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**Listen
Engage
Assist
Empower**

Youth Mental Health

2009/10
Annual Report

Thank you to our Donors for the part you've played in our success story.

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A message from Patti Andrews, President and Bob Engel, Executive Director

Anxiety,
depression,
domestic violence,
risk-taking
and law-breaking
behaviours,
substance abuse,
eating disorders,
physical or verbal
abuse and suicide
are not reserved
for “adults only”

Many major mental health issues commonly seen in adults first surface during adolescence. Certain family dynamics can also trigger mental illness in children and youth.

According to the Canadian Mental Health Association, the total number of 12-19 year olds in Canada at risk for developing depression is a staggering 3.2 million; suicide is among the leading causes of death in 15-24 year old Canadians; schizophrenia strikes most often in the 16 to 30 year age group, and youth mental disorders rank second only to injuries in terms of the highest hospital care expenditure in Canada.

Each day at Oolagen, our focus is to better understand why the mental health of so many of our young people is at risk, and how we can be part of the solution.

Over the past year, we have made great strides in telling our story. While continuing to build on existing relationships with donors, sponsors and our community, we are also developing new ones. Through our website and increased community engagement, effective storytelling has advanced awareness and secured crucial program funding in the face of challenging economic times and a crowded philanthropic marketplace.

Our accomplishments during 2009/2010 — partnering with The Anne Hoehn Memorial Foundation, the success of our inaugural Leave Them Laughing Gala, receiving the largest donation in our history from board member Debbie Osler-Bianco to name our Huron Street residence Richard Kalesky House and co-hosting the first international Narrative Therapy Conference—are bolstered by the accomplishments of former client “Elizabeth”. Her story is proof positive that Oolagen’s efforts are part of the solution to help and heal at-risk youth; but because our clients’ stories

are so personal and most always involve other family members, we change their names to protect their privacy.

As Patti’s tenure as President comes to an end, we are pleased to announce that Board Member Barbara Silverberg will take the reigns to lead Oolagen into the future.

As we enter a new decade and begin to write a new chapter in our history, we are buoyed by the support and leadership of our dedicated Board of Directors; we are inspired by our loyal Oolagen staff as they listen, engage, assist and empower youth and their families. Our hearts are filled with gratitude for our generous donors, sponsors and committed volunteers. Together, we stand strong and well-equipped to excel to new levels of excellence in the year to come.

Caroline Sneath Director of Development



It is estimated that between 10 and 20 per cent of Canadian youth are affected by a mental illness or disorder — the single most disabling group of disorders worldwide.

Oolagen took a great leap forward this year, in spite of ongoing challenging times for all non-profits. As one of more than 160,000 charities in Canada, the importance of a story that resonates in the hearts and minds of existing and potential supporters is paramount. And it's clear that Oolagen's story is resonating.

We owe our progress to some amazing people that I have had the immense pleasure of working with this past year: dynamic duo Chip Pitfield and Michelle Savoy, Julia Hall, Justin Young and Lili Campbell (both of Profis Communications) and the ever-gifted and talented Colin Mochrie and Deb McGrath (Oolagen patrons and beloved celebrity performers) formed the "Dream Team" that spearheaded our first major fundraising event.

On November 4, 2010, 270 people attended Oolagen's inaugural gala Leave Them Laughing. Emceed by Colin and Deb, our event honoured former Lieutenant Governor of Ontario James Bartleman with an Award of Excellence for his work in the area of mental wellness. The crowd was also riveted by A.J. Gallant, a former at-risk youth whose life was transformed as a result of the help he received from Oolagen. His powerful story, which culminated in a standing ovation, clearly illustrated how Oolagen listens, engages, assists and empowers youth. Gala proceeds totalled \$210,000 net for Oolagen programs and services. You can read more about the Gala elsewhere in this report—and mark your calendar for November 10, 2011—the date of this year's Gala!

New corporate partners came on board through the Gala. The RBC Foundation chose to support our intergenerational community therapy program to help strengthen new Canadian populations in at-risk communities. We also welcomed Capital Guardian, BMO

and CIBC as event sponsors. Existing donor TD Financial significantly increased their support with a \$20,000 grant.

