

We are committed to creating meaningful change.

2019 ANNUAL REPORT



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“...we want to highlight some of our accomplishments and express our gratitude to our community of supporters.”

There is no denying that we can do better to meet the mental health needs of children and youth in Canada. Our tragic suicide mortality rate for young people provides enough evidence to compel us to change how we support and invest in our kids' mental health. Advancement opportunities are critical, not only in the fragmented mental health care system itself, but in the resource constrained public education system, and in the provision of accessible and appropriate resources to help parents and caregivers support their kids. Helping to bridge these gaps is our *raison d'être*.

We have an ambitious vision and are inspired and grateful that this vision is shared by others who are equally passionate about our kids' mental health. Thanks to the amazing support of our community, in 2019, we were sufficiently funded to initiate a large-scale research project to understand the landscape of child and youth mental health services and supports in Canada. We set up our robust governance structure, which includes an amazing highly qualified Board of Directors and priority specific advisory sub-committees.

We are actively engaging with the mental health professional community across Canada to collaborate in support of our vision and are honoured to be a founding member of the newly formed Ontario Leadership Committee for Youth Suicide Prevention.

In this Annual Report, we want to highlight some of our accomplishments and express our gratitude to our community of supporters. Your financial and in-kind donations provide us with the ability to support a growing team of professionals, a sense of responsibility to honour your support, and it humbles us to have you in our corner.

With sincere thanks and all my love,

Leslie Kulperger





Introduction

Myles Ahead, Advancing Child & Youth Mental Health (Myles Ahead) was formed with the belief that we must do better to support the mental health of our kids. We received notification from the CRA on 27 April 2019 that we had been granted charity status effective 2 January, marking 2019 as our official inaugural year as a charitable organization.

We are a fledgling charity.

We are passionate about our purpose.

We are committed to creating meaningful change.

As an entity dedicated to bridging gaps and scaling best practices that prioritize timely access to appropriate mental health supports and services for children and youth, both clinically and in schools, Myles Ahead's ultimate goal is to mitigate child and youth suicide. Our long-term vision is for mental health supports and services to be integrated into health care and education systems in Canada, such that our interactions with children and youth stem from a foundation of enhanced mental health literacy, and where **consistent, cohesive, accessible and equitable systems** are in place to support all children, youth and their families.

Myles Ahead approaches partnerships, initiative development and program implementation through a full system equity lens. We have emphasized partnerships that serve middle school age children and their families because we have identified a gap in services and supports for the 9-13 age bracket. We have also prioritized programs that improve crisis supports for mental health, in health care, community and in school settings.

Myles Ahead is also able to share funds with other charities with synergistic mandates, to support proliferating best practice initiatives.



Our Values

Driven by the rights, voices and experiences of children and youth in partnership with families and experts, our core values and guiding principles include:

INCLUSIVITY - We seek input from, listen to, and reflect diverse perspectives, with an emphasis on children and youth.

RESPECT - Our approach prioritizes respect for the individual, family and the environment within which we work and live.

COMPASSION - We believe in the power of compassion, and we take the time to consciously encourage and practice it.

IMPACT EFFICACY - While we recognize the importance of measurement and verification, we also know that not everything that can be measured is important and that not everything that is important can be measured. For us, impact efficacy means striking the balance of weighing and reporting on what matters and identifying and incorporating improvement opportunities along the way. We want to make sure we know we are making a difference and having an impact.

STEWARDSHIP - We know that thoughtful solutions take time, and we will nurture thoughtful solutions at every step.

