2022-2023 was a year for creating far-reaching waves of community support! Through a lens of education, peer support and community connection, the Mental Health Foundation of Nova Scotia funded a record number of grants focused on the critical priorities of suicide prevention, youth, addiction, vulnerable populations, diverse communities, and mental health literacy.

By responding to the needs of our grant recipients, we created ripples of support from one end of the province to the other. For each direct touchpoint there were thousands of continuing and spreading impacts. For example, the benefits of one community support group session for twelve individuals improved the mental wellness of countless others including family members, friends, neighbours, coworkers, teammates, employers, and more.

Thanks to your ongoing support, there have been many highlights in 2022-2023. The Foundation is proud to have launched critical group trauma therapy for refugees arriving in Nova Scotia.

We have increased our monthly donors, grown our community of mental health support, and have had the privilege of honouring several individuals who make significant mental health contributions in our province.

Thank you to our donors, partners, volunteers and friends. Your generosity throughout 2022-2023 has allowed us to touch even more Nova Scotians, both directly and indirectly through the ripples of hope and help.

Together, we are changing the way people think about mental illness and addiction.

Starr Cunningham
President & CEO
Alisa Alyward
Chair, Board of Trustees
Realizing the Ripples

IN 2022-2023, THE MENTAL HEALTH FOUNDATION OF NOVA SCOTIA APPROVED 241 GRANTS TOTALING MORE THAN $3,000,000

Our Grants fall into five categories:

- **Community Grants** support programs and services that benefit the mental health of Nova Scotians across the province.
- **NS Health Mental Health & Addictions Grants** provide funding to enhance the services provided by the Nova Scotia Mental Health & Addictions Program, Central Zone.
- **Named Grants** deliver funding to specifically defined mental health and addictions organizations, programs, and services.
- **Episodic Grants** allow mental healthcare professionals to apply for one-time financial aid for individuals living with mental illness or addiction.
- **St. John Ambulance Mental Health Literacy Grants** provide Mental Health First Aid and Mental Health in the Workplace training to individuals and organizations.

With the use of technology to connect across geographies, many projects impact multiple communities.

**Grants by Geographical Impact**

- Annapolis/Kings (47)
- Antigonish (40)
- Cape Breton (55)
- Colchester/Hants (49)
- Cumberland (29)
- Digby/Yarmouth/Shelburne (43)
- Guysborough (39)
- Halifax + NSH Grants (139)
- Inverness/Victoria/Richmond (40)
- Lunenburg/Queens (45)
- Pictou (45)

**Grants by Main Focus Area**

- 2SLGBTQIA+ (25)
- Addictions (36)
- African Nova Scotians (11)
- Autism (4)
- Complex Trauma (31)
- Eating Disorders (5)
- Gambling (4)
- Indigenous (17)
- Men (17)
- Mood Disorders (19)
- New Canadians/Immigrants (18)
- Psychosis (6)
- Seniors (9)
- Suicide (19)
- Women (31)
- Youth (34)

The Foundation is proud to partner with the Nova Scotia Office of Addictions and Mental Health to make many grants possible.
Projects We Fund

Tri-County Women’s Centre
SUPPORTING WOMEN WITH MILD TO MODERATE MENTAL HEALTH NEEDS
This pilot project includes one-on-one and group counselling for women facing barriers to accessing services in Digby, Shelburne and Yarmouth counties. It develops peer support group programs, initially co-facilitated by a qualified therapist.

“Tri-County Women’s Centre has literally saved her life.”

Colchester Ground Search and Rescue Association
PREVENTATIVE SUICIDE RESPONSE AND EDUCATION FOR GROUND SEARCH & RESCUE
This project trained CGSARA volunteers to become certified ASIST (Applied Suicide Intervention Skills Training) facilitators. It also provided workshops for volunteers affected by suicide.

“This training has provided me with the skills I need to recognize the signs of suicidal ideation, provide a skilled intervention, and develop a safety plan to help keep someone safe for now.”

Youth Project Cape Breton
QUEER-SINE: HEALING WITH FOOD
In addition to cooking classes, the impact of food on mental and physical wellbeing are discussed through a queer lens. Guest speakers provide practical advice on budgeting, eating disorders, and employment.

“I’m thankful a program like this was offered so close to home for folks in the queer community. I’ve gained many new friends that I will keep dear to my heart for life.”

