

Annual Report

2020-2021

Donor Spotlight

The Horne Family



The Horne Family Memorial Fellowship

In 2018, the Horne family suffered the catastrophic loss of a family member. Paul Horne was a decorated military veteran and a highly respected Detective Inspector with the Ontario Provincial Police. Paul lived with post-traumatic stress injury (PTSI) caused by on-the-job trauma, and tragically took his own life.

In response to this tragedy, members of the Horne family, led by Paul's mother Marjorie, sister Lesley, brother Rob and Rob's partner Wendy, collaborated with HRI to establish a fellowship to advance research that aims to improve and ultimately save the lives of first responders living with trauma.

The Horne Family Memorial Fellowship supports post-doctoral fellows conducting research in PTSI and recovery with first responders and healthcare providers. Fellows work alongside Dr. Margaret McKinnon, HRI Research Chair in Mental Health and Trauma, to conduct research that will make a difference for people with PTSI.



[Rob Horne and Dr. McKinnon]

“Paul was always about making a difference to people and communities in practical ways,”

says Paul's brother, Rob

“Because HRI applies its research findings to real people who suffer as Paul did, we know he would be very proud of this initiative.”

We are grateful to the Horne family for their dedication and efforts to help first responders living with PTSI through applied research.

If you or someone you know is interested in supporting this Fellowship or booking a presentation to learn more, please contact us today.

Letter from the Board Chair

In HRI's first annual report, I wrote about collaboration as a key to success for organizations like HRI. This year, I was reminded of the invaluable role that collaboration and cooperation play in creating not only success, but also resilience.

This was a year like no other. Around the world, COVID-19 brought change, loss, and uncertainty never seen before. Every one of us has been impacted by this crisis. But in the face of crisis, HRI was amazingly resilient.

Like all charitable organizations, HRI was forced to find new ways to work as the global pandemic unfolded. Despite COVID-related restrictions, HRI staff, scientists, board members, donors, and partners came together to adapt every part of our organization.

We worked together, finding new ways to keep research moving forward in virtual settings. We cooperated to pivot processes that ensure the integrity and quality of our research, evaluation, and findings. And we took every opportunity to share findings in the digital landscape, so that our work continues to make a difference for people living with mental illness and addiction.

In September, HRI welcomed a new Executive Director, Dr. John Weekes, who had been a senior research leader at the Correctional Service of Canada and Director at Waypoint Research Institute. Unfortunately, after a few short months John resigned for personal reasons. Dr. Roy Cameron returned to serve as Interim ED as we search for a successor and I would like to extend my sincerest

appreciation to Roy for being willing to step back into this role again. During these unforeseen changes, collaboration and cooperation continued to drive our mission forward.

This year, we invited new collaborators into the fold. The HRI Board of Directors expanded to 12 members as we welcomed four new directors: Dr. Linda Lee, Gord Garner, Dr. Bob Bell, and Dr. Nick Kates. Our scientific team also grew, with the addition of three collaborating scientists announced in the fall. We are pleased to introduce these new members later in this report. In many ways, we built and expanded partnerships, increased research capacity, and found new ways to thrive. In fact, HRI's work is advancing with unprecedented momentum, as reflected in the articles that follow.

I am proud to share this year's stories of success and resilience with you. Thank you for helping to create these stories. Thank you for your support and for working together with us to create positive change for people across Canada living with mental illness and addiction.



A handwritten signature in black ink that reads "Ron Schlegel".

Ronald P. Schlegel
OC, PhD, LL.D

Chair and Director,
Homewood Research Institute Board

About HRI

Homewood Research Institute (HRI) is a nonprofit organization dedicated to research that transforms mental health and addiction treatment in Canada and around the world. We bring together leading scientists, researchers, clinicians, and people with expertise based on lived and living experience to advance a common goal: improving services to enhance lives.

Our core clinical partner is Homewood Health. This is why we proudly share the Homewood name. Homewood Health enables HRI's independent researchers to do studies in their clinical programs across the country. This benefits Canadians in two ways:

- 1. It ensures our studies are relevant and informed by the perspectives of people experiencing mental illness and addiction and the clinicians who serve them, and**
- 2. It builds confidence that the innovations we test are practical; they are studied in “real-world” settings and can be moved into practice immediately.**

Thanks to this partnership and to core funding from Homewood Health and its owners, the Schlegel family, HRI is a nationally recognized charity with a growing list of partners and supporters.

In this report, we celebrate the progress we've achieved together over the past year. Thank you for playing a vital role in supporting mental health for all Canadians.



Strategic Plan Summary 2018-2022

Mission

To improve outcomes of mental health and addiction treatments and services by joining forces with key partners to plan, do, and use research that enhances practice.

