

WINTER 2022/23:

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Matching gift  
opportunity  
SEE INSIDE

# See you on the open road, Barry

John and Barry's friendship began in the summer of 2002 when a Chrome Yellow 1977 Honda GL1000 Goldwing brought them together.

## DONATIONS<sup>at</sup>work

After spotting the bike around the neighbourhood, John would learn that the owner, Barry, lived on his street. For years, they would ride together throughout the Ottawa Valley. They would swap bikes and trade ideas on how to update the yellow motorcycle after Barry took it apart in 2003, after riding it for the last time.

This past summer, 20 years after they first met, John hosted the Epic Ride for Mental Health in memory of Barry, who tragically lost his life to suicide in 2018.

*John Armstrong with a very special and newly restored bike.*

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COVER STORY: CONTINUED

Barry's name on the bike, and his daughter's tattoo offer a special tribute



Over 100 people came together to support mental health care and research at The Royal

Over 100 people gathered at The Royal's main campus on Carling Avenue on a beautiful sunny day and kicked off on a 204 KM ride through the small towns south of Ottawa, ending in Metcalfe, Ontario, for the first-ever motorcycle ride in support of The Royal.

What was John riding that day? That yellow '77 Honda, which he restored with the blessing of Barry's friends and family.

Barry was dating John's cousin Christine, who also shared their love of motorcycling. Just a few months after they lost Barry, John and Christine dreamed up the idea of the Epic Ride to raise awareness about mental health.

"Maybe we can get some people together, and maybe there is a way we can raise awareness and a few dollars too," shared John. "What I want to focus on is the stigma. Barry had struggled in silence for decades. To see so many riders, donors, volunteers, and sponsors support the ride and support mental health... it was really something special."

The bold and bright bike turns heads everywhere that John takes it. "I had Barry's name painted on the bike along with a few other personal touches as a tribute to him," says John, "and I use the bike when I can because it's a symbol of the mental health challenges people face."

John first lost someone close to him to suicide when he was only 16 years old. "Back then, nobody talked about it. Everything was pushed under the carpet." As a token of gratitude, John created custom lapel pins, which many riders immediately affixed to their leather jackets. "Maybe someone will see the pin and ask what it's all about. Maybe it will spark a conversation about mental health."

Moments after the successful day, John was already hard at work planning the 2023 Epic Ride for Mental Health. **If you are thinking about hosting an event in support of The Royal, John suggests you go for it.** "You may be surprised by how generous people will be."

Community events help raise money to support urgent needs at The Royal.

If you are interested in hosting an event, the team at the Royal Ottawa Foundation can support you. Reach out today at [events@theroyal.ca](mailto:events@theroyal.ca).



Elgin Ozerdinc, Nadia Mian, Ersin Ozerdinc, Kathleen Grimes, Dr. Joanne Bezzubetz, Dr. David Attwood, and Chris Ide at the official opening of the new clinic.

## Launching a new community-based clinic for people living with schizophrenia

**It is estimated that one in every 100 people has a schizophrenia spectrum disorder.** In the Ottawa region, 12,000 people live with schizophrenia and 300 more will develop it this year. Although there is no cure, effective treatments and therapies are available.

Schizophrenia spectrum disorders are persistent yet highly treatable, however, the continuum of care for these disorders is incomplete. Specialized care is available to individuals experiencing their first episode of psychosis and to those who have a very severe illness, but people in the middle of that spectrum often fall through the cracks or make do with services that are not designed for their needs.

Thanks to the generosity of the Ozerdinc Grimes family and an incredible community of donors, in September 2022, The Royal opened the doors to the Ozerdinc Grimes Family Regional Psychosis Clinic. This new space, located in the heart of the nation's capital at 250 City Centre, will provide specialized care and support for individuals who experience psychosis due to a schizophrenia spectrum disorder.

clients to address underlying social determinants of health, including trauma, homelessness and poverty.

“Living with schizophrenia is challenging but it shouldn't be a life without hope. Over the next three years, the Ozerdinc Grimes Family Regional Psychosis Clinic has the potential to help 1,000 additional people living with schizophrenia and their families, connecting them to scientists, physicians, and health care practitioners, including nurses and peer support workers, working at the leading edge of mental health care,” says Dr. Attwood.

### CLINIC OPENING TIMELINE

The Ozerdinc Grimes Family Regional Psychosis Clinic will undergo a phased opening as The Royal builds a new clinical team and ramps up services. During its initial phase, the clinic will transfer patients from other mental health programs whose needs are better served by the clinic. The Ozerdinc Grimes Family Regional Psychosis Clinic, will then open to referrals from primary care providers and hospitals in mid to late 2023.