Mi’kmaw Circle of Hope Society
THE LAND LOVES US BACK
This project offers group participation trips, community involvement and social events to individuals recovering from addiction.

“It’s been a great experience to go down a learning path with members and staff in both the African Nova Scotian culture and the Indigenous culture.”

Alcare Place
SOCIAL RE-INTEGRATION/COMMUNITY INVOLVEMENT PROJECT
This project offers group participation trips, community involvement and social events to individuals recovering from addiction.

“It is very helpful in recovery from addiction to find new ways to have fun that are healthy; I focus on the moment and the time we all share.”

Laing House
THE BIPOC EMPOWERMENT PROGRAM
This peer support program empowers BIPOC youth living with mental health challenges by providing resources, encouraging self-reflection, and emboldening community engagement.

“We have always felt connected to the land, and this has brought me back to my childhood of taking part in traditional activities.”

Projects We Fund
The Vision Awards acknowledge individuals and organizations who share the Foundation’s vision of mental wellness for all Nova Scotians. Each year, the Foundation honours recipients who have made a significant contribution to the Foundation.

**Partners in Our Vision**

We can’t stop smiling thanks to the sweet support of Tim Hortons locations in the HRM! The Foundation, along with Feed Nova Scotia, was thrilled to be chosen as a charity of choice for its annual 2022 Smile Cookie Campaign. A whopping $124,265 was donated to the Foundation! Thank you to store owners, managers, employees, volunteers, and customers. We’ve always got time for Tim Hortons!

**Outstanding Volunteer**

Maureen Banyard is a stellar supporter of the Foundation. She works tirelessly to raise both awareness and significant funds for the Foundation. A resident of Parkland at the Gardens, Maureen organizes concerts, holiday wreath auctions, mental health events and more! The only thing bigger and brighter than Maureen’s heart, is her smile. Thank you for being such an outstanding volunteer, Maureen!

Pictured (L to R): Dr. Howard Conter, Maureen Banyard, Starr Cunningham, and Jodi Bartlett at Parkland at the Gardens Celebration of Wreaths.

**Outstanding Achievement**

The Mental Health Foundation of Nova Scotia Grants Selection Committee knows all about reading the fine print! This seven-member volunteer group reviews and scores every Community Grant application that comes its way. In 2022-2023, that included more than 150 applications! Hats off and thanks to Jennifer Simister, Morgan Manzer, Dorothy Edem, Barbara Hall, Lorna Griffin-Filier, Fiona Kirkpatrick Parsons and Bryan Rice.
Let’s Keep Talking 2022, presented by Bell Let’s Talk and keynote sponsor J & W Murphy Foundation, focused on raising awareness of eating disorders. Keynote speaker Jenna Robar, shared her own personal struggles in hopes of helping others. Special thanks to Paul Hollingsworth and to our sponsors, The Berkeley, Nova Scotia Power, Dalhousie University Department of Psychiatry and IWK Mental Health and Addictions.

SAVE THE DATE: October 3, 2023!

Congratulations to our 2022 Let’s Keep Talking Award recipients:

- AIDAN BONNER: Outstanding Youth
- SALL Y HUTCHINSON: Outstanding Healthcare Provider
- SUSAN KILBRIDE-ROPER: Outstanding Senior
- Landon ‘MORTY’ Morton: Outstanding Individual
- ANN MARGARET GAUDET: Outstanding Caregiver

The inaugural RBC Evergreen Gala rocked the Halifax Convention Centre in November 2022. A unique partnership with Halifax’s Evergreen Festival (a four-week outdoor winter celebration of Nova Scotia culture, food, spirits, craft, and art), the glam gala featured Nova Scotia rapper Harmz, an RBC putting challenge, DJ Dollar, CTV’s Todd Battis & Katie Kelly, the traditional Touch of Gold Raffle, and the exciting addition of Steele Streamers, and more.

Special thanks to RBC, Advocate, Steele Auto Group, St. John Ambulance, Moore Suites, Touch of Gold and live auctioneers, Howard and Adam Conter.

We love this new holiday tradition and we know you will too!

SAVE THE DATE: November 18, 2023!

Vinita Savani, RBC
Sound Minds

In partnership with the East Coast Music Association, the Foundation created the Sound Minds Named Grant to support the mental health of music industry professionals. It provides one-on-one counselling, addiction support and recovery, mental health literacy and peer support at no charge to musicians.

