. Armand Bombardier has also provided funding for PhD students. We thank the Fondation J. Armand Bombardier for partnering with the Douglas to improve access to and quality of mental health care.



Eric Latimer, PhD
Bombardier Fellow studying the cost-effectiveness of mental health care

“Wi Care to Share”

Thanks to the **Gustav Levinschi Foundation**, Douglas nurses will have access to a *wiki* website, an interactive electronic platform that will allow them to offer each other guidance and support, and to share best practices, in order to improve the quality of care given to our patients.

“Many of our nurses are young and do not have experience in mental health when leaving school. They are eager to learn on the job but are unprepared for the daily challenges. And, because they work different shifts from senior nurses or mentors, they sometimes do not know who to turn to for advice or guidance. This *wiki* platform will serve as support when a mentor is not present.”

Hélène Racine, Director of Nursing and donor



We Welcome Lynne McVey

In January this year, Lynne McVey, a nurse deeply committed to the quality of care, assumed the role of the Institute's Executive Director, leaving her responsibilities at the Jewish General Hospital, where she had worked for 25 years.

To read more about Ms. McVey, please visit our website: www.douglasfoundation.qc.ca/mcvey

“The commitment, dedication and energy that our doctors, employees and professional staff bring to their work are extremely motivating. Patients and their families are treated in a safe atmosphere filled with respect and understanding of their suffering. This is noticeable not only in clinical care but also in research pursuits. The work carried out at the Douglas Institute to fight stigma surrounding mental illness is truly inspiring.”

Lynne McVey, RN, M.Sc., Executive Director and donor



Because of your gift, people with recurrent or chronic depression who do not respond to medication can now have access to a long-term therapy known as vagus nerve stimulation. The Foundation funded the purchase of a critical piece of equipment so the Douglas can offer this unique service in Québec.

Our care teams thank you. They were able to provide emergency assistance to some 65 patients who ran out of medication and could not afford to renew their prescriptions. Your donations help them remain stable.



Thank you to our volunteers. Together, we made a difference!

Thank you to our 5 executive officers of the Board and to our 14 other Trustees for:

- Being passionate ambassadors of the cause of mental health
- Soliciting donations
- Recruiting other volunteers
- Overseeing the management of the Foundation
- Setting an example through their personal donations and volunteer services

Thank you to our volunteers from the Douglas Institute for:

- Encouraging their colleagues to buy lottery tickets. Together, we raised \$ 45,000 net towards the renovation of the cafeteria for patients and employees
- Helping out at our events and gift announcements

If you wish to volunteer for the Foundation, please do not hesitate to contact Nathalie Italiano at (514) 761-6131, extension 2781.