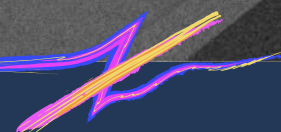


# Impact of Philanthropy

ANNUAL REPORT TO DONORS



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**ON COVER:** Artist's rendering of The Royal's future home for urgent mental illness and addiction care at our Ottawa Campus on Carling Avenue.

## People come to The Royal at pivotal moments in their lives.

For some, it is the first step toward recovery. For others, it comes after months, years or even decades of trying treatments that have not worked. By the time they arrive, mental illness and addiction have often put relationships, education, careers and plans for the future on hold.

We believe everyone deserves the opportunity to reclaim their life from mental illness and addiction. And we know you believe that too.

Through your support, you show patients and families that they are not alone. You show researchers, clinicians and staff that their work matters. And you show our community what becomes possible when we come together.

That shared belief inspired the launch of **Lives Reclaimed** this spring, The Royal's campaign to improve access and outcomes through specialized care, groundbreaking research and expert-led education. It is a campaign that will help people move from crisis and uncertainty toward treatments and answers.

Thank you for placing your trust in The Royal. Together, we are advancing ideas, innovations and expertise that are creating more opportunities for people to reclaim what mental illness and addiction have put on hold.

With appreciation to our community,



**CARMEN ABELA**  
Chair, Board of Directors, Foundation  
The Royal



**CHRIS IDE**  
President & CEO, Foundation  
The Royal



Learn more about the  
Lives Reclaimed campaign at  
[livesreclaimed.ca](https://livesreclaimed.ca)

2025-26

# At a glance

We are proud to celebrate the most successful fundraising year in The Royal's history. Every gift, every hour volunteered and every partnership contributed to this extraordinary achievement.

Thank you for being part of it.

[VIEW THE FOUNDATION'S 2025-26 AUDITED FINANCIAL STATEMENTS](#)



**\$22.8M**

in donations committed

**↑ 149%**

from previous year



**\$0.28**

cost to raise a dollar



**\$14.5M**

in Foundation-directed grants approved



**\$4.7M** to improve access to care



**\$9.8M** to improve outcomes through research

**12,085**

donations

**45+**

community-led fundraisers

**291**

monthly donors

# A year of firsts

**This year, you helped The Royal bring a series of important firsts to eastern Ontario, to Canada and to the research community worldwide.**

From expanding access to care to improving outcomes through research, these stories highlight how new ideas, innovative approaches and breakthrough discoveries are shaping mental illness and addiction care.



## New walk-in support for mental illness and addiction crises

When someone needs urgent support for a mental illness or addiction, where they turn matters. In those critical moments, timely access to care can change the course of a person's recovery, helping them get the right support before a crisis deepens.

Thanks to you, eastern Ontario's first and only Urgent Care Clinic will provide a place to turn for people who need help now, not in weeks or months. Your support is helping people access the care they need at the moment it can make all the difference.



## Canada-first imaging capabilities come to The Royal

At the start of last year, The Royal made a bold investment in the future of brain research. Since then, that growing research platform has attracted leading scientists, sparked new partnerships and collaborations, and opened the door to never-before-seen insights into the brain.

As these capabilities continue to grow, so does the potential to advance our understanding of mental illness and addiction.

**Explore these stories and more, including:**

- Ottawa's first day detox program for addiction
- Measuring the tempo of thought for the first time
- A Canadian first in psychosis care

**DISCOVER MORE FIRSTS**



Research by the numbers

69 researchers, from early-career scientists to world-renowned leaders

250 research learners including post-doctoral fellows, PhD candidates, master's students, and research mentees

7,802

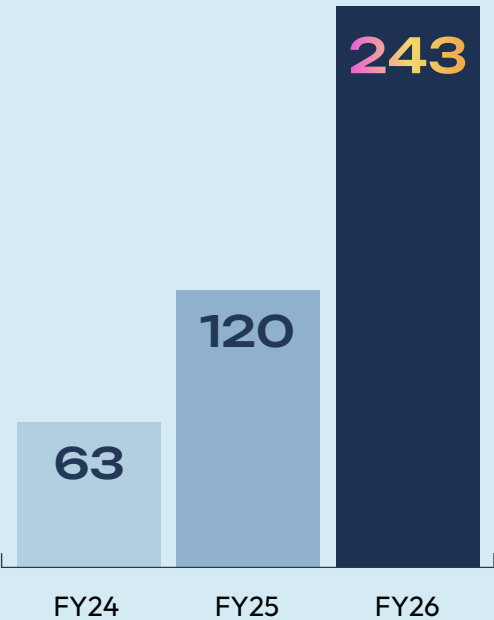
research participants across

172

research studies

194 peer-reviewed publications

Patients accessing research-based treatments at The Royal



Improving outcomes through research

Some of today's most promising treatments for mental illness and addiction were once considered new and unproven. Through research, expertise, education and advocacy, The Royal is helping bring these treatments into care today while building the case for broader access in the future.

As a result, more people are benefiting from therapies such as neuromodulation and ketamine than ever before. Their growing role in patient care reflects both increasing demand for innovative treatment options and The Royal's commitment to making them more available, without delay.

