

NATIONAL AWARDS FOR EXCELLENCE

Alumni NEWS

Issue 2 Spring 2011



Welcome to our 2nd edition of *Alumni NEWS*

Building on the success of our 1st edition, we are very happy to present you with the 2nd instalment of this news update for National Awards of Excellent Alumni members. We are equally excited at announcing the recipients of the 2011 Awards who will join our alumni ranks shortly after their award ceremony being held April 28 in Regina, Saskatchewan – but more on that later.

This edition provides you, our valued alumni member, with an opportunity to celebrate your own successes while being inspired by those of your alumni peers. In this Alumni News, we've launched our spotlight discussions with two members – Dr. Karen Minden and Mr. Kevin Barlow. In addition, we intend to highlight our alumni member social media prowess by sharing with you the online presence of our members.

Deborah Tucker, Executive Director of the Kaiser Foundation and I, wish you a warm welcome to this edition of Alumni News and welcome your ongoing feedback and advice.

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2011 Winners are announced! read on...





A word from Edgar F. Kaiser, Jr.

The Kaiser Foundation is delighted with the tremendous amount of work and preparation that has gone into selecting this year's winners. Once again, the caliber of nominees made the process all the more challenging to choose just eight recipients. This really does reflect the breadth and depth of expertise found across Canada. Sue and I marvel at the brilliant work being led by so many dedicated people, in so many different settings.

We look forward to welcoming the 2011 recipients and guests to RCMP Depot in Regina, Saskatchewan on April 28th and to welcoming our new national partner – the RCMP Foundation – in addition to celebrating the first recipient of the RCMP leadership category. I'm very much looking forward to the event which will be shared with all those who cannot attend by dvd later on.

Thank you all once again for your outstanding and inspiring support.

Our 2011 Winners and Soon to be New Alumni Members!

Welcome and congratulations to all of these outstanding leaders in the field.

- Community Programming: **Vancouver Area Network of Drug Users (VANDU)**
- Indigenous Programming: **Peter Menzies**, Clinical Head, Aboriginal Services, Addictions Program, Centre of Addiction and Mental Health (CAMH)
- Leadership: **Sherry Mumford**, PhD (candidate), Director of Clinical Programs for Addictions Services, Maple Ridge Treatment Centre
- Media Reporting: **William J. MacPhee**, CEO and founder of Magpie Media and publisher of SZ Magazine (a magazine devoted entirely to schizophrenia and related problems including substance misuse)
- Mental Health and Substance Use Programming: **McGill University Health Centre**, Department of Psychiatry, Addictions Unit
- Public Policy: **Eugene Oscapella**, Oscapella and Associates Consulting Ltd. (lawyer, legal scholar and advocate with twin areas of expertise in drug policy and privacy)
- Youth Leadership: **Vanessa Campbell**, Outreach Coordinator for the Musqueam Indian Band, National Aboriginal Site Coordinator for Parent of Preschool Youngsters (HIPPY) Canada and Teaching assistant at UBC Linguistics Department
- And our newest category and 1st recipient for RCMP Leadership: **RCMP Staff Sergeant Rick Wychreschuk**, Member Employee Assistance Program Coordinator

Message from the Alumni Chair



**Michel Perron,
Chair of the
NAE Alumni and CEO
for the Canadian
Centre on Substance**

Dear Alumni colleagues. I'm very pleased to share this second edition of Alumni News with you. I'm equally excited at the opportunity of celebrating this year's National Awards recipients and our future Alumni colleagues. We are tremendously fortunate to have the ongoing support and leadership of the many people at the Kaiser Foundation, and especially to Edgar Kaiser jr. himself for his tireless dedication to this work.

In this edition, we are pleased to provide you with the names of our 2011 recipients in addition to a look behind the scenes, as to the process required for us to get to this point. Simply put, there are many hands on deck and all of this work is being capably led by Deborah Tucker of the Foundation. Thank you Deborah!

We have also launched in this edition the Alumni spotlight feature where we will over time, share with you the many impressive exploits of your peers. Thank you Kevin Barlow and Karen Minden for helping us kick this off.