“Years ago, before these kind of programs were introduced, at a lot of the conferences, you were told to feel lucky that you were there. We didn’t have access to anything and so a lot of times it was substances or leaning on each other or burning out.”

– ECMA Award Winner

Manger Music: Christmas Eve Live Stream

With just three days’ notice, the Foundation pulled together a Christmas Eve Matt Mays Manger Music virtual concert, live from the alpaca farm! A generous supporter of the Foundation, Matt donated his time and talent to raise more than $20,000 thanks to the support of online donors and Sonic Concerts.

“Well that was really special, Matt. Thanks very much. Happy Christmas! Love your alpacas!”

“Just donated.” – Manger Music viewers
The Foundation was thrilled to honour the following Nova Scotians with a Queen Elizabeth II Platinum Jubilee Medal for their exceptional work in mental health.

Dr. Howard Conter, The Tema Foundation
Dr. Belinda Seagram, Landing Strong
Morgan Manzer, Foundation Trustee
Starr Cunningham, Mental Health Foundation of Nova Scotia (Awarded externally)
Darrell Johnston, Foundation Trustee
Cecilia McRae, Pictou County Mental Illness Family Support Association
Dr. Emmanuel Aquino, NSH Psychiatrist
Dr. Patricia Lingley-Pottie, Strongest Families Institute (Not pictured)

The Foundation was proud to partner with the Office of Addictions and Mental Health to oversee and manage the inaugural Council of the Federation Award for Innovation in Mental Health and Addiction Care. After receiving 20 applications from across the province, the $5,000 cash award went to the Strongest Families Institute. It was presented to Dr. Patricia Lingley-Pottie by Premier Tim Houston and Minister Brian Comer during the fall sitting of the Nova Scotia Legislature.

Our President & CEO, Starr Cunningham, pictured here with second-year dentistry student, Mohammed Aldabdulaziz, was honoured to deliver the JD McLean Lecture keynote to the Dalhousie Faculty of Dentistry. The audience was made up of dentistry and dental hygiene students, as well as faculty, staff, and alumni.

In Our Community

The Foundation received donations from several Twitch events throughout the year. The live streaming video platform allows gamers to display their skills while raising funds from fans.

The Messages of Kindness holiday fundraising campaign raised critical funds for the Foundation to support mental health and addictions programs and services across the province, with donations matched by our partners Killam Apartment REIT and Southwest Properties.

This buddy bench was one of three unveiled in New Glasgow in memory of Brennan Wyatt. The Foundation was pleased to work with Brennan’s parents to make this project possible.

Celebrating Excellence

The Foundation was pleased to work with Brennan’s parents to make this project possible.
Thanks to our Donors

The Mental Health Foundation of Nova Scotia extends its gratitude to all donors for every gift it receives, including those who choose to remain anonymous. This list recognizes donors who have donated $500 or more during the 2022-2023 fiscal year.

Visionary
Advocate Printing & Publishing
Frank Almeda
Atlantic Road Construction & Paving
Believeco
Bell Canada
Bluedrop Training & Simulation Ltd.
BMO Bank of Montreal
Community Foundation of Nova Scotia
CTV Atlantic
Dalhousie University, Department of Psychiatry
Joseph & Violet Diab
Emera Inc.
Enterprise Holdings Foundation
Government Of Canada
Government of Nova Scotia
Harry Freeman & Sons Limited
Kim H Asplin
J & W Murphy Foundation
Moore Suites
Lisa Murphy
Nova Scotia Health
Parkland at the Gardens Residents
Property Valuation Services Corporation
RBC Royal Bank
RPM Productions
Saison Resource Group
ScotiaBank
St. Augustine’s Church
St. John Ambulance Council for NS and PEI
Steele Auto Group
The Estate of Edwin Charles Urquhart
The Community Foundation of Nova Scotia on behalf of Green Shield Canada
The Windsor Foundation
Local HRM Tim Hortons Restaurant Owners
True Patriot Love Foundation

