

Annual Report  
Home on the Hill Annual General Meeting  
Centennial Pool Recreation Centre, Richmond Hill  
December 6/2017

**The People that Home on the Hill Serves.**

The people Home on the Hill serves are very seriously mentally ill people whose needs have not been met by the current mental health system. The needs of this population and the needs of the families who support them are often invisible to the people who provide funding. The current mental health system is geared to helping the 'individual' client with serious mental illness. Our organization seeks to serve the whole family as approximately 50 to 90 % of mentally ill people live with their families (Chan & O'Brien, 2011).

Among Ontarians that are living with a mental illness, approximately 2.5% will experience serious mental illness (Office of the Auditor General of Ontario, 2008). Richmond Hill's population is 195,022 according to the 2016 census. Using the 2.5% statistic, there were 4876 individuals requiring mental health supports in the community of Richmond Hill in 2016 and presumably more now in 2018. A Needs Assessment completed in 2012 by SHS Consulting and commissioned by Home on the Hill determined that there was only 10 supportive housing units and although more may have been developed since 2012, it is clearly not enough.

If someone in the family has a serious mental illness, then the mental health of the whole family is affected. These families provide the majority of care and informally provide support, case management, medication management, and outreach yet do not get acknowledgement or support from the current mental health system (EUFAMI, 2014). They are still not officially considered part of the 'circle of care' which is a systemic discrimination. Most people with a mental illness want their families involved. Further, client outcomes improve when the family is involved in client care (Dixon, 1996). The client and family model of care is recommended by the Guidelines from the Mental Health Commission of Canada.

**The Impact of Home on the Hill on the Community.**

Home on the Hill has increased mental illness literacy in the community and thereby reduced stigma by running its successful Robert Veltheer Lecture Series which attracts well respected psychiatrists and other professionals to deliver knowledge informed lectures on mental illness to the general public. These lectures generally attract 100 people, many who are caregivers to loved ones with serious mental illness who therefore also are a beneficiary of these lectures. Our local MPP, Reza Moridi has come to two of these lectures and supports this initiative. We were honoured to have Dr. David Goldbloom, former chair of the Mental Health Commission of Canada and Senior Medical Advisor at the Centre for Addiction and Mental Health as one of our presenters this year.

**Current Home on the Hill Programs**

**1. The Robert Veltheer Lecture Series on Serious Mental Illness.**

The impact of this program has been described above. Recently, Home on the Hill hosted a panel discussion on "De-escalation for people in mental health crisis" led by psychiatrist, Dr. David Dawson at

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the Richmond Hill Centre for Performing Arts. This event was strongly supported by the York Regional Police who facilitated registrations from the York Regional Police, the OPP, Canadian Border Services, South Simcoe Police and TTC Security. This event got front page coverage in the Liberal Newspaper. The fees charged to attend this event contributed approximately a net profit of \$1500. An article which described this event appeared on the front page of our local paper: <https://www.yorkregion.com/news-story/7919325-emergency-responders-find-ways-to-avoid-violence-with-mentally-ill/>

On Sept 19<sup>th</sup>, Home on the Hill hosted CAMH Senior Medical Advisor, Dr. David Goldbloom who spoke on Stigma and Mental Illness.

On May 8th, Home on the Hill hosted Queen's Psychologist, Dr. Chris Bowie who spoke on Cognitive Remediation.

2.Supportive Housing Program. Home on the Hill has just been approved to receive a housing unit from Richmond Hill Ecumenical Homes when a vacant unit becomes available. At present, we are housing our first tenant at the York Region sponsored Richmond Hill Community Hub. Our tenant's self esteem has been enhanced by his new independence. His tenancy began in November 2016 and has continued successfully throughout 2017. His family feel a sense of satisfaction that he is living independently but feel always welcome to come and visit him. The tenant receives ongoing support and assistance from Home on the Hill and takes part in our cooking class, and recreational programming.

