



William Osler  
Health System

FOUNDATION



# PARTNERS

MAKING A DIFFERENCE

FALL 2023  
NEWSLETTER

**MAKING AN IMPACT:**

**Patient's New  
Lease on Life**

**Page 4**

**WAYS TO DONATE :**

**Employee Giving  
Campaign**

**Page 5**

**PROGRAM PROFILE:**

**Mental Health  
Outpatient Clinic**

**Page 6**



# PARTNERS

MAKING A DIFFERENCE

FALL 2023

Grateful patient, April DeGrauw.  
Read her story on page 4.

## CONTACT INFORMATION:




**Brampton Civic Hospital**  
2100 Bovaird Drive East  
Brampton, ON L6R 3J7  
(905) 494-6556

**Etobicoke General Hospital**  
101 Humber College Boulevard  
Etobicoke, ON M9V 1R8  
(416) 747-3388

**Peel Memorial Centre for  
Integrated Health and Wellness**  
20 Lynch Street  
Brampton, ON L6W 2Z8  
(905) 863-2579

**By email:**  
[info@oslerfoundation.org](mailto:info@oslerfoundation.org)

For information or to make a  
donation, visit [oslerfoundation.org](https://oslerfoundation.org)  
or call **905-863-2440**

-  William Osler Health System Foundation
-  @OslerFoundation
-  @OslerHealth

## Stay Connected:

Visit [oslerfoundation.org](https://oslerfoundation.org) and sign up to receive  
*Partners* via email. You'll receive inspiring stories and  
valuable news about the impact of your donation,  
right in your inbox.

Charitable Business Number: 12996 5133 RR0001



## MESSAGE FROM THE PRESIDENT & CEO

Mental health is a vital aspect of overall well-being, and William Osler Health System (Osler), has earned a reputation, both locally and regionally, as a centre of excellence for community hospital-based programming for mental health and addiction disorders. When April, who appears on our cover, needed access to mental health services, Osler was there for her every step of the way, delivering quality, compassionate care—something you help make possible. With your generous support, you are helping to make a positive impact on the lives of many individuals and families in our community. Together, let's build a healthier, mentally resilient future for all.



**Ken Mayhew**  
President & CEO, William Osler Health System Foundation

PRESENTING SPONSOR  **ORLANDO CORPORATION**

# GALA <sup>10TH ANNUAL</sup>

## BENEFIT CONCERT

NOVEMBER 25 6 P.M. THE ROSE BRAMPTON

MUSICAL GUEST  
**AMANDA  
MARSHALL**



**RESERVE YOUR TICKETS TODAY!**  
905.494.6556 [oslerconcert.ca](https://oslerconcert.ca)  
**MUSIC TO MAKE A DIFFERENCE**



**William Osler  
Health System**  
FOUNDATION

## Tour de Bleu



The annual Tour de Bleu fundraiser hosted by Mattamy Homes and the Peter Gilgan Foundation has raised a record \$5.65 million for Osler Foundation to support specialized mental health care at Osler hospitals to benefit youth in our community.

A total of 46 avid cyclists participated in the event, riding 200km over the course of the weekend, including a ride from cottage country to Osler's Peel Memorial Centre for Integrated Health and Wellness (Peel Memorial) in Brampton. The funds raised—the most of any Tour de Bleu to date—will help Osler increase capacity for mental health care with the transformation of Peel Memorial into Brampton's new hospital. The new Peel Memorial will include the area's first Adolescent Intensive Day (AID) Program for youth struggling with self-harm and suicidal thoughts.

Osler and Osler Foundation extend a special thank you to Peter Gilgan, the Gilgan Family and their Foundation, the team at Mattamy Homes and all of the riders, donors and sponsors who supported this year's Tour de Bleu.

## HOCKEY NIGHT IN BRAMPTON



In August, a star-studded line up took to the ice at the CAA Centre for the second Hockey Night in Brampton. The event welcomed NHL greats including Toronto Maple Leafs' captain, John Tavares and legends Wendel Clark, Daryl Sitler and Doug Gilmour. Hosted by Mayor Brown and Brampton City Council, the event raised a record-breaking \$1 million to support the transformation of Peel Memorial into Brampton's new hospital—a significant project that will help increase hospital and health care capacity in our community for years to come. "What an incredible turnout we had at our second Hockey Night in Brampton. This night would not have been possible without the generosity of the players, coaches, sponsors, fans and staff who rallied around an incredible cause," said Mayor Patrick Brown. "The money raised will directly support the residents of Brampton. A second hospital is desperately needed, and this event and all the funds raised bring us one step closer to that. Thank you, Brampton!"

