



# THE STIGMA-FREE SOCIETY

## 2016 ANNUAL REPORT



# THE STIGMA-FREE SOCIETY

Formerly the Bipolar Disorder Society of British Columbia



The Stigma-Free Society has a grassroots history. The organization started as a project by Andrea Paquette, who created a Bipolar Babe t-shirt and Bipolar Babe website to share her personal experience, so others did not have to suffer in silence like she once did. Her efforts led to meeting supportive and dedicated individuals in the local Victoria community who formed the Bipolar Disorder Society of British Columbia in 2010. The Charity changed their name to the Stigma-Free Society in August 2016, to expand their mandate and include the conversation around all stigmas, with a focus on mental illness.

The **Stigma-Free Society** is a registered Canadian Charity since 2010, and has designed programs providing education about stigmas with an emphasis on mental health. The Society provides peer support and resources for those facing mental health challenges with a special focus on youth. The Society delivers its various programs in the Greater Victoria Area, select areas of Vancouver Island and the Lower Mainland.

## THE STIGMA-FREE SOCIETY'S VISION, MISSION AND VALUES



### VISION

We live in world of understanding, respect and acceptance of ourselves and one another.

### MISSION

Stomp out stigma with a focus on mental illness through awareness, education and support.

### VALUES

Education \* Diversity \* Respect \* Dignity \* Community  
Empowerment \* Transparency \* Inclusion \* Compassion

# REPORT FROM THE CHAIR



It is my pleasure to report on behalf of the Stigma-Free Society, Formerly the Bipolar Disorder Society of British Columbia's Board of Directors that we have accomplished our goals for 2016 by delivering impacting and meaningful programs throughout Vancouver Island and the Lower Mainland.

Highlights of 2016 include delivering our programs to a wider audience in attendance of our presentations and support groups. A very exciting development for the Society is rebranding as the Stigma-Free Society. As promised, we launched the Stigma-Free Zone Superheroes Classroom and Community Presentations Programs in the Lower Mainland and have begun a 'Stigma-Free Zone' Movement. The Society is already creating geographical and physical spaces as stigma-free zones and we also launched our new website: <http://stigmafreezone.com>

We are proud that our Executive Director, Andrea Paquette, received the Top 20 Under 40 Award from Vancouver Island's Business and Community Awards. Andrea is also one of four Canadians named as a Face for Mental Illness by the Canadian Alliance of Mental Illness and Mental Health as sponsored by Bell Let's Talk.

A big thank you to our donors, fellow Board Members, our Advisory Council, Stigma-Free Zone Task-Force, staff and volunteers for their support. We will continue to make the world aware of the stigmas that exist in society, help others understand stigma and encourage all people to be accepting of themselves and others.

Sincerely,

A handwritten signature in black ink, appearing to read 'Alexis Williamson'.

ALEXIS WILLIAMSON

## THE TREASURER'S REPORT

The Stigma-Free Society continues to produce positive financial results having another successful year. For the year ended 2016, revenues totaled \$190,241 against total expenses of \$189,186. The society ended the year with a modest surplus.



The Society continues to monitor spending and initiate tight budgeting to improve the efficiency of its operations. For the 2016 fiscal year, the Stigma-Free Society allocated 23% all funding to its programs and 77% to operations. We are excited to see the continued growth of the Society as we expand into the Lower Mainland and maintain strong financial management.

Sincerely,

A handwritten signature in black ink, appearing to read 'Taylor Norman'.

TAYLOR NORMAN

# EXECUTIVE DIRECTOR'S REPORT

The Stigma-Free Society, formerly the Bipolar Disorder Society of British Columbia, holds a true grassroots history and I am extremely grateful and proud of the success of our Charity. The Society's Board of Directors are dedicated, our staff and volunteers are astounding and our Funders graciously sustain our impact in the community.

In January 2010, the Stigma-Free Society came to fruition with many welcomed successes and growth over the years. The concept of the Bipolar Babe Project began as a t-shirt and a catchy logo of a super hero "Stomping out Stigma." I am humbled and appreciative to be the Executive Director of our Charity and I conceptualized the initial Bipolar Babe Project because I had been diagnosed with bipolar disorder in my mid-twenties. I feel it is important that we talk about mental health openly and stomp out stigma on all fronts.



The launch of [bipolarbabe.com](http://bipolarbabe.com) many years ago ignited the popularity of the cause and inspired support in the local and national communities. With the valuable dedication of many talented and amazing individuals, the Board of Directors successfully obtained charitable status in a mere 29 days from date of application to approval.

Over time, the Society has grown significantly and we now have a staff of eight amazing and dedicated people. The Society delivers the Stigma-Free Zone Superheroes Classroom Presentations Program and Stigma-Free Zone Community Presentations on Vancouver Island and the Lower Mainland. We also continue to maintain our three peer support groups, which includes the Teens2Twenties, West Shore and the Women's group. These valuable programs support those dealing with a mental illness or any mental health concern. As promised, the Society also successfully completed a Children's Mental Health Presentations Pilot in February 2016, and touched the lives of numerous students in grades 4-6. The Stigma-Free Society has expanded its mandate to include the discussion of all types of stigmas in its programs with a focus remaining on mental health. Our reach into the Lower Mainland has brought a lot of change and excitement, and we are committed to sustaining the foundation that we have built for so many years all over Vancouver Island. Our new website [stigmfreezone.com](http://stigmfreezone.com) showcases our goals and aspirations to continue promoting awareness and understanding of the various stigmas and encouraging the acceptance of ourselves and others.