Vision

No life held back or cut short by mental illness or addiction.

Goal

Accelerate Canadian progress in improving care and outcomes for mental health and addiction through innovation and applied research.

STRATEGIC PRIORITIES

THE PEOPLE

Build “Best Minds” Collaborative Networks



- Initiate national networks to promote and develop a research enterprise focused on integrating science and practice

THE ENABLING ENVIRONMENT

Build and Use a National “Living Research Environment”



- Catalyze and facilitate the development of an environment that welcomes and enables research

HIGH-IMPACT RESEARCH

Drive Change and Improvements to Care



- Be a leader in developing innovative systems to understand and measure recovery
- Develop and test treatment innovations to improve care at Homewood and beyond

THE FUTURE

Build a Scientific and Technological Foundation



- Build a hub to support a national enterprise that develops innovations which improve care and outcomes

THE CAPACITY

Build HRI Organizational Capacity



- Demonstrate exemplary strategic and operational capacity

Adapting Research

in Response to a Global Pandemic

In early 2020, HRI staff and scientists transitioned to a remote working environment. Like most Canadians, we watched nervously as the pandemic spread. The relevance of HRI's mission was increasingly apparent as COVID-19 intensified Canada's existing mental health and addiction crisis.

Our team was nimble and adapted quickly. We embraced technology, pivoted research projects for online delivery, and collaborated digitally with people across the country. We also identified areas where we could serve people dealing with the mental health impacts of COVID-19.

This story outlines some of the ways in which we responded.



Contributing to the national response to COVID-19

- Dr. Margaret McKinnon provided guidance on managing traumatic events during the pandemic in a special HRI news feature (available at hriresearch.com)
- Dr. McKinnon, Dr. Ruth Lanius, and Col. Rakesh Jetly, Senior Psychiatrist with the Canadian Armed Forces, published an opinion piece in The Globe and Mail calling attention to moral injury in healthcare and public safety workers during the pandemic
- Drs. McKinnon and Lanius wrote an article for The Conversation about COVID-19 stigma in medical workers and how feelings of betrayal at work contribute to moral injury

Seeking new knowledge to drive progress

- Dr. Brian Rush initiated systematic reviews to explore how pandemics affect mental health and substance use outcomes
- Dr. James MacKillop launched a study examining the impact of COVID-19 on mental health and substance use
- HRI, in collaboration with the Integrated Youth Services Network in Guelph-Wellington, received funding to work with youth to develop a prototype app to support youth experiencing anxiety during the pandemic

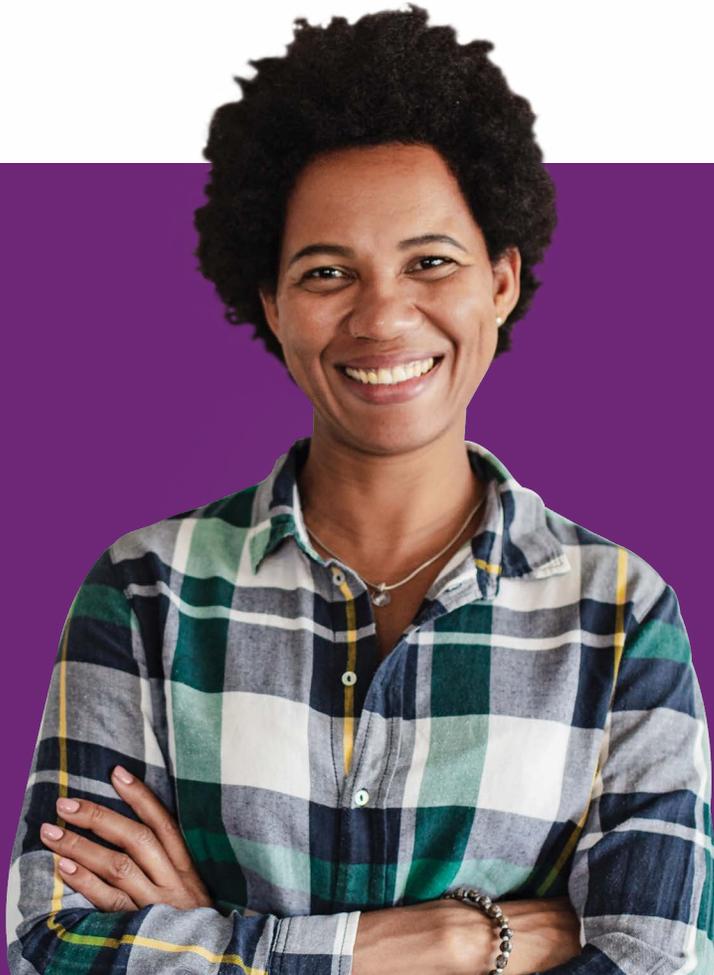
Working online catalyzed creativity and new opportunities for our team. Most significantly, by adapting new studies from in-person to online delivery, we are now testing treatments that can be scaled to reach larger numbers of people at lower cost, and to serve people in remote areas. This addresses the global challenge of providing timely access to services.

