

**ANNUAL
REPORT
2018-2019**

PAUL'S STORY: HOW A RESEARCH STUDY CHANGED MY LIFE



Paul is a police officer. He has dedicated his life to protecting others. An avid outdoorsman, he enjoys boating, fishing, and spending time in nature with his family.

Paul's life changed suddenly when he was exposed to a traumatic event on the job that caused him to develop post-traumatic stress disorder (PTSD).

"PTSD puts a hold on everything you cherish in life," says Paul.

"I wasn't able to work. I lost relationships. PTSD affects basic skills that we normally take for granted, like reading, retaining information, and performing simple tasks. And when you lose those skills, you lose your confidence and quality of life."

As his PTSD worsened, Paul faced anxiety and depression. He withdrew from activities and felt a loss of control over his life.

Things began to change when Paul entered a treatment program and began his recovery journey. The program

reduced his PTSD symptoms and helped him to reconnect with others. But he continued to have cognitive difficulties.

Paul then signed up for a research study at HRI that would change his life.

The study explored the use of a novel treatment, called Goal Management Training (GMT), in restoring cognitive function among people with PTSD. Paul completed a series of sessions aimed at helping participants stop automatic responses, monitor progress toward goals, and achieve those goals.

For Paul, the results were transformative.

"This study was the last piece of the puzzle that I was looking for," says Paul.

"My memory and concentration had been badly compromised...I thought I might never get those basic functions back. But from the very first research session, I started noticing incredible differences.

"The treatment HRI was testing helped me return to work, which was my single greatest success. I couldn't have done that without the skills I learned in this study. I use those skills every single day.

"Participating in this research has given me my life back."

To learn more about ongoing GMT studies, visit homewoodresearch.org.

WHAT WE DO:

Homewood Research Institute (HRI) is dedicated to transforming mental health and addiction services and outcomes across Canada and around the world. To do this, we're conducting research that addresses some of our nation's most pressing challenges.

DID YOU KNOW?

- Canada has the highest incidence of post-traumatic stress disorder (PTSD) compared to 24 other affluent countries: nearly 10% of us will be impacted by PTSD in our lifetime.
- We are in the midst of a PTSD crisis among military members, veterans, first responders, and public safety personnel. In the Canadian Forces, PTSD rates have doubled since 2002.
- It is estimated that 21% of Canadians will meet the criteria for addiction in their lifetime, and we urgently need to learn how to improve treatment.

With your support, we're finding solutions.

This year, you've helped us launch and expand multiple research projects that will make a tangible difference for people living with mental illness and addiction.

You've helped us bring research discoveries to life as we test new findings among the people who need help the most: individuals living with mental illness and addiction.

And you've helped us to expand data systems that will power future progress for improving treatment services for all Canadians.

Our partners, donors, volunteers, and supporters are the reason we have so much to celebrate this year. Thank you for helping to generate the momentum that will continue to move our mission forward.

FROM THE EXECUTIVE DIRECTOR AND BOARD CHAIR

This year, HRI has broadened its impact on a national level. We've expanded partnerships, advanced ground-breaking projects, and supported trainees to cultivate future leaders in mental health and addiction research.

2018 saw the launch of a national collaborative effort, the Homewood-McMaster Trauma Network. Led by newly appointed Homewood Research Chair in Mental Health and Trauma, Dr. Margaret McKinnon, the network brings together experts across the country to find solutions for trauma-related illnesses. The network exemplifies HRI's dedication to collaboration and collective impact.

This year we also advanced the Recovery Journey Project, a data system enabling the long-term evaluation of addiction treatment – the only system of its kind in Canada. The project launched at a new treatment facility, The Residence at Homewood, and has now been adopted into regular practice at Homewood Health Centre. This integration of research provides a powerful foundation for building out the living research environment within Homewood Health that will benefit the country.

Along with our successes, we also faced a major loss. Long-time HRI Board Member, Kenneth Murray, passed away on March 2, 2019. Ken was a revered community

leader and provided valuable insight as HRI progressed from a small start-up to a nationally focused charity. His contributions will have a lasting impact on HRI's future.

This report highlights some of our achievements this year. None of our successes would be possible without the support of our donors, partners, funders, scientists, staff, and board members.

We are pleased to share with you how donor dollars are moving us closer to our vision. We look forward to what we will accomplish together in the year ahead.



Ronald P. Schlegel

Ronald P. Schlegel, OC,
PhD, LLD
Director and Chair,
Homewood Research
Institute Board



Roy Cameron

Roy Cameron, PhD,
FCAHS
Executive Director,
Homewood Research
Institute

ABOUT HRI: STRATEGIC PLAN SUMMARY 2018-2022

MISSION

To improve outcomes of mental health and addiction treatments and services by joining forces with key partners to plan, do, and use research that enhances practice.