## TRUE NORTH FREIGHT SOLUTIONS INC.



True North Freight Solutions Inc. recently announced a donation of \$1 million to Osler Foundation to support equipment needs and ongoing redevelopment projects at Osler. "Our company started in Brampton, very close to the hospital, and we knew that we wanted to give back as part of the community," said Management of True North Freight Solutions Inc. "Having access to quality health care will always be a priority and we need to ensure the hospital has access to funds in the future. Health care is an ongoing need and we are committed to being involved. This is our community, this is our chance to give back."

## GURDWARA DASMESH DARBAR



Brampton's Gurdwara Dasmesh Darbar announced a \$100,000 gift to Osler Foundation in March to support equipment needs and ongoing redevelopment projects at Osler. "Giving back to the community and humanity, is one of the main pillars of the Sikh faith. Gurdwara Dasmesh Darbar is honoured to have the opportunity to give back to our community."

# Osler's Mental Health Outpatient Program Gives Patient New Lease on Life

*"It's like someone put a pair of glasses on my brain."*

ONE DAY, APRIL DEGRAAUW WOKE UP AND HEARD BIRDS SINGING. THAT MIGHT NOT BE REMARKABLE TO SOME OF US, BUT FOR APRIL IT WAS A NEW AND WELCOME SIGN OF CLARITY.

April is a patient of the Mental Health Outpatient program at Brampton Civic Hospital. She has fought long and hard to get to a place of better mental health.

A Brampton resident since 1975, April grew up in difficult circumstances; her mother had schizophrenia and her father was a gambler. She became a caregiver to others at an early age. But she pushed through trauma and persevered—until she couldn't.

"I didn't seek any treatment for anything. I just kept crashing through until 2016," April said. "I had a breakdown and I had to spend some

time in hospital. I overdosed on medication and was on life support for six days."

After her release from hospital, April began treatment with Dr. Amlan Das, Adult Psychiatrist at Osler's Brampton Civic Hospital, and the team at the Mental Health Outpatient clinic at Brampton Civic. She was diagnosed with complex trauma, generalized anxiety disorder, major depressive disorder and traits of borderline personality disorder.

April followed her treatment plan and signed up for all the programs she could, including cognitive-behavioural therapy (CBT) and

speaker sessions. But she struggled with the side effects of her medications. Sleep was hard to come by, and she wasn't functioning well day-to-day. It was time to try something new.

That's when Dr. Das suggested Repetitive Transcranial Magnetic Stimulation (rTMS), a treatment of short magnetic pulses directed to the brain to stimulate nerve cells and change brain circuit function.

April was nervous, but she trusted her Osler team. "I've been coming to this clinic for seven years, and I've always left feeling positive. So this is not going to be any different."



Right from the start, April says, “it’s like someone put a pair of glasses on my brain.” Her brain fog lifted, daily tasks became easier and she let go of negative energy. She’s now eating healthier, she’s lost 60 pounds and she has even given up smoking.

Osler has earned a reputation, both locally and regionally, as a centre of excellence for community hospital-based mental health and addiction disorders due to dedicated staff and the creation of unique mental health infrastructure and programs to meet the needs of Osler’s patients.

Osler receives over 1,400 referrals every month, with roughly 70% of these patients requiring treatment for depression, and continues to experience the highest number of emergency mental health visits in the Greater Toronto Area. To meet the growing need for mental health services, Osler has implemented a number of new programs to better serve patients and the community.

The Adult Psychiatric Intensive Care Unit (PICU) at Osler has been redesigned to accommodate four additional inpatient beds, as well as an activity area comprising a Health and Wellness space, a Therapeutic Intervention Room, and a Sensory Focused Intervention space. The additional beds have reduced average

wait times and sped up treatment for acute mental health patients, while the therapeutic rooms have helped create safe spaces for patients to relax and be receptive to therapeutic interventions.

Osler is developing a new Adolescent Intensive Day Program (AID), for youth ages 13 to 18 with a mental health diagnosis who are struggling with anxiety, depression and chronic suicidal ideation. This outpatient program is an alternative to hospitalization, and a next step for youth who need intensive support after their discharge from inpatient service. The program offers academic programming by Peel District School Board teachers and therapeutic programming, which incorporates evidence-based practices such as dialectical behavior therapy with a focus on crisis management, symptom stabilization and skills development.