Adapting research projects

- Dr. Jean Costello modified the Recovery Journey Project, a study exploring long-term treatment outcomes, inviting participants to share how COVID-19 was affecting their recovery
- Studies of Goal Management Training, a cognitive tool for reducing symptoms of trauma, transitioned to online delivery, enabling participation from across the province
- COVID-specific questions were added to multiple projects underway to better understand how the pandemic is affecting people, and how we might mitigate these impacts

Mobilizing knowledge and discovery across Canada

- A publication by Dr. McKinnon, Col. Jetly, and international collaborators identified potential supports to first responders experiencing moral injury during the pandemic
- Dr. McKinnon, Dr. Lanius, and HRI Trainees contributed to a national website of COVID-19 resources launched by the Canadian Institute for Public Safety Research and Treatment (CIPSRT). The team also provided related educational webinars.
- Dr. McKinnon was invited to work with Public Health Ontario and Ontario Health to create preparedness resources for the resurgence of COVID-19



In March, Homewood Health confirmed they will be working with HRI to launch a groundbreaking \$1,000,000 COVID-19 study led by Dr. Margaret McKinnon. The aim is to rapidly develop and test new mental health treatments for healthcare providers and public safety personnel. The study will begin by seeking input from these workers to understand how pandemic stress, moral injury, and minority stress among marginalized groups affect their mental health; this input will inform new treatments to benefit Canada's healthcare and public safety workers.

The Recovery Journey Project:

Moving Beyond Outcome Measurement

Recovery monitoring is essential for assessing how well programs work and for improving services, but routine follow-up after treatment is rare in our mental health and addiction treatment system.

HRI's Recovery Journey system is helping to address this gap in Canadian healthcare.

The Recovery Journey system is a flagship model for assessing the long-term recovery outcomes of people who receive inpatient treatment. Patients provide information from the beginning of treatment until one year after discharge, enabling us to learn from their lived experience.

This information allows us to:

- **Better understand the recovery experience**
- **Understand how well, and for whom, treatment is working**
- **Guide improvements to care**
- **Optimize use of resources**

Thanks to initial funding from KPMG Waterloo and the KPMG Foundation six years ago, the Recovery Journey system has expanded rapidly. The following is a summary of key progress milestones.

Early days

In 2015, we launched the Recovery Journey Project, a pilot study of HRI's system, in partnership with our core research and development partner, Homewood Health. Patients in Homewood's Addiction Medicine Program helped to design the system to ensure it addressed their needs.

In 2016, the system was featured in the Canadian Journal of Addiction and at an international addiction medicine conference attended by experts from more than 30 countries. The following year, early findings were published and reports shared with Homewood Health to inform program improvements.

Expanding the model

With additional funding from KPMG, we learned how to use the Recovery Journey Project in a broader range of settings by adapting the system for use in two new Homewood Health programs in Victoria, BC and Guelph, ON.

The Recovery Journey Project has proven valuable at Homewood Health. In 2019, Homewood permanently adopted the Project as part of regular clinical practice in multiple settings. The system has now been expanded for wider use in programs focused on post-traumatic stress, anxiety, and depression.

In total, more than 2100 people across Canada have now helped to develop and test the Recovery Journey Project. We are grateful to participants for sharing their expertise and experience with us.





Adding Features to the System

To enhance the value of the Recovery Journey system we have added the following features:

Screening tools

Screening tools have been incorporated to better understand the unique needs of each person entering treatment. This enables improved treatment planning and individualized care.

A tool for improving practice

To help integrate the system with practice, we developed a Data Visualization Tool. The tool makes data accessible, enabling treatment providers to use emerging findings quickly and easily to improve practice.

Scaling up to other treatment settings

We are convening leaders, starting in Ontario, to co-create a shared vision for advancing recovery monitoring in Ontario and beyond. This work is informed by an environmental scan and literature review completed last year, which will help us work collaboratively in scaling up this type of system to benefit all Canadians.

In the coming year, we will be exploring how the Recovery Journey system can be adapted and implemented within three hospital-based settings and three community treatment settings in Ontario.