*“With the support of a robust and highly integrated continuum of care, people with mild to moderate schizophrenia can manage their symptoms and live well. I've seen patients return to work, run marathons, write books, and do many other things in spite of this illness. That kind of success starts with the ability to access to the right care at the right place in the right time – that's what we aim to provide with the creation of the Ozerdinc Grimes Family Regional Psychosis Clinic,” says Dr. David Attwood, clinical director of The Royal's Integrated Schizophrenia Recovery Program.*

The Ozerdinc Grimes Family Regional Psychosis Clinic will be a 'one-stop shop' for effective long-term therapies, including early and easy access to long-acting injections and clozapine, as well as cognitive behavioural therapy, family therapy, recovery, and rehabilitation services. The clinic will also work with

“None of this would be possible without the visionary leadership of the Ozerdinc Grimes family as well early support that we received from community donors and organizations. Thank you for the incredible compassion and generosity,” says Chris Ide, president, Royal Ottawa Foundation for Mental Health.



# From new discoveries comes new hope

## *The 15th annual Leaders for mental health breakfast*



Presented by  
**Tech  
Insights**

### IMPACT SPOTLIGHT

On October 4, over 600 business and philanthropic leaders came together to raise more than \$600,000 for mental health care and research at The Royal. Brilliant scientists, inspiring clients, and members of their families took the stage to unite a community of supporters.



### Holly

"Feeling anxious is one of the worst feelings in the world. It is constantly worrying and never feeling good enough. I didn't know how to explain what I was experiencing, so I kept the feelings to myself for as long as possible. I thought I had to suffer alone. As I stood outside of The Royal after my second suicide attempt, I knew I was about to address the feelings I had kept to myself for so many years. I met regularly with a psychologist, I started medication, and I was paired with an incredible social worker, Sara. We met weekly, and we worked towards a point where I could start to feel confident in my abilities to cope. I don't know what the future holds. For now, I am just enjoying living in the moment."



### Glenn

After decades of fighting depression, Glenn was on the brink. "I was just holding on. Literally talking myself out of taking my life every hour," said Glenn. "My depression was debilitating. I was going to die." Over the years, Glenn sat through hours of talk therapy and tried numerous medications, but nothing worked. Three years ago, his psychiatrist urged him to enroll in a study at The Royal designed for people with treatment-resistant depression. Every day for six weeks, Glenn sat in a chair for five minutes while a magnetic field stimulated his brain. At the end of the first day, Glenn already felt a lift in his mood. "I seemed lighter, more lively, happy," shared Glenn. "rTMS saved my life."



Photo: Ashley Fraser, Ottawa Citizen

### Judy & David

"Michael was an absolute joy from the time he was born until the time he left us. He was exuberant, caring, loving," shares Judy. Michael spent five and a half years navigating the provincial health care system, a journey which included The Royal's Schizophrenia Recovery Unit. Traditional therapies didn't work for Michael, leaving his parents, Judy and David to advocate for new, novel treatments and discoveries in mental health research. "We know we need more proven, effective interventions, like new medications and methods to treat the physical brain itself. Michael would have been so proud to see how many people at the Leaders Breakfast believed like he did that we can find new ways to treat mental illness beyond traditional therapies."





## RESEARCH SPOTLIGHT

# Making the invisible visible

**This year's event explored how your support drives access to new and novel research and treatments at The Royal.** Event attendees participated in an interactive showcase that shared how scientists at The Royal are helping people find new hope — and for many, just when all hope seemed lost.



## Dr. Jennifer Phillips

SCIENTIST, THE ROYAL

***“What if we could treat suicidal thoughts to prevent someone from progressing towards suicide?”***

For people with depression, new, rapid-acting antidepressant strategies, including a medication called ketamine, can treat suicidal thoughts within hours or days instead of weeks like other antidepressants. Pairing ketamine treatment with brain imaging will advance discovery of how this medication works to decrease suicidal thoughts and may even identify further targets for treatment. Dr. Jennifer Phillips has witnessed first-hand the dramatic transformation in people who have undergone treatment with ketamine and shared, “it’s inspiring to see someone who has lost all hope, regain the will to live, re-engage with their life, and achieve a meaningful recovery.”