This year, the Anne Hoehn Memorial Foundation (AHMF) chose to partner with Oolagen in support of our Walk-In Clinic. Mike Hoehn, who founded AHMF in honour of his mother's memory, formed "Anne's Team"—fourteen runners who participated in the 2010 Scotiabank Toronto Waterfront Marathon—and collectively raised almost \$37,000 (\$22,000 of which Mike raised himself). The funds raised by Anne's Team, together with annual funding provided by Winners International (a longtime Oolagen supporter) cover the vast majority of the operating costs of our Walk-In Clinic.

There's no question in my mind that the most critical success factor for Oolagen is people: from our supporters who make our work possible, to our staff who help youth realize their full potential, to the youth themselves. They all inspire me and help deepen my understanding of the impact Oolagen has in our community. It has been my honour and privilege to work with each individual, group and corporation that has so generously contributed to helping and healing at-risk youth and their families.

Ruth Pluznick

Director of Clinical Services



In Canada,
only 1 of 5 children
who need mental
health services
receive them

The past year at Oolagen has seen many exciting developments with families and communities. Awareness of the Walk-In Clinic continues to grow, bringing our services to young people and families at the moment they are needed most. Our partnership with the Toronto District School Board expanded to include an onsite social worker at Parkdale Collegiate. With support from Hedge Fund Cares and the Catherine Donnelly Foundation, we expanded our Wraparound services to help young homeless moms find housing and create better futures for themselves and their children.

We also entered into a partnership with neighbouring agencies Turning Point and Boundless Adventure for a unique program in St. James Town. St. James Town comprises 19 high-rise buildings housing 17,000 people, most of whom are newcomers to Canada. Faced with differences between the world known to grandparents and parents and the new Canadian world influencing the lives and relationships of their children, intergenerational conflict is a key concern for these families.

Throughout the year, Oolagen and Turning Point met with youth, parents and grandparents in what came to be known as the Intergenerational Alliance. Boundless Adventure facilitated overnight family camp experiences and the Dulwich Centre of Australia consulted to develop the “Kite of Life” as a metaphor for conversations and program activities.

Stories from the “Kite of Life” were published in a special edition of *The International Journal of Narrative Therapy and Community Work* (Dulwich Centre). These stories are now travelling the world. Funding from the RBC Foundation will make it possible during 2011 to extend the original project to a second

community in Scarborough; participants from St. James Town are being trained as facilitators.

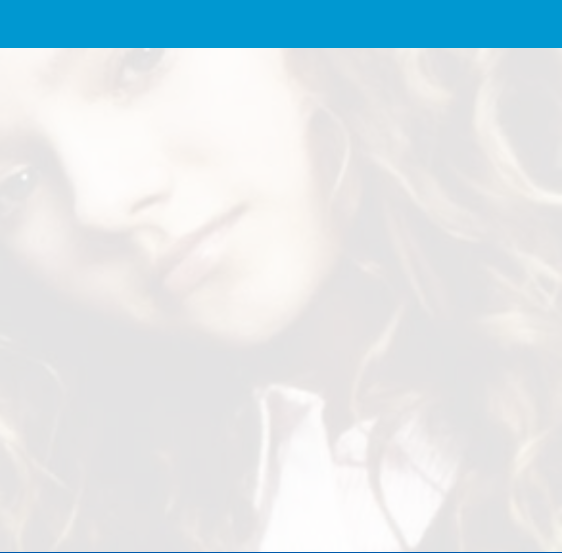
Two other noteworthy 2010 initiatives include the International Narrative Therapy Summer School co-hosted by Oolagen, the Narrative Therapy Centre of Toronto and Dulwich Centre in July, and the launch of a Narrative Therapy Certificate Program at Oolagen in October. Both of these programs bolster our commitment to professional development in our agency and the community at large.