VISION

No life held back or cut short by mental illness or addiction.

GOAL

Accelerate Canadian progress in improving care and outcomes for mental health and addiction through innovation and applied research.

STRATEGIC PRIORITIES

THE PEOPLE

**Build
"Best Minds"
Collaborative
Networks**



- Initiate national networks to promote and develop a research enterprise focused on integrating science and practice

THE ENABLING ENVIRONMENT

**Build and Use
a National
"Living Research
Environment"**



- Catalyze and facilitate the development of an environment that welcomes and enables research

HIGH-IMPACT RESEARCH

**Drive Change
and
Improvements
to Care**



- Be a leader in developing innovative systems to understand and measure recovery
- Develop and test treatment innovations to improve care at Homewood and beyond

THE FUTURE

**Build a
Scientific and
Technological
Foundation**



- Build a hub to support a national enterprise that develops innovations which improve care and outcomes

THE CAPACITY

**Build HRI
Organizational
Capacity**



- Demonstrate exemplary strategic and operational capacity



“ We know very little about PTSD, why and how it affects those who are impacted. That’s why I am impressed with the work being done by HRI. What HRI has learned in the last year will have great impact on how PTSD is treated in the future. HRI is leading the way. As a retired Fire Chief, I am grateful for their work. ”

**– Andy MacDonald,
HRI Volunteer and Retired Fire Chief**

TOP STORIES:

DR. MARGARET MCKINNON NAMED HOMEWOOD RESEARCH CHAIR IN MENTAL HEALTH AND TRAUMA



L-R: Dr. Patrick Deane (President, McMaster University), Dr. Paul O’Byrne (Dean, Faculty of Health Sciences and Michael G. DeGroot School of Medicine, McMaster University), Dr. Margaret McKinnon (Homewood Research Chair in Mental Health and Trauma), Dr. Kevin Smith (former President and CEO, St. Joseph’s Health System) and Dr. Ron Schlegel (Owner, Homewood Health)

Photo credit: JD Howell

A partnership that will benefit Canada

On April 16, 2018, Dr. Margaret McKinnon was named Homewood Research Chair in Mental Health and Trauma. Dr. McKinnon’s new role marked the strategic partnering of four organizations dedicated to helping people suffering from trauma-related mental illness and addiction.

McMaster University, HRI, St. Joseph’s Healthcare Hamilton and Homewood Health partnered to establish the position, as well as a network of researchers, evaluators, and clinicians working to advance clinical practice and outcomes in the treatment of PTSD and related illnesses. The collaborative network will expand across Canada and beyond in a multi-year process.

Dr. McKinnon is playing a key role in building the national network – known as the Homewood-McMaster Trauma Research Network. She leads the trauma research program at HRI and works with clinicians to improve practice.

The partnership between HRI, McMaster, St. Joseph’s, and Homewood Health will focus our collective expertise on applied clinical research, innovation, evaluation, and knowledge exchange to optimize care and outcomes for people experiencing PTSD.



Dr. Stéphanie Bélanger, Associate Scientific Director of CIMVHR, presents the 2018 Editor's Choice Award to **Alina Protopopescu**.

Photo credit: CIMVHR

TRAINING THE NEXT GENERATION OF SCIENTISTS AND CHANGE-MAKERS

Building best minds for a better future

To ensure the growth and sustainability of practice-based research that makes a meaningful difference for Canadians, HRI is committed to training the next generation of researchers and scientists.

We provide learning opportunities for graduate and post-doctoral trainees in the field of mental health and addiction research. Trainees work under the supervision of HRI Senior Scientists in all areas of research.

This year, we supported 12 new trainees seeking clinical and research experience, bringing our total trainee count to 17. We welcomed trainees from McMaster University, Western University, and the University of Waterloo. We also facilitated student placements through the Canada Summer Jobs program and provided learning experiences for co-op students from Conestoga College and the University of Waterloo.

In October, we were proud to share the news that HRI research trainee, Alina Protopopescu, was the recipient of the Editor's Choice Award at the 2018 Canadian Institute for Military and Veteran Health Research (CIMVHR) Forum.

A PhD candidate in the Psychology, Neuroscience and Behaviour Program at McMaster University, Alina received the award for her presentation exploring the relationship between childhood abuse and moral injury. The findings provide clues as to how we can better treat moral injury, which may occur when a person is forced to act in a way that violates his or her own ethical standards.