Champion
ACADOM Ltd.
Cory Bell
BOYNECLARKE LLP
Fred & Elizabeth Fountain
John & Elizabeth Godin Charitable Trust
MK Mental Health & Addictions Program
Kilimanjaro Apartments RBRT
Cathy MacRitchie
Gestion Maurice & Donna Assh
MICCO Companies
Nova Scotia Power
Pratt & Whitney Canada
Andrew Pye
Rak’s Inc.
Karen Spaulding
Southwest Properties
The Berkeley
Touch of Gold
Leader
30 Minute Hit
Abraham Almeda
Alisa Alyward
Emmanuel Aquino
Architecture 49 Inc.
Ian Atkins
Eric Beaton
Blue Nose Marathon Charity Challenge
Sarah Bradfield
James & Norma Brennan
Rodney Burgar
Maritime Lto Alumni
Terry Chisholm
CBIC Commercial Banking Centre
Debbie Clark
Cognizant
Karen & Howard Center
Cookie Insurance
Crombie RBRT
Starr Cunningham & Nick Peters
Cushman & Wakefield Atlantic
Dalhousie Student Pharmacy Society (DSPS)
Dalhousie University
Dartmouth Orthopaedics Group
Develop Nova Scotia
Paul Doucette
Dream Team Fundraiser Ride
Eacan Timber Limited
Events East Group
Evolv Fitness
James Farquhar
Brenda Fort
Flora’s Walk
Flowers Canada Growers Inc.
Full Throttle Power Sports Limited
George F. Wade Foundation
Joe Ghosn
G&M Charitable Foundation
Glow The Event Store
Amanda Grinter
Halifax Port Authority
Matthew Harris
HDT Holdings Limited
Ed Hickey
Nicole Hunter
Nancy & Darrell Johnston
Shannon Cunningham & Harrison Keenan
Kohtech Windows and Entrance Systems
Labatt Breweries of Canada
LifeWorks / TELUS Health
Rylan MacDow
David MacKay
Morgan Manzer
Bruce Marchand
Karen Mason
Sandra Mason
McInnes Cooper
Minto Premier Properties Inc.
Catherine Misoner
Floyd C. Murphy
Annie Murray
Crystal & Sean Murray
Harold Nickerson
Nova Scotia Legal Aid Commission
Office Interiors
Stephen & Suzanne O’Regan
O’Regan’s Toyota Halifax
Page Property Management
Parkland Investments
PMco Incorporated
Joan Pugsley
RBC Dominion Securities
rcs construction
Regroup
Residents of The Baker Drive Development
Family of Companies
resulta
Rogers Communications Canada
SaltWire Network
Shannex Inc.
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Jennifer D. Simister
Nancy Smithers
Michael Spier
Jane Spurr
Tara & John Starratt
Stewart McKeil
Stuart & Davidson Orthodontics
Sullivan’s Crossing Productions SI Inc.
TC Moore Developments Ltd.
The Boyd & Holly Hunter Fund at The United Church of Canada Foundation
Therapeutiq
Wadie M. Fares Family Foundation
Len Wagg
Webken Global
West Kings District High School
Westwood Group
Wholistic Therapy
Deborah & Howard Windsor

Builder
4-H Canada
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Aurora Inn Ltd.
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John Black
Sharon & Russ Brannan
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Donald Burton
Catherine E. Cameron
CBCL Limited
David H. Christie
Michelle & David Comeau
Jolene Cook
Laura Couto
Dalhousie University, Student Health Physicians and Staff
Dalhousie University, Faculty of Dentistry
Paul Doane
Andrew Doucet
DP Slatman Enterprises
Dyna Nobel Canada
East Coast Credit Union
Make it Monthly

The Mental Health Foundation of Nova Scotia is incredibly proud of its growing list of monthly donors. By giving a consistent gift, donors provide us with critical financial support we know we can count on. It’s easy, it adds up, and it truly impacts change!

“I am a monthly donor because I see the strong impact the Mental Health Foundation of Nova Scotia has in communities all across the province through its grants program.” – Sara Smyrsniuk, Mental Health Foundation of Nova Scotia, Finance Lead

We are especially proud when members of our team make it a priority to support the work we do personally. Thank you, Sara, and all of our generous monthly donors!

To learn more about how you can become a monthly donor, please visit: mentalhealthns.ca/team-hope

The Mental Health Foundation of Nova Scotia is proud of its dedicated pool of volunteers. Like the Evergreen Gala volunteers pictured above, from events to committee service, and everything in between — volunteers consistently help us change the way people think about mental illness and addiction!
The Mental Health Foundation of Nova Scotia consistently works to ensure our donors’ investment in our mission makes a meaningful difference in the lives of Nova Scotians living with mental illness and addiction, and their loved ones.