As Executive Director of the Stigma-Free Society, I am very excited for the year ahead as we continue to expand the Stigma-Free Zone Superheroes Classroom and Community Programs and create stigma-free zones in physical spaces and geographical areas. The Society continues to grow and we are changing negative perceptions and attitudes with an authentic and honest approach with people who truly care about the lives of those who live with mental health challenges and face various stigmas. This past year has been truly inspiring for the Stigma-Free Society, and we look forward to continuing to make this a world free of stigma with your support, while instilling the values of awareness, understanding and acceptance.

ANDREA PAQUETTE

# THE PROGRAM REPORT

**STIGMA-FREE ZONE SUPERHEROES CLASSROOM PRESENTATIONS PROGRAM** is offered on Vancouver Island and the Lower Mainland for youth grades 7-12 and has a presenter with lived experience speak to students in a classroom setting. Students learn about myth-busting, stigma, and societal attitudes toward mental illness. Presenters share personal stories of living with stigma and highlight both the challenges and successes of their lives. The presentation also includes a focus on mental wellness and the importance of reaching out for help. The Society presented to 1930 students in the school year 2015/2016.

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**STIGMA-FREE ZONE COMMUNITY PRESENTATIONS PROGRAM** is a great success for the Society and mirrors a similar approach to the classroom program by educating community members about mental health and stigma. In addition to being shared at community events, this program is also presented to school teachers, non-profit organizations, post-secondary institutions, businesses and service clubs. The Society continues to expand to audiences reaching over 1865 for the year 2016 on the Lower Mainland and Vancouver Island.

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**TEEN2TWENTIES SUPPORT GROUP** is a unique program that provides peer support for those living with a mental illness aged 15-25 years. Offering safe spaces for groups to naturally create friendships, this program ensures that nobody suffers in isolation. It has reached over 153 youth since inception of the program in 2010, and averages 30 young people annually. This valuable program continues to work with youth on their employment and education goals, while connecting them to quality community resources. The Teens2Twenties Support Group remains as the sole mental health youth peer support group in the Greater Victoria Area.

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**WOMEN'S SUPPORT GROUP** began in 2012 as there was a need for adult support in the Greater Victoria Area for those living with a mental illness. The participants have flourished and they arrange events, dinners, and social outings with each other creating friendships and support. Since its inception, this program has reached over 129 women and continues to increase weekly, with an additional 44 women added to the group in 2016.

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**WEST SHORE SUPPORT GROUP** began in 2013 and takes place in Victoria's western communities as a much-needed service in this area. The group is for all genders 18+ years of age and the group hosts an average of 8-10 people weekly, and these numbers have been strong since the program's beginnings. The Society reached 35 people for the year 2016 and has served 109 individuals to date.

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**REMEMBER THE DO'S AND DON'TS: CHILDREN'S MENTAL HEALTH PRESENTATIONS PILOT PROGRAM** is a new and exciting 2016 initiative developed in consultation with Sue MacTavish, Youth & Family Counselor, École George Jay Elementary. The purpose of the Program is to provide school children, grades 4-6, with resiliency through the awareness of their mental health, the importance of a healthy lifestyle, and learning the value in reaching out for help. This program reached 305 children in the Greater Victoria Area and due to its great success, the Society is considering offering the program in the future as it has only been delivered as a pilot for 2016.



# STIGMA-FREE SOCIETY BOARD OF DIRECTORS

Alexis is extremely inspired to be the Board Chair for the Stigma-Free Society and she is dedicated in leading the Charity in its growth and development. Alexis has over 20 years' experience in Strategic Human Resources Management and Organizational Development. Her success is driven by her keen sense of creative and innovative leadership and her ability to draw upon a breadth of diverse experience gained while working in senior leadership positions both in the private and public sectors. Alexis has a proven record of successfully implementing effective strategic level change management practices, redesigning programs and policy to improve operational efficiency, decrease redundancy and to address financial and workforce constraints. Alexis has significant experience leading and driving complex strategic program objectives and publicly sensitive issues through all levels of decision making - including executive and Board level committees.



ALEXIS WILLIAMSON

BOARD CHAIR

Taylor has been the Treasurer for the Stigma-Free Society since April 2014. He has a Bachelor of Commerce Degree from the University of Victoria and is currently pursuing a Chartered Professional Accountant designation. Taylor is currently working at KPMG as a Staff Accountant, and provides advisory services and industry insight to help the Society negotiate risks and perform in today's dynamic and challenging environment. "I look forward to continue working with this great organization. The Society continues to show strong growth and I am excited for its future."



TAYLOR NORMAN

BOARD TREASURER

Gurpreet joined the Board of Directors in September of 2009, even before the Society obtained charitable status. She had to resign in 2011 as she decided to make a move to Ontario in order to begin her legal studies; however, she has returned to Victoria and has been re-appointed to the board as of August 2014. Today, she is a Principal at Sitka Law Group. She is looking forward to contributing her knowledge and experience to the Board with the hopes of making a positive impact in the community by stomping out the stigma that is associated with mental illness.