I hope you enjoy this edition of Alumni News and welcome your ongoing feedback and advice!

Message from the Executive Director



**Deborah Tucker
Executive Director for
the Kaiser Foundation**

Welcome everyone to the second edition of our Alumni newsletter. I am thrilled we have created a formal communications vehicle to share our news. It's an exciting time at the Foundation as we have just announced our 2011 recipients for this year's National Awards for Excellence Program, and we will be honouring these individuals shortly at this year's recognition event in Regina. Thank you to all of you who sent in nominations or helped share the message about the Awards. As we've said before, you play such a critical ambassador role with respect to our Awards program. In our next issue we will be profiling our 2011 winners – so stay tuned.

Work is also underway to expand our "Looking for Help" section of our website. This area is our online national community resource. It is dedicated to providing relevant and useful resources, organizations and agencies to help people seeking help or information related to mental health and addictions. We would welcome any suggestions for organizations to include in our online community resource manual. Please email me your ideas to execdir@kaiserfoundation.ca and I will follow up with the appropriate organization.

We are also working on a plan to refresh our website and seek new opportunities to provide timely, engaging and useful information to our visitors. Part of this includes the addition of interactive features, integrating various social media as a way to create dialogue and posting newswrites to encourage a community of followers. As well, we will be adding a special section for our "Alumni Program". More details about our new website launch coming soon.

Thanks again for your support and I look forward to your comments and ideas.

Foundation Highlights

Getting the Awards – awarded...

Our deadline for this year's National Awards Program closed on January 10, 2011. All nominations are then reviewed by Kaiser Foundation staff to ensure they have met the Awards criteria, and that all sections of the application are complete. From there, the nominations are sent over to the Centre for Addictions Research of BC at the University of Victoria. This organization is contracted by the Kaiser Foundation to administer the adjudication process which includes recruiting peer evaluators (our *National Secretariat*) and managing the activities related to the evaluation of nominations. Each nomination is reviewed and evaluated to produce a synopsis of top two finalists in each category. At this point the *National Advisory Board*, which includes Canadian leaders from private, public and community sectors, assist the Foundation in selecting the final Award recipients. All nominees are then notified by the Kaiser Foundation of their status.

We are extremely grateful to these individuals for their expertise and dedication to our National Awards for Excellence program and for helping us recognize those individuals and community organizations demonstrating extraordinary efforts in the field of mental health and addictions. **A huge thank you to this year's *National Secretariat*:**

- Barry Andres, Exec. Director, Addiction and Mental Health, Alberta Health Services
- Walter Cavaliere, Director, Canadian Harm Reduction Network, Ontario
- Beverley Clark, V.P. Children & Women, Mental Health and Ethics, Eastern Health, St. John's, Newfoundland
- Carolyn Davidson, Director, Addiction Services, Nova Scotia Health Promotion and Protection
- Colleen Dell, Research Chair in Substance Abuse, Associate Professor, University of Saskatchewan, Saskatoon
- Debra Dell Coordinator, Youth Solvent Addiction Committee, Saskatchewan
- Denise DePape, Director, Alcohol Harm Reduction, BC Ministry of Health
- Brett Enns, Reg. Exec. Dir., Community Services, Prince Albert Parkland Health Region, Saskatchewan
- Louis Gliksman, Senior Scientist, Director, Social, Prevention and Health Policy Research, CAMH, Ontario
- Laura Goossen, Regional Director, Addictions Foundation of Manitoba
- Mark Haden, Clinical Supervisor, Addiction Services, Vancouver Coastal Health
- Carol Hopkins, Exec. Dir., National Native Addictions Partnership Foundation, Muskoday, Saskatchewan
- Rebecca Jesseman, Policy Analyst, Canadian Centre on Substance Abuse, Ottawa, Ontario
- Margaret Kennedy Director, Community Mental Health and Addictions, Dept of Health, PEI
- Peter McKnight, Columnist, Vancouver Sun, Canwest Publishing, Vancouver, BC
- Andre Picard, Columnist, Globe and Mail, Montreal, Quebec
- David F. Ross, National Clinical Coordinator, Network Development and Coordination Sector, National Centre for Operational Stress Injuries, Veterans Affairs Canada, Quebec
- Dennis Wardman, Dir., Health Promotion and Prevention, FNIH-BC Region, Health Canada, BC

Alumni Spotlight – Kevin Barlow

Welcome to our first edition of Alumni Spotlight – where we get the chance to sit down with a NAE alum and learn a bit more about them, their work and more.