STATMENTS OF OPERATIONS AND CHANGES IN NET ASSETS
Year ended March 31

<table>
<thead>
<tr>
<th></th>
<th>2023</th>
<th>2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue</td>
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</tr>
<tr>
<td>Donations</td>
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<td>$1,847,736</td>
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<tr>
<td>Special events</td>
<td>763,462</td>
<td>1,016,259</td>
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<tr>
<td>Miscellaneous</td>
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<td>35,282</td>
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<tr>
<td>Interest income</td>
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<td>10,090</td>
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<tr>
<td>Services</td>
<td>4,500</td>
<td>3,876</td>
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<tr>
<td>Government wage subsidy</td>
<td>-</td>
<td>25,441</td>
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<tr>
<td>Total revenue</td>
<td>$3,955,474</td>
<td>$2,938,684</td>
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<tr>
<td>Expenses</td>
<td></td>
<td></td>
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<tr>
<td>General and administrative</td>
<td>685,973</td>
<td>650,495</td>
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<tr>
<td>Special events</td>
<td>237,224</td>
<td>178,536</td>
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<tr>
<td>Prepaids</td>
<td>18,294</td>
<td>34,438</td>
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<tr>
<td>Total expenses</td>
<td>923,197</td>
<td>829,537</td>
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<td>Net revenues available for community funding</td>
<td>3,032,277</td>
<td>2,109,653</td>
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<td>Community funding</td>
<td>1,096,703</td>
<td>2,005,308</td>
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<tr>
<td>(Deficiency) excess of revenue over expenses</td>
<td>($64,426)</td>
<td>$104,345</td>
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<tr>
<td>Net assets, beginning of year</td>
<td>$1,190,450</td>
<td>$1,086,105</td>
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<tr>
<td>(Deficiency) excess of revenue over expenses</td>
<td>($64,426)</td>
<td>104,345</td>
</tr>
<tr>
<td>Net assets, end of year</td>
<td>$1,126,024</td>
<td>$1,190,450</td>
</tr>
</tbody>
</table>

STATEMENT OF FINANCIAL POSITION
March 31

<table>
<thead>
<tr>
<th></th>
<th>2023</th>
<th>2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>$1,202,549</td>
<td>$640,650</td>
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<tr>
<td>Cash held for custodial funds payable</td>
<td>15,928</td>
<td>14,733</td>
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<tr>
<td>Receivables</td>
<td>82,332</td>
<td>52,419</td>
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<tr>
<td>Short term investments</td>
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<td>2,036,273</td>
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<tr>
<td>Prepaids</td>
<td>18,294</td>
<td>34,438</td>
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<tr>
<td>Total assets</td>
<td>$3,389,806</td>
<td>$2,202,533</td>
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<tr>
<td>Capital assets</td>
<td>5,833</td>
<td>5,397</td>
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<td>Total assets</td>
<td>$3,395,639</td>
<td>$2,207,950</td>
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<tr>
<td>Liabilities</td>
<td></td>
<td></td>
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<tr>
<td>Custodial funds payable</td>
<td>$15,928</td>
<td>$14,733</td>
</tr>
<tr>
<td>Payables and accruals</td>
<td>139,178</td>
<td>113,945</td>
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<tr>
<td>Unearned revenue</td>
<td>-</td>
<td>50,409</td>
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<tr>
<td>Deferred contributions</td>
<td>2,114,509</td>
<td>827,283</td>
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<tr>
<td>Total liabilities</td>
<td>2,269,615</td>
<td>1,217,500</td>
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<tr>
<td>Total liabilities</td>
<td>$3,395,639</td>
<td>$2,207,950</td>
</tr>
<tr>
<td>Net assets</td>
<td>1,126,024</td>
<td>1,190,450</td>
</tr>
</tbody>
</table>

The audited financial statements of the Mental Health Foundation of Nova Scotia for the year ended March 31, 2023, as audited by Grant Thornton, LLP are available upon request. Copies of the complete statements may be obtained from the Mental Health Foundation of Nova Scotia, 120-300 Pleasant Street, Mount Hope Centre, Dartmouth, NS, B2Y 3S3 or by calling 902.464.6000. www.mentalhealthns.ca/new-index
Thank You!

With your support we are changing the way people think about mental illness and addiction!
The Mental Health Foundation of Nova Scotia is located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. We are all Treaty people.