GURPREET RANDHAWA

BOARD SECRETARY

# STIGMA-FREE SOCIETY BOARD OF DIRECTORS

Jackie is Chair of Connections Place Society (formerly Moms Like Us). Jackie relentlessly networks and advocates for the community based program Clubhouse International to be established in the Greater Victoria Area. Jackie has been a board member of the Stigma-Free Society for the past two years and believes strongly in reducing barriers that prevent people living with mental illness from living full lives. The Stigma-Free Society is an excellent partner with Connections Place as they both believe in reducing stigma, having good solid partnerships and are community based. Jackie believes relationships are key in reducing isolation and getting lives back on track. She appreciates the Society's presentations programs that brings vibrant speakers into the community to make solid connections. Jackie has found great support and encouragement from the Stigma-Free Society, especially from Andrea Paquette.



JACKIE POWELL

BOARD DIRECTOR

Lori is a collaborator, connector, and community builder who is passionate about making a difference. She is especially passionate about supporting youth and the work the Society is doing to help stomp out the stigma around mental health. A communications professional with over 25 years of experience in the public, private, and non-profit sectors, Lori is the Principal of PR4Good. She works with non-profits and small businesses to provide strategic communications planning and advice. Since the first time Lori met Andrea Paquette through her work at Volunteer Victoria in 2009, Lori has been inspired by the impact that Andrea and the organization has had in such a short period of time. She provides important connections and advice, and helps to increase awareness and compassion for everyone living with mental illness.



LORI ELDER

BOARD DIRECTOR

Warren joined the Board of Directors in February 2013 and was appointed Chair later that same year. In 2016, he moved into the position of Board Director. Prior to coming to the Society, Warren was President of the Victoria-based Vancouver Island Entrepreneurs Toastmasters Club and Chairman of the Christmas Spirit Community Dinner Society. Warren brings both managerial and operational expertise to the Board. Recently, Warren has joined forces with his daughter Naomi to open an Oranj Fitness Franchise in Airdrie, Alberta.



WARREN KEANE

BOARD DIRECTOR

# STIGMA-FREE SOCIETY BOARD OF DIRECTORS

Philip is a dedicated community supporter and Board Director for the Stigma-Free Society. He founded and is the current Chair of the Young Entrepreneurs Society of Victoria and he sits on a number of local Charity Boards. His passion is in empowering those who are most vulnerable. Philip is a seasoned Financial Planner with 10 years of experience running his Financial Planning practice with Investors Group and is as committed to his clients as he is to his community - they are one and the same. Philip tirelessly strives to be the best role model possible for his three young girls and lives each day to ensure the best life for his family and community.



PHILIP BISSET-COVANEIRO

BOARD DIRECTOR

Andrea is also known as the “Bipolar Babe” in the community and she is the Executive Director/ Ex-officio Board Member of the Stigma-Free Society. Andrea offers a hybrid role for the Society and she is passionate about being on the front lines for program delivery. She acts as a classroom and community presenter and provides leadership as Executive Director in the operations of the Charity. Andrea holds extensive experience in the provincial government in policy, communications and research in the areas of education, mental health, and social development. Andrea has also been chosen as a national spokesperson for the Canadian Alliance for Mental Illness and Mental Health (CAMIMH) sponsored by Bell Let’s Talk. She is named the Provincial 2015 Courage To Come Back award winner given by Coast Mental Health, 2015 Top 20 Under 40 Award from Vancouver Island’s Business and Community Awards, 2013 Mel Cooper Citizen of the Year Award in Victoria, British Columbia, and the 2013 Award for Mentorship from the National Council for Behavioral Health, Washington, D.C.



ANDREA PAQUETTE

EX-OFFICIO

## ADVISORY COUNCIL FOR THE STIGMA-FREE SOCIETY

DR. WEI SONG  
ROBIN HOLDEN  
SHELDON KITZUL  
DR. MARY KAY NIXON  
CINDY PLAYER  
DAVE RICHARDSON

Psychiatrist, Mood Disorders Clinic, Island Health

Charity Advisor, Source Group

Social Worker and Life Coach

Youth Psychiatrist, Island Health

Former Director, Equity and Human Rights, University of Victoria

Stigma-Free Zone Co-Founder



# STIGMA-FREE SOCIETY TEAM

## ROBYN THOMAS

**Classroom & Community Presenter and Teens2Twenties Support Group Lead-Facilitator**

Robyn Thomas is passionate about working with the Stigma-Free Society as a classroom and community presenter. Robyn is a true Stigma-Free Zone Superhero and she is also the Lead-Facilitator for the Society's Teens2Twenties Support Group. She is dedicated to supporting youth living with mental illness, while encouraging all people to lead fulfilling and connected lives. Her personal story has ignited a passion in Robyn's heart to tell her own remarkable mental health journey of hope and resiliency. She is driven to shatter stigma and challenge the societal beliefs that fuel hurtful stereotypes and isolate many experiencing struggles. She wants people dealing with stigma, and particularly mental health issues, to know that they are not alone.