HRI trainees supported this year include:

- Jenna Boyd, PhD candidate (McMaster University)
- Bethany Easterbrook, PhD candidate (McMaster University)
- Sarah Goegan, PhD candidate (McMaster University)
- Emily Levitt, MSc candidate (McMaster University)
- Yarden Levy, MSc candidate (McMaster University)
- Chantelle Lloyd, PhD candidate (McMaster University)
- Robelle Meereboer (Conestoga College)
- Andrew Nicholson, PhD (Western University)
- Anna Park, PhD candidate (McMaster University)
- Michelle Pogue, BSc candidate (McMaster University)
- Alina Protopopescu, PhD candidate (McMaster University)
- Aamna Qureshi, MSc candidate (McMaster University)
- Yasir Rehman, PhD candidate (McMaster University)
- Isabella Romano, PhD candidate (University of Waterloo)
- Sophia Roth, PhD candidate (McMaster University)
- Sabrina Syan, PhD (McMaster University)
- Alyna Walji, BSc candidate (University of Waterloo)

THE IMPACT OF A POST-DOCTORAL FELLOWSHIP AT HRI



Dr. Andrew Nicholson

Donor dollars generate major findings for trauma diagnosis and prevention

HRI research trainee, Dr. Andrew Nicholson, earned international attention this year for his innovative use of technology in diagnosing and better understanding PTSD.

Continued on page 10-11

Post-doctoral fellowship (continued)

A post-doctoral fellow affiliated with Western University, McMaster University, and Lawson Health Research Institute, Dr. Nicholson's research focuses on the use of neuroimaging and machine learning to discover how PTSD is related to patterns of brain activity. His fellowship was funded jointly by HRI and Mitacs.

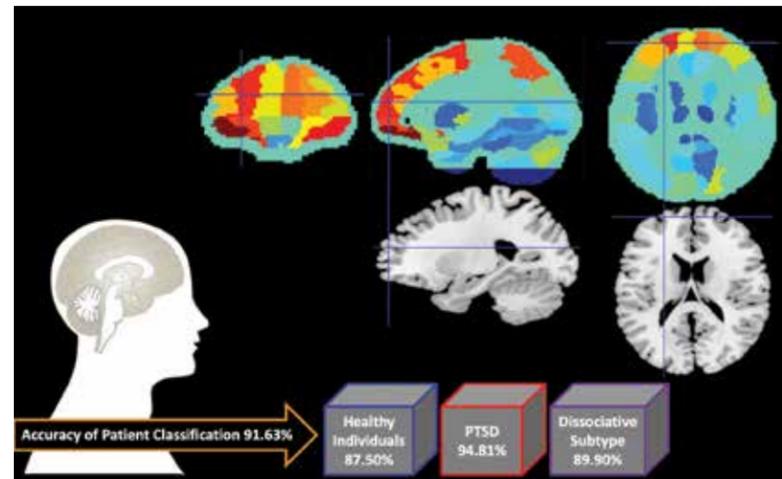
In his study, Dr. Nicholson and his team used functional MRIs to document patterns of resting brain activity in three groups:

1. Individuals with no history of PTSD
2. Individuals diagnosed with PTSD, and
3. Individuals diagnosed with the dissociative subtype of PTSD (PTSD + DS)

He found that when patterns of brain activation were fed into a machine learning algorithm, the computer system predicted the classification of PTSD, PTSD + DS, and healthy controls in new subjects with 91.63% accuracy.

These findings suggest that distinct patterns of brain activity are associated with specific forms of PTSD. These patterns are considered unique biomarkers that may aid in the early diagnosis and intervention of PTSD. Dr. Nicholson's findings may also help people with PTSD understand that there is a physical basis for their disorder.

During his 18-month fellowship at HRI, Dr. Nicholson published studies in three major journals and was the subject of multiple media features. In November 2018, he was invited to speak at the North Atlantic Treaty Organization (NATO) Big Data and Machine Learning in Military Mental Health conference in Washington, DC. He shared findings during multiple other speaking engagements across North America and in March 2019, he was offered a position as Research Associate at the University of Vienna, a world-leading centre for cognitive neuroscience. Working with Dr. Frank Scharnowski and maintaining his close collaboration with HRI scientists, Dr. Nicholson continues to leverage technology to develop novel diagnostic and treatment approaches for trauma-related illnesses.



