

2013 • 2014

**OUR YEAR  
IN REVIEW**

Mental & Health  
Foundation  
of Nova Scotia

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## Message from President & CEO



Starr Dobson

*Together, we're  
changing the way  
people think.  
With thanks,  
Starr*

What a year it has been! I knew it would be busy here at the Mental Health Foundation of Nova Scotia, but nothing could have prepared me for the unprecedented rewards associated with this new career. Every day I am amazed by the strength and passion of the people I work with and serve. The process of changing the way people think about mental illness may seem large and daunting, but it's also achievable and real. I see the evidence every time I speak at an event, connect with our community, and talk with the inspiring people who call the Nova Scotia Hospital home.

A yearbook is designed to highlight memorable moments, and there have been many in 2013-14. Bea Pelley's magical Heather Otto Memorial Tree still gives me goose bumps. My trips to Cape Breton, Pictou County, Truro, Wolfville and New Minas were wonderful opportunities filled with hospitable welcomes and new friends. My unexpected feelings of safety and acceptance after sharing my own personal experiences at the Recovery to Discovery Peer Support Group opened both my eyes, and my heart. Gladys and Mabel's hilarious comedy routine at A Different Stage of Mind... oh, me nerves! And, above all, the genuine warmth and sincerity of new human connections shared in my office, the halls of the Mount Hope Centre, and beyond.

It's obvious a lot still needs to change, but it is happening. Thank you for standing beside us as we work to make a difference in the lives of Nova Scotians. Our future at the Foundation looks bright thanks to our donors, our Board of Trustees, our staff, our stakeholders, our partners, our volunteers and our friends.

## Message from Chair of the Board



Martin Singh

*Thank you for your  
continued support.  
BMS*

The Mental Health Foundation of Nova Scotia was founded in 1987 as the Nova Scotia Hospital Foundation. It grew from a need to provide better supports for individuals living with mental illness and their loved ones. The support systems we work toward go beyond the typical ways of treating an illness. We're focused on helping people.

Our vision is a future where all Nova Scotians are living well in our communities. This year, we focused on reaching out through schools, media, and local events to spread our message and connect with more Nova Scotians. We funded programs that plant seeds of awareness and understanding early among youth, projects that strengthen the framework of our health system, and initiatives that offer an outlet for people to express their hopes and fears. We listened carefully to the suggestions, stories, and struggles that were shared with us.

Our vision is simple, but it takes the dedication of many, working each day toward a better future. Our partners, volunteers, advocates, and friends put this vision within our reach. Thank you for your continued support.

# Active Living on Mayflower

CAPITAL DISTRICT MENTAL HEALTH PROGRAM GRANTS:

*Come On, Get a Move On & Meditative Spaces*

Mayflower Hall, Nova Scotia Hospital

Mayflower is a special unit at the Nova Scotia Hospital. The 22 bed, acute care unit is most often filled to capacity with individuals living with Depression, Bipolar, Schizophrenia and Schizoaffective disorder. The goal of the team at Mayflower is to help stabilize patients and provide them with resources to support a lasting and successful discharge. Recreation Therapy on the unit helps clients explore healthy leisure choices that enable the development of a variety of skills they can transfer into their day-to-day lives.

The Meditative Spaces grant took to land and water for relaxing recreation therapy experiences. Individuals on the Mayflower unit participated in sea kayaking and horseback riding once a month during the spring, summer and fall.

Visits to East Coast Outfitters (ECO) were focused on kayaking and learning about the local area, plant ecology and oceanography. The group also travelled to the beautiful Evangeline Trails for horseback riding, safety sessions, and learning about life at a horse ranch.

Additionally, through the Come on, Get a Move On grant, Mayflower Recreation was able to purchase three bikes. Clients and a facilitator are now able to access the Dartmouth waterfront bike trail in small groups. It helps build rapport and confidence.

Recreation Therapist Megan Turetzek-Windsor reflects that both grants have helped increase awareness of the benefits of outdoor physical leisure, provided opportunities for weight loss, and encouraged participants to engage in alternative strategies for stress reduction and relaxation. These activities have worked to decrease social isolation, and increase self-esteem, self-confidence, and motivation.



Upon reflection on my experience living on a locked mental health unit for twenty-nine days, I valued the recreation therapy the most. The support involving physical activities such as the joyous exertions during kayaking, quiet pleasures during gardening, yoga, and fun-filled horseback riding increased my quality of life during institutionalization. The recreation therapy instructors showed enthusiasm, compassion and respect for all patients.