Findings and news about the Recovery Journey Project are shared publicly via a dedicated website, www.recoveryjourneyproject.com.

We are grateful to Homewood Health as our primary partner, to all participants, and to all donors – particularly KPMG Waterloo and the KPMG Foundation – for enabling this work.

Celebrating Trailblazers:

Early Investors Catalyze Major Impacts in Trauma Research

In 2015, the J.P. Bickell Foundation funded an HRI study led by Dr. Margaret McKinnon, Homewood Research Chair in Mental Health and Trauma, to explore the use of a cognitive tool, Goal Management Training (GMT), to treat post-traumatic stress disorder (PTSD).

GMT helps individuals to self-regulate and think in an organized way to achieve goals. Originally developed to rehabilitate people after strokes or brain injuries, GMT has been shown to improve concentration, memory and planning in numerous populations. Dr. McKinnon led the first exploratory study to test GMT among people with PTSD.

Early studies revealed that GMT improved thinking speed, memory, and self-regulatory skills aiding in the pursuit of goals. It also reduced depression and self-reported cognitive difficulties. These findings set the stage for a larger research program.

In 2017, HRI partnered with three funders committed to improving the lives of military members, veterans, and first responders with PTSD. The Cowan Foundation, RBJ Schlegel Holdings, and the Military Casualty Support Foundation (MCSF) have invested nearly \$275,000 in GMT projects, propelling Dr. McKinnon's studies into a new phase of discovery.



Early feasibility research progressed to randomized controlled trials involving both inpatient and outpatient participants. GMT continued to show great promise and new funders took notice.

“Start-up funding from the J.P. Bickell Foundation, the Cowan Foundation, RBJ Schlegel Holdings, and the Military Casualty Support Foundation led to larger investments in this research, which stands to benefit thousands of people,” says Dr. Roy Cameron, Interim Executive Director at HRI.

“Investments have now reached \$2.5 million. We wouldn’t be here today without the philanthropists who recognized the potential of this work early on. We are deeply grateful for their generosity and shared vision to help people with PTSD.”

GMT is now offered to clients with PTSD in several programs at Homewood Health, where early feasibility studies were conducted. Research has expanded to new treatment sites beyond Homewood in Ontario and Quebec and now includes the following populations:

- **Military members and veterans**
 - **Civilians**
 - **Public safety personnel, including police, probation, and parole officers, corrections workers, firefighters, paramedics, emergency dispatchers, and nurses**
-



\$2,522,611 generated thanks to early funders who launched this work



7 scientists and clinician scientists are engaged in this field of study



8 HRI Trainees (graduate students and post-doctoral fellows) are now involved in GMT studies

The following timeline summarizes milestones and major investments in this growing research program.

2015

- The J.P. Bickell Foundation grants Dr. McKinnon \$65,000 for a small inpatient study.

2017

- The Cowan Foundation, RBJ Schlegel Holdings, and the Military Casualty Support Foundation donate \$75,000 to HRI to study GMT with military members and veterans.

2019

- The Cowan Foundation, RBJ Schlegel Holdings, and the Military Casualty Support Foundation donate \$196,000 to expand GMT research to outpatient clinics treating military members and veterans.
- The Canadian Institutes of Health Research (CIHR) grants Dr. McKinnon \$30,000 to develop a plan to extend GMT to public safety personnel.
- CIHR grants Dr. McKinnon and her team \$150,000 for a randomized controlled trial (RCT) involving public safety personnel.

2020

- The Workplace Safety and Insurance Board (WSIB) grants Dr. McKinnon and her team \$326,111 for an RCT with public safety personnel in outpatient settings.
- CIHR awards Dr. McKinnon and her team \$990,000 for an RCT with public safety personnel that adds functional MRIs to examine the brain before and after GMT treatment.
- The FDC Foundation donates \$696,000 to HRI for an RCT to test neurofeedback and GMT in civilians, including MRIs to examine the brain before and after GMT treatment.



A Year in Review: Highlights

Building new partnerships

We are pleased to announce three new partnerships, all of which will enhance HRI's impact:

The Canadian Centre on Substance Use and Addiction (CCSA)

CCSA was established by an act of Parliament in 1988 to provide national leadership on substance use and addiction. CCSA provides guidance to decision makers by harnessing the power of research, collecting and organizing knowledge, and bringing together diverse perspectives. These activities strongly align with HRI's values, mission, and vision.

Community Addictions Peer Support Association of Ottawa (CAPSA)

CAPSA is a non-profit organization of people affected by substance use disorder that offers peer-support and engagement initiatives to help individuals integrate into the community.