How donors are helping make this growth possible:

-  **Accelerating research** through the BMO Innovative Clinic for Depression and the David and Susan Rose Neuromodulation Research Clinic
-  **Unlocking new insights into the brain** through the Brain Imaging Centre
-  **Bringing together scientists and clinicians** across disciplines and career stages
-  **Harnessing data and artificial intelligence** to improve treatment and expand access

## Care by the numbers

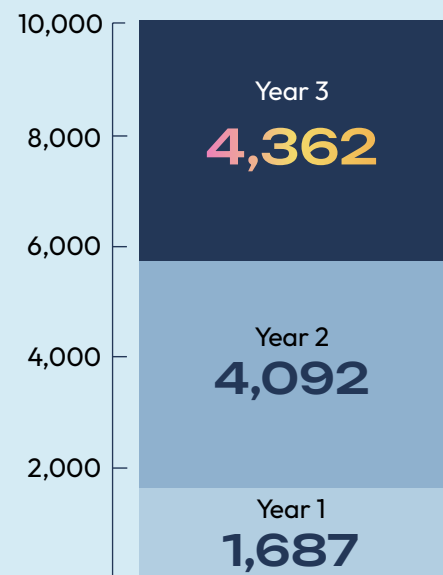
**15,000+** people received care through inpatient, outpatient and community-based programs

**1,295** inpatient admissions

**159,998** outpatient visits

**535** clinical learners including psychiatry residents, nursing students, and other health professionals

**10,000+** visitors to The Hub in 3 years



## Improving access to care

As demand for mental illness and addiction care grows, accessing the right support can be challenging for those seeking care and the families and loved ones supporting them. We're committed to reducing barriers and creating new front doors to care — from the new walk-in clinic for urgent care to resources that help people find the care they need.

**This year, the donor-funded Sheila Cudney Client and Family Resource Hub reached an incredible milestone, welcoming more than 10,000 visitors since opening just three years ago.**

The Hub was created in response to patient and family feedback and made possible through donor support. Today, it serves as a trusted resource for patients, families and community members seeking information, guidance and connection.

# Support that moves us forward

We're grateful for your generosity and continually inspired by all the ways you show up. From hosting and attending events to supporting them behind the scenes, your involvement drives our work forward all year long.

1. Clinicians, researchers and leaders at The Royal discuss how the Brain Imaging Centre is transforming research and patient care. 2. Mayor Mark Sutcliffe presents a Mental Health Advocate Award to Gord



Cudney, a longtime supporter of The Royal.

3. Table Captains at the 2025 Leaders for Mental Health Breakfast presented by TechInsights.

4. The Right Honourable David Johnston and Sharon Johnston, honorary chairs of Lives Reclaimed, with Chris Ide, President and CEO, Foundation.

5. PWHL Ottawa Charge player Rebecca Leslie shares message of gratitude with supporters of DIFD at The Royal.

6. The 2025 Shoppers Drug Mart Run for Women in support of The Royal. 7. Staff and a former patient participate in the Ottawa Senators Ignite Hope Telethon. 8. Heather, a nurse practitioner at The Royal participates in a demolition derby at the Perth Fair. 9. Longtime volunteers, Helen and Richard, at the 2025 Royal Open Golf Tournament presented by Ziebarth Electrical Contractors Ltd.



*I CAN Create my  
reality*

*Live out my purpose*

*Love and be loved*

*Be myself  
again*

*-Carl*

**CARL,  
REDISCOVERED.**

# Carl, rediscovered.

**For Carl, mental illness arrived suddenly.** Growing up, he was a football player with energy, drive and determination. After moving to Canada from Haiti at age 14, he focused on school, sports and spending time with friends. "Life was good," he says.

Then everything changed. "I started having really negative thoughts. Thoughts I didn't understand. Thoughts that weren't my own."

The voices in his head that followed would derail his life. Carl left university, became distant from his family and eventually entered the justice system, where he was connected to care at The Royal.

"I was diagnosed with schizophrenia and started treatment under The Royal, but it was no match for my illness." There were months when he could barely leave his bed. But over time, treatment, support and his renewed determination helped him begin rebuilding his life.

Music became an important outlet. What began as producing beats evolved into sharing his own story through his lyrics. Later, fitness helped him build structure, discipline and confidence.

Today, Carl is focused not on what schizophrenia has taken from him, but on what he has learned through it.

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"If I could share one simple message it's this: a diagnosis is just a label, not an identity. It doesn't define who I am or what my life can become."

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[READ MORE STORIES OF IMPACT](#)



# The year ahead

Momentum is building across The Royal thanks to support of the Lives Reclaimed campaign. Here are a few moments that we're looking forward to in the year ahead.

- **Welcoming walk-in patients who need urgent care** throughout the year, and continuing to learn, adapt and strengthen this new model of care.
- **Recruiting up to five early- and mid-career researchers through the Waverley House Accelerator for Mental Illness and Addiction Research**, helping the next generation of scientific leaders thrive.
- **Establishing two research chairs** focused on vulnerable populations most impacted by mental illness and addiction to bridge the gap between research and care.
- **Unlocking new insights into the brain through advanced imaging**, bringing us closer to new treatments, earlier interventions and a better understanding of mental illness and addiction.
- **Helping more people reclaim their lives from mental illness and addiction**, thanks to supporters like you.

## Our commitment to excellence

Your support helps The Royal create an environment where skilled and dedicated teams can deliver specialized care, advance research and improve outcomes for people living with mental illness and addiction.

The Royal is proud to be accredited with Exemplary Standing by Accreditation Canada, recognized as one of the National Capital Region's Top Employers and ranked among Canada's leading research hospitals.





## Mission

We advance specialized care and strengthen our region's capacity to help people with mental illness and addiction through treatment, research and education.

## Vision

Lives reclaimed from mental illness and addiction.

[theroyal.ca](http://theroyal.ca)

1145 Carling Avenue, Ottawa, Ontario K1Z 7K4

THE  
/ LE **ROYAL**

ROYAL OTTAWA FOUNDATION FOR MENTAL HEALTH  
Charitable Registration Number: 119129179RR0001