A past client of the Mayflower Unit



It was a true pleasure to co-facilitate the kayaking and horseback riding programs with clients from the Mayflower Unit this past year, generously funded from the Mental Health Foundation.  
It was so exciting to witness the positive change we all experience being in nature and working together. This opportunity would not normally be available to the participants. It was very touching to witness the appreciation of everyone involved in these programs.

Megan Turetzek-Windsor  
Recreation Therapy Associate



# Driver's Ed

## COMMUNITY GRANT:

*DRIVE (Developing Rural Initiatives through Volunteer Engagement)*  
Autism Nova Scotia (Cross-Provincial)

Volunteers are critical to the long term sustainability and success of community organizations. Through DRIVE, Autism Nova Scotia and its affiliated Chapters have been able to create a volunteer recruitment system and organizational database. The impact of this project reaches rural and urban areas of the province, breaking isolation, increasing sense of belonging, and nurturing new friendships and connections within the autism community and beyond.

Using social media, online outreach, and traditional means of advertising, Autism NS Chapters have been able to reach more people, including students from community colleges and universities and some newfound business partners. Volunteers help facilitate programs that provide opportunities, experiences, skill building, learning, friendships and memories for all that take part; the individuals with autism, and their families.

Autism NS Executive Director, Cynthia Carroll says: "If you take into consideration the breadth and impact volunteers have in all of the programs and events that happen annually at Autism Nova Scotia around the province, more than 3000 participants, including families, children, youth, adults with autism, professionals and community members who access our services and join our events have been positively impacted by the dedication and commitment of volunteers. They have truly made a difference!"



Since my son started social groups, he is interacting more with his peers, and he has started talking to me more at home. It is so wonderful!!

Parent of a child with autism taking part in the Annapolis Valley Teen/Adult Social Group

Our Volunteers and Community partners have truly impacted the lives of families and people living with autism in Nova Scotia

Thank you!  
Cynthia Carroll  
Executive Director  
Autism Nova Scotia

# Working Through Anger

## COMMUNITY GRANTS:

*Anger Management: A Road to Wellness*  
 Family Services of Eastern Nova Scotia (Cape Breton, Guysborough & Pictou Counties)  
*Depression and Anger Management Programming*  
 CMHA Annapolis County Branch

Anger Management: A Road to Wellness is a 7 session psycho-educational program hosted by Family Services of Eastern Nova Scotia. It is delivered to adults and youth who have difficulty managing their anger in a healthy and productive manner. CMHA Annapolis County's Depression/ Anger Management Support program is a similar initiative that operates as an open peer support group. These programs provide a safe, welcoming environment for learning new coping skills such as exploring personal triggers, self talk, and recognizing invitations to anger.

Anger is both a physiological and psychological process that can have negative consequences for physical well-being and mental health outcomes. It has been clearly documented that difficulty in emotional regulation is often a symptom of mental health issues, including anxiety and depression. These programs, through addressing the root causes of anger with trained facilitators, have positively impacted those who take part and their families.



The CMHA Annapolis team and community taking part in the 2014 Defeat Depression Walk

*This program showed me how to tell people how I feel calmly.*

*Anger Management, Road to Wellness participant*

*This group has become vital to helping me cope with and manage my mental illness. I know that this is true for all members of our group as well. They would say the support group is the most important part of their mental healthcare program.*

*Depression/Anger Management Support participant*

*Options to Anger - a powerful program. A rare opportunity for people to understand anger as a normal emotion. It's what you do with it that matters in the end. Participants learn to express emotions in healthy ways. When one person attends OTA many people are positively impacted. It is a privilege to facilitate this program!*

*Nancy Howell-Lamy  
 Family Services of  
 Eastern Nova Scotia*

# Improving Care Through Technology

CAPITAL DISTRICT MENTAL HEALTH PROGRAM GRANT:  
*Expert Carers Helping Others*  
Eating Disorders Clinic, Abbie J. Lane Hospital

The Eating Disorders Clinic at the Abbie J. Lane is using technology to improve support for clients living with eating disorders.

The Expert Carers program centres on an educational DVD out of the UK's Maudsley Institute for Eating Disorders and Succeed Foundation. 60 copies of the DVD have been purchased and distributed to help families learn coping skills to assist in the care of a loved one. This project aims to help fill gaps in support for family members, especially those living in rural parts of our province. Several DVDs are also kept in the clinic for distribution to those in need or community organizations.

