

FALL EDITION 2014

# Heart & Soul

YOUR SUPPORT IN ACTION

**Cover Story:**  
Making a Difference  
for Women with  
Mental Illness

Photo of Janet Brown courtesy of Liz Floyd, The Photo Company

# Making a difference for women with mental illness

The Shirley Brown Chair in Women's Mental Health Research bears the name of an exceptional woman, lawyer and volunteer who was passionate about healthcare reform, but Janet MacInnis says the chair stands for even more than the person who inspired it.

"It's an example of the incredible power of our community – the hundreds of donors who came together to raise awareness about women's mental health and the research we need to do to move ahead."

MacInnis, a long-time WCH volunteer, helped to spearhead fundraising for the endowment after Shirley Brown's death following an episode of acute depression in 1996.

"Shirley's story was incredibly galvanizing," remembers her sister Janet Brown. More than 700 family members and friends, including Shirley's partner Kath Farris, rallied behind the movement to change the model of care for mental illness through innovative research.



*Cindy-Lee Dennis, PhD, Shirley Brown Chair in Women's Mental Health Research*

The Shirley Brown Chair was established in 1996 as a collaboration among WCH, the University of Toronto and the Centre for Addiction and Mental Health. The current chair holder, Women's College Research Institute scientist Cindy-Lee Dennis, PhD, is identifying and preventing postpartum depression and developing innovative, accessible treatment interventions. Her latest study into the effectiveness of telephone-based interpersonal psychotherapy for women with postpartum depression is addressing gaps in care for new mothers who live in rural and remote areas. "If the telephone format is implemented," she explains, "all women could receive treatment."

This is exciting news for Janet Brown, who says WCH's "strengths in applying research knowledge in interesting ways" is exactly why her family chose the hospital for their gifts.

"We want the chair to make a difference - to Women's College Hospital and to the way society perceives diseases like depression. Most of all, we really want to make a difference for women with mental illness."

**Visit [www.wchf.ca](http://www.wchf.ca) for more information on how a community came together to establish the Shirley Brown Chair in Women's Mental Health Research.**



*Kathy Hay, President and CEO Women's College Hospital Foundation*

## A message from Kathy Hay

I am no stranger to Women's College Hospital. Like so many of you, my family has been touched by the care of this great Hospital over the years. I love that WCH is steeped in a history filled with visionary and courageous people – people no different than you and me. WCH continues to build for the future of women's health on the strength of visionary leaders.

History has shown that no one person can effect sustainable change, but together, we can chart a new course. I have enormous optimism for our future as a leader in the health of women, and I am inspired by the impact our health system solutions and innovative models of care will have across the globe.

***"When you want to go fast, go alone. When you want to go far, go together."***

– African Proverb

Together, we will go far, and we will build the future of healthcare – for generations to come. Thank you for being part of the journey! See you along the path!

To hear more from Kathy, visit her blog at [www.wchf.ca](http://www.wchf.ca)

# “It’s a people place. It always has been.” – Dr. Heather Morris

Dr. Heather Morris was fresh out of her residency and a new member of the Women’s College Hospital obstetrics and gynecology department in the 1960s when she made her first gift to the hospital. “Once you make a commitment to something that matters, you continue,” she says. Almost 50 years later, Dr. Morris, now retired, is still giving – now as a monthly donor – to honour the personalized care and academic excellence that set WCH apart.

**For more information on making a monthly gift to Women’s College Hospital Foundation, contact Fiona Bedlington at 416-323-6400 ext. 2319 or [fiona.bedlington@wchospital.ca](mailto:fiona.bedlington@wchospital.ca)**

**Read WCHF’s online exclusive with Dr. Heather Morris at [www.wchf.ca](http://www.wchf.ca).**

*Heather Morris, retired Doctor and WCH monthly donor*



## Giving moms a place to turn

Marlene Cepparo knows that parenting is always a challenge, even in the best of circumstances. She can only imagine how much more difficult the job becomes when mothers also struggle with mental illness.