## CAMERON WEBSTER

**Teens2Twenties Support Group Co-Facilitator**



Cameron Webster is the Co-Facilitator of the Teens2Twenties Support Group. He is also a public speaker for the British Columbia Schizophrenia Society (BCSS) in Victoria. Cam has suffered from psychosis in the past and he is diagnosed with Schizophrenia. His experience with mental illness has been life changing. It has helped him realize that he has a passion for psychology and wants to help others, who like himself, have struggled with mental illness. Through attending many C.B.T. (Cognitive Behavioural Therapy) groups, he often facilitated conversations and assisted with the process. Cam has become informed and knowledgeable. He has completed WRAP<sup>®</sup> (Wellness Recovery Action Plan) training and he is currently working part-time in addition to attending College studying psychology.

## JANET BISSET

**Program Coordinator & Executive Assistant**

Janet Bisset is currently the Program Coordinator for the Stigma-Free Society, and Executive Assistant to Andrea Paquette, Executive Director. Ms. Bisset started travelling at a young age, lived and raised a family in Portugal, Eastern USA, Macau, South China, and returned to Vancouver in 1986. At that time, she studied part-time attending Langara College where she completed Psychology years 3 and 4 (with honours) to attain her Liberal Arts degree. Over the years, Janet balanced her career between private enterprise and public health care in the area of Administration. Her skills in communications, organization, planning and foresight have been highly regarded over the years.



# STIGMA-FREE SOCIETY TEAM

## KYLE HORVATH

**Program Developer & Presenter, Children's Mental Health Presentations Pilot Program**

Kyle Horvath is the co-developer and presenter for the Society's Children's Classroom Mental Health Presentations Pilot Program. He is an avid outdoor adventurer and youth worker specializing in mental health. Originally from Welland, Ontario, Kyle moved to Victoria in 2012 after receiving a BA in Psychology (Honours) from Brock University. Over the past several years, Kyle has mentored and inspired numerous youth between the ages of 12-18 from across Vancouver Island with several organizations including the Canadian Mental Health Association, the Boys and Girls Club Services of Greater Victoria, and Community Living Victoria. As a facilitator, Kyle focuses on engaging each youth in the process of their own self-discovery by developing meaningful connections with each participant. Currently, Kyle continues to develop dynamic and engaging programs that aim to inspire youth through curiosity, playfulness and self-empowerment.



## ANDREA BENNINGTON

**West Shore Support Group Lead-Facilitator**



Andrea is a firm believer that communication, education and knowledge of available resources are crucial in allowing stigma around mental illness to be tackled and eliminated. She holds a BA in English from the University of Lethbridge, 2003. She also holds a Master's certificate in Journalism from Humber College, Toronto, ON and possesses over 15 years of lived experience with diagnosed Bipolar Disorder I. She is committed to the idea that first and foremost, we are all human beings, and should be both treated with and embody compassion and strength. Andrea also works as a Partnership Presenter with the British Columbia Schizophrenia Society (BCSS) in Victoria, presenting in high school classrooms and post-secondary institutions including: the University of Victoria, Camosun College and Sprott Shaw College. She most recently completed the world renowned WRAP<sup>®</sup> Wellness Recovery Action Plan training seminar and looks forward to continuing to work in the field of mental health.

Norma has been attending the West Shore Support Group for over two years. Norma is the middle child of three siblings and was born in Prince George, British Columbia. During their adolescent years, her mother struggled with mental health issues and was eventually hospitalized. Norma has experience with having mental illness in the family, but she has always persevered. Norma moved to the Yukon where she won an award volunteering as a Lay Minister in the dementia unit of a continuing care facility. She has previously volunteered at the West Shore Food Bank. She focuses on encouraging and promoting self-care and bringing out the best in people. Norma is very excited to be the Co-Facilitator for the West Shore Support Group.

## NORMA BAILEY

**West Shore Support Group Co-Facilitator**



# STIGMA-FREE SOCIETY TEAM

JACQUIE GONZALES  
Women's Support Group Facilitator



Jacquie has many passions and possesses a varied employment and educational background. She is most proud of her past position working with persons with disabilities and particularly, with a 19-year old young man who was just coming into care. She nurtured him and to both of their successes, Jacquie brought his communications skills to a level where he was comfortable being a part of the community. Jacquie has lived experience with bipolar disorder and initially had trouble coping, but found help and support in the Women's Support Group. She felt that the atmosphere and the participants helped her realize that it was okay to have bipolar disorder and she no longer feels stigmatized. Jacquie has completed the Suicide Education and Prevention training with the Society and she is proud to be the Women's Support Group Facilitator.

## YOU CAN BE A STIGMA-FREE ZONE SUPERHERO

Irrespective of our differences, we hope that you will be open to learning about stigma and consider taking our **STIGMA-FREE PLEDGE**, which will encourage you to take the first steps in living a stigma-free life.



Let's work together to foster acceptance of ourselves and others.

## CREATE A STIGMA-FREE ZONE TODAY!

Visit Our Website:

**WWW.STIGMAFREEZONE.COM**

# HIGHLIGHTS AND ACHIEVEMENTS FOR THE STIGMA-FREE SOCIETY

FORMERLY THE BIPOLAR DISORDER SOCIETY OF BRITISH COLUMBIA



The creation of the Stigma-Free Zone Superheroes Presentations Program led to the further development of the [stigmafreezone.com](http://stigmafreezone.com) website and the Charity's name change in August 2016. The Society took its work further among Vancouver Island and the Lower Mainland communities by presenting to a multitude of organizations and businesses. The Society has established a Stigma-Free Task Force in Vancouver and continues to host meetings to bring the larger stigma-free zone movement forward. The Stigma-Free Zone Task Force provides guidance on the development of the stigma-free zone criteria for the designation of schools, geographical areas, organizations and businesses. The Team is comprised of community leaders in the areas of advocacy, performance measurement, philanthropic experience, business and public education.