## Dr. Sara Tremblay

SCIENTIST, THE ROYAL

***“There is an urgent need for new, alternative therapies for mental health disorders.”***

Up to one-third of Canadians diagnosed with depression do not respond to existing treatments. When left untreated, depression can lead to suicide. Dr. Sara Tremblay is leading a research clinic at The Royal, providing repetitive transcranial magnetic stimulation (rTMS), a neuromodulation method that directly stimulates the specific brain circuits known to be dysfunctional in people with major depression. The Royal’s Neuromodulation Research Clinic is the first of its kind in the Ottawa region and has quickly become a much sought-after, preferred treatment for depression. “Research in this area is leading to a better, more personalized standard of care for patients with depression and mental health disorders, for whom traditional treatments haven’t worked,” says Dr. Tremblay.



## Dr. Zachary Kaminsky

DIFD MACH-GAENSSLEN CHAIR IN SUICIDE PREVENTION RESEARCH, THE ROYAL

***“We are the future of mental health.”***

Dr. Zachary Kaminsky is leveraging artificial intelligence to generate algorithms capable of correctly guessing who might have suicidal thoughts and suicide attempts from their biological data. Further, algorithms developed by his team can predict not only who, but when someone is likely to enter a time of crisis from social media data. “We are moving from identifying those at risk of suicide towards building novel, saleable machine learning techniques to better understand, predict, and prevent suicide, and allow for improved access to care,” says Dr. Kaminsky.

**The Royal is driving life-saving innovations in mental and substance-use health care, thanks to philanthropic support.**

## Gift of a Mindfull of Hope

MINDFULLGIFTS.CA

### THE ROYAL LAUNCHES A NEW GIVING PROGRAM

**We have some exciting news, and we want you to be one of the first to know!**

This giving season, The Royal is launching Mindfull Gifts. This new program is a wonderful way to turn your reason for supporting mental health into action.

Mindfull Gifts are meaningful gifts that meet the unique needs of patients at The Royal. You can feel good about giving Mindfull Gifts because they work double duty: delighting your loved ones at home with an inspiring eCard and supporting people living with mental illness today.

## MINDFULL GIFTS

### • Fitness Activities for Older Adults

Walking, chair fitness, balance and fall prevention, and hydration programs target client fitness to boost their health and inspire confidence. This gift helps a senior stay physically healthy while receiving the mental health care needed to heal.



\$10

At age 50, Georgia Morissette was told she would be in a wheelchair by 65. Now in her 70s, she is at a peak fitness level, teaching chair yoga and mindfulness to older adults across Ottawa. "Chair yoga will improve your mental, physical, and spiritual well-being," says Georgia, who often recruits new attendees by simply saying, "try it, you might like it!"

### Pet Therapy

Spending time with animals promotes joy, excitement, and relief. Send a gift to support weekly remote visits from pet therapy volunteers and their skilled canine companions to help patients rediscover feelings of happiness and hope today.

\$45



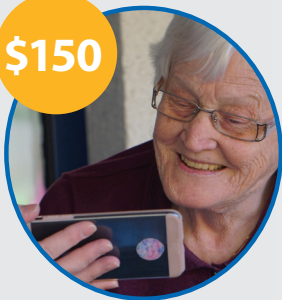
### • The Gift of Hope Package

Care for a patient with a personalized selection of necessities and gifts delivered throughout their journey—every step of the way—at The Royal. This gift greatly helps a person recover and heal from trauma or other mental health-related ailments and has a tremendous impact on the outcome of their care.

\$500



\$150



### Stay-in-touch Technology

It's vital for people in need to maintain relationships during their stay and to know they're not alone. Send a gift to provide a patient with the means to stay in touch with loved ones and friends during their recovery.

Richard Cottingham has been volunteering at The Royal for over 15 years, following decades of navigating the mental health care system and a lifetime of living with mental illness. Richard says, "it's important to me to give back to a place that gave me my life back." Every December, Richard roams the hallways at The Royal in a Santa suit every December, spreading joy and hope. By purchasing a Gift of Hope Package, you can help a patient like Richard.



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When you're ready to go, enter your information and click "Complete Order."

Go to [MindfullGifts.ca](https://MindfullGifts.ca) to view the entire catalogue and to send a gift today!





Yann Robard, Whitehorse Liquidity Partners managing partner and Royal Ottawa Foundation board member

## Whitehorse Liquidity Partners' donation will help people living with difficult-to-treat depression

**Before Adam arrived at The Royal's Neuromodulation Clinic for his first ever repetitive transcranial magnetic stimulation (rTMS) treatment three years ago, life was difficult – in fact, Adam says that life was dismal and he had very little hope.**

Adam has lived with major depressive disorder (MDD) for most of his life, and although medications worked for him previously, they suddenly stopped working. The antidepressant medications that had helped pull him out of his depression throughout his life were now giving him anxiety and causing severe sleep issues.