The DVD provides specific interventions for dealing with common and challenging scenarios.

A study led by Psychiatrist Dr. Aaron Keshen is investigating the educational benefits of this DVD. Dr. Keshen says, 'Our hypothesis is that the DVD will improve the ability of families to care and support their loved ones with eating disorders. In doing so, this should decrease family distress, which in turn will hopefully improve the patients' symptoms.'



Stills from *How to Care for Someone with an Eating Disorder*.



*Our Garden  
Amazement of nature's beauty.  
A way to have healthy  
fresh food and  
See it's ability to change  
your body.*

Clyde Jackson, Community Garden participant



# Connections Sackville Garden

COMMUNITY GRANT:  
*Community Garden, Connections Sackville*

Connections Sackville provides opportunities for adults living with mental illness to improve skills, find employment, take part in educational opportunities and make friends. This grant funded a community garden that has enabled participants to produce fresh fruits and vegetables, gain valuable skills, and enjoy the benefits of outdoor recreation and healthy eating.



Roots of Empathy can  
teach the world to be  
nice and not to be a bully.

Florence, Grade 3



# Planting Roots of Empathy

## COMMUNITY GRANT:

*Creating a Foundation for Positive Mental Health*  
Roots of Empathy (Antigonish, Victoria & Cape Breton Counties)

Roots of Empathy is a national program working to build caring, peaceful and civil societies through empathy. The program has been proven, by over a decade of independent research, to significantly reduce aggression and increase positive social behaviour in children. These are important proactive factors for many of the most common childhood mental illnesses.

Through this 2013-14 grant, Roots of Empathy has provided training to classroom instructors and established empathy programs in schools across Northern Nova Scotia.

Volunteer families from the community bring infants into classrooms. Through interacting and caring for the baby during session, children learn to understand the perspective of the baby and label the baby's feelings. In this experiential learning, the baby is the teacher. Children are encouraged to identify and reflect on their own feelings and the feelings of others.

This program lays the foundation for more caring, aggression-free classrooms and futures. It has impacted over 1800 Nova Scotian students this year alone.





Good morning.

I have a wonderful story to pass along to you. In my classroom, there is a little girl who has had a rough little life up until this point. Her dad passed away after a brief battle with cancer.

I have learned the child talks a lot outside of school about Roots of Empathy and "her" classroom baby. It has only been within the last 3 months that she has begun to speak about her dad's passing and some of the challenges she has faced in her young life.

We feel the change in the child's willingness to open up has been because of Roots of Empathy in the classroom and because we've been talking about how it's okay to be afraid, scared, angry etc., and how important it is to share those feelings with someone.

A drawing she has recently created in class is attached.

Roots of Empathy Instructor



In a Roots of Empathy classroom a child started to cry. One of the other children came over and patted her on the back and said, "maybe she will feel like doing this later, let's give her some time to be bad!"

Roots of Empathy Instructor, Nova Scotia



Daniel McPhee speaks about the impact the Families Matter program has had on his recovery.

*IT'S GOOD TO KNOW WE ARE NOT ALONE. WE HAVE LEARNED SO MUCH FROM OTHER FAMILIES AND FROM THE HEALTH CARE PROVIDERS. WE NOW KNOW THERE IS HOPE AND WE HAVE EXPERIENCED PROGRESS.* Family Matters participant

# Principals of Change

Pathways to Hope 2013-14

The ongoing commitment of our generous donors allows the Foundation to continue impacting positive change. With the pivotal support of the Keating family, Jack, Colin & Mickey MacDonald, Westwood Developments, and other community leaders, we've been able to improve training and education both in the hospital and in the community.

Of particular note this year, is the progress being made by the Meriden Programme. This innovative concept, out of the UK, works to transform traditional mental healthcare treatment into a more client-centred collaborative approach. It focuses on the whole family, rather than just the patient. Programming takes place in the home environment and includes 10-14 sessions.

The Mental Health Foundation of Nova Scotia made a three year commitment to support this program in 2012-13. Our second year included a contribution of \$150,000.

In 2013-14, site visits to provide consultation and information sharing took place in the Cape Breton District Health Authority, Pictou County Health Authority, Guysborough and Strait Health Authority, and Cumberland Health Authority. 45-100 participants were involved in each district visit.