In this edition, we interviewed Kevin Barlow and Dr. Karen Minden. Enjoy!

Q. Let's start with a bit of background on where you work and the mandate of your organization.

Currently I am the Chief Administrator for the Indian Island First Nation in NB, a small progressive reserve with a population of about 150 people. As a First Nation, we provide a wide range of services to our Band members and residents including addiction services. I also operate my own consulting service specializing in Aboriginal Health.

Q. What is your role in the organization?

After working 18 years in the Aboriginal HIV/AIDS field, I returned to my home community to bring back a wide range of national and international experiences. I oversee all programs and services at the community level, and am responsible for securing government grants to meet the needs of our community. I support the Chief and Council in leading the way for future generations.

Q. Describe any key initiatives you are or your organization is currently involved with?

We provide a wide range of programs and services to various groups, such as the Elderly, newborns, and youth. I find working for youth especially valuable.

Q. What do you see as some of the greatest challenges/opportunities facing your organization and/or your specific area?

Meeting the needs of youth who make up over 50% of our population. Many wish to stay in the community, and it is part of my job to ensure they have opportunities that instill purpose and help build strong cultural identities.

Q. If you could advocate for one change in the field of mental health and addictions, what would that change look like?

One-stop type of wellness clinics that can address many of their personal needs. From medical supports, to efforts that help people find meaningful employment and training, and minimizing financial burdens that hinder people from turning their lives around.

Q. Finally, as a recipient of the Kaiser Foundation Award, has winning this Award had any impact or helped support your work, your role, your organization in any way?

It indeed did have an impact in my research, by being able to list the award to my accomplishments.

Please feel free to add any additional information that may be of interest to our readers.

By end of March 2011, I will be launching my website, www.jkevinbarlow.com

Fast Facts:

Favorite quote: *"Laugh as Long as You Breathe, Love as Long as You Live" (Unknown)*

Last book read: *"Women, Food and God" by Geneen Roth (A good read for men too).*

Favorite food: *Tjigitjitj, which is a large snail like escargot but much bigger found in the rivers leading into the Atlantic Ocean.*

First job: *Salesperson at a Native Arts & Crafts shop. I enjoyed meeting and talking with the customers.*

What I wanted to be growing up: *A Forest Ranger, to this day I find it healing being in the woods.*

Next vacation: *Would love to take a full year off when I leave my current post and travel the world.*

Personality you would like most to share a coffee with... *Nelson Mandela*

Thanks Kevin – that was very interesting – we wish you continued success in your work!

Alumni Spotlight – Dr. Karen Minden

Interview with Dr. Karen Minden, Pine River Institute

Q. Let's start with a bit of background on where you work and the mandate of your organization.

Pine River Institute is a residential treatment centre and outdoor leadership experience for youth 13 to 19 struggling with mental health issues, and specifically, substance abuse. Our campus is located on a 200-acre site northwest of Toronto, and includes a residential program for 36 adolescents, an 8-bed therapeutic wilderness program near Algonquin Park, an aftercare program, and a head office in Toronto.

The family-centered program is innovative and highly structured, and creates opportunities for troubled teens to engage in a focused transformation process through a fusion of education, therapy, recreation, and life skills. The majority of students are from Ontario, and are funded by the Ministries of Health and Education. We also work with families from across Canada, and internationally.