Earlier this year, WCH social worker Marsha Gallinger and psychiatrist Dr. Aliza Israel launched the Parenting Support Centre, a seven-month pilot project to provide help for mothers who are struggling with mental health issues. They offered individualized coaching on everything from bedtime and mealtime, to sibling rivalry. “We know that many women with a mental health issue won’t access the help they need because they can’t afford it, don’t know where to go, or are worried about being seen as a bad parent,” says Gallinger.

The pilot project has been a resounding success, and it is just one example of how your support is helping WCH address the gaps in healthcare. When we have a clear understanding of the barriers women face when searching for help, we can then design and test new ways of delivering healthcare more effectively and efficiently.

“WCH never deals with just one issue, but looks at all the components of an issue,” explains Cepparo, tax partner-in-charge at KPMG LLP’s National Tax Office. “By linking the various solutions, the hospital provides a much more comprehensive and effective means of ensuring that good results are obtained.”

As a measure of her belief that WCH is on the right track, Cepparo made a gift to Women’s College Hospital Foundation – an investment, she believes, in women’s health and a better healthcare system.

Says Cepparo: “Anything you can do to help women is a big win in my books!”

# Programs that benefit everyone

Paula Coutinho was prepared to shout from the rooftops about the “great” mental health programs at Women’s College Hospital. But she decided to make her feelings known by pounding the pavement instead.

First referred to WCH several years ago for group therapy and one-on-one counselling, Coutinho made a personal commitment this spring to help raise money and awareness to help support other women in need of care. She collected pledges from family and friends and ran five kilometres in support of the Trauma Therapy Program, one of several education and treatment programs the hospital offers as part of Canada’s only mental health program for women.

“All of my experiences at Women’s College Hospital have been tremendous,” she explains. “I have felt an incredible amount of love and wisdom coming from the therapists who are part of these programs. Their care has been such a gift.”



Paula Coutinho

The pledges kept rolling in for weeks following Coutinho’s run. This spring, she delivered more than \$500 to Women’s College Hospital Foundation.

“So many women are hurting and struggling and not living full lives,” she says. “If Women’s College Hospital can help us to live with as much love and compassion as possible, then all those around us benefit as well. These programs have the potential to benefit everyone!”

## Reduce your STRESS

Dr. Batya Grundland offers the following tips for managing your stress:

**1. Maintain a healthy, balanced diet.**

Take the time and make the effort to eat a healthy and balanced diet. A diet rich in fruits and vegetables will give you the nutrients and energy you need to better manage your stress.

**2. Maintain an exercise routine.**

Exercising regularly has consistently been shown to reduce feelings of stress and anxiety, as well as to increase energy and improve mood. Cardiovascular exercise is best, but activities such as yoga are also excellent.

**3. Maintain good sleep hygiene.**

Appropriate amounts of deep, restful sleep help us cope and be more efficient with the tasks of the day. Go to bed at the same time every night and wake up at around the same time every morning, limit non-sleep activities in the bedroom, exercise during the day and limit caffeine intake, especially in the evening.

**4. Learn mindfulness meditation.**

Mindfulness is a type of meditation that has been repeatedly shown to reduce anxiety and help manage stress. Try one of the many classes available in Toronto, even at WCH.

**5. Take advantage of the supports in your life.**

When going through a stressful period, it is very hard to do it alone. Take advantage of the people in your life who can help you care for yourself during stressful times.

*Dr. Batya Grundland, Family Physician*



Join our conversation about women’s mental health.



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cutting through complexity

# Thanks for a "Rather" great fundraiser

When former CBS news anchor and 60 Minutes correspondent Dan Rather took to the stage at Women's College Hospital Foundation's gala fundraising dinner in June, he shared the applause with the Honourable Margaret McCain and Carol Cowan. The two long-time friends and hospital supporters co-chaired the event, which showcased above all else the tremendous impact a community can have when it comes together in support of an inspiring mission.