April is grateful to have outstanding mental health care right down the road, in her own community. And she wants more people to benefit from the type of life-changing care she receives.

*“Without the mental health clinic, I would have probably been homeless and in a dark, dark place.”*



## Employee Giving Campaign

The culture of philanthropy is strong at Osler—our employees are committed to not only giving back through the incredible work they do, but also through their generosity.



Osler Foundation is excited to build upon Osler’s incredible spirit of philanthropy with the recent launch of the “This is MY Hospital” Employee Giving Campaign.

Inspired by our employees and designed to support Osler’s ongoing transformation, the campaign reflects the shared ownership and pride our staff, physicians and volunteers have for our remarkable community health care system.

With a goal of \$1 million, Osler employees are poised to make an even greater difference.

“It’s so fulfilling to give. When I look at what the organization has done for me personally and professionally—I think I have an obligation to share,” said Tony Raso, Vice President of Clinical Services and Chair of the new Employee Giving Campaign.

When you become a donor, you will be in great company, while making a meaningful impact and supporting exceptional health care close to home. Learn more at [oslerfoundation.org](https://oslerfoundation.org).



## PROGRAM PROFILE



# Osler's Mental Health Outpatient Clinic Redefines the Standards of Compassionate Care

OSLER, DISTINGUISHED BY ITS EXCEPTIONAL COMMITMENT TO MENTAL HEALTH AND WELL-BEING, PROUDLY HOUSES ONE OF THE PROVINCE'S MOST EXPANSIVE ACUTE CARE MENTAL HEALTH PROGRAMS. IN RECENT YEARS, OSLER'S MENTAL HEALTH AND ADDICTIONS PROGRAM HAS EMBARKED ON A TRANSFORMATIVE JOURNEY TO REDEFINE THE STANDARDS OF COMPASSIONATE CARE.



Christina Menchella, Anisha Aery, Wafa Chaudhary, Debra Gray (not pictured: Somia Aslam), staff at Osler's Adult Outpatient Mental Health Clinic

Osler provides comprehensive, acute mental health and addiction services ranging from Emergency/Crisis Care to Inpatient and Outpatient services, Day Treatment, and an Eating Disorders clinic. As part of Osler's Adult Outpatient clinic, the Stepped Care Program, modelled after an evidence-based program in the UK, helps ease access to mental health services by matching the level of need of each patient with the level of service offered, providing greater accessibility for patients needing mental health support.

Osler introduced two new programs to their stepped care, including a Trauma-focused Skills group and a Cognitive Processing Therapy group for patients who have experienced trauma or have been diagnosed with post-traumatic stress disorder (PTSD). The Trauma-focused Skills group offers patients an in-depth understanding of trauma and its impact on their lives. It teaches skills such as psychoeducation and mindfulness techniques to enhance self-care, regulate emotions, utilize self-compassion, and manage distress, all while understanding personal triggers and trauma symptoms. This leads to improved relationships with themselves and others, promotes healing and reduces self-harm and avoidance behaviours.

Once a patient has completed the Trauma-focused Skills group and has been identified with PTSD, they are encouraged to move onto the Cognitive Processing Therapy group where they process memories of their trauma that keep them stuck with symptoms of PTSD. The group helps improve their understanding of PTSD, reduce distressing memories of the trauma, and improve their day-to-day living.

"When we have patients participate in a stepped care group, especially a longer one, you can really see their transition from the beginning to the end of the group, especially when they start putting skills into practise. You can see shifts happening for them," said Wafa Chaudhary, Clinical Team Lead and Mental Health Therapist in the Adult Outpatient Mental Health Program at William Osler Health System. "It is amazing to see patients have a sense of empowerment and be able to take control over their own healing journey."



Shima Razavi-Denakhshi, Alessia Tuzi, Abigail Bernardez, staff at Osler's Adult Outpatient Mental Health Clinic

## STAFF Q&A



**DR. RAZI SAYEED,  
CORPORATE CHIEF OF  
PSYCHIATRY AND MEDICAL  
DIRECTOR, DEPARTMENT  
OF PSYCHIATRY, MENTAL  
HEALTH AND ADDICTIONS  
AND DONOR**

Tell us why you think it's important to support Osler Foundation.