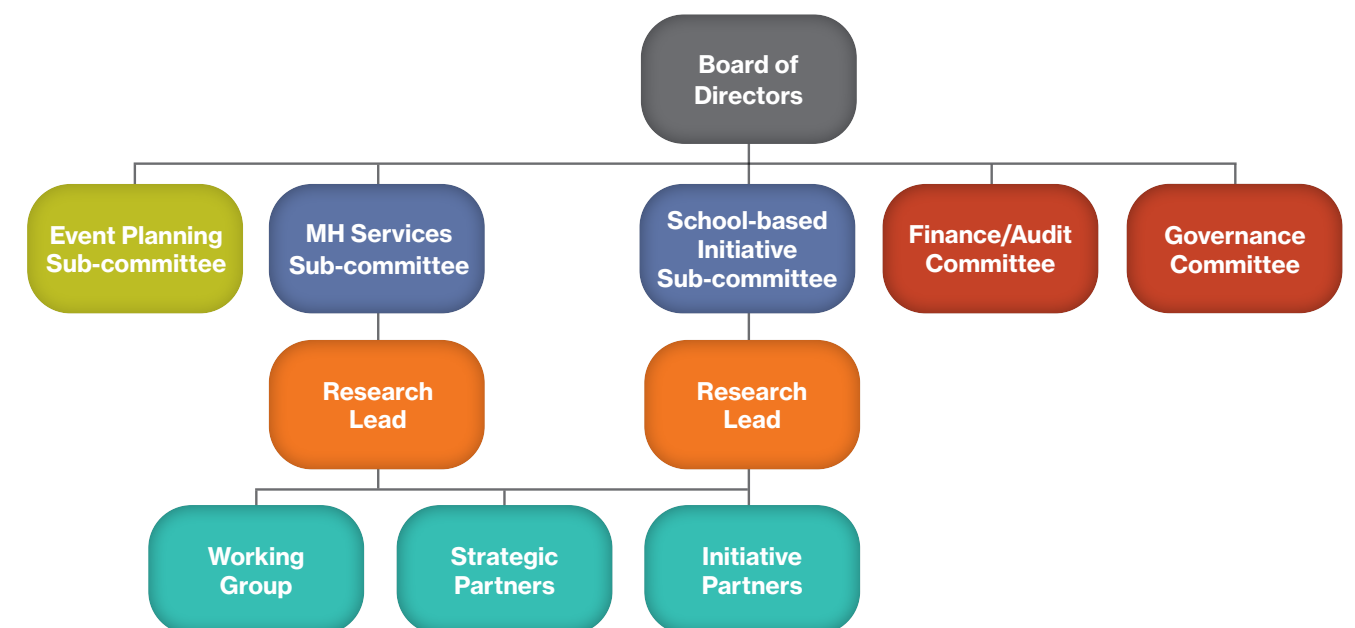
PARTNERSHIPS - We are here to work collectively with partners that share our objective to implement changes that support child and youth mental health. Together we are better, and we are better together. We know we can not solve our objectives alone. We are focused on promoting best practices, scaling up evidence-based initiatives, and advocating for increased collaboration, knowledge translation, and system integration.

Governance

Myles Ahead's Board of Directors (Board) is committed to high standards of governance and accountability. In adherence with its operating guidelines, the Board meets quarterly as of October 19th, 2018 and minutes are documented and retained for each meeting. Board governance policies follow the Institute of Corporate Director guidelines, and each member has executed their commitment and agreement with code of conduct as required by law.

Committees comprised of Board members include an audit/finance committee and a governance committee, both of which meet biannually. Each board member serves on either the finance/audit subcommittee or the governance subcommittee.

There are two additional work content advisory sub-committees and an event planning committee comprised of Board members: the Mental Health Services and the School-Based Initiative sub-committees, both of which meet quarterly. These committees are also supported by working groups comprised of non-Board members. The working groups meet as needed depending on the scope of work. The mandate of these cross-functional Sub-Committees and working groups is to provide oversight and guidance to the Research Leads for their areas of work, and ultimately submit recommendations for endorsement to the Board. With a diversity of membership, the working groups enable co-design through the unique lived mental health and cultural experiences, as well as varied professional backgrounds.



Meet the Team

LESLIE KULPERGER - Pro Bono Executive Director (see bio on page 14). As ED, Leslie oversees and contributes to every aspect of operations, including planning, strategy, research and development.

AMANDA CHALMERS - School-based Initiatives Research Lead & Sub-Committee Facilitator. Amanda's preliminary research includes classroom best practices and resources for students, teachers, and the school community as a whole. Amanda's research looks to help transform the way communities, schools, and school boards address the mental health of students and the ways in which policy is implemented and can be improved upon through optimal methods and deliverables. Amanda holds a Master of Teaching from OISE and is both a parent and educator. She is passionate about the mental health and well-being of children and youth and strives to advance the accessibility of proven approaches to meet their varying needs.

