

Mental Health Research Canada Board of Directors Opportunity 2022 -OPEN CALL FOR APPLICATIONS ACROSS CANADA: apply by May 31, 2022-

Committed to Diversity, and keenly interested in applications from the north (Yukon/Territories), PEI and NS.

This week, at least 500,000 employed Canadians will miss work due to mental health issues and, today, 11 Canadians will die by suicide. This year, at least 1 in 5 Canadians will experience mental health problems, affecting loved ones, communities, workplaces and employers. The current cost to the Canadian economy is estimated at more than \$50 billion per year and, by 2030, depression will be the leading contributor to the burden of disease globally.

These numbers are pre-pandemic, so it is obvious that there has never been a more important time to invest in mental health in Canada.

Mental Health Research Canada (MHRC) is a national charitable organization that is seeking qualified individuals with a personal connection to, or interest in, mental health and mental health research in Canada. Our Board currently has representation from multiple provinces and strives to balance research expertise alongside business and community leadership. The Board provides strategic leadership, vision and guidance to our work in advancing mental health research in Canada.

This is an exciting time to join our organization as we build our brand nationally and continue our efforts to build bridges between research and practice across Canada. *How?* We require that grant applicants have strong partnerships with community/service-delivery organizations, and we have broad and diverse perspectives guiding our assessment processes. This includes representation from people with lived experience, knowledge users, consumer/survivors, academics, community leaders and subject matter experts. These diverse perspectives ensure that the research we fund is relevant, useful and poised for impact.

About MHRC

We support practical, impact focused applied research that better the lives of Canadians. We seek input from people with lived experience and other stakeholders to inform our priorities, grant assessments and the research process itself. We have a diversified funding strategy that involves governments, individuals, corporate/institutions, community partners and we do most of our grant funding through partnerships with like-minded organizations. We are stable in our resources, highly collaborative, nimble and committed to excellence in all that we do.

Our website (www.mhrc.ca) profiles the many activities and projects that we are currently working on including a multi-province Covid-19 initiative, national polling in partnership with Health Canada and various provinces, and building capacity in mental health research through studentships. We have grown tremendously in the past year and a half, despite the pandemic, building powerful partnerships across the country and over delivering on our revenue goals.

Time Commitment

The Board holds four meetings per year (currently by Zoom) and the term for a Director is three years. Directors are also asked to serve on one Board Committee. Board meetings are held in June, September, December and March.

Responsibilities

- To govern the affairs of the organization and to do so reasonably, prudently and in keeping with the organization's policies and procedures.
- To be well-informed about the activities, finances, and impact of the organization.

- To participate in the organization’s development activities, which may include acting as an ambassador and “connector” for the organization by introducing personal and professional contacts who may help to achieve the organization’s mission; making an annual personal donation; and supporting outreach for sponsorships, government funding, and other individual donations.
- To be able to commit to regular attendance given the relatively few Board meetings held each year. (*Note the Board is currently not meeting in person due to Covid-19 restrictions, but may resume doing so for one meeting per year*)

Qualifications/Experience

- Interest in mental health research and issues.
- Knowledge of the charitable sector, ideally with an understanding of corporate philanthropy.
- Prior experience serving on a not-for-profit or charity Board.
- Experience and knowledge in at least one of the following areas:
 - Personal lived experience
 - Fundraising/Business development/marketing
 - Law
 - Finance (CPA)
 - Future advancements in health care (i.e. digital, AI)
 - Mental health in the workplace
 - Mental Health and Indigenous peoples
 - Mental Health and youth
 - Mental health in Canada/global perspectives

In addition, the following characteristics are helpful in serving as a member of a Board of Directors:

- Ability to think strategically.
- Entrepreneurial, visionary and creative.
- Ability to see things from multiple viewpoints including a “macro” or organization-wide perspective.
- Ability to communicate professionally and offer different perspectives respectively.
- Willingness to use own influence and networks to help the organization achieve its goals.

If you are interested in helping to strengthen Canada by strengthening mental health research, please forward the following information to smurphy@mhrc.ca with the subject heading BOARD MEMBER INQUIRY:

1. Current resume (1-page summary)
2. Brief letter (1 page) outlining:
 - Your reasons for wanting to serve on our Board of Directors.
 - How you learned of this opportunity.
 - An overview of your relevant experience.
 - What you will bring to our organization.

Applications will be accepted on an ongoing basis until our current vacancies are filled. Applications are reviewed by our Board Nominations and Governance Committee; qualified candidates that fit our skills gap (dependent on open Board seats) will be vetted and interviewed; successful candidates will be recommended to our Board for appointment by the Nominations and Governance Committee.