Two provincial training courses were also provided. One focused on Behavioural Family Therapy Training (BFT) and the other on the Family Education and Support Facilitators Course (Families Matter). These sessions resulted in 52 newly trained BFT Family Workers and 32 Families Matter Program facilitators.

Four delegates from Nova Scotia also travelled to the UK to receive advanced level training. Two family facilitators and two clinical staff from Cumberland Health District are now certified to provide standardized BFT Training and Families Matter Training courses.

It's obvious Families Matter Programs are building momentum and changing lives. We're incredibly proud of the progress the Meriden Programme is making, and look forward to watching it continue to grow in 2014-15.

*It gave one of my clients the skill to share troubling thoughts... where previously she would have suffered silently.* Clinician trained in Family Work



Students from the Junior Achievement Company Program at Dartmouth High School launched 'Chalkboard Chugs,' to share positive mental health messages on coffee cups and benefit the Mental Health Foundation.



The Blankets of Love Program is made possible by dedicated quilting guilds across the province. The Foundation distributes these quilts to Nova Scotian clients of mental health programs.



Thank you to the team from Simpson Landing for helping us out during busy times!



Thank you to the team at Scotiabank Woodlawn Westphal branch!



Thanks to PCI for hosting a super successful golf tournament in support of the Foundation!



At the Festival's Black Tie Gala, we were so fortunate to welcome The Honourable Peter Mackay, as well as Louise Bradley, President and CEO of the Mental Health Commission of Canada, who served as Honorary Chair for the event.



The Mental Health Foundation was the charity choice for this year's ICE Awards Young Creative competition. Congrats and thank you to Mel, Matt, and Sam for their winning work!

# MOST VALUABLE PLAYERS: Partners in Our Vision

## Raising Mental Health Above All

In 2009 Suzanne Bachur, President & Partner at Premiere Executive Suites Atlantic, devised a way to keep mental health on the minds of Nova Scotians on the job. "Mental Health Above All" calls on local artists to paint commercial quality ceiling tiles. These original art works are gifted and proudly displayed in corporate offices in Halifax and across the Maritimes. Recipients commit to making mental health a priority in their workplace by installing their unique overhead art piece.

Thank you to the team at Premiere Executive Suites Atlantic for launching this highly successful awareness campaign and for being such active partners to us!

*Congratulations  
on a great year  
of promoting awareness!  
- Cathy Lawrence*



*Mental Wellness  
in NS has never been  
promoted so passionately!  
Congrats  
- Sue Bachur*

## More Than a Minute

CTV Atlantic is home to the most watched news in the Maritimes. This year, The Mental Health Foundation of Nova Scotia is entering more homes too! Launched on Bell Let's Talk Day 2014, the Mental Health Minute is a compressed educational feature on different components of mental health and mental illness. These segments air on the CTV News at 5 each Tuesday evening. Feedback has been extremely positive, and many viewers are joining the conversation. Beyond our Mental Health Minutes, CTV Atlantic has featured Foundation stories on the CTV News at 5 and CTV Morning Live, and provided us with many talented journalists to serve as hosts for our events. We applaud everyone at CTV Atlantic for this amazing partnership - both on and off-screen!

*Keep Up the  
Good Work!  
Marnie Ellis  
Promotions*

*You are the  
most likely  
to succeed!  
Liz*



# Our Volunteers

## Capturing Our Moments



Thanks to Lori Buhlman of Henry's Photo Digital, the Mental Health Foundation is able to share memories through beautifully captured photographs. We're also the proud new owners of a Canon PowerShot Digital Camera, donated by Henry's. This year, we are honouring Lori Buhlman as an outstanding volunteer. Lori volunteers to join us as our professional photographer whenever possible- free of charge. We are so grateful for her kind heart and special way with the camera. Thank you for focusing your skillful attention on us, Lori!

Through Photography  
Expression is limitless  
♡ Lori



## The Value of Veterans

The Compass Group Canada Festival of Trees Shannex Holiday Luncheon was an even jollier affair in 2013. Members of the RCMP Veterans' Association joined our event as Table Hosts. They signed on as soon as they were asked, providing 18 enthusiastic (and handsome!) volunteers. Our friends from the Veterans' Association handled this job with the ease and care of seasoned professionals- filling the room with charisma, smiles and laughter.