Functional MRI images from Dr. Nicholson's study show patterns of brain activity that are used to detect and classify a PTSD diagnosis

DR. ANDREW NICHOLSON: MILESTONES & ACCOMPLISHMENTS

To follow Dr. Nicholson's research, visit drandrewnicholson.com

SEPTEMBER 2017

Fellowship funded by Mitacs Elevate Program and HRI

Total cost to HRI: \$47,500



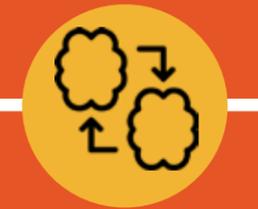
SEPTEMBER 2017

- Research initiated: using neuroimaging and machine learning to discover how PTSD is related to patterns of brain activity



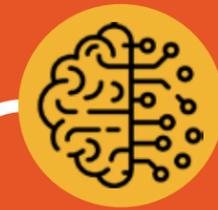
JULY 2018

- Publication: *Human Brain Mapping* journal



SEPTEMBER 2018

- Presentation: Canadian Psychiatric Association Conference (Toronto, ON)



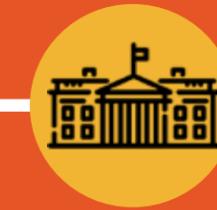
JANUARY/FEBRUARY 2019

- Media Features: CBC News, Global News, CTV News, London Free Press
- Presentation: Homewood Health Centre Grand Rounds (Guelph, ON)



DECEMBER 2018

- Presentation: Homewood Health Centre PTSD clinicians (Guelph, ON)
- Presentation: American College of Neuropsychopharmacology International Conference (Hollywood, FL)



NOVEMBER 2018

- Presentation: NATO - invited speaker (Washington, DC)
- Presentation: International Society for Traumatic and Stress Studies Conference (Washington, DC)
- Publication: *Current Psychiatry Reports* journal



OCTOBER 2018

- Publication: *Psychological Medicine* journal

MARCH 2019

Offered position as Research Associate at the University of Vienna, a world-leading centre for cognitive neuroscience

A YEAR IN NUMBERS

12 NEW RESEARCH
TRAINEES 

38
MAJOR MEDIA
FEATURES 

101
NEW
FOLLOWERS
ON LINKEDIN 

PUBLICATIONS
THIS YEAR **37** 

203%
INCREASE IN
NEWSLETTER
SUBSCRIBERS 

76%
INCREASE IN
FACEBOOK
FOLLOWERS 

\$820,000*
In funding secured for new research
**including multi-year pledges* 

33  CONFERENCE PAPERS
AND PRESENTATIONS

72%
INCREASE
IN TWITTER
FOLLOWERS 

A YEAR IN REVIEW: HIGHLIGHTS

Grateful Patient donation program launched

This year HRI launched a Grateful Patient Program, which allows patients to donate to HRI to honour a clinical staff member who helped make their recovery journey a success. Honourees receive a letter of recognition. With every donation, grateful patients are supporting others on the road to recovery.

This year, honourees of the Grateful Patient Program include:

- Kyla Denomme (The Residence at Homewood)
- D'Arcy Meloche (Horticultural Therapy, Homewood Health Centre)
- Tamaura Proctor (Horticultural Therapy, Homewood Health Centre)
- Lindsay Richter (Intake Services, Homewood Health Centre)
- Trina Roberston (Horticultural Therapy, Homewood Health Centre)
- Meredith Ross (The Residence at Homewood)
- Melissa Ruddick (Addiction Medicine Service, Homewood Health Centre)
- Edith Townsend (The Residence at Homewood)

Shaping the research agenda to improve military and veteran mental health

The annual Canadian Institute for Military and Veteran Health Research (CIMVHR) Forum brings together thought leaders from a range of backgrounds to understand how new research findings can help military personnel, veterans, and their families.

HRI made major contributions to the 2018 Forum:

- Dr. Margaret McKinnon, Homewood Research Chair in Mental Health and Trauma, and Dr. Ruth Lanius, HRI Associate Clinical Scientist, hosted an interactive workshop. The workshop made significant advances on three goals:
 1. To establish mental health research priorities;
 2. To share findings from previously identified high-priority research areas; and
 3. To grow the Homewood-McMaster Trauma Research Network.
- Dr. James MacKillop, HRI Senior Scientist, was keynote speaker, sharing the latest medical research on cannabis the day before its legalization in Canada; and
- HRI research trainee, Alina Protopopescu, was awarded the 2018 Editor's Choice Award for her research related to moral injury.

Recovery Journey Project gains momentum

The Recovery Journey Project is a unique Canadian study evaluating the long-term outcomes of inpatient addiction treatment.

Piloted in the Addiction Medicine Service (AMS) at Homewood Health Centre in 2015, HRI originally led all aspects of the project, including the collection of patient data both during and after treatment.

In early 2018, the AMS adopted data collection during each patient's stay into routine clinical practice. This change signifies the growth of the living research environment that is fundamental to our work. HRI will continue to follow up with patients during their first year of recovery after treatment. This collaborative effort will



help us measure outcomes and guide improvements to treatment services across Canada.

