

# Meet Your CMHA Toronto Board of Directors 2019 - 2020

## **Gulshan Allibhai**

*Board Member since 2018*

Gulshan Allibhai, BSW, MSW, has been practicing social work for 22 years, working as an educator and case manager in mental health, long-term care, and settlement of newcomers.

She worked at CMHA Toronto in the area of diversity, mental health promotion and community engagement, and taught with both the Internationally Educated Social Work Bridging Program and The Internationally Educated Psychology Bridging Program. She currently teaches at Seneca College in the Mental Health Certificate Program. Gulshan was born in Uganda, Africa, and came to Canada as a refugee in 1972. Due to her own and her family's experience as refugees, Gulshan's main focus and interest is in the area of mental health and resettlement stress. She advocates for culturally competent services for newcomers in the area of employment and mental health.



## **Raksha Bhayana**

**Vice President**

*Board Member since 2011*

Raksha is currently the CEO of the Bhayana Family Foundation and has a long standing professional background in the mental health field. She chose to join the CMHA Toronto Board because of the excellence of the management and staff, and their deep commitment to providing and advocating for high quality services. Her career spans both the private and public sectors in senior managerial and consultative capacities. She has over 20 years Board Governance and community experience with a range of health and social service organizations including the Central LHIN, United Way Greater Toronto and UNICEF Canada. She currently sits on the TELUS GTA Community Board and the Reena Government Relations Committee. Raksha holds a Master of Social Work from the University of Delhi (India) and an MBA from Kellogg Schulich School of Business.



## **Natasha Bronfman**

**Chair,**

**Quality Assurance Committee**

*Board Member since 2012*

Natasha holds a Certificate in Mental Health Law and was appointed to the Consent and Capacity Board Tribunal. She has worked in the areas of investments, fundraising and business development, and brings to the Board a deep commitment to volunteering in the not-for-profit sector. Mental illness is a cause that she is committed to, as it is an issue that has touched her deeply, both through her friends and family, and through her own personal struggle with depression. Natasha shares her own story with corporate audiences, as she strongly believes that mental illness is an illness, not a weakness, and that this distinction needs to be brought out into the light.



## **Julie Bulmash**

**Chair,**

**Human Resources Committee**

*Board Member since 2013*

Julie has over 20 years of experience in human resources working for large multinational organizations, and currently coordinates the Human Resource Management programs at George Brown College. Julie has an MBA, a BA in Psychology from Concordia University and a Diploma of Child Study in assessment and counseling from the University of Toronto. Prior to joining the CMHA Toronto Board, she was a member of Family Services Toronto Board of Directors where she chaired the governance committee. Julie is a strong supporter of mental health and developing workplace strategies to sustain a healthy work environment, and is an advocate for the rights of employees with mental illness.



**Paul Cooper**

*Board Member since 2016*

Paul is the CEO of a new medical startup whose product is a MRI-guided robot for breast cancer treatment. Previously, Paul was a senior aerospace executive, internet entrepreneur and university professor. Paul has a Ph.D. in computer science. Prior to joining the CMHA Toronto Board, Paul was on the Board of Family Outreach and Response (now a program within CMHA Toronto), where family is paramount to mental health recovery. Paul's own family experience with mental illness has left him with a deeply held belief that we should all do whatever we can to contribute to mental health care in Canada.



**Lara de Sousa**

*Board Member since 2017*

Lara has over 20 years of experience in healthcare, working as a personal support worker, an occupational therapist, and in leadership roles within the community services sector, and acute, primary, and home and community care. Lara is the VP of Client Services at Circle of Care, Sinai Health System. As the first OT on CMHA Toronto's ACT Team, and with personal experience with mental illness, Lara has a deep commitment to advocating for, and supporting our most vulnerable citizens to live healthy, productive and meaningful lives. Lara is thrilled to be part of CMHA Toronto's legacy of excellence in care delivery and innovation, and hopes to contribute her skills and knowledge to improving systems of care for people with mental illness.



**Carol Duncan**

*New Board Member*

Carol Duncan is a trauma survivor whose career and life continues to be impacted by the complexities of post-traumatic stress. Carol is committed to combining her work experience as an accredited public relations professional with her insight of being homeless and living in a shelter for 19 months before benefiting from the CMHA Toronto Housing First program. Carol's volunteer work includes being co-founder of The SANE (Survivor Awareness Needs Experiences) Project, and an active member of the Trauma-Informed Care Committee of CMHA Toronto. Carol's career at Mercer, the YMCA of Greater Toronto, and SickKids Foundation, along with her willingness to openly share her lived experience as a trauma survivor, has a singular focus: to impact real systemic change to improve the lives of people supported by the mental health community.



**Martin Gurvey**

**Chair,  
Board Development  
Committee**

*Board Member since 2011*

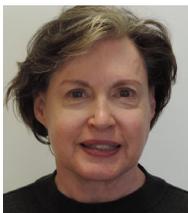
Martin is a practicing chiropractor, and is passionate about mental health because he has been a consumer of mental health services, and has experienced and seen others benefit from rehabilitation and recovery programs. He is keenly aware of the significant role mental health issues play in a person's overall health and wellness, and hopes that his role on the Board will support the organization's efforts to raise awareness and reduce stigma. Martin wants to work to increase funding for recovery programs, increase quality housing for those affected by mental illness, and convince government that significantly more funding needs to go toward mental illness and mental health.