On a personal note, a trip to Rwanda in November with the Dulwich Centre and on behalf of Oolagen was a highlight of a very full year. The trip offered an opportunity to exchange skills and knowledge with the workers of Ibuka, an organization of genocide survivors helping genocide survivors. Visits to genocide memorials were heartbreaking, but the trip also brought so much inspiration as we learned about the ways Rwandan people are reclaiming their lives from the effects of genocide. These learnings can provide some directions for work with families in Toronto whose lives have been impacted by trauma.

We celebrate our partnerships with families and communities that brought relief from suffering and hope for future lives and relationships. SkyWorks Foundation has approached us about the possibility of producing a documentary film about how our work challenges the stigma surrounding families who experience mental health challenges. Moving forward, we are confident that 2011 will be another successful year.



The unveiling of RBC Foundation's donation to Intergenerational Alliance presented at the Richard Kalesky House to Bob Engel and Patti Andrews by Tina Sarellas and Terry Greene of RBC.



Oolagen Success Story

“Elizabeth”

At age 16, Elizabeth was a bright, ambitious girl who had already endured more than her share of social and family challenges. Then her mother, who was struggling with depression, took her own life.

Determined to go it alone, Elizabeth valiantly endeavoured to “get over it and move on”. And even though things may have “looked fine” on the surface, Elizabeth was not fine. Her ongoing grief and guilt, combined with the pressure she put on herself to perform well in school and generally “be perfect” were taking a mental and emotional toll.

Enter Bonnie-Sue Solomon, Oolagen’s on-site Individual and Family Therapist at Forest Hill Collegiate. “Some people wonder why Oolagen is on-site at Forest Hill,” says Bonnie-Sue. “But mental health challenges do not discriminate. We could be in any school in Toronto and find kids who need our help and understanding.”

Elizabeth recalls, “It took me a while to really stop associating everything with my mother’s death. Bonnie-Sue was there to help me figure it all out. Her supportive, non-judgmental, non-threatening approach was what I needed. She advocated for me, and unlike other counsellors I had dealt with in the past, she didn’t try to “fix” me. She let me be the expert in my own life.”

Throughout her final year at Forest Hill Collegiate, Bonnie-Sue’s support and guidance helped Elizabeth learn better coping skills to manage the pressures of high school—and the pressures she put on herself.

After graduating, Elizabeth was accepted into the prestigious Honours Communication Studies program at Carleton University in Ottawa. “One of the first people I told was Bonnie-Sue, because she played a huge part in the process.”

It’s easy to see that Elizabeth’s future is bright. When asked what message she has for young people who are finding life painful, difficult or unmanageable, her intelligent brown eyes light up. “Never ever think you’re weak or pitiful because you need someone to talk to.”

Elizabeth is now working with our ‘young people growing up with parents facing mental health difficulties’ project. She and her father have taped their story of struggle and survival and are willing to share what they’ve learned with other young people and families in these circumstances. In sharing their stories, they are finding ways to use their own experiences to help others.

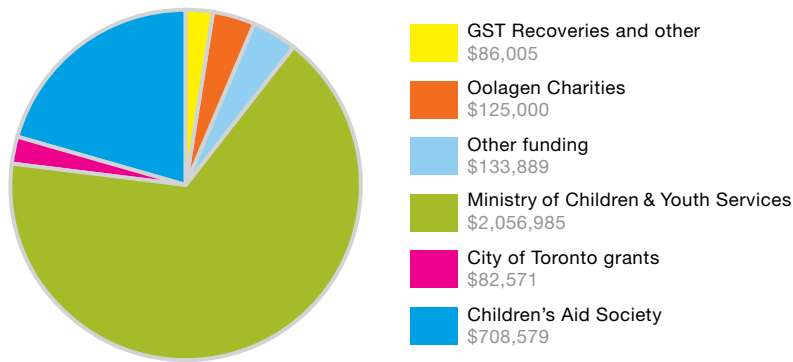
NOTE: Because our clients are youth, their personal stories also involve their families. To protect the privacy of our former client and her family, “Elizabeth” is a pseudonym.

Oolagen is well managed.

