

Meet your CMHA Toronto Board of Directors 2020-2021



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 and at Wilfrid Laurier University in the MSW 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.



Alana Boltwood

New Board Member

Alana is a certified management consultant with KPMG's Technology Consulting practice, where she helps institutions in health and human services prepare for the future through digital transformation. She has a Master's of Design in Strategic Foresight and Innovation, where her thesis made it clear that mental health is fundamental to reducing poverty. A bachelor's degree in statistics led Alana to work at Statistics Canada to conduct qualitative and quantitative research, and to advise non-profits on performance measurement. Alana advocates for LGBTQ+ and other marginalized people, knowing from personal experience that they experience loneliness, trauma, anxiety, depression and other mental health issues. Alana shares joy through painting, photography and other art forms.



Katie Almond

New Board Member

Katie Almond has been working in the criminal justice system for 35 years, 31 of which have been as a probation and parole officer with the Ministry of the Solicitor General. For the past 18 years, she has worked with a client population that is marked by poverty, homelessness, mental illness, physical and developmental disabilities and polysubstance use. Ms. Almond has been involved in the development of extensive community networks and collaborative initiatives. She is the co-chair of both the downtown Toronto and provincial Human Services and Justice Coordinating committees. Ms. Almond possesses a bachelor's degree in psychology (Honours) and a master's degree in education.



Natasha Bronfman

Board Member since 2012

To CHMA Toronto, Natasha brings a deep commitment to volunteering in the not-for-profit sector and experience in the areas of investments, fundraising and business development, and also as an adjudicator with the Consent and Capacity Board Tribunal. Mental illness is a cause she is passionately 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, anxiety and PTSD. Natasha strongly believes that mental illness is an illness, and not a weakness, and that this distinction needs to be brought out into the light. The difference CMHA Toronto makes in people's lives is incalculable and it is her hope that having joined its Board, she has helped fight the stigma against mental illness in our society. She is the author of Thank You Louise Hay, a memoir chronicling her journey from near suicide to mental health advocacy.



Julie Bulmash

Board Member since 2013

Julie has over 20 years of experience in human resources working for large multinational organizations, and currently coordinates the Human Resources 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.



Carol Duncan

Board Member since 2019

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.



Lara de Sousa

Board Member since 2017

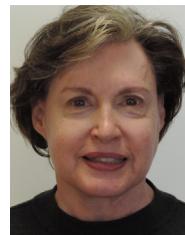
Lara has over 20 years of experience in healthcare, working as a personal support worker, an occupational therapist, and in leadership roles within the community services sector, and acute, primary, and home and community care. Lara is the the VP of Operations and Patient Care at CarePartners. As the 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.



Maureen Hyland

Board Member since 2019

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.



Kimberly Moran

Board Member since 2014

Kim 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. Kim is currently CEO of Children's Mental Health Ontario and is recognized as a leading advocate for child and youth mental health. Her passion for improving the delivery of mental health treatment runs deep and is rooted in her family's lived experience with mental health. Kim is a Chartered Professional Accountant, who brings more than thirty years of senior leadership experience in the private and not-for-profit sectors, including as CEO of UNICEF Canada. She has advised health system stakeholders at all levels of government in Canada and internationally. Kim is a member of the Premier's Council on Improving Health Care and Ending Hallway Medicine; an independent, voluntary expert advisory council, which reports to the Premier and the Minister of Health. She also chairs the finance committees for Seneca College and CMHA Toronto.



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 PhD 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.



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 Ontario Review Board.



Cheryl Prescod

New Board Member

As the executive director of the Black Creek Community Health Centre, Cheryl strives to ensure equitable access to health services for vulnerable populations. A dedicated community leader for over 25 years, she is a coalition builder, bringing together diverse stakeholders in community development initiatives that reflect the needs of people. She facilitates numerous community-academic partnerships in research to build evidence that informs policy and innovative approaches to complex problems in marginalized communities. Cheryl has an academic background in biological sciences, with graduate degrees from the University of Ottawa and University of Toronto and obtained leadership training in healthcare and non-profit management from the Rotman School of Management, Schulich School of Business and Harvard Business School. Cheryl values time spent with family and friends to maintain an optimal work-life balance.



Frank van Nie

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 and 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 served on the CMHA Peel Dufferin Branch Board of Directors for 10 years and was the chair from 2010 – 2013.



Karen Woo

Board Member since 2019

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. While having recently worked internationally with Doctors Without Borders/Médecins Sans Frontières, and in Canada's Northwest Territories with Indigenous peoples, she maintains her clinical role at Toronto Western Hospital's Psychiatric Emergency Services Unit. 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.