"An Evening With... was a remarkable and memorable night, made possible by the extraordinary community leadership of a group of highly committed volunteers," says Foundation President and CEO, Kathy Hay.

The efforts of the 19-member volunteer committee helped to attract 550 guests and raise more than \$665,000 for WCH's internationally renowned Women's College Research Institute.

"Mr. Rather told us he's passionate about covering the news and being a part of something bigger," recalls Hay. "By supporting this unforgettable evening, WCHF's donors and volunteers have also become a part of something bigger than themselves."

"I applaud and thank our volunteers and guests for an unforgettable evening and for their belief in making a difference in women's health and research by supporting Women's College Hospital. I also applaud and thank our researchers, scientists, medical professionals and staff, who are transforming women's health around the world. What a great reason to spend an evening with great people in support of Women's College Hospital!"



(l-r) Carol Cowan, Dan Rather and the Honourable Margaret McCain

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## An \$18,000 step forward

It didn't take much convincing for Dr. Valerie Taylor to lace up her running shoes and hit the starting line of the Shoppers Drug Mart Run for WOMEN on April 26. The Unionville leg of this year's national race series benefited mental health programs at WCH – where Taylor is psychiatrist-in-chief and a researcher specializing in the link between mental illness and medical outcomes for women.

"Shoppers Drug Mart has been a long-time supporter of WCH," says Taylor. "We're grateful to partner with them in support of the millions of women who bravely face mental health issues every day."

More than 970 women and girls participated in a run of one, five or 10 kilometres, which raised over \$18,000 for mental health programs at WCH.



L-R Dr. Valerie Taylor, Chief of Psychiatry and Cindy-Lee Dennis, PhD, Shirley Brown Chair in Women's Mental Health Research



Michele Landsberg

# Honouring a trailblazer

“Women’s will always be close to my heart.”

When Michele Landsberg chose Women’s College Hospital for the birth of her daughter in 1965, she couldn’t have imagined she’d spend nearly 50 years lobbying for the hospital and celebrating its rise as a model of how healthcare can and should be practiced. WCH is honouring the many contributions of the award-winning Toronto Star columnist with the creation of the Michele Landsberg Lecture Series. “I’ll be very glad to have my name continue in association with the hospital,” says Landsberg.

Read WCHF’s online exclusive with Michele Landsberg at [www.michelelandsberglectureship.ca](http://www.michelelandsberglectureship.ca).

## Change the future, today

By leaving a legacy to Women’s College Hospital Foundation today, you can do your part to ensure everyone has better healthcare in the future. Your gift will improve the health of women and create new models of ambulatory care that deliver better healthcare for all.

For details on how you can build your legacy, please contact Ingrid Graham at 416-813-4741

or visit our website at [www.wchf.ca](http://www.wchf.ca).

## Improving lives...thanks to you

As donors to Women’s College Hospital Foundation, we want to make a difference – to advance care for women, help prevent and treat chronic conditions, and develop much-needed health system solutions.

I can say with confidence that your gift is doing all this and more. Just consider the examples highlighted within these pages:

- WCH is providing specialized care and conducting research which both address the unique mental health needs of women.
- We’re creating programs like the Parenting Support Centre that focus on the holistic needs of women with chronic mental illness and help them cope with their responsibilities as parents.
- And we’re conducting research to test new ways of delivering better, more sustainable healthcare to women with postpartum depression in the farthest reaches of our province.

These are the stories that set WCH apart and make me proud to be involved as a donor and a volunteer. **The difference we’re making is changing lives!**



Ann Davis, Board Chair  
Women’s College Hospital Foundation

## Thank you for your support!

Women’s College Hospital Foundation is a member of Imagine Canada’s Ethical Code Program. The Ethical Fundraising and Financial Accountability Code can be read at [www.imaginecanada.ca](http://www.imaginecanada.ca)



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