The Stigma-Free Society initiated the development of the Stigma-Free Zone Superheroes Classroom Presentations Program in 2015 with a partnership between Mr. Dave Richardson, Co-Founder of the Stigma-Free Zone Movement and Andrea Paquette, Executive Director for the Stigma-Free Society. The program was developed in 2015 and successfully launched in the Lower Mainland in February, 2016. The program evolved from the former Bipolar Babes 'Stigma Stomp' Presentations Program by including the conversations of all stigmas, while applying online tools such as the Stigma-Free Test and the Stigma-Free Pledge via [stigmafreezone.com](http://stigmafreezone.com). The program includes mental health tips, stories of stigma-free champions in the community, and strategies on how to live stigma-free. The program has also been enhanced by new performance measurements reflecting our immense impact.





# TOP 20 UNDER 40 AWARD

## BUSINESS AND COMMUNITY ACHIEVEMENT AWARDS



Andrea Paquette, Executive Director of the Stigma-Free Society was awarded the Top 20 Under 40 Business and Community Achievement Award, which is a testament of the work she has done in partnership with the Charity's Board of Directors. Nominations are based on such values as achievement, experience, innovation, leadership, and community involvement.

## ANNUAL FACES OF MENTAL ILLNESS CAMPAIGN

PRESENTING SPONSOR

CANADIAN ALLIANCE  
ON MENTAL ILLNESS  
AND MENTAL HEALTH



On July 18, 2016, the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) announced five Canadians selected for its Annual Faces of Mental Illness campaign. CAMIMH received dozens of nominations, the most ever, from across the country of people living in recovery from mental illness. Andrea Paquette, Executive Director of the Stigma-Free Society was named as a Face for the campaign and she took part in events to educate Canadians about the realities of living with mental illness, and the effects that mental health has on the lives of all Canadians. The Faces of Mental Illness campaign is sponsored by Bell as part of the Bell Let's Talk mental health initiative. The stories of the Faces of Mental Illness have been featured on posters and postcards distributed to Canadians across the country. They have participated in a national media outreach campaign, as well as mini-documentaries, which have been shared with federal policymakers at a marquee event on Parliament Hill during Mental Illness Awareness Week (MIAW) in October 2016

## STIGMA-FREE SPEAKERS TRAINING - SPONSORED BY COAST MENTAL HEALTH



The Stigma-Free Society conducted the Stigma-Free Speakers Training in October 2016, as sponsored by Coast Mental Health. Participants learned about technical and creative presentation skills in a one-day, six-hour session and engaged in broader discussions around societal and self-stigma, which encouraged personal and professional growth.

Thank you to Coast Mental Health and all of the Coast Mental Health Peer Support Workers who took part in this very successful workshop.





# STIGMA-FREE SOCIETY TASK FORCE MEMBERS

The Stigma-Free Society provides an advisory role for the Stigma-Free Zone movement by providing guidance on the development of the stigma-free zone criteria for the designation of schools, geographical areas, organizations and businesses.

Dave Richardson is the President and CEO of Octaform Systems Inc. and Co-Founder of the Stigma-Free Zone movement. Mr. Richardson is the brainchild behind the Stigma-Free Zone name and concept. Dave is a Director of Richardson International Limited. He is a Director Emeritus of Ducks Unlimited Canada following 20 years on that board and remains dedicated to several other charities and philanthropic activities. He was a founding member and Director of The Asia Pacific Foundation and a leader on various government trade missions to Asia. In addition, he was a Director of the Canada China Trade Council and Chairman of the Agriculture Committee. Mr. Richardson has served on a number of public and private boards throughout his career and continues to hold several other directorship positions.



DAVE RICHARDSON

Carol's world tragically changed when her beloved daughter Amanda took her life after a struggle as a victim of cyberbullying, online exploitation (sextortion) and ultimately, mental unwellness as a result of the traumatic events in her short life. Through the pain of losing her daughter, Carol courageously took a stand and shared Amanda's story with her community and the world. Little did she know, she would soon be thrust into the spotlight as a global advocate sharing the voice of her beloved daughter and increasing awareness of bullying in all forms and mental health issues in our young people. Carol has channeled her grief and professional skills as an educator to become a voice of change. In honour of her daughter, Carol founded the Amanda Todd Legacy Society, which is focused on building awareness and improving the well-being of individuals with respect to bullying, cyber abuse, internet safety and mental wellness.



CAROL TODD

# STIGMA-FREE SOCIETY TASK FORCE MEMBERS

Meredith is a fourth year Child and Youth Care Counselling degree student at Douglas College. She is a spoken-word artist, youth and family development worker, a proud young person from government care, adult ally advocate, adviser with the Vancouver Foundation, and journeys with four mental illnesses. Meredith is the recipient of the 2016 Courage to Come Back Award in the Social Adversity category. Meredith believes in the power and responsibility of community in becoming instruments in a person's symphony of resiliency.