HRI and CAPSA share a common interest in better understanding substance use and identifying evidence-based assessment and treatment services to help people in need of support. This year, we welcomed Gord Garner, Executive Director of CAPSA, to the HRI Board of Directors.

Our partnership with CAPSA will add value to many aspects of HRI's work, including the engagement of people with lived and living expertise in our research activities.

Frayme

Frayme is a national network seeking to transform systems that address youth mental health and substance use. Frayme gathers evidence, shares knowledge, connects people, and moves knowledge into practice, engaging youth and families in all aspects of its work.

In 2020, we launched a project that will help define how to assess outcomes of mental health apps. Frayme is playing a pivotal role in bringing people with lived expertise to the table so we can understand the outcomes that matter the most to youth when using mental health apps.



Three new scientists join the HRI team

This year, HRI welcomed three scientists who are now collaborating in advancing our program.



Dr. Onawa LaBelle, PhD
HRI Collaborating Scientist

Onawa LaBelle is a President's Indigenous People's Scholar and Assistant Professor in the Psychology Department at the University of Windsor. Her recent work includes the examination of online recovery meetings, women's relationship experiences in early recovery, and a Buddhist-based approach to addiction recovery.

Dr. Labelle currently sits on the editorial board of the *Journal of Recovery Science*. She regularly lectures on topics related to recovery, adult attachment processes, intimate relationships, communication skills, and the health benefits of gratitude.



Dr. Andrew Nicholson, PhD
HRI Scientist

Andrew Nicholson is a former HRI Post-Doctoral Fellow. He is now Assistant Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster University, and Senior Research Fellow, Department of Psychology, University of Vienna. Supported in part by funding from the FDC Foundation, he joined our team as HRI Scientist.

Dr. Nicholson uses brain-imaging technology to study post-traumatic stress disorder (PTSD) and related mental illnesses, making "invisible illnesses" visible. Currently, Dr. Nicholson is leading clinical trials using neurofeedback to treat PTSD.



Dr. Andriy V. Samokhvalov, MD, PhD, FRCPC
Collaborating Clinical Scientist

Andriy Samokhvalov is a psychiatrist at Homewood Health Centre. He is also a Clinician Scientist at the Centre for Addiction and Mental Health (CAMH), and an Associate Professor at both the University of Toronto and McMaster University.

Dr. Samokhvalov's research focuses on the epidemiology of substance-related problems, as well as integrated treatment models, particularly in the field of concurrent disorders. He also has a strong interest in healthy living and promotes mental and physical well-being through nutrition, exercise, and stress management.

Four new directors join the HRI board

HRI has welcomed four new directors, fulfilling a strategic decision to increase the size of our board from nine to 12 members. All new members bring rich experience, expertise, and perspectives that will help to shape HRI's strategy so that our work benefits as many people as possible.



Dr. Robert Bell

Robert Bell served as Ontario's Deputy Minister of Health from 2014 to 2018. He also served as President and CEO of the University Health Network, COO at Princess Margaret Hospital, and Chair of Cancer Care Ontario's Clinical Council and the Cancer Quality Council of Ontario. He is a Fellow of the Royal College of Physicians and Surgeons of Canada, the American College of Surgeons, and an Honorary Fellow of the Royal College of Surgeons of Edinburgh. He is an internationally recognized orthopedic surgeon, health system executive, clinician scientist, and educator.



Gord Garner

Gord Garner is the Executive Director of the Community Addictions Peer Support Association (CAPSA) and Chair of Recovery Day Ottawa, an annual event aimed at reducing the stigma surrounding addiction and raising awareness about recovery. Informed by his own 38 years of active addiction, he is now a public speaker and trainer with expertise in person-first language and addressing stigma. Gord is committed to removing barriers to enable evidence-based actions that will improve the lives of people impacted by substance use in Canada.



Dr. Nick Kates

Nick Kates is Professor and Chair, Department of Psychiatry and Behavioural Neurosciences at McMaster University. He is cross-appointed to the Department of Family Medicine and an Associate Member of McMaster's Department of Health, Aging, and Society. For 12 years, Dr. Kates was the Director of the Hamilton Family Health Team Mental Health and Nutrition Program. He aided the Ontario Minister of Health's Advisory Group in redesigning a provincial mental health system. He also served on the Federal Minister of Health's Advisory Council on Mental Health and Addictions.



Dr. Linda Lee

Linda Lee is a Care of the Elderly family physician and Schlegel Research Chair in Primary Care for Elders. She is also Associate Clinical Professor in the Department of Family Medicine at McMaster University.

Dr. Lee created a Primary Care Memory Clinic model, the MINT Memory Clinic and Training Program. It has guided development of 117 memory clinics across Ontario, and the model is now expanding to other provinces. Her research focuses on improving health care for older adults living with dementia and other complex chronic conditions associated with aging.