HELENA PEARCE-REILLY - Mental Health Service Research Lead & Sub-Committee Facilitator. Helena has conducted comprehensive research on Ontario's mental health landscape and helped facilitate partnerships between Myles Ahead and mental health organizations in Toronto. As a Masters student in Clinical Psychology, Helena is passionate about reducing barriers to mental health services and promoting mental health literacy for youth.

Mental Health Services Sub-Committee Members

EMILY ANGL - Emily's patient 'journey' has taken her through ER's, OR's, MRI's and many acronyms in between. She brings together her broad range of personal, academic and research experience in her pursuit to understand and effectively implement patient and public engagement practices in health care. For over ten years, Emily has consulted on patient and family engagement with hospitals, government agencies, research institutes and other organizations across Canada. She currently works as Director of Health Engagement and Communication with Reframe Health Lab.

JAKE ERNST - As a therapist, writer, and speaker based in Toronto, Canada, Jake is interested in unexplored feelings, unprocessed trauma, and unmet attachment needs in childhood and adolescence as catalysts for mental unhealth and unwellness in adulthood.

DAMION NURSE - Damion is a seasoned professional highly skilled in the ideation, development, management and execution of strategic initiatives and programs. He is also a dad, and is passionate about youth mental health and racial equity issues. He brings a wealth of lived experience with navigating the mental health needs to support his son.



“Driven by the rights, voices and experiences of children and youth...”

JENNIE ORMSON - Jennie is a Clinical Social Worker with over two decades of experience helping children and families. Her early career included front line positions with children and teens in both inpatient and outpatient psychiatric facilities, school settings, and group homes. As a parent of three, Jennie has firsthand experience of the challenges faced by children with ADD and Dyslexia in the school system. She is passionate about outdoor education and the value of nature and kindness in healing and shifting the future of mental health.

ANSEH DIBAJI - Myles Ahead Board member (see bio on page 15).

STACEY ESPINET, PH.D. - Myles Ahead Board member (see bio on page 15).

DINA LAFOYIANNIS, PH.D., C.PSYCH - Myles Ahead Board member (see bio on page 15).

LESLIE KULPERGER - Myles Ahead Executive Director (see bio on page 14).

School-based Initiative Sub-committee Members

KATHY DANDY - As a leader in public education, Cathy has advocated for children and youth and their families by building on their strengths and helping them to access the support they need. Cathy works to improve school systems so that they can work in favour of every child.

ANNA MATJEKA, PH.D, C.PSYCH - Anna brings over 10 years of clinical experience. Anna specializes in psychological and developmental assessments of young children with autism spectrum disorders (ASD). She is a published author and has conducted research in the areas of early detection of children with ASD. Anna also provides cognitive behaviour therapy for children and adolescents with significant anxiety, mood disorders and anger management concerns.

BELLA KARSH - Myles Ahead Board member (see bio on page 15).

LESLIE KULPERGER - Myles Ahead Executive Director (see bio on page 14).

Our Work

All of our work is Governed by the Board and applies an integrated management system approach that incorporates the continuous improvement “Plan, Do, Check, Act” model with the fundamental principles found in the Canadian Indigenous communities’ “The Circle of Knowledge/Ways of Knowing” practices “Vision, Time/Knowledge, Feeling/Reason, Action.”

The Circle of Knowledge holds ethics, inclusivity, and compassion as fundamental components. This combined approach will ensure that our work is effective and evaluated on a regular basis to identify and incorporate diverse co-designed opportunities which make the initiatives insightful, more robust, and also ensures our initiatives serve the needs of the community appropriately. Myles Ahead coordinates with a network of professional and lived experience volunteers to research and facilitate the development of programming specifically tailored by and for the community, be they educators, students, community members, and/or individuals. Mentorship opportunities will also be developed as part of sustainment of programs after initiatives are rolled out.