Donations are so very important. For us to deliver the top notch care that we want to deliver to patients, we need resources. You cannot function as effectively as a clinician without them, and donors are most instrumental in helping us acquire these resources. Your gifts uplift the care we provide and helps us to deliver the most modern, most evidence-based care to our patients.

Our region has the lowest number of psychiatrists per capita in the province, so getting innovative technology, such as the rTMS clinic, helps retain and attract new psychiatrists in the field, while filling the gap in care.

By donating, you are raising the standard of living within the community.

## ENGAGING OSLER'S COMMUNITY ON THE NEW PEEL MEMORIAL HOSPITAL DESIGN



This past summer, Osler's community took an important step forward in the transformation of Peel Memorial into Brampton's new hospital.

From meeting with residents at events such as the Brampton Farmers' Market and Hockey Night in Brampton, to engaging community members at an interactive hospital design consultation at Brampton City Hall, Osler has been seeking input on the new Peel Memorial Hospital design—

feedback that will ensure the future site design truly reflects the unique needs and preferences of the Brampton community.

In addition to the in-person events, Osler also launched an online Peel Memorial Design Survey. Over 2,100 respondents shared their design preferences related to the hospital's architecture, patient areas, public spaces, wayfinding, and landscape. Highlights include:

- Nearly 90% of respondents report a positive experience with the current Peel Memorial design.
- Preferred elements for the new tower include open concept spaces, greenery, outdoor recreational spaces, natural lighting, and the use of visual art to support a healing environment.

**For more information, please visit  
[williamoslerhs.ca](http://williamoslerhs.ca)**



### VOLUNTEER PROFILE



## MEET SUKHDEEP KANG

For Sukhdeep Kang, volunteering as a member of Osler Foundation's Holi Gala Steering Committee and serving on the Board of Directors means not only donating her time, it means consistently going above and beyond to provide invaluable insights, leadership, and support that benefits her local hospital. Recently, Sukhdeep made an awe-inspiring announcement of a transformational donation of \$1 million to Osler Foundation. Her generosity will have a profound impact on Osler's ability to provide exceptional care to patients and families in the community, and inspire others to follow her lead in creating positive change.

"I know how important it is to feel protected in difficult times. That's why I give to help ensure quality, compassionate health care is available when it's needed most. There is a need for funds to provide best-in-class health care to Peel Region's ever-growing population. Contributing even a small amount will help to enhance the services for all of us."

## OUR COMMUNITY CARES



### HOLI GALA 2023

Osler Foundation marked a historic milestone, commemorating the 10<sup>th</sup> annual Holi Gala – Festival of Colours, presented by BVD Group, in April. With a sold-out attendance of 900 guests, this year's celebration brought together supporters from the local community and beyond, united in their commitment to raising funds for Osler. This was the most successful Holi Gala in the event's history, raising \$3.9 million to fund the purchase of critical new technology and to support vital redevelopment projects across Osler hospitals.

### OSLER OPEN: BRAMPTON INVITATIONAL



The 16<sup>th</sup> Annual Osler Open: Brampton Invitational presented by IFS, saw 144 golfers hit the links at

the Pulpit Golf Club in Caledon Village. Supporters raised \$234,500 for Osler's Brampton hospitals: Brampton Civic and Peel Memorial Centre for Integrated Health and Wellness.

### BANMORE GROUP



Banmore Group's Subway and Booster Juice locations at Toronto Pearson Airport

raised an impressive \$50,695.50 by donating a portion of sales and gathering additional contributions, to honour their colleague and cancer survivor, Mickey Patel. Funds raised went to support the Oncology department at Brampton Civic Hospital.

### KIPP'S WALK



Osler colleagues participated in Kipp's Walk in honour of Kipp Ghai, a member of Osler's Public Safety team,

who passed away in 2021. In its second year, the event raised \$13,000 for the Neonatal Intensive Care Unit (NICU) at Etobicoke General, bringing the total raised to almost \$30,000 in support of Osler.

### MCHAPPY DAY



McDonald's marked their 29<sup>th</sup> annual McHappy Day in May. Select Brampton restaurants joined the cause, generously donating 50 per cent of

the day's sales, resulting in an impressive \$10,010.03 raised for Osler. Staff from Osler Foundation made the day even more special by volunteering at the store, warmly greeting guests, providing table service, and even handling the drive-thru with a smile!