We are very fortunate to be welcoming them back in 2014 for both the Luncheon and Gala events! Thank you to Gerry LaPierre and team for this outstanding volunteer service.



# Everybody Needs a HUG!

Launched in May 2013, HUGS for Mental Health is an ongoing mobile giving campaign led by the Foundation and partner Advantage Wireless.

On Saturday, October 5th, The Mental Health Foundation of Nova Scotia hosted a HUGS fundraising and awareness event at the Halifax Shopping Centre to kick off Mental Illness Awareness Week.

Joined by partners from Thrive! Halifax (Maritime Forces Atlantic, Capital Health, Nova Scotia Department of Health and Wellness, and HRM) and FX101.9 Country Radio, we proudly shared our HUGS message. Thank you to the more than 70 volunteers who joined us to promote awareness and understanding of mental illness.

Our presence in the mall communicated the importance of acknowledging, supporting, and caring for those facing mental illness.

One word that came forward from many individuals who approached our teams was *finally*.

## You can send a HUG too! Simply text 'HUGS' to 45678.

(\$5 will be charged through your mobile provider.)



Thank you to Advantage Wireless for helping us 'tee up' our HUGS campaign with the Golf for Mental Health tournament!

*Finally, people are talking about this. Finally, I can feel comfortable sharing my story. Finally, we are on the right path to acceptance and change.*



# Outstanding Achievement

2013 marked Compass Group Canada's 15th year of support for Festival of Trees. Featuring the Shannex Holiday Luncheon and Black Tie Gala, this sparkling event is our biggest fundraiser of the year. 2013 was no exception! This year, one story in particular stood out...

Amidst the Mental Health Foundation of Nova Scotia's RBC Forest of Trees, there stood an eye-catching offering. The Heather Otto Memorial Tree shone brightly. It was adorned with white lights and sparkling dragonflies.

The tree was created by Bea Pelley and dedicated to her good friend Heather Otto. Heather was a longtime Festival volunteer and Mental Health Foundation supporter. She passed away in February 2013. Heather's husband, Phil, is a past Board Member, and continues to generously support the Foundation through his company, Revolve. The Otto family and Heather's friends have found comfort in the symbolism of the dragonfly.

After a small bid on the tree by Heather's daughter, Kristen, caught two guests' eyes, they began a bidding war that brought one party up to \$10,000, and the other to \$11,000. As the silent auction closed, in an amazing show of Christmas spirit, the two parties came together to combine their bids for a grand total of \$21,000! Their delivery instructions were simple: Send the tree to Kristen Otto.

This magical holiday moment of compassion and giving touched many. We look forward to the spirit of magic and giving Festival brings each year. Thank you to all who make it possible. The Mental Health Foundation of Nova Scotia is honoured to have known Heather, and to have been a part of this story.



On February 21st, the World Trade & Convention Centre played host to a range of musical and comedy stars from across the province as they raised funds for The Mental Health Foundation of Nova Scotia. We salute our stars, Adam and Jenna Conter as James Bond and Adele, Bernard Doucet as George Michael, Barb Hall and Paula Bond as comedy duo Gladys & Mabel, Dan Merzetti as Neil Young, and the Men for Mental Health Choir. Thank you to presenting sponsor BMO Bank of Montreal and all guests and sponsors for making this event a wonderful success!

# Off to a Great Start for 2014-15!

## Welcoming Clara Hughes to Halifax | April 15, 2014

On April 15th, the Mental Health Foundation of Nova Scotia was honoured to host Bell Let's Talk champion and 6-time Olympic Medalist Clara Hughes. Let's Keep Talking for Clara's Big Ride was an evening designed to educate, engage and entertain.

More than 500 guests crowded into the Spatz Theatre to hear Clara speak. They were also treated to a line-up of talented performers and mental health advocates including TSN's Paul Hollingsworth, poet Laura Burke, dancer Sarah MacCallum, artist Ingrid Singing Grass Cottenden, and singer/songwriter Mo Kenney. Participants shared their own lived experiences with mental illness, touching the hearts and opening the minds of all in attendance.

We are so pleased with the conversations that grew from this event. We hope you'll join us next year for our second annual Let's Keep Talking- which will be sure to feature more inspiring talent!