With generous funding from the KPMG Foundation and KPMG Waterloo, the Recovery Journey Project is now expanding into other mental health treatment programs at Homewood Health Centre and elsewhere. Findings and updates are available at recoveryjourneyproject.com.

New funding will bring clarity to mental health app users

Smartphone apps provide fast and cost-effective access to mental health resources. But with little research to support the claims of app developers, clinicians and consumers struggle to make the best use of these resources.

This year, HRI received a generous donation from The RBC Foundation to support a project that will evaluate mental

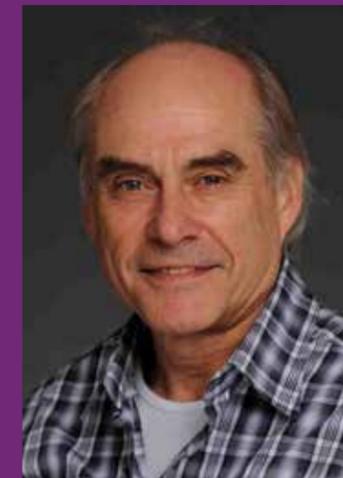
health apps, identify top products, and help users make the most of digital mental health services.

HRI will work with faculty members from Harvard Medical School, including Dr. Yuri Quintana from the Division of Clinical Informatics at Beth Israel Deaconess Medical Center, to carry out this research.

We are grateful for The RBC Foundation's commitment to generating an evidence-informed roadmap for app users, healthcare providers, and agencies that use apps to supplement psychiatric treatment.



Dr. James MacKillop



Dr. Brian Rush

Contributing to national cannabis discussions

As Canada navigated its first six months of cannabis legalization, HRI Senior Scientist, Dr. James MacKillop, contributed to influential discussions aimed at helping Canadians make informed decisions about marijuana use.

As Director of both the Peter Boris Centre for Addictions Research and the Michael G. DeGroote Centre for Medicinal Cannabis Research, Dr. MacKillop is a leading expert on cannabis. He was keynote speaker at the 2018 CIMVHR Forum, where he discussed the risks and benefits of cannabis, as well as emerging research related to mental health. Dr. MacKillop also contributed to an Op-Ed in The Star and was featured on an episode of CBC's documentary series, *White Coat, Black Art*.

In October, Dr. MacKillop led a stakeholder and roundtable discussion with experts from the field exploring the impact, benefits, and risks of cannabis, as well as opportunities to advance research.

Dr. MacKillop's bottom line: more research is needed to separate fact from fiction when it comes to using cannabis for both recreational and medicinal purposes.

International evaluation expert joins the HRI team

This year, we welcomed Dr. Brian Rush, Scientist Emeritus with the Centre for Addiction and Mental Health, to our team as HRI Senior Scientist.

Dr. Rush is a leading expert in program and policy evaluation. With a research career that spans nearly 40 years, he has a particular interest in performance-measurement systems for substance use, problem gambling, and mental health services.

Dr. Rush is working alongside Dr. Jean Costello, HRI Research and Evaluation Scientist, to expand the Recovery Journey Project, a data-collection system that allows for the long-term evaluation and improvement of mental health and addiction treatment in Canada.

Developing a mental health agenda on Parliament Hill

On May 1, 2018, HRI Senior Scientist, Dr. Brian Rush, and HRI Executive Director, Dr. Roy Cameron, represented HRI at an Ottawa roundtable event aimed at advancing mental health initiatives in Canada.

Dr. Rush was a featured speaker at the all-party event, which was initiated by Guelph MP, Lloyd Longfield in an effort to shed light on youth mental health and suicide prevention.

Organizations from across Canada were represented, and the event was opened by the Honourable Ginette Petitpas Taylor, Minister of Health.



Dr. Rush spoke of the importance of establishing a national performance-measurement framework to improve mental health and addiction services across the country and proposed a collaborative, system-level approach to guide improvements to care across the country.

Vancouver symposium highlights promising practices for concurrent disorders

Addiction and PTSD often occur together, causing severe consequences for those affected. Currently, there is little agreement among clinicians about how best to treat people experiencing both disorders.

The study of concurrent disorders is a priority research area for HRI. At the 2018 Canadian Society for Addiction Medicine (CSAM) annual conference in Vancouver BC, HRI and Homewood Health Centre hosted a joint symposium. Led by HRI Research and Evaluation Scientist, Dr. Jean Costello, the symposium brought the latest research on co-occurring addiction and PTSD to addiction professionals.