### Maureen Hyland

*New Board Member*

Maureen has been actively involved in mental health advocacy for many years. In 2015 she chaired a conference, Families Count: Healing Together, which offered strategies to assist individuals in navigating the mental health system. She currently holds positions on the East York Mental Health Counselling Services Board and the Family Outreach and Recovery Advisory Board. She also volunteers at the Art Gallery of Ontario and raises funds for a supportive housing residence. Maureen has a Master of Library Science from the University of British Columbia. Throughout her professional career, she has held library management positions at the University of Calgary, and Osgoode Hall, Law Society of Ontario. She currently teaches at Humber College.



### Nadine Reid

*Board Member since 2018*

Nadine has spent a decade learning and working in mental health and addiction research, and eagerly looks forward to a long career dedicated to improving our local service system and the lives of those it serves. With a Master's in Health Sociology and Ph.D. in Health Services Research from the University of Toronto, she is committed to bringing both a holistic, patient-centred perspective, and a practical skillset to research, evaluation, quality and service planning discussions. Nadine is a passionate advocate for the invaluable role that high quality, patient-centred community services play in helping individuals and families to live healthy and meaningful lives. She is excited and honoured to be part of an organization that shares her values and has a long history of leading by example.



### Kimberly Moran

**Chair,**

**Finance & Audit Committee**

*Board Member since 2014*

Kimberly Moran is dedicated to improving the lives of children and youth with a focus on strengthening healthcare policy, systems and patient outcomes in Canada and internationally. Her passion for improving the delivery of child and youth mental health treatment is rooted in her family's lived experience with mental health as a mother of a daughter who became seriously ill. Kim is currently CEO of Children's Mental Health Ontario, representing the province's largest provider of child and youth mental health services, supporting 120,000 children, youth and their families. She is also a Chartered Professional Accountant which underlies her passion for developing effective and affordable healthcare systems. Kim is a member of the Premier's Council on Improving Health Care and Ending Hallway Medicine. Established October 2018, this is an independent, voluntary expert advisory council, which reports to the Premier and the Minister of Health and Long-Term Care. Kim brings more than thirty years of senior leadership experience in the private and not-for-profit sectors.



### Murray Segal

*Board Member since 2015*

Following a distinguished career with the Ontario government, including eight years as Deputy Attorney General and former Deputy Minister responsible for Aboriginal Affairs, Murray Segal now practices as independent legal counsel and consultant in downtown Toronto. His practice includes assisting the public and broader public service in improving the delivery of services. Prior to his time as the Deputy Attorney General, Murray was the Chief Prosecutor for Ontario, leading the largest prosecution service in Canada. He is certified as a Criminal Law Specialist and is the author of numerous legal publications. Murray has been on the Quality Assurance Committee of CMHA Toronto, is on the Board of Trustees of CAMH, and a member of the ORB.



## Frank van Nie

### President

*Board Member since 2014*

Frank has over 30 years of experience in the Canadian financial services industry working first for TD Bank and then Visa Canada. He has had a variety of roles in audit, operations, marketing, risk management, business continuity management and sales/account management. In 2009, Frank established his own management consulting practice, Smart Strategies, which provides strategic advice to both for-profit and non-profit organizations. He holds a Bachelor of Arts in Mathematics from the University of Windsor and an MBA from the University of Toronto. He has served on the Board of CMHA/Peel Branch for 10 years and was the Chair from 2010 – 2013.



## Julie Wood

*Board Member since 2016*

Julie is a CPA, CA who worked in finance and accounting most of her career. In 2008, she lost her elder son to suicide, the result of prescribed psychiatric medication. Since that time, she has developed a keen interest in programs that help young people build their resilience and coping skills. Prior to joining the CMHA Toronto Board, she was Chair of Family Outreach and Response (FOR) - an organization dedicated to family-focused mental health support. This program is now part of CMHA Toronto. In 2012, Julie and her husband met Dr. David Healy, and since then have supported the brainchild of Dr. Healy and several colleagues - RxISK.org., a website that provides free information to anyone about the safety and side effects of all prescription medications.



## Karen Woo

*New Board Member*

Karen is a Registered Social Worker and Certified Health Executive who has held various clinical, administration and health system planning positions in the community, hospitals, and within international NGO contexts. She maintains her clinical role at Toronto Western Hospital's Psychiatric Emergency Services Unit, while also most recently working internationally with Doctors Without Borders/ Médecins Sans Frontières in Malaysia and Iraq. Karen's areas of special interest include strategic leadership, operational program management, quality improvement and clinical practice – all with the goal of working to deliver quality health care, and to improve health outcomes and client experience. Karen has proudly pursued her interests in mental health throughout her career by practicing in, volunteering within, and contributing to this sector for 15 years, as she believes that together we can improve the mental health of individuals in our community.