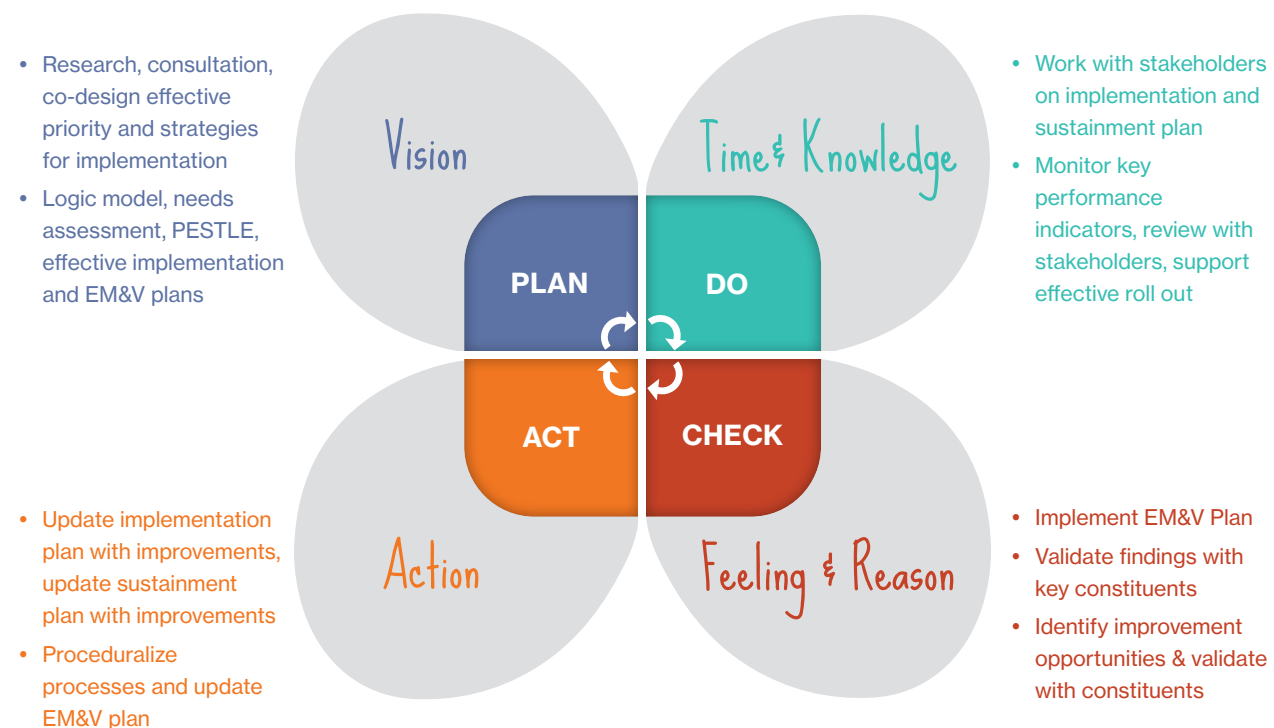


Figure 1. Management System Overview

“
Fundamental to this approach
is the refusal to believe
that status quo is acceptable
or that improvements cannot be made.
”

Mental Health Services

The Mental Health Services Sub-Committee works iteratively with the Working Group with the mandate of establishing recommendations to the Myles Ahead Board for partnership and initiative development based on research, evaluation and identification of best practices that are aligned with the Myles Ahead mission.

With oversight of the Working Group and Sub-Committee, the mental health services research lead undertook a year-long research project of over 120 mental health organizations and programs across Canada for children and youth in order to identify key performance indicators such as wait times, geographic gaps, resource gaps, and emerging innovative practices, evidence-based best-practices, and effective organizations. A breakdown of the organisation and initiative types is depicted in Figure 2 below. In addition to Canadian services, the research also reviewed international best practices.