*Thank you to Bell Aliant for choosing the Foundation as the Halifax Community Champion!*



# Inspiring Lives

May 8th, 2014

Presented by NorthWest Healthcare Properties, the 10th annual Inspiring Lives Awards recognized the achievements of 5 Nova Scotians who have encouraged others while facing their own struggles with mental illness and/or addiction. Medric Cousineau, Parker Jackson, Sara Goguen, Jeannie Swinemar, and Mark Serieys were the recipients of our 2014 Inspiring Lives Awards. We're proud of their contributions and can't wait to see what they do next!

*On my long journey as I struggled, I used to ask myself a simple question... 'How far did you go today?' Then I would answer myself... 'Further than yesterday'... and that is all that counts!*

Medric Cousineau

# Financial Statements

## Statements of operations and changes in net assets

Year ended March 31, 2014

	2014 General Fund	2014 Investment in Capital Assets	2014 Restricted Fund	2014 Total	2013 Total
<b>Revenue</b>					
Special events	\$ 657,481	\$ -	\$ -	\$ 657,481	\$ 766,351
Realized investment income	16,912	-	-	16,912	16,875
Services	59,948	-	-	59,948	60,448
Miscellaneous	550	-	-	550	938
Donations					
Annual campaign	30,551	-	48,834	77,385	177,616
Capital campaign	-	-	6,612	6,612	160,821
Pathways to Hope	-	-	56,403	56,403	113,772
General	112,683	-	488	113,149	34,457
	<u>878,105</u>	<u>-</u>	<u>110,335</u>	<u>988,440</u>	<u>1,331,078</u>
<b>Expenses</b>					
Special events	301,003	-	-	301,003	367,309
General and administrative	462,510	19,152	-	481,662	428,999
	<u>763,513</u>	<u>19,152</u>	<u>-</u>	<u>782,665</u>	<u>796,308</u>
<b>Net available for grants and restricted funds</b>	<u>114,592</u>	<u>(19,152)</u>	<u>110,335</u>	<u>205,775</u>	<u>534,770</u>
<b>Grants</b>					
Capital Health	94,069	-	-	94,069	68,280
Provincial	99,331	-	-	99,331	109,409
Strategic partnerships	1,027	-	-	1,027	9,640
Grant reversal	-	-	(21,344)	(21,344)	3,802
<b>Restricted funds</b>					
Bungalow project	-	-	-	-	-
Housing support	-	-	-	-	-
Programs and services	-	-	16,410	16,410	24,973
Other	-	-	247,095	247,095	323,460
	<u>194,427</u>	<u>-</u>	<u>242,181</u>	<u>436,588</u>	<u>539,584</u>
<b>Deficiency of revenue over expenses before other item</b>	<u>(79,835)</u>	<u>(19,152)</u>	<u>(131,826)</u>	<u>(230,813)</u>	<u>(4,794)</u>
<b>Unrealized gain (loss) on investments</b>	<u>8,206</u>	<u>-</u>	<u>-</u>	<u>8,206</u>	<u>(1,674)</u>
<b>Deficiency of revenue over expenses</b>	<u>\$ (71,629)</u>	<u>\$ (19,152)</u>	<u>\$ (131,826)</u>	<u>\$ (222,607)</u>	<u>\$ (6,468)</u>
<b>Net assets, beginning of year</b>	<u>\$ 890,897</u>	<u>\$ 80,804</u>	<u>\$ 1,070,557</u>	<u>\$ 2,042,258</u>	<u>\$ 2,048,726</u>
<b>Deficiency of revenue over expenses</b>	<u>(71,629)</u>	<u>(19,152)</u>	<u>(131,826)</u>	<u>(222,607)</u>	<u>(6,468)</u>
<b>Net assets, end of year</b>	<u>\$ 819,268</u>	<u>\$ 61,652</u>	<u>\$ 938,731</u>	<u>\$ 1,819,651</u>	<u>\$ 2,042,258</u>

## Statement of financial position

March 31

2014

2013

	2014	2013
<b>Assets</b>		
<b>Current</b>		
Cash and cash equivalents	\$ 469,864	\$ 396,798
Cash held for custodial funds payable	16,469	13,936
Receivables	197,516	335,770
Prepays	8,067	4,855
	<u>691,856</u>	<u>751,359</u>
<b>Marketable securities</b>	<u>1,138,826</u>	<u>1,288,664</u>
<b>Capital assets</b>	<u>61,652</u>	<u>80,804</u>
	<u>\$ 1,892,336</u>	<u>\$ 2,120,857</u>
<b>Liabilities</b>		
<b>Current</b>		
Custodial funds payable	\$ 16,469	\$ 13,936
Payables and accruals	51,051	64,663
Unearned revenue	5,165	-
	<u>72,685</u>	<u>78,599</u>
<b>Net assets</b>		
General Fund	819,268	890,897
Investment in capital assets	61,652	80,804
Restricted Fund	938,731	1,070,557
	<u>1,819,651</u>	<u>2,042,258</u>
	<u>\$ 1,892,336</u>	<u>\$ 2,120,857</u>