The Institute is deeply committed to program and outcome evaluation. We carefully defined our conceptual approach, treatment model, and indicators of success, and we have been measuring our efforts since the first day we opened. Our research is shared, and collaborative, so that it can best impact the development of policy and practice in Canada.

Q. What is your role in the organization? Feel free to expand a little bit on past career history and what got you interested in working in this field.

I am the Founding CEO of Pine River.

Q. What do you find motivating about your work/your role or working in this field?

Every day we have the privilege of seeing the light come back into the eyes of a teen on their way to regaining a full life. We hear the relief from worried parents who have found a place to help them keep their child alive, and get them back on the path of growing up to be a healthy adult.

Q. Describe any key initiatives you are or your organization is currently involved with?

Pine River is a small treatment centre that is dedicated to having a bigger impact on improving outcomes in the field than just the clients we serve. It is so important to move this field forward through research, so that we better understand what works and how we are doing.

We have an exciting new project in collaboration with an American treatment centre to test a new measure of treatment success. Our international research advisory committee provides wonderful opportunities to expand our capacity by joining forces, and promoting the advancement of accountability through outcome evaluation. You can probably tell that I am passionate about this!

It is a privilege and a great opportunity to have interns from psychology, social work, child and youth care, education, and our first medical resident starts his elective at Pine River this month. This is a powerful way to introduce innovative thinking and practice into the system, and we are excited about the growing demand from students to spend time with us.

Alumni Spotlight – Dr. Karen Minden

Q. What do you see as some of the greatest challenges/opportunities facing your organization and/or your specific area?

The normative use of substances, gambling, online pornography, combined with the decreased involvement of adults in the lives of adolescents, is a challenging environment in which to raise healthy youth. We take away the scaffolding before our children are ready to transition to adulthood, and while many make it, we see the ones who do not. Our mental health and age of consent laws are out of sync with neuroscience and we struggle to provide a safe container within the regulatory environment which says a 12 year old has the capacity to make life-altering decisions.

The day to day challenges are related to a health care system which has not yet embraced fundamental change, and is in the throes of holding on tightly to control, without the ability to fund all the services that need to be delivered. And agencies are totally dependent on government. This is stressful for both the agencies that deliver the services, and for the funders who have to manage an impossibly large sector. We don't yet have the right balance between government's role, the consumer's role, and the health care providers' role.

Q. If you could advocate for one change in the field of mental health and addictions, what would that change look like?

If I could wave a magic wand, every child and family who needs the kind of treatment we deliver would have instant access. But to be more realistic, the most important change in the near future will be to link funding to outcomes. I truly believe that raising the bar for excellence will save more lives than any process reforms, by addressing the fundamental challenge of defining what we are treating, evaluating our outcomes, and changing our practice if it is not working.

Q. Finally, as a recipient of the Kaiser Foundation Award, has winning this Award had any impact or helped support your work, your role, your organization in any way?

For a new organization that had worked so hard against all odds to introduce an innovative model of treatment in Canada, we were happy that we were alive and well. While we were gratified to receive recognition from young people and their families, it was an incredible experience to receive recognition from the broader community. The Award Ceremony in Montreal was a great opportunity to connect with people across this country who are creating and delivering innovative and impactful programs. The "Kaiser experience" is building a community that transcends ideological, political and geographic boundaries and has enormous potential to infuse energy and good ideas into mental health care in Canada.

Fast facts:

Favorite quote *"The brick walls are there to stop the people who don't want it badly enough.." Randy Pausch, The Last Lecture, 2007*

Last book read *"Battle Hymn of the Tiger Mother" by Amy Chua*

Favorite food: *Toss up between dark chocolate and fresh peas in the pod...*

First job: *My friend and I started a babysitting company and our competitive advantage was that we brought our own snacks.*

What I wanted to be growing up: *A doctor*

Next vacation: *Relaxing at a winter retreat in northern Ontario*

Personality you would like most to share a coffee with... *It would have to be tea, and it's the Dalai Lama*

Thank you Karen – hats off to you and the entire staff at Pine River Institute for their great work.

Meet your Council!