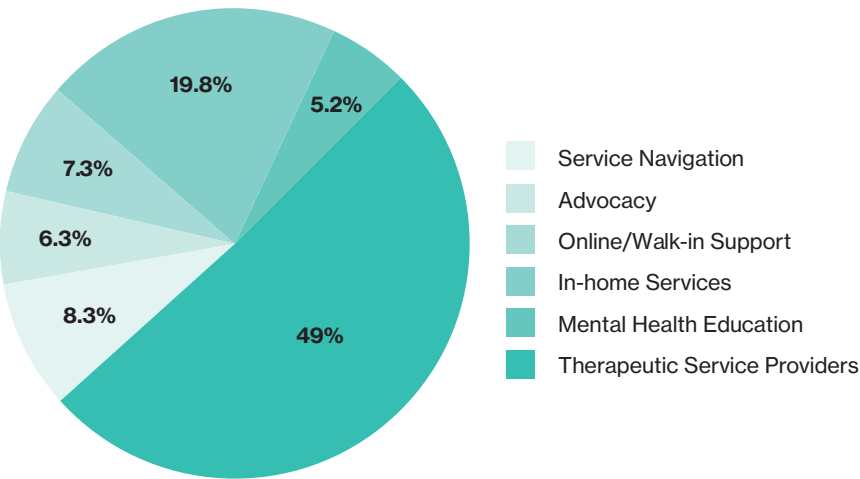


Figure 2, Distribution of Organization Types

Research highlights

Our research and analysis indicated there are several gaps and areas requiring additional focus in the mental health landscape in Canada, including:

- Support navigating access to mental health services
- Programming for middle-school aged children aged 9 – 13
- Accessible and timely crisis support for children and youth
- Safe mental health emergency services in hospitals
- Mobile crisis support services



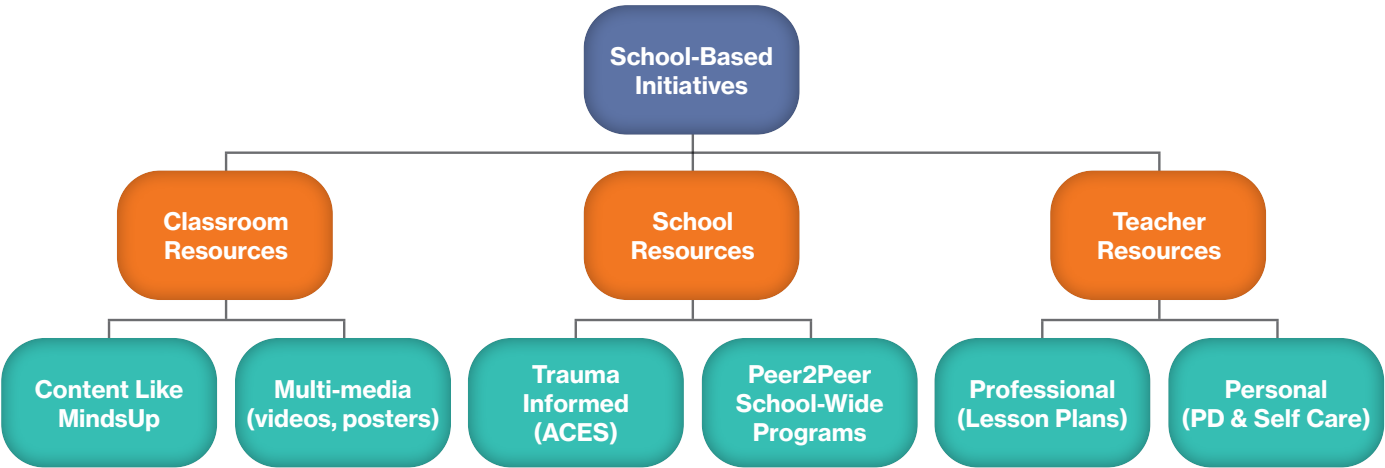
In addition to the gaps noted above, there were several noteworthy organizations with best-practices and “gold-star” programs. In particular, we were impressed with the work of Canadian Mental Health Association, Ontario Centre of Excellence for Child & Youth Mental Health, Children’s Mental Health Ontario, Jack.org, Stella’s Place, the Family Navigation Project at Sunnybrook Hospital to name a few. These organizations and others have become strategic partners, collaborators, and potential beneficiaries of Myles Ahead funding.

Next Steps:
We will continue to collaborate with the partners we identified in the mental health research noted above, and are focusing on developing initiatives to augment and expand on crisis support options.