MEREDITH GRAHAM

Jeff Calbick has been a leader in the United Way movement for many years. He believes strongly in inspiring people and organizations to give back to their community and celebrating what we can do together. In his role with United Way, Jeff has developed philanthropic investment strategies to address critical social issues, connecting individual and corporate donors with causes that matter. Educated in Psychology and Urban Studies, Jeff has also been trained in non-profit leadership, business development, conflict resolution and Board development. Jeff has experience with the Cooperative sector and in business development with BC's Ministry of Management Services.



JEFF CALBICK

Dr. Chris G Richardson is currently an Associate Professor in the School of Population and Public Health at the University of British Columbia. His program of research is focused on examining the relationships between aspects of biopsychosocial development in adolescence and patterns of tobacco, alcohol, marijuana and other drug use. He is also a Scientist with the Centre for Health Evaluation and Outcomes Sciences at St. Paul's Hospital and research lead for the Inner City Youth Program. In addition to his academic experience, Dr. Richardson has spent several years as a frontline worker in a variety of group home settings for homeless men and has served as a member of the board of directors for 'From Grief to Action' - a non-profit group providing support and advocacy for families dealing with a loved one's addiction.



CHRIS RICHARDSON

# FUTURE DEVELOPMENTS FOR THE STIGMA-FREE SOCIETY



The Stigma-Free Society continues to provide essential services and educational programs for students and the community and plans to expand their reach to more people in various venues.

The charity will continue to build the Stigma-Free Zone strategy by designating schools with solid criteria across Vancouver Island and the Lower Mainland. The Stigma-Free Society will further build on relationships with Community Leaders to designate geographical areas as Stigma-Free Zones with beginnings in the areas of Abbotsford, Richmond, and North Vancouver. The Society plans to designate a Stigma-Free Day in the Province of BC and design stigma-free zone criteria for a number of organizations and businesses. The Charity will produce a video showcasing Andrea Paquette, Executive Director's presentation, which will expand their reach to other parts of Canada.

The Stigma-Free Society will continue to keep their focus on effective programming by reaching students and providing support for those dealing with mental illness and various stigmas in their daily lives.

*"No matter what our challenges, we can all live extraordinary lives."*

*~Andrea Paquette, Executive Director, Stigma-Free Society*





# FEATURED STUDENT TESTIMONIALS

## STIGMA-FREE ZONE SUPERHEROES PRESENTATIONS

Presenters - Andrea Paquette & Robyn Thomas

Thank you so much for this presentation, I found it very helpful and informative. This presentation made me feel connected a bit cause my Aunt has dealt with this and I've been there for every step in her journey. I could relate a bit for myself cause the times do get hard and Andrea showing her story and being honest made me feel good! I don't have anything bad to say about this presentation, I would love for this to continue on.

After this presentation, I feel like everyone should really accept everyone and make our world a stigma-free zone. We can possibly stop the judging and destroying someone or even ~~to~~ ourselves. We can help instead. I enjoyed listening to Andrea's story because it was so inspiring. And I feel really happy that I can help.

Everything I learned today about stigma was new information to me and I am very glad I got the opportunity to watch this presentation. It really opened my eyes on what other people may be going through and how important it is to NOT judge quickly. I enjoyed this presentation as it was very engaging and Robin did an excellent job of clarifying all my questions. At the end I was speechless. The presentation opened my mind to a whole new world.

**OUR STUDENT IMPACT IS ASTOUNDING, MOVING AND INSPIRING!**

THE CITY OF VICTORIA



OFFICE OF THE MAYOR

January 2016

To Whom It May Concern,

I'm pleased to write this letter of support for the Bipolar Disorder Society of British Columbia and their work in stomping out the stigma of mental illness in our community.

The Society's education and peer support programs provide an invaluable service to the City. Understanding mental illness reduces the stigma, as well as policing costs, family breakups, homelessness and ultimately the cost of health services. By standing up and making this issue heard, the Society increases the community's awareness and understanding – which are absolutely vital to reducing stigma around mental health illness. Thousands of youth and adults in Victoria and beyond have seen their "Boots on the Ground" presentations on the realities and stigma of mental illness, and many more have been helped through their community support programs.

Executive Director Andrea Paquette's Courage to Come Back Award in 2015 is further proof of her dedication to empowering those who are facing mental health challenges, their friends and caregivers, connecting people with more information, better care and support, and easier navigation of the health care system.

The City has funded the Society for the past four years, and this continues to be a great investment for Victoria. There is no level of government closer to the people than their own civic leadership, and we believe it is our responsibility to understand the needs of our constituents – and respond to them effectively.

We are grateful for the Bipolar Disorder Society of British Columbia's contributions to our community. I wish them well in building even more community and funding partnerships, to support their work in bringing acceptance and understanding to a subject that has been hidden in silence for too long.

Sincerely,

A handwritten signature in black ink, appearing to read "Lisa Helps".

Lisa Helps  
Mayor of Victoria





## Steveston-London Secondary School

6600 Williams Road, Richmond, B.C., V7E 1K5  
Tel: 604-668-6668 Fax: 604-668-6672  
www2.sd38.bc.ca/Steveston-London



May 25, 2016

To Whom it May Concern:

Re: Support Letter for the Stigma Free Zone Superheroes Program

I was connected with Andrea Paquette and the Stigma Free Zone Superheroes Program through my role as Past President of the BC School Counsellor's Association. Mental Health Literacy is a passion of mine, and Andrea was able to come to my school last month and present to over 100 Grade 10-12 students in our Planning 10 classes about her experiences as a mental health consumer. Her story was powerful; she engaged students on a personal level and held them for the entire block. Student feedback was very positive and all students appreciated the courage it take for Andrea to share her story.