3.The Cook Group We run a Soup's On Program at St. Mary's Anglican Church where seniors receive a lunch cooked by our clients. The original goal of the program is to support our current tenant by providing education about meal preparation as well as other clients who may be future tenants. This event is also an opportunity for clients to gain self esteem and to promote inter-generational relationships. A lifeskills coach works with clients who are taught hygiene, cooking skills, budgeting and nutrition. This program used to run on a weekly basis in the community room at the Richmond Hill Community Hub where our tenant resides. The space was granted to Home on the Hill on a weekly basis. We may continue this program at the Richmond Hill Community Hub location if we receive future funding from our recent grant application to the Ministry of Seniors Affairs. We will learn if this applicatin was successful in March, 2018.

4.The Art Therapy Program. A qualified art therapist runs a weekly program with clients who because of their disability are difficult to engage. This program has been beneficial for those individuals whose sense of well being and self worth have been improved which has enhanced their interpersonal skills. An Art Therapy Program is also run for Family Caregivers to help them deal with stress and isolation.

5. Fitness Program. A qualified instructor leads this twice weekly program Participants feel that not only do they physically feel better but that their mood has improved with the exercise.

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6. Music Jamming. This group is led by a person who has serious mental illness. It includes a participant who has made such strides in his recovery progress that he is an inspiration. He played solo at our Fundraising Gala and his family and Home On the Hill were so proud.

7. Friday Night Recreation Night. A group of participants go out to play billiards, or bowling, or mini golf. Feedback from these activities has been really positive, with one participant thanking Home on the Hill personally and her family stating that she looks forward to going out and having fun. Her mother has since donated \$500 to Home on the Hill.

**Potential Collaboration with Treasures Charity Store.**

Home on the Hill Board Directors met with the Board of Treasures In October to discuss possible collaboration. After a presentation by Home on the Hill Directors, and a discussion of the potential lease agreement developed by Board Director Ron Smit of the vacant store next to Treasure where it had been planned that Home on the Hill may have an administration office and programming space to be also shared with Treasures. The Treasures Board voted against collaboration at this time because it was felt that Home on the Hill would be unable to financially support the venture.

**First Fundraising Gala Dinner Dance.**

On October 28, at the Oakview Terrace in Richmond Hill, Home on the Hill had a very successful Gala Fundraiser. Thank you to Board Director, Anita Hawco for leading this endeavor with so much organizational skills. MPP Reza Moridi was our Honorary Chair. The event was also attended by MP Majid Jowhari, Richmond Hill Councillor David West, and Vaughan Councillor, Tony Carella. A very good time was held by all. Home on the Hill made \$11,000 approximately in profit.

**Future Plans**

Home on the Hill has just applied for a Senior's Grant from the Ministry of Senior's Affairs. The Grant is for funding for a York Region wide program to support senior family caregivers and offer education and respite services. We are already supporting seniors from all over the Region as many come from afar to attend our lecture series. The requirement is that one half of the participants be over the age of sixty five and we believe that this is true for the caregivers we currently support. We also have made efforts to run a Family Support Group in Vaughan which is an underserved area. Home on the Hill was the grateful recipient on a \$5000 grant from the Town of Richmond Hill to fund our cooking program. We did not succeed in our application for a growth grant from the Trillium Foundation. And we were not successful in our application for funding from the Retired Teacher's Association of Ontario. Our current services continue to be funded by the proceeds of the Mayor's Golf Tournament in 2015.

Home on the Hill has has been invited to re-apply for the opportunity to have pro bono consulting services from Endeavor Executive. Their services are sponsored by the Region of York. We may be able to develop our Strategic Plan.

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Home on the Hill is an invited bidder to apply for the Homes Now Program sponsored by the Region of York. The deadline for this application is December 20, 2017. Our organization has had a tentative discussion with Rehana Sumar, CEO of the Out of the Cold Program about the possibility of a future collaboration for this opportunity to submit a proposal. However, we have both decided that we will not move forward on the opportunity to submit a proposal at this time.