

GROWING MINDFULNESS FOR  
MENTAL HEALTH IN OUR COMMUNITIES



CENTRE FOR  
Mindfulness  
Studies

**impact**report

2019



# GROWING MINDFULNESS FOR MENTAL HEALTH FOR YOUTH & FRONTLINE WORKERS IN OUR COMMUNITY

A 3-Year Program funded by  
the Ontario Trillium Foundation



## YEAR ONE ACCOMPLISHMENTS

### Frontline Worker Training

#### STAGE 1:

Partnered with 20 youth serving social service agencies.

65 frontline trainees completed an 8-week Mindfulness Based Stress Reduction (MBSR) Program.



100% of the participants said they would continue to practice what they learned. Results showed that after the MBSR program, the frontline trainees have lower perceived stress, improved well-being, and better mindfulness skills.



#### STAGE 2:

55 frontline workers completed the Mindfulness-Based-Wellness Program for Youth Train-the-Trainer Intensive.

Frontline workers learned mindfulness core concepts, the MBW program, teachbacks, and how to modify to suit the needs of their clients and agencies.

Participants gave the training an 8.6 out of 10 rating.

#### STAGE 3:

Supervised Training Practicum of the MBW Program. 21 groups led by a Frontline Trainee delivered the MBW program to their youth clients and were closely mentored by experienced faculty members from the Centre.



### Frontline Youth Worker Trainees said:



"I am a more attentive and calmer leader to my team."

"I think I have developed a more nuanced understanding of what mindfulness is and how it can be incorporated into my life and practice. The practice element has taught me how to teach this and get buy-in from youth."

"I've also benefited as a case manager and incorporated what I've learned into client sessions."

# OUR IMPACT IN 2019



"This has been the most helpful intervention / experience on my 10 year journey with depressive episodes."

*MBCT Participant*



"The 8-week MBCT gives me hope, and it gives me a safe space to be in and learn."

*MBCT Bursary Participant*



**1744**

People participated in a mindfulness program delivered by our Community Program for those most in need

**130**

Bursaries were provided to those in financial need

**1700**

Participants took a clinical Mindfulness-Based Group Program at reduced fee or a Professional Development Program through our Social Enterprise arm

**28**

Professionals completed the MBCT or MBSR Facilitation Certificate training

The Centre helps those who face economic and social barriers, and who have little or no access to mental health services. The Community program is funded by revenues from our professional training and clinical programs, donations, events and grants. These programs are sound, long-term investments in the health and well-being of our communities.



**Barry Patterson**, Executive Director



# COMMUNITY PARTNERS & BENEFICIARIES 2019

AboutFace  
 Arrabon House  
 Big Brothers Big Sisters  
 Brampton Salvation Army Youth Shelter  
 Centre Toronto Youth Services  
 CultureLink  
 Dixon Hall  
 East Metro Youth Services  
 Elizabeth Fry Toronto  
 Friends of Ruby  
 George Brown College  
 Jessie's Place  
 LOFT Community Services  
 Massey Centre  
 Parkdale Activity-Recreation Centre (PARC)  
 Planned Parenthood  
 Sheena's Place  
 SKETCH Working Arts  
 Springboard Services  
 Stella's Place  
 StepStones for Youth  
 Surrey Place  
 University of Toronto  
 WE Charity  
 West Hill Collegiate  
 West Neighbourhood House  
 WoodGreen Community Service - Rites of Passage  
 YMCA  
 Youth Without Shelter  
 Youthlink

# THANK YOU

## TEAM

### Board Members

Tita Angangco  
 Ana Serrano  
 Barry Boyce  
 Barry Watson  
 Eithne McCredie  
 Joanne McLean  
 Nicholas Parker

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### Volunteers

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 Demit Ergin Boran  
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 Goshia Stachowiak  
 Kevin Lee  
 Lina Akkawi

## DONORS

### Grants & Foundations

Fourth Box Foundation  
 Ontario Trillium Foundation  
 The Poile Family Foundation

### Donors (\$1,000+)

Darren Higgins  
 Michael & Laura Paletta  
 Pat Rockman  
 Tita Angangco

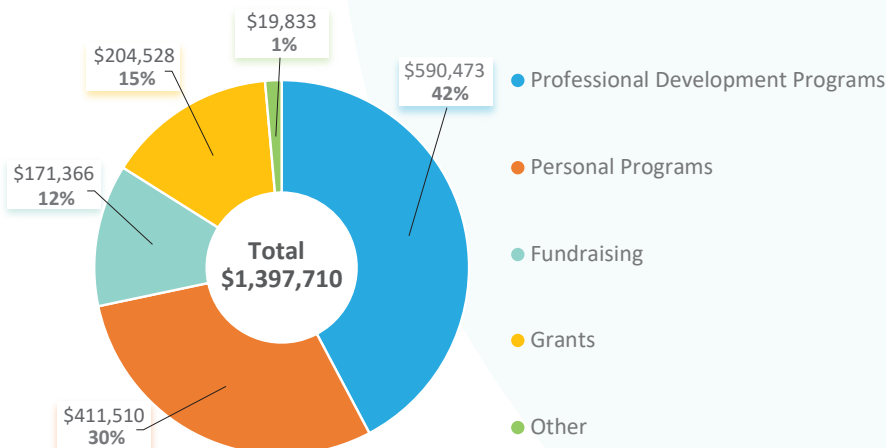
### Mindfulness Challenge Fundraisers (\$2,500+)

Alan Moon  
 Jo Bennett  
 Joanne McLean  
 Laurie Arron  
 Meredith Fellowes  
 Patricia Rockman  
 Shawna Perlin  
 Trish Sullivan  
 Wendy Blain

Mingyi Bian  
 Roberta Mohler  
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 Soo Chan Carusone  
 Susan Woods  
 Tanya Trklja  
 Tim Warner

## FINANCIALS

### Revenue



### Expenses