Stigma in mental health is a real issue and education is the only way to address it. If we are to create a caring and inclusive society in Canada, then we must support initiatives such as the Stigma Free Zone Superheroes Program. Slowly, as the conversation about mental health becomes more accepted we are seeing young people who are more likely to approach a caring adult about their mental health concerns and questions. Research has shown that if we can reach students earlier, their outcomes are far more likely to be positive.

I would like to thank Andrea for her hard work in mental health literacy and advocacy. She is an inspiration to young people everywhere, and we hope to have her back again to speak at our school in the future.

Sincerely,

Connie Easton  
School Counsellor  
Steveston London Secondary School  
Past President, BCSCA

# OUR GENEROUS FUNDERS

## PLATINUM FUNDERS

**The Pamela & David  
Richardson  
Family Foundation**



We acknowledge the financial assistance of the Province of British Columbia.

## ELITE FUNDERS



Provincial Employees Community Services Fund



## MAJOR FUNDERS



*Van Tel/Safeway*

Credit Union Legacy Fund



*Edith Lando*  
Charitable Foundation

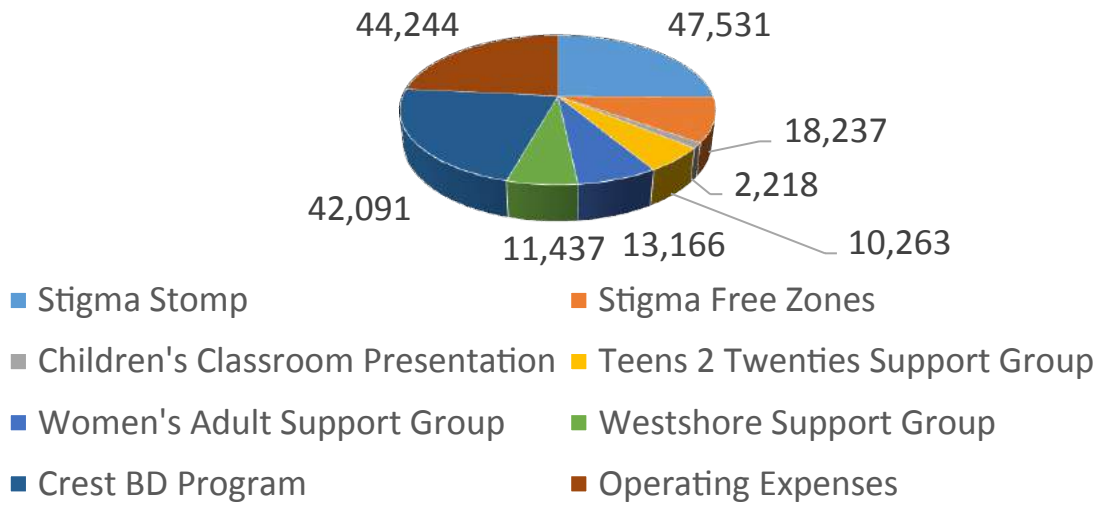


CHRIS SPENCER FOUNDATION

LAWSON  
FOUNDATION

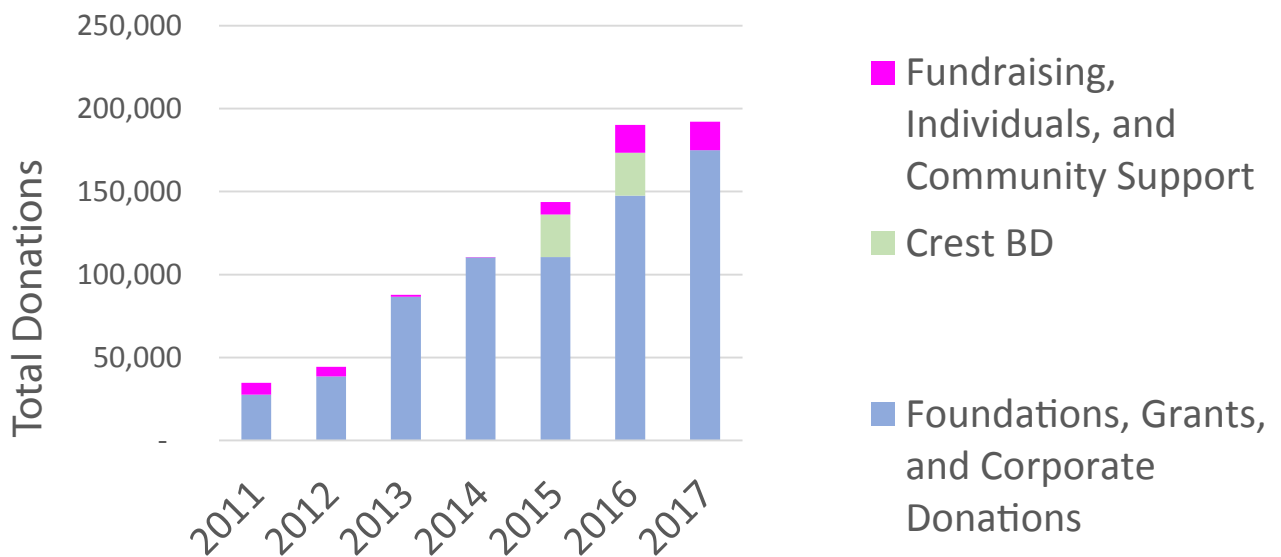
# FINANCIAL HIGHLIGHTS - 2015/2016

Stigma-Free Society (Formerly BDSBC) F2016 Expenditures



Total expenditures \$189,186

Stigma-Free Society (Formerly BDSBC) Past & Forecasted Revenues





## Financial Statements

(Unaudited - see Notice to Reader)

Bipolar Disorder Society of British Columbia

March 31, 2016

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## Notice to Reader

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On the basis of information provided by the organization, we have compiled the statement of financial position of Bipolar Disorder Society of British Columbia as at March 31, 2016 and the statements of operations and changes in net assets for the year then ended.

We have not performed an audit or a review engagement in respect of these financial statements and, accordingly, we express no assurance thereon.

Readers are cautioned that these statements may not be appropriate for their purposes.

Victoria, Canada  
August 4, 2016



Chartered Professional Accountants

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# Bipolar Disorder Society of British Columbia

## Statements of Operations and Changes in Net Assets

(Unaudited - see Notice to Reader)

Year ended March 31

	2016	2015
Revenue		
Donations and grants	\$ 173,332	\$ 142,993
Interest	22	16
Community support	<u>16,887</u>	<u>724</u>
	<u>190,241</u>	<u>143,733</u>
Expenses		
Program expenses (Schedule 1)	144,942	100,818
Operating expenses (Schedule 2)	<u>44,244</u>	<u>47,099</u>
	<u>189,186</u>	<u>147,917</u>
Excess (deficiency) of revenue over expenses	<u>\$ 1,055</u>	<u>\$ (4,184)</u>
<hr/>		
(Deficiency) net assets, beginning of year	\$ (209)	\$ 3,975
Excess (deficiency) of revenue over expenses	<u>1,055</u>	<u>(4,184)</u>
Net assets (deficiency), end of year	<u>\$ 846</u>	<u>\$ (209)</u>

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**Bipolar Disorder Society of British Columbia**  