School-Based Initiatives

The Myles Ahead School-Based Initiative (SBI) Mandate is to support positive mental health programming and resources in schools to foster a safe, inclusive, co-regulated environment for everyone. As described above, the SBI Sub-Committee also works iteratively with the SBI Working Group to establish recommendations to the Myles Ahead Board for partnership and initiative development based on research, evaluation and identification of best practices that are aligned with the Myles Ahead mission.

With oversight of the Working Group and Sub-Committee, the SBI Research Lead initiated a research study in November focusing on mental health practices in education. In particular, the research includes the following priority areas:



Next Steps:
Results of this research will guide partnership and initiative development.

Organisational Work

As our inaugural year, we spent time in 2019 developing our logo and branding, as well as our website. We are grateful to all who contributed to vetting our concepts, and in particular, we would like to thank Design for Good for their support in our logo and web development.

Our Brand

Our logo was inspired by a young man who lost his life to suicide and in honour of his desire to help the world become more empathetic and compassionate towards young people who struggle to maintain mental balance and wellness.

The Myles Ahead multicoloured heart-shaped “M” joined with an “A” represents a parent/caregiver and their child, the transition of colours and the journey through the M&A represents progression with an upward/hope-filled destination, and the use of multiple colours symbolizes inclusivity and diversity.

“...to help the world become more empathetic and compassionate...”

Events and Activities

Myles Ahead participated in events and activities that promote a sense of community, belonging, and connection. In 2019, those events included:

Scotiabank Toronto Waterfront Marathon Myles Ahead Charity Challenge

On 20 October, we had 42 amazing people run #Myles Ahead and 20 amazing volunteers. It was a beautiful day!

The run took place the day after what would have been Myles’ 13th birthday. It felt like the right thing to do – a celebration of his life and the Myles Ahead mission!



Not knowing what to expect, we set a modest fundraising goal of \$4,745 (representing a dollar for each day from birth to race day). After the tallying had been completed, we ended up Myles Ahead of our goal, with over \$26,000 raised!

A HUGE THANK YOU TO ALL OUR RUNNERS, VOLUNTEERS AND DONORS!

This was our first official fundraiser as a charity. It was such a positive experience and we have decided it will be an annual event for us.

Brooklyn Tavern Hosts Left Field Brewery’s Extra Innings for Myles Ahead

Less than a week after our Scotiabank fundraiser race, Myles’ favourite restaurant, the Brooklyn Tavern, asked if they could use an upcoming Left Field Brewery event as a fundraiser for Myles Ahead. Brooklyn Tavern is filled with so many wonderful memories and we were touched that Cindy & Dave wanted to do this for Myles Ahead.

The sold out event was such a huge success and tonnes of fun! A huge thank you to Brooklyn Tavern, Left Field Brewery, and all the wonderful people who attended!



Myles Ahead Trivia & Rock Quiz Night – Brisbane

Over 100 people came together for a fun night of trivia, food and drink on 25 May 2019. With food donated by Ethiopian restaurateur “Mother Africa” (Senayt Kidane) and donation of art from artist Keith Burt, writers Mirandi Riwoe, Stephen Carleton, Josie Dietrich and opera singer, Janelle Colquhoun, the night was an amazing evening of connection, raising awareness and funds for Myles Ahead.



Board of Directors:

Leslie Kulperger, Founder, Executive Director

After experiencing first-hand the significant gaps in mental health services while attempting to provide appropriate supports for her son in life and at school, and ultimately losing her son to suicide, Leslie founded Myles Ahead. Leslie has transitioned her 20+ years of evaluation and management system experience to oversee the Myles Ahead day-to-day operations. Her work has focused on generating tangible improvements through strategic program development, delivery, monitoring, evaluation, as well as policy advocacy in the environmental/energy conservation arena.



Edward Kulperger, Founding Director, Chair of the Board

As Senior Vice President with Geotab and a Board of Director at Bewhere Inc. (BEW:TSX-V), Edward brings a wealth of business development and organizational governance expertise to Myles Ahead. Edward is dedicated to making a difference in memory of his nephew, Myles, and will translate his innovative business strategies to drive toward filling gaps and creating effective and efficient solutions to enable more access to services for those who need it.