Evaluation services of value to local and provincial collaborators

This year, Dr. Jean Costello moved into a new role as HRI's Director of Evaluation. Currently she is leading two projects that link HRI's evaluation and digital therapies work in a way that builds strategic partnerships.

The Ontario Telemedicine Network (OTN) plays a pivotal role in building provincial virtual care solutions. OTN facilitated a partnership between HRI and Hôtel-Dieu Grace Healthcare in Windsor to evaluate implementation of the Breaking Free Online (BFO) program, focused on addiction treatment. This evaluation will guide other organizations as BFO is rolled out provincially.

The second project involves collaboration with the Integrated Youth Services Network (IYSN) in Guelph - Wellington to evaluate the development of their model of care. The IYSN model is based on Youth Wellness Hubs Ontario, a "one-stop-shop" approach developed by Dr. Joanna Henderson and her team at CAMH. The IYSN model is of interest to other communities as a unique approach to providing rural youth with access to mental health services.

Both projects are funded through contracts. These projects indicate the value that HRI's evaluation program holds for building external relationships in a way that drives innovation and improves service delivery.



Improving digital mental health tools

There is a worldwide challenge to provide access to mental health and addiction services. The digital delivery of services to supplement face-to-face treatment will be vital to addressing this challenge. While new apps are coming to market weekly, little is known about which tools can be used with confidence, given a lack of evaluation or quality standards.

Until recently, there was no framework available to provide guidance on how to assess digital therapy tools in a comprehensive, rigorous way. With funding from The RBC Foundation, HRI engaged Dr. Yuri Quintana, Assistant Professor of Medicine at Harvard Medical School and Chief of the Division of Clinical Informatics at Beth Israel Deaconess Medical Centre, to develop such a framework to serve as a remedy.

In May 2020, Dr. Quintana released *A Framework for Evaluation of Mobile Apps*

for Youth Mental Health, a report co-authored by Dr. John Torous. Although the report focuses on youth, the Framework is broadly applicable to digital tools designed for adults.

HRI hosted an invitational webinar to explore how to put the Framework into action in Canada. Senator Stan Kutcher, a psychiatrist, sent the report to all Canadian Senators and Members of Parliament as a background to a Briefing Note addressing mental health needs of Canadians during the COVID-19 pandemic and beyond. By invitation, Dr. Quintana discussed the Framework on an RBC Disruptors podcast and was keynote speaker at CAMH's 10th Annual E-Mental Health Conference. The report has now been shared with clinicians, researchers, universities, government agencies, and mental health treatment providers across Canada.

HRI is now doing studies and building partnerships to facilitate use of the Framework.

HRI Trainees awarded for research achievements

HRI is committed to training the next generation of clinical researchers and scientists. Trainees work under the supervision of HRI Scientists in all areas of research.

The following HRI Trainees received significant awards this year:



Bethany Easterbrook

McMaster University PhD student Bethany Easterbrook received the Frederick Banting and Charles Best Canada Graduate Scholarship Doctoral Award from the Canadian Institutes of Health Research (CIHR). The \$105,000 award will support her research exploring moral injury.

Currently, Bethany is examining the prevalence of moral injury in the Canadian Armed Forces to inform treatment improvements for military members who experience a moral injury during service.



Yarden Levy

Yarden Levy, a PhD student in the Research and Clinical Training program in the Department of Psychology, Neuroscience and Behaviour at McMaster University, was the recipient of a Wilson Leadership Scholar Award. The Award recognizes undergraduate and graduate students poised to serve as Canada's next generation of leaders and cultivates leadership through a career-development program.

As a Wilson Leader, Yarden will build critical skills aimed at bridging gaps between policy and decision-making in Canadian healthcare.



Isabella Romano

Isabella Romano received the 2020 Darlene Walton Award, which recognizes a Trainee whose work guides improvements to mental health and addiction practice through research.

A PhD candidate in the School of Public Health and Health Systems at the University of Waterloo, Isabella played a key role in doing and publishing studies documenting impacts of a tobacco-free policy among patients receiving treatment for substance use disorder at Homewood Health Centre. This work will inform improved policy and practice in other inpatient settings.

New funding to advance major projects

We are grateful for the support from our funders. We seek to advance their missions and goals through the funds they invest in HRI. This funding enables us to enhance services and outcomes to benefit individuals, families, workplaces, and society.