**Statement of Financial Position**

(Unaudited - see Notice to Reader)

March 31

2016

2015

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**Assets**

Current

Cash

\$ 30,116

\$ 23,543

---

**Liabilities**

Current

Payables and accruals

\$ 11,270

\$ 5,752

Deferred revenue (Note 3)

18,000

18,000

29,270

23,752

**Net Assets**

846

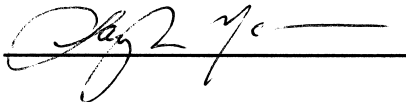
(209)

\$ 30,116

\$ 23,543

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On behalf of the Board



Member



Member

---

# **Bipolar Disorder Society of British Columbia**

## **Notes to the Financial Statements**

(Unaudited - see Notice to Reader)  
March 31, 2016

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### **1. Purpose of the Society**

The Society aims to increase awareness among the general population, local and provincial governments, educators, youth and others about bipolar disorder.

The Society is incorporated under the Society Act of British Columbia. As a Canadian Registered Charity, the Society is exempt from income tax and may issue receipts for charitable donations.

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### **2. Significant accounting policy**

#### **Donations-in-kind**

The Society records donated materials, services and facilities in those cases where:

- the Society controls the way they are used;
- there is a measurable basis for arriving at fair value; and
- the services are essential services, which would normally be purchased and paid for if not donated.

The Society would not be able to carry out its activities without the services of the many volunteers who donate a considerable number of hours. Because of the difficulty of compiling these hours, contributed services are not recognized in the financial statements.

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### **3. Deferred revenue**

Included in deferred revenue is funding received in the amounts of \$18,000 (2015: \$18,000) from the British Columbia Gaming Commission towards programs for the 2016-2017 fiscal year.

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# Bipolar Disorder Society of British Columbia

## Schedules to the Financial Statements

(Unaudited - see Notice to Reader)

Year ended March 31

2016

2015

---

### Schedule of program expenses

### Schedule 1

Delivery	\$ 108,816	\$ 82,149
Design and development	10,326	1,096
Handouts and education material	94	53
Office expense	3,297	478
Program insurance	1,061	1,061
Promotion	7,821	9,296
Refreshments	219	278
Room rental	4,262	3,720
Presenter development & training	1,512	2,030
Technology and website	7,534	657
	<u>144,942</u>	<u>100,818</u>

---

### Schedule of operating expenses

### Schedule 2

Accounting and legal	\$ 5,598	\$ 4,516
Contract personnel	37,729	37,623
Interest and bank charges	360	399
Office	557	4,561
	<u>44,244</u>	<u>47,099</u>

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## OUR SPONSOR



**Philip Bisset-Covaneiro BSc., CFP**

FINANCIAL CONSULTANT • Investors Group Financial Services Inc.

---

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**Philip.Bisset-Covaneiro@investorsgroup.com**

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Charity Registration Number: 827676867RR0001