According to research, up to 40 per cent of people with depression do not experience a noticeable improvement in their symptoms after trying at least two different antidepressant medications, classifying them as difficult to treat.

Adam's psychiatrist was working with different medications and dosages, but the negative side effects were outweighing any of the positive ones. One day, he introduced Adam to a research trial that was slated to begin at The Royal's Neuromodulation Clinic, using rTMS treatment for depression. rTMS directly stimulates the brain by producing a brief, painless magnetic field delivered via a coil placed against the scalp.

After doing his own research on rTMS, Adam was intrigued by the potential benefits of this alternative to drug therapy. He was put in touch with a research assistant in the rTMS lab and was placed on a waitlist.

While he waited, Adam began to experience intense daily suicidal ideation. He had to work very hard to ward off those thoughts and to maintain hope. Then one day, Adam received a call that he was going to be the first participant for this particular rTMS trial.

That was the moment his life changed for the better.

Adam received rTMS treatment daily for six weeks, before moving to a less-frequent maintenance phase. He said that his experience with this non-invasive treatment

was "uplifting" and that over time he gradually began to feel better. He started to be motivated to do little things in life again, like exercising and socializing.

"rTMS has been a great addition to everything else that I do to maintain good mental health, like vitamin D therapy and mindfulness," says Adam. "I also now have a new group of friends that I regularly socialize with. rTMS gave me the motivation I needed to start living my life again."

Inspired by Adam's story and others like his, Whitehorse Liquidity Partners, a Toronto-based private equity firm focused on providing structured liquidity solutions to the private equity market, has made a transformational pledge to The Royal. The generosity of Whitehorse Liquidity Partners will help open an rTMS clinical program at The Royal, so that more people like Adam can receive the support they need, when they need it, without being part of a research trial.

*"This alternative, non-invasive and non-drug form of treatment is vital to ensuring that those living with treatment-resistant depression can receive the help they need to be able to live a fully functional, symptom-free life," says Whitehorse Liquidity Partners managing partner, and Royal Ottawa Foundation board member, Yann Robard. "At a time with mounting mental issues around the world, we recognize the increasing need for access to quality mental health care. We are pleased to partner with The Royal to support the future of mental health research and care."*

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Adam says that rTMS isn't a magic wand, as he still has some days where his depression impacts his life. However, thanks to the rTMS treatments, the feelings of sadness typically last a few hours before he can feel his entire mood change for the better.

*"I'm in a much better place in my life now, and I know that rTMS was the catalyst for me to be able to start doing everything else that I needed to do to improve my mental health," says Adam.*

Through his own personal experience, Adam believes that healing from MDD, or any mental illness, is never a one-pronged approach, but rather a continuum of different therapies that work together to improve a person's mental health.

The Royal Ottawa Foundation is so thankful to Whitehorse Liquidity Partners for their help in advancing research in the area of rTMS treatment, enabling scientists at The Royal to provide more precise and personalized care.



**WHITEHORSE**  
LIQUIDITY PARTNERS

## Living on the margins

**"It just breaks your heart... it tears you apart. You feel your child is suffering profoundly, and of course, you want to fix it."**

Tara, a mother to an adult son living with mental illness paced outside in the rain. She had flown to Ottawa to help her son in crisis but didn't know what to do. "I was really lost; I was beside myself. I didn't want to make things worse, and I didn't want to call the police. But I wanted to get some help."

"I work with people who are on the margins: people who are in rooming houses, subsidized housing, shelters, couch surfing, maybe even directly on the streets," says Steven Walsh, a psychiatric outreach nurse. "The Psychiatric Outreach Team guides people to where they want to go."

Steven doesn't like to think about what would happen to his clients if the Psychiatric Outreach Team didn't exist.

*"Our team can also help the family members of these folks — on the phone, allowing them to vent, let them understand the resources, or explain where the person may be at."*

Tara was connected to The Royal's Psychiatric Outreach Team. Thankfully, they were there to provide help to Tara and her son, because of funding from The Royal's generous donors.

Thanks to the support of caring donors like you, The Royal's Psychiatric Outreach Team works with clients in their own homes, and bring mental health services directly to individuals in the community.

Tara recalls that bleak time with her son last fall. "Without help from the Psychiatric Outreach Team, I would have felt completely lost. But they were there to give me access to information, taught me coping skills, and made me feel that I wasn't alone. Which I thought was absolutely incredible."



There are many ways to stay connected to the Royal Ottawa Foundation and learn about the care and research you support.

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