

# CMHA Toronto

## Board of Directors 2022 – 2023

### Gulshan Alibhai

#### Vice President

*Serving for 5th term*



Gulshan Alibhai, 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 diversity, mental health promotion and community engagement and taught with 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 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 are 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.

### Katie Almond

#### Director

*Serving for 3rd term*



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 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.

### Jamuna Balam

#### Director

*Serving for 1st term*



Jamuna Balam is a lawyer and mediator. In addition to a law degree, she holds a Qualified Mediator (Q.Med) designation, and a Certificate in Adjudication for Agencies, Boards and Tribunals from Osgoode Hall. Her legal practice has a specific focus on alternative dispute resolution. She has more than 10 years of experience working as a community mediator with various non-profit agencies. She is an Appointed Member of the College of Opticians of Ontario. Jamuna hopes to contribute her skills to bring awareness of the resources available to those living with mental health and their families.

### Alana Boltwood

#### Chair, Board Development Committee

*Serving for 3rd term*



Alana Boltwood 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.

## **Lara de Sousa**

### **Vice President**

*Serving for 6th term*



Lara de Sousa 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 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. She hopes to contribute her skills and knowledge to improving systems of care for people with mental illness.

## **Paula Harrington**

### **Chair, Human Resources Committee**

*Serving for 2nd term*

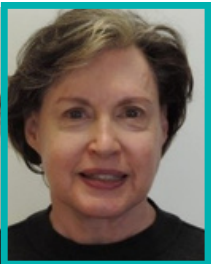


Paula Harrington has over 20 years of experience in human resources, working in both the private and public sectors. She is the Director of Employee Experience and Organizational Development at The Centre for Addiction and Mental Health (CAMH). Paula has an MBA from Queen's University, has completed the Workplace Mental Health Leadership Certificate Program at Queen's University and is a Certified Psychological Health and Safety Advisor through CMHA. Paula is an advocate for building resilience and mental well-being in the workplace and a strong supporter of a system of care that recognizes that mental health is health.

## **Maureen Hyland**

### **Director**

*Serving for 4th term*



Maureen Hyland 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.

## **Tarisai Madambi**

### **Chair, Finance & Audit Committee**

*Serving for 1st term*



Tarisai Madambi is a Director in KPMG's Finance Transformation Consulting practice. She brings over 20 years experience in providing assurance and advisory services in business strategy, financial operations, corporate governance and risk management across various industries. Tarisai is a passionate advocate for equity, inclusion and belonging, particularly as it relates to gender, race and mental health. She is a leading voice in the firm's Anti-Racism strategy and has focused her work on disrupting the compounding impacts on and barriers to individuals within intersecting identities. Tarisai is a Chartered Professional Accountant, holds a bachelor's degree in Commerce from Dalhousie University and is lauded for ability to build and manage high performing teams.

## Andrew Milroy

**Director**

*Serving for 1st term*



Andrew Milroy (M.A., LSSBB) is a healthcare professional and systems thinker with a passion for Quality. He has spent over 10 years working in healthcare, clinical research, and international development to become an industry expert on matters of patient safety, quality assurance and improvement. Andrew is Lean Six Sigma Black Belt certified and has successfully developed and managed complex Quality Management Systems in highly regulated healthcare fields, with the purpose of providing assurances for patient and research participant safety. Academically, he has studied concepts and contemporary issues of equality in society and political representation at the Master's level, and has spent several years with his organizations Diversity and Equality Committee. Through membership in Rotary International, for which he has held the position of Club President, Andrew has dedicated years of service since 2011 helping improve the lives of those in Toronto and abroad that may be considered economically disadvantaged or otherwise marginalized in society.

## Cheryl Prescod

**Director**

*Serving for 3rd term*



Cheryl Prescod strives to ensure equitable access to health services for vulnerable populations as the Black Creek Community Health Centre executive director. 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 the 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.

## Nadine Reid

**Chair, Quality Improvement Committee**

*Serving for 5th term*



Nadine Reid 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 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

**President**

*Serving for 8th term*



Murray Segal practices as independent legal counsel and consultant in downtown Toronto, following a distinguished career with the Ontario government, including eight years as Deputy Attorney General and former Deputy Minister responsible for Aboriginal Affairs. 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 is a member of the Ontario Review Board.

## Rebekah Tsingos

### Director

*Serving for 2nd term*



Rebekah Tsingos is a graduate of the Concurrent Education program at Queen's University and a lifelong mental health advocate. She has been an educator in Toronto for over 25 years as a secondary school teacher, vice-principal and principal with the Toronto District School Board. In her role as educator, she has supported hundreds of families and students navigate the evolving mental health landscape and seek support through a recovery lens. She brings professional experience in partnership programs that provide circle of care support to families and students and amplify student voice and choice in support options. As a trauma-informed survivor, Rebekah prioritizes supporting mental health needs through an anti-oppressive, trauma-informed lens for all students and families. Rebekah is currently focusing on mental health initiatives within the TDSB and community that foster positive LGBTQ2+ educational partnerships and examine systemic barriers for black and indigenous students accessing mental health supports within the school community. Rebekah also served as a former member, privacy officer and Chair of Family Outreach and Response, a mental health agency supporting families of those experiencing mental health trauma, now a partnership program at CMHA Toronto.

## Frank van Nie

### Past President

*Serving for 9th term*



Frank van Nie has over 30 years of experience in the Canadian financial services industry working, first for TD Bank and then Visa Canada. He has had various roles in audit, operations, marketing, risk management, business continuity management and sales and account management. In 2009, Frank established his management consulting practice, Smart Strategies, which provides strategic advice to 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.

## Trinity Zhang

### Director

*Serving for 1st term*



Trinity Zhang is a Director of Fundraising at SickKids Foundation, currently providing leadership to the Chinese Strategy team. She holds a Master's Degree in Communications Management from McMaster University. Prior to her work at SickKids Foundation, she was in progressively senior roles at the George Brown College Foundation. Her work and experience on three continents, and in varied and wide-ranging settings equipped her with the ability to problem-solve and exceptional communications skills.