- Dr. Vivian Sarabia, Addiction Physician at Homewood Health Centre, discussed why PTSD and addiction often occur simultaneously;
- HRI Senior Scientist, Dr. James MacKillop, shared findings about PTSD symptom severity as a predictor of drop-out from inpatient addiction treatment; and
- Dr. Hollam Sutandar, Addiction Psychiatrist at Homewood Health Centre, outlined a pilot study examining the use of Cognitive Processing Therapy in treating patients with co-occurring PTSD and addiction.



L-R: **Heather McLachlin** (President, Cowan Insurance Group Ltd.), **Rob Schlegel** (Chief Financial Officer, RBJ Schlegel Holdings), **Theresa Hacking** (President, Military Casualty Support Foundation), **Dr. Margaret McKinnon** (Homewood Research Chair in Mental Health and Trauma), **Mary D'Alton** (Executive Director, The Cowan Foundation), **Dr. Roy Cameron** (Executive Director, HRI)



Dr. Jean Costello, HRI Research and Evaluation Scientist

Promising research for military members and veterans

Early studies led by HRI among inpatients being treated for PTSD suggest that a cognitive training program called Goal Management Training (GMT) helps to reduce symptoms of PTSD.

Thanks to a three-way funding partnership involving the Military Casualty Support Foundation, The Cowan Foundation, and RBJ Schlegel Holdings, research will now be expanded to two outpatient clinics in Ontario to evaluate the utility of GMT among military members and veterans with PTSD.

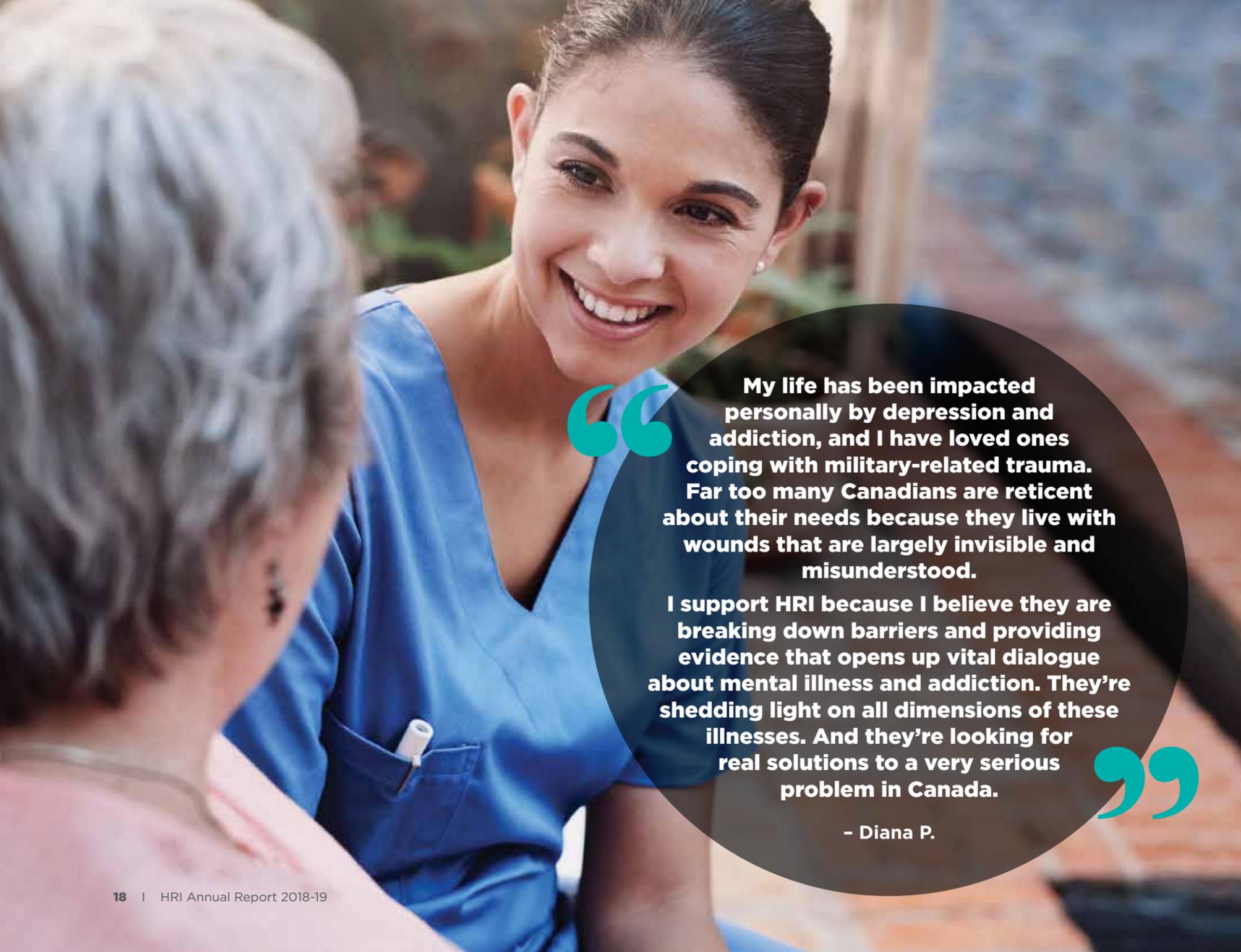
Homewood Research Chair in Mental Health and Trauma, Dr. Margaret McKinnon, is leading the GMT studies. She hopes to replicate findings from inpatient studies among outpatient groups. Her team will evaluate the impact of GMT in the military population at Operational Stress Injury clinics in both Toronto and London and lay a foundation for making GMT more available to those who stand to benefit from this treatment.