Mike Singleton, Founding Director, Treasurer

Mike Singleton has more than 15 years' experience as an energy economist running a non-profit organisation focused on energy policy and resource planning. As Executive Director of Sustainable Buildings Canada (SBC), Mike's experience with building capacity through the use of hands-on activities including stakeholder design charrettes aimed at demonstrating the potential to improve building designs and operations. Mike's knowledge and understanding of the value of the integrated design process are invaluable to the Myles Ahead vision.



Bella Karsh, Founding Director, Secretary

After graduating from Concordia University with a Bachelors in Early Childhood and Elementary Education, Bella then completed her Masters at The University of Toronto in Human Development and applied Psychology of Education. She has worked for the Toronto District School Board for the past 16 years, 12 as a classroom teacher and the last 4 as the Vice Principal of Clairlea Public School. As a classroom teacher and Vice Principal, Bella advocates passionately for children with special needs.



Stacey Espinet, PhD., Founding Director

Stacey has over 15 years of experience conducting research and large-scale program evaluations in the fields of child development and mental health. She holds a PhD in Developmental Psychology from the University of Toronto, where she focused on facilitating the early emergence of executive function skills underlying mental health. Dedicated to improving access to affordable, effective, and flexible mental health care, tailored to the needs of children and their families, she has conducted research in a variety of applied, clinical settings aimed at innovation in mental health care.



Anseh Dibaji, Founding Director

A clinical social worker and mental health lead at a downtown Toronto Family Health Team, Anseh holds a Bachelor of Social Work degree from Ryerson University and a Master of Social Work degree from the University of Toronto. Anseh worked in the children's mental health sector for 7 years prior to focusing on youth/adult mental health treatment in a primary care setting. Anseh has a keen interest in the fields of psychoneuroimmunology, interpersonal neurobiology, developmental trauma and the neuroscience of mindfulness meditation. Believing it is a privilege to be able to work with people who live with trauma and emotional/physical pain, Anseh is dedicated to helping those with whom she works to recognize their courage, cultivate self-compassion, strengthen resilience, build attuned, meaningfully connected relationships and learn to be more present and grounded.



Dina Lafoyiannis, Ph.D, C.Psych, Director

Dina is a Clinical Psychologist with over a decade of experience in community mental health. She holds a Ph.D. in Clinical Developmental Psychology and is licensed to work with children, adolescents, adults and families. In addition to running her own private practice, Dina is a Staff Psychologist at SickKids Centre for Community Mental Health, where she provides assessment and intervention to children, youth and their families, as well as clinical supervision of psychologists-in-training.



Statement of Financial Position

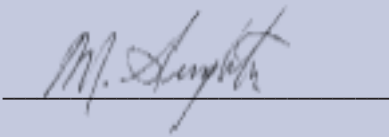
As at December 31, 2019

Assets	2019	2018
Cash	\$103,264	\$79,350
Recoverable sales tax	\$1,655	-
Prepaid expense	\$2,000	-
TOTAL CURRENT ASSETS	\$106,919	\$79,350
Intangible capital assets (note 4)		
Logo and website delopment costs, net of amortization	\$10,393	-
	\$117,312	\$79,350
Liability		
Accounts payable	\$1,750	-
TOTAL CURRENT LIABILITIES AND TOTAL LIABILITIES	\$1,750	-
Fund Balance		
General fund	\$115,562	\$79,350
	\$117,312	\$79,350

Approved on behalf of the Board:



Founder & Executive Director



Treasurer

Statement of Operations and Changes in General Fund Balance

For the year ended December 31, 2019

Revenue	2019	2018
Donations	\$23,284	\$89,391
Fundraising	\$28,017	-
Interest	\$1,236	-
Donations	\$52,537	\$89,391
Expenditures		
Accounting fees	\$1,750	-
Bank charges and collection	\$840	\$2,854
Fundraising costs	\$4,309	-
Legal	\$2,112	\$7,187
Research and development contract staff	\$4,329	-
Website costs	\$386	-
Amortization	\$2,599	-
	\$16,325	\$10,041
EXCESS OF REVENUE OVER EXPENDITURES FOR THE YEAR	\$36,212	\$79,350
GENERAL FUND BALANCE - BEGINNING OF THE YEAR	\$79,350	-
GENERAL FUND BALANCE - END OF THE YEAR	\$115,562	\$79,350