The FDC Foundation

The FDC Foundation donated \$696,000 to test Goal Management Training (mentioned earlier in this report) in treating civilians with PTSD. The team, led by Dr. Margaret McKinnon, includes HRI Consulting Scientist Dr. Ruth Lanius and HRI Scientist Dr. Andrew Nicholson.

This generous award includes salary support for Dr. Nicholson, making it possible to recruit this rising star back to Canada from his fellowship in Austria.

Robert McKinnon

Bob McKinnon is a longtime supporter of Dr. Andrew Nicholson, a former HRI Trainee who went on to work at the University of Vienna. Bob was the first donor to back the vision of early career funding to bring Dr. Nicholson back to Canada. His moral support and donation of \$10,000 catalyzed our success in recruiting Dr. Nicholson in collaboration with McMaster University.

RBC Foundation

After funding the initial development of the previously mentioned Framework for evaluating mental health apps, the RBC Foundation provided an additional \$150,000 to move the Framework into use. The funding also supports a process to identify the best metrics and measurement scales for assessing the outcomes of apps used by youth for anxiety and depression. We are grateful for this ongoing support.

Frayme

Frayme generously matched funding from the RBC Foundation, donating \$150,000 to aid in identifying the best metrics for evaluating the outcomes of youth mental health apps. Frayme is also partnering with HRI in this process to engage people with lived experience who will identify the outcomes that matter most to them.

The goal of this project is to have a set of metrics and tools that can be used to rigorously assess outcomes, compare results across studies, and ultimately benefit people who are using apps.

Ontario Trillium Foundation

The Ontario Trillium Foundation awarded a \$75,000 Seed Grant to HRI for a project that engages youth in co-designing and piloting a mental health app prototype.

HRI's Framework for evaluating mental health apps specifies that best practice should involve co-design with intended users. In this project, protocols for youth engagement will be created to ensure that the end product meets the needs and preferences of its intended audience.

Youth will be engaged with help from the Integrated Youth Services Network (IYSN), which is building a new standard of care and services for young people in Wellington County and Guelph.

The Canadian Centre on Substance Use and Addiction (CCSA) and Health Canada

HRI was delighted to receive a \$100,000 peer-reviewed grant from the Canadian Centre on Substance Use and Addiction (CCSA) and Health Canada to study the effects of cannabis legalization on at-risk populations, including people requiring treatment for mental illness and substance use disorder. Dr. Jean Costello, HRI's Director of Evaluation, is leading the study in collaboration with researchers at the Peter Boris Centre for Addictions Research, including Dr. James MacKillop.

This year, CCSA also provided a \$35,000 sponsorship in support of HRI's efforts to expand standardized recovery monitoring in Ontario. We are grateful for CCSA's support and for the value that this partnership adds to our work.

The McConnell Foundation

This year, the McConnell Foundation awarded \$98,000 to put HRI's Framework for mental health apps into action. With this funding, we are working with experts and a wide group of stakeholders to develop recommendations for regulations related to apps.



New and improved website

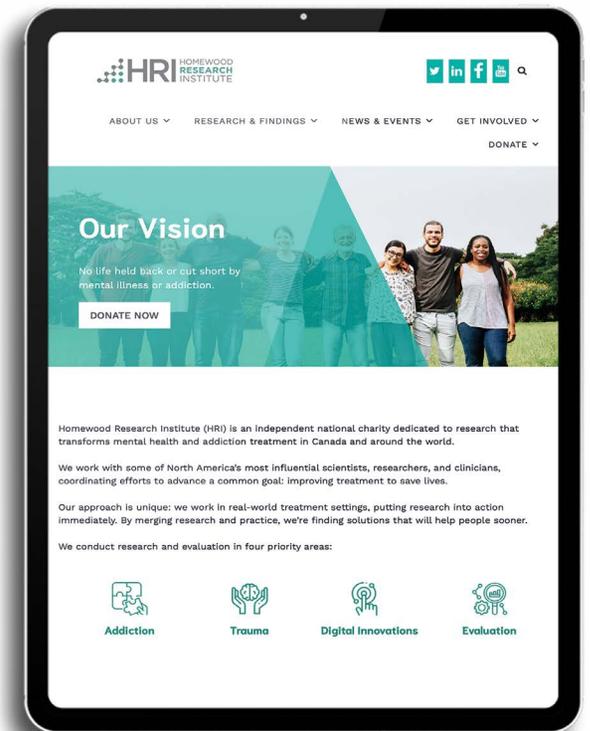
In February, we launched a new website, www.hriresearch.com.

The site features faster load times, improved wayfinding, and a mobile-responsive design, making information more accessible to visitors using a range of devices. It also uses imagery and language that better reflect and celebrate the diversity among our team, collaborators, and the people we serve. Updated messaging describes HRI's role in Canada, with a focus on the impact and progress that our donors and supporters are helping to create.