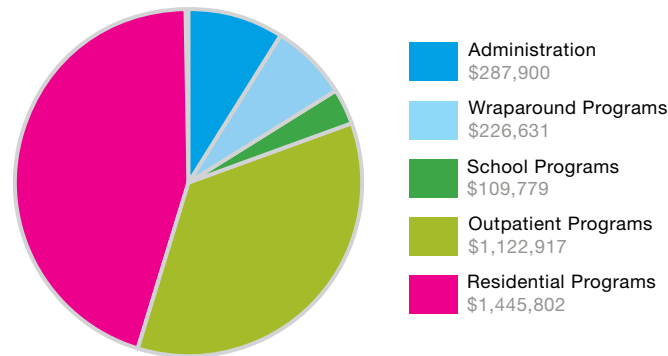
Our overhead costs are uniquely and stringently managed to remain below 10%.

This means that over 90 cents of every dollar donated to Oolagen goes directly towards helping at-risk youth in Toronto.

Revenue



Expenses



“1 in 5 adults suffer mental illness at some point in their lifetime. Because we know that adults are less likely to require treatment if they’ve been treated as kids, it only makes sense to do whatever you can for youth to reduce that likelihood. That’s why supporting Oolagen is imperative.”

**Oolagen supporter and Gala Co-Chair,
Chip Pitfield**

How you can help

Your generosity can improve the lives of youth and their families. There are many ways to support our work with youth and families at risk in our community

Make a Monthly Gift Your monthly pledge of support will allow Oolagen to help at-risk youth steer their lives in a positive direction. Monthly giving is easy, cost-effective and respectful of your time and privacy.

Leave a Legacy Making Oolagen a part of your estate planning will ensure that at-risk youth and their families get the help they need. A bequest in your Will or a gift of stock, securities or real estate will help bolster our endowment fund.

Host an Event Have fun and make a difference by hosting a fundraiser for Oolagen! Forge a family tradition or involve your workplace in helping young people and their families find ways to turn their lives around.

Adopt a Child Your generous annual gift of \$2,500 will help a youth in need stay in school while working through challenging life issues.

Adopt a Family for the Holidays Many of our families struggle financially. Each year we provide a great way to share the magic of the season by pairing our families in need with sponsors who contribute gifts and food.

Designate your United Way donation to Oolagen Oolagen is not a member of the United Way, but you can choose to designate your United Way gift by including our charitable number BN 11906 8625 RR0001 with your donation.

Donate online Visit www.oolagen.org and click on “Donate Now”

Or mail your cheque, made payable to Oolagen: 65 Wellesley Street East, Suite 500 Toronto, Ontario M4Y 1G7

Or call Caroline Sneath at 416.395.0660, x 230

2010 Highlights

Fundraising and Events



“Anne’s Team” raises \$37,000 for Walk-In Clinic at Scotiabank Toronto Waterfront Marathon

A group of 14 runners, comprised of Anne Hoehn Memorial Foundation founder Mike Hoehn, Oolagen management, staff, supporters and suppliers surpassed their \$25,000 fundraising goal participating in the 2010 Scotiabank Waterfront Marathon. All proceeds raised by “Anne’s Team”, together with annual funding provided by Winners International (a longtime Oolagen supporter) will cover the vast majority of the annual operating cost of Oolagen’s Walk-In Clinic.

**With heartfelt
gratitude...**

“I was desperate and didn’t know where to turn. You went out of your way to help us. You listened and made a difference in our family. Thanks to Oolagen, we are getting respite from the stress and worry we’ve been under for years.”



Mike Hoehn crosses the marathon finish line.



“Kids getting the help they need to become responsible, productive adults is what Oolagen is all about.”

**Board Member and Fundraiser
Debbie Osler-Bianco**

A New Name for Oolagen House

In 2008, Oolagen House at 591 Huron Street—one of our two residential treatment programs in downtown Toronto—underwent extensive renovations to provide a warmer, more home-like atmosphere for our clients. In 2010, Board Member Debbie Osler-Bianco was looking for a meaningful way to honour the memory of her brother, Richard Kalesky.