The Alumni Council was created to support the operations of the Alumni program and is composed of a Chair and seven individual Category Chairs, representing each of the Award categories. One of the main functions of the Council is to maintain informal contact with their respective category winners in order to stimulate discussion amongst these individuals.

- Indigenous Programming: Kevin Barlow (2006) jkevinbarlow@yahoo.com
- Community Programming: Dr. Karen Minden (2009) Karen@pineriverinstitute.com
- Leadership: Dr. Ronald Abrahams (2008) rabrahams@shaw.ca
- Media Reporting: André Picard (2009) apicard@globeandmail.ca
- Mental Health and Substance Use Programming: Terry McGurk (2009) Tmcgurk@coasthamilton.ca
- Public Policy: Donald MacPherson (2007) donaldmacpherson@shaw.ca
- Youth Leadership: Loryn Marcellus (2009) loryn.marcellus@shaw.ca
- Chair of the Council: Michel Perron (2009) mperron@ccsa.ca

We would like to gratefully acknowledge our Foundation Partners

- Assembly of First Nations
- Canadian Centre on Substance Abuse
- Canada's Research-Based Pharmaceutical Companies (Rx&D)
- Chevron
- Coast Capital Savings
- CTVGlobeMedia
- Frank & Helen Harquail OBE
- Great West Life Group
- Government of Canada
- Government of Ontario
- Health Research Foundation
- Manulife
- Norlien Foundation
- Power Corporation Canada
- RCMP Foundation
- Rio Tinto Alcan
- Spirits Canada
- The LOHN Foundation

For more information visit us at the Kaiser Foundation website: www.kaiserfoundation.ca



Your Alumni

Excellence in Indigenous Programming:

- **Mike DeGagné, Aboriginal Healing Foundation** (2010) Ontario
- **Spirit of Burns Lake** (2009) British Columbia
- **Eel Ground First Nation School Drama Club** (2008) New Brunswick
- **Crossing Communities Art Project (CCAP)** (2007) Manitoba
- **Kevin Barlow, Canadian Aboriginal AIDS Network** (2006) Ontario

Excellence in Community Programming:

- **Ilisaqsivik Society** (2010) Nunavut
- **Pine River Institute** (2009) Ontario
- **Point de Repères** (2008) Quebec
- **African Canadian Development & Prevention Network** (2007) Quebec
- **Chambreclerc Non-Profit Housing** (2006) Quebec

Excellence in Leadership:

- **Dr. Patricia Erickson** (2010) Ontario
- **Dr. Liz Whynot** (2009) British Columbia
- **Dr. Ronald Abrahams**(2008) British Columbia
- **Ontario Needle Exchange Programs Best Practices Recommendations Team** (2007) Ontario
- **Dr. Perry Kendall** (2006) British Columbia

Excellence in Media Reporting:

- **Rand Teed** (2010) Drug class, Saskatchewan
- **André Picard** (2009) The Globe and Mail, Quebec
- **Peter McKnight** (2008) The Vancouver Sun, British Columbia

Excellence in Mental Health and Substance Use Programming:

- **New Opportunities for Women (NOW) Canada Society** (2010) British Columbia
- **COAST - Crisis Outreach and Support Team** (2009) Ontario
- **MPA Berman House (Motivation, Power and Achievement Society)** (2008) British Columbia
- **York Region Methamphetamine Strategy** (2007) Ontario
- **Canadian Mothercraft Society** (2006) Ontario

Excellence in Public Policy:

- **Professor Robert Solomon** (2010) Ontario
- **Michel Perron** (2009) Ontario
- **Dr. Eric Single** (2008) Ontario
- **Donald MacPherson** (2007) British Columbia
- **Walton 'Bud' Osborn** (2006) British Columbia

Excellence in Youth Leadership

- **Megan Lummiss** (2010) Ontario
- **Loryn Marcellus** (2009) Alberta
- **Daniel McKennitt** (2008) Alberta
- **Sarah MacDonald** (2007) New Brunswick
- **Brianna Olson** (2006) Alberta