Anti-oppression, equity, and inclusion

We believe that people and organizations thrive when we embrace the richness of the human experience and invite all voices to contribute to a shared goal. We are recognizing opportunities for improvement. We are committed to doing better for people experiencing systemic racism, oppression, and inequity.

Our team is working to uncover and address inherent injustices in the way we work. We are taking action to ensure the values of anti-oppression, equity, and inclusion are part of our organizational culture, policies, and research activities. If you have feedback on how we can improve, please email comments or suggestions to info@hriresearch.com.



"I support Homewood Research Institute because it brings people together to get results. The results not only help a family member, a neighbour or a co-worker, but innovations are also shared with treatment agencies and other research organizations around the world."

Carl Zehr
Retired Mayor of Kitchener

2020 Holiday Giving Campaign Success

Our supporters never cease to amaze us! This was a challenging year for everyone. We launched our 2020 Holiday Giving Campaign with a lot of uncertainty. But our donors stepped up and made this our most successful holiday campaign to date, giving nearly \$22,000 to advance our mission! We are grateful for this support, and for generous fund-matching from Homewood Health, which creates an incentive to give and doubles the impact of each donation.

Thank you for believing in HRI and in the power of research to improve and save lives.

“Thank you to the Homewood Research Institute for championing youth mental health research across Canada, and for your partnerships internationally in digital mental health research and standards. Your researchers have been invaluable in providing information to me as we work on mental health frameworks and funding across Canada.”

Lloyd Longfield
Member of Parliament for Guelph



A Year In Numbers

\$1,769,000 
in new research funding (held by HRI)

19



affiliated
research trainees

3



new scientists



33

conference papers
and presentations

42 
publications



22

major media features

9

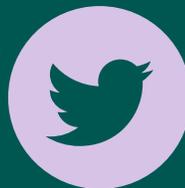


reports, infographics,
and research summaries



30%

Increase in
Twitter
Followers



76%

Increase in
LinkedIn
Followers



57%

Increase in
Facebook
Followers



Our Financials

Statement of Operations and Changes in Net Assets

Year ended March 31, 2021, with comparative information for 2020

	2021	2020
Revenue:		
Donations and grant funding	\$ 1,943,829	\$ 1,013,568
Investment income (loss)	59,403	(16,983)
	2,003,232	996,585
Expenses:		
Salaries and benefits	912,151	1,038,131
Purchased services	785,837	344,608
Supplies and other	119,701	178,252
	1,817,689	1,560,991
Excess (deficiency) of revenue over expenses	185,543	(564,406)
Net assets, beginning of year	583,928	1,148,334
Net assets, end of year	\$ 769,471	\$ 583,928

Our Supporters

(*denotes a multi-year gift)

Every gift to HRI is an investment in more efficient and reliable treatment and services for people experiencing mental illness and addiction.

We are grateful for our donors, supporters, and partners. Because of you, we were resilient this year. We were able to carry our mission forward in the face of a global emergency.

Thank you for believing in our work and for supporting HRI's vision: *No life held back or cut short by mental illness or addiction.*

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Ron & Barbara Schlegel and Family

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Homewood Foundation

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HRI's monthly donors provide support throughout the year to ensure that we can turn research discoveries into treatment innovations more quickly.

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Darlene Walton Scholarship Fund

To celebrate the memory of an HRI friend and supporter, the Darlene Walton Scholarship Fund recognizes students who demonstrate excellence in mental health and addiction research, doing work that enhances practice.

Roy Cameron	Paddie Lucas	The Walton Family
Cyndy Moffat Forsyth	Dolores Raycraft	John and Helen Weekes
Heather Froome	Angelo & Valerie	KPMG Staff via
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Honourees of the Grateful Patient Program

The Grateful Patient Program allows donors to recognize an individual or group who played a special role in their recovery. Honourees receive a letter of recognition, and donations are used to support research and help others on the road to recovery. Honourees include:

The team at Homewood Health Centre
Cafeteria staff at Homewood Health Centre
Library staff at Homewood Health Centre
Nursing staff in the Assessment and Stabilization Unit at Homewood Health Centre
The Yellow Team, Addiction Medicine Program, Homewood Health Centre
Dr. Wilson Lit, Psychiatrist, Trillium Acute Care Program, Homewood Health Centre
Dr. Ava Muir, Psychiatrist, Trillium Acute Care Program, Homewood Health Centre
Mary Morrissey, Comprehensive Psychiatric Care Program, Homewood Health Centre
Melissa Ruddick, Addiction Medicine Program, Homewood