We extend our sincerest gratitude to our partners, without whom this research would not be possible.

HRI hosts inaugural Research Day event

On November 27, 2018, we opened our doors and invited community members, friends, and partners to HRI Research Day 2018. Nearly 100 people attended the inaugural event, which sought to build relationships and raise awareness about our work.

Staff, trainees, and scientists were available to answer questions and share research findings.



“ **My life has been impacted personally by depression and addiction, and I have loved ones coping with military-related trauma. Far too many Canadians are reticent about their needs because they live with wounds that are largely invisible and misunderstood.**

I support HRI because I believe they are breaking down barriers and providing evidence that opens up vital dialogue about mental illness and addiction. They’re shedding light on all dimensions of these illnesses. And they’re looking for real solutions to a very serious problem in Canada. ”

- Diana P.

OUR FINANCIALS

Statement of Operations and Changes in Net Assets

Year ended March 31, 2019, with comparative information for 2018

	2019	2018
Revenue:		
Donations and grant funding	\$ 1,347,602	\$ 1,122,598
Problem gambling	-	4,237
Investment income	45,230	27,749
	1,392,832	1,154,584
Expenses:		
Salaries and benefits	956,574	729,551
Purchased services	364,360	302,214
Supplies and other	125,102	188,035
	1,446,036	1,219,800
Deficiency of revenue over expenses	(53,204)	(65,216)
Net assets, beginning of year	1,201,538	1,266,754
Net assets, end of year	\$ 1,148,334	\$ 1,201,538

OUR SUPPORTERS

HRI's story is one of hope thanks to a community of caring supporters who are dedicated to making life better for people experiencing mental illness and addiction. With each donation, you build upon and strengthen the financial foundation provided by the Schlegel family, HRI's first philanthropists.

Thank you to the following donors for helping us achieve our vision - *No life held back or cut short by mental illness or addiction.*

Visionaries

Ron and Barbara Schlegel and Family

Partners

Homewood Foundation
Homewood Health
McMaster University
St. Joseph's Healthcare Hamilton

Catalyzers

KPMG Waterloo
The Cowan Foundation
The KPMG Foundation
The Military Casualty Support Foundation
The RBC Foundation

Supporters (\$1000+)

Cambridge and North Dumfries Community Foundation
Roy Cameron
Justin Cooper (In honour of John Cooper)

Brian Furlong
David and Hildegard Hales
Kitchener and Waterloo Community Foundation
Max Bell Foundation
David and Ellen Lee Murray
Ken Murray
Ron Pond
Melissa McKee and Mike Pownall
Bob Rae
Rob Schlegel
The Tenaquip Foundation
Bryce and Nancy Walker
Walton Family

Friends (\$500 - \$999)

Anonymous (1)
Darlene Ball
Heather Froome
Cyndy Moffat Forsyth
Ontario Association of Fire Chiefs
Janet Haslett-Theall and Larry Theall
Colleen Zubyck

Monthly Donors

HRI's monthly donors provide support throughout the year to ensure that we can turn research discoveries into treatment innovations more quickly.

Anonymous (3)
Darlene Ball
Susan Brady
Roy Cameron
Misha Capler
Tammy Douglas
Leanne Fischer
Heather Froome
Jennifer Gibson
Kevin Goldthorp
Benjamin Larouche-Parent
Cyndy Moffat Forsyth
Linda Moore
Jennifer Morrison
Jessica Plhak
Sandra Richter
Denise Rishworth
Don Roth
Barbara Van Elslande

Darlene Walton Scholarship Fund

The Darlene Walton Scholarship Fund honours the legacy of a dear friend to HRI. For 38 years, Darlene worked at Homewood Health Centre, giving her best each day to help patients recover. An avid supporter of HRI, she recognized the importance of training the next generation of researchers to improve care in Canada.