Statement of Cash Flows

For the year ended December 31, 2019

Cash flows from operating activities	2019	2018
Cash from donations and fundraising	\$51,301	\$89,391
Cash paid to suppliers and for sales tax	(\$15,631)	(\$10,041)
Interest received	\$1,236	-
	\$36,906	\$79,350

Cash flows used in investing activities	2019	2018
Intangible assets purchased	(\$12,992)	-
	(\$12,992)	-
NET CHANGE IN CASH DURING THE YEAR	\$23,914	\$79,350
CASH AT THE BEGINNING OF THE YEAR	\$79,350	-
CASH AT THE END OF THE YEAR	\$103,264	\$79,350

Notes to Unaudited Financial Statements

December 31, 2019

1) Nature of operations

Myles Ahead, Advancing Child & Youth Mental Health was established in 2018, and incorporated October 31, 2018.

Myles Ahead, Advancing Child & Youth Mental Health is dedicated to improving access to mental health services and school-based programming for children, youth and their families with the ultimate goal of suicide prevention by working with best practice initiatives to support enhancing and scaling activities.

Myles Ahead registered as a charity effective January 2, 2019 under Section 149(1)(f) of the Income Tax Act (Canada) and as such is exempt from income taxes and is able to issue charitable donation tax receipts to donors.

2) Summary of significant accounting policies

The accounting policies followed by the organization are in accordance with Canadian accounting standards for not for-profit organizations. The significant accounting policies followed in the preparation of these financial statements are set out below.

Revenue recognition

Donations are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Cash

Cash includes cash on hand, and deposits with chartered banks. The organization does not hold cash equivalents.

Intangible capital assets

Intangible assets include a logo and website development costs. These assets are amortized on a straight-line basis over five years.

Contributed goods and services

Myles Ahead accepts donations in kind. The value of contributed goods is recognized when received if a fair value can be reasonably estimated and the goods are used in the normal course of operations and would otherwise have been purchased. Goods contributed for resale at fundraising events are not recognized in these statements, as the fundraising revenues are recognized. Volunteers are critical for the operations of Myles Ahead and contribute significantly to its activities; due to the difficulty of determining their fair value, contributed services are not recognized in the financial statements.

Use of estimates

The preparation of these financial statements required management to make estimates that affect the recognition, measurement and disclosure of amounts reported in the financial statements and accompanying notes. The reported amounts and disclosures are determined using management’s best estimates based on assumptions that reflect the most probable set of economic conditions and planned courses of action. Such estimates include the useful lives of the capital assets, if any. Actual results could differ from those estimates.

3) Pre-incorporation activity

The financial statements reflect transactions prior to the date of incorporation. These transactions include revenues of \$88,391 and expenses of \$2,814.

4) Intangible capital assets

Intangible capital assets consist of the following:

	2019		2018	
	Cost	Accumulated amortization	Net book value	Net book value
Logo	\$2,598	\$520	\$2,078	-
Website	\$10,394	\$2,079	\$8,315	-
	\$12,992	\$2,599	\$10,393	-

5) Capital management

The organization’s objective, when managing capital, is to have sufficient liquid resources available for operations and to safeguard the entity’s ability to continue as a going concern, so that it can continue to achieve its main purpose described in note 1 above. The organization defines its capital as cash and fund balances.



Onwards! Upwards! Myles Ahead!

In Summary

While it is important to take stock and celebrate what we accomplished in 2019, we recognize that we are just getting started and that there is a long road ahead. Fueled by our passion for child & youth mental health, we are dedicated to creating and supporting meaningful change to advance our mission. **The sky is the limit!**

“ Fueled by our passion for
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**MYLES AHEAD - ADVANCING CHILD & YOUTH MENTAL HEALTH
2019 ANNUAL REPORT**

MYLESAHEAD.CA

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REGISTERED CHARITY #72688 1717 R0001