\*These figures are excerpts from the audited financial statements of the Mental Health Foundation of Nova Scotia for the year ended March 31, 2014 which were audited by Grant Thornton, LLP. Copies of the complete statements may be obtained from the Mental Health Foundation of Nova Scotia, 300 Pleasant Street, Suite 1120, Mount Hope Centre, Box 1004, Dartmouth, NS, B2Y 3Z9 or by calling 902.464.6000.\*

Thank you to ALL our  
Volunteers for their time,  
talents and enthusiasm!  
They make Change possible.



# Thank You to Our Donors!



The Mental Health Foundation of Nova Scotia is very grateful for the kindness of our generous donors. Each gift gives life to mental wellness initiatives and programs that make a difference in our communities every day. You are helping to create a brighter future for those living with mental illness in our province. On behalf of all Nova Scotians living with mental illness, thank you for joining us on this path to transformational change.

## INDIVIDUAL DONORS

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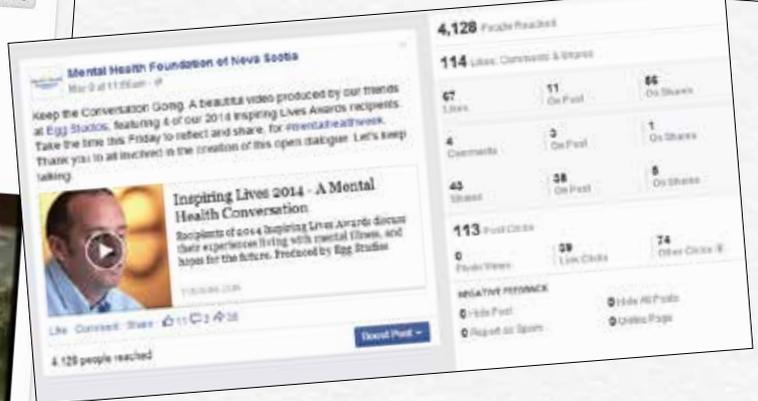
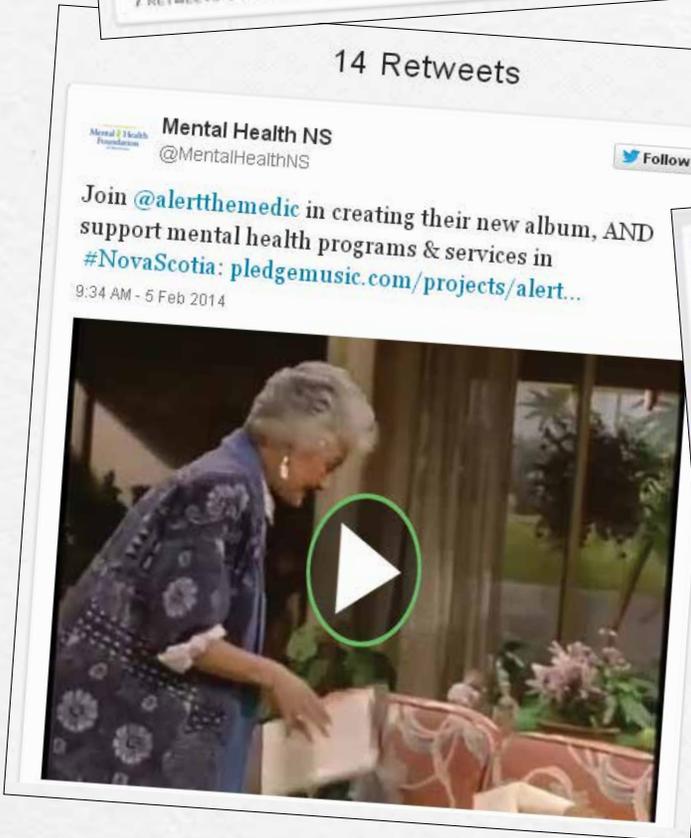
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