The Darlene Walton Scholarship Fund will support students who are pursuing studies in the field of mental health and addiction research. We extend our gratitude to our supporters who share Darlene's vision of a brighter future.

Anonymous (15)
Margaret Blair
Audrey Bolster
Roy Cameron
Debbie Clark
Mia Dario
Henry and Kim Dyack
Heather Froome
Brian Furlong
David and Hildegard Hales
Darren Harris
Travis Hass
Jared Landry
Paddie Lucas
Lora Mattina
Dan and Raeanne Milovanovic

Kimberly Mirotta
Cyndy Moffat Forsyth
Jennifer Morrison
David and Ellen Lee Murray
Dolores Raycraft
Jen Richmond
Patti and Jim Rooney
Penny and Martin Rundle
Tom and Kathy Ruttan
Ron and Barb Schlegel
Frances Snider
Davina Stevens
Lorry and Heather Tigner
Angelo and Valerie Verdone
Walton Family
Colleen Zubyck

Estate gifts

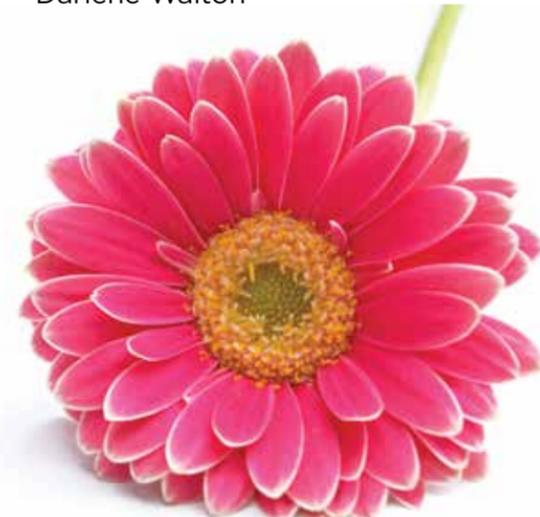
Estate gifts are a wonderful way to honour someone special, while helping those experiencing mental illness and addiction.

Justin Cooper (In honour of John Cooper)

In Memory

For those we have lost, we remember. This year, gifts were made to HRI in honour of the following people:

Wayne Basnett
Beatrice Cooper
Tyler Filsinger
Shannon Hope
Jerry Martinec
Jessica-Lynne McKay
June Moore
Ken Murray
Palmira Pagnan
Laura Prieto
John Quipp
Darlene Walton



OUR LEADERSHIP

As of March 31, 2019

BOARD OF DIRECTORS



Ron Schlegel
Director & Chair



Jagoda Pike
Director



James Schlegel
Director



Dr. Brian Furlong
Director



Dr. Ronald Pond
Director



S. Martin Taylor
Director



David Hales
Director



Bob Rae
Director

Executive Director



Roy Cameron
Executive Director

Ex-officio Officers



Josie d'Avernas
Research Liaison



Heather Froome
Secretary



Kimberly Mirotta
Treasurer

In Memory of Kenneth Murray



We were deeply saddened by the loss of long-time HRI Board Member, Kenneth Murray, who passed away on March 2, 2019. We wish to recognize Ken's outstanding contributions to his community and to HRI. Ken recognized the importance of collaboration and was instrumental in creating the spirit of co-operation and collective impact that guides HRI's strategic approach to this day. Thank you, Ken, for all you've done to advance HRI's mission and to improve the lives of Canadians.

OUR TEAM

As of March 31, 2019

COLLABORATING SCIENTISTS



Ruth Lanius, MD, PhD
HRI Associate Clinical Scientist

Professor of Psychiatry and Director of PTSD Research Unit, Western University

Harris-Woodman Chair in Mind-Body Medicine, Schulich School of Medicine and Dentistry, Western University



James MacKillop, PhD
HRI Senior Scientist

Peter Boris Chair in Addictions Research

Director, Boris Centre for Addictions Research

Professor of Psychiatry and Behavioural Neurosciences, McMaster University



Margaret C. McKinnon, PhD, C Psych
Homewood Research Chair in Mental Health and Trauma

Associate Co-Chair, Research and Associate Professor, Department of Psychiatry and Behavioural Neurosciences, McMaster University

Academic Head and Psychologist, Mood Disorders Program, St. Joseph's Healthcare Hamilton



Brian Rush, PhD
HRI Senior Scientist

Scientist Emeritus, Institute for Mental Health Policy Research, Centre for Addiction and Mental Health

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