Debbie recalls, “As a teenager, he was such a lovely person, so charming and funny. But as he approached adulthood, his mental health began to deteriorate and recently he took his own life.”

A committed fundraiser and Board member for several years prior to Richard’s death, Debbie is well aware of the difference Oolagen makes in the lives of at-risk youth.

In October 2010, Debbie and her family attended a plaque dedication ceremony hosted by Oolagen to rename 591 Huron Street Richard Kalesky House.

“Kids getting the help they need to become responsible, productive adults is what Oolagen is all about. My family is proud—and I know Richard would be proud—to have his name grace this building, and to know our donation is making a real difference in the lives of at-risk youth.”



Oolagen Gala

Leave Them Laughing

On November 4, 2010 an idea that had been germinating for several years finally blossomed into Oolagen's inaugural gala at Arcadian Court in downtown Toronto.

Colin Mochrie and Deb McGrath, Oolagen's Honourary Patrons and Gala Emcees, kept 270 guests engaged and entertained during a stellar evening of entertainment, storytelling and raising awareness of youth mental health.

In addition to providing beautiful music throughout the reception and dinner, noted jazz pianist Joe Sealy generously donated partial proceeds of onsite sales of his CDs to Oolagen.

Co-Chairs Chip Pitfield and Michelle Savoy worked tirelessly securing support and sponsorship; Event Committee Justin Young, Lili Campbell (both of Profis Communications) and Julia Hall were instrumental in the evening's resounding success.

Honoured Guest Charles Coffey presented the Oolagen Award of Excellence to The Honourable James K. Bartleman, former Lieutenant Governor of Ontario for his work in the area of mental wellness, reducing the stigma associated with mental illness and promoting literacy among First Nations children in Canada.

This event raised \$210,000 net for Oolagen programs and services. Be sure and mark your calendar for November 10th, 2011—the date of this year's Oolagen Gala!

Our inaugural gala at Arcadian Court... a stellar evening of entertainment, and storytelling—raising awareness and building support for youth mental health.

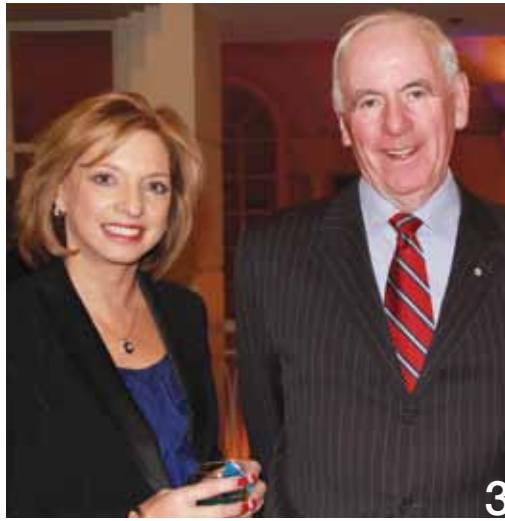


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and Colleen Moorehead

1. Co-chair Michelle Savoy with emcees Deb McGrath and Colin Mochrie.
2. Pianist Joe Sealy.
3. Francine Blackburn (RBC) with Charles Coffey.
4. Co-chair Chip Pitfield and event committee member Julia Hall.
5. Guest speaker A.J. Gallant.
6. Oolagen board member Debbie Osler-Bianco with The Honourable James K. Bartleman.
7. Oolagen Director of Clinical Services Ruth Pluznick with her husband Daniel Bogue.
8. Mike Hoehn with his father Fern.

Our Mission

To listen, engage, assist and empower youth and families in recognizing their strengths, expanding their capabilities and enhancing their wellbeing and mental health.

Our Vision

The hopes and aspirations of Oolagen are based on our vision for:

Relationships between youth and their families that recognize and build upon strengths

A community that works in partnership to enhance the social and emotional wellbeing of its citizens

A comprehensive, flexible service system that effectively responds to the challenging and diverse needs of youth and their families.

Accredited member of:



Children's Mental Health Ontario
Santé Mentale pour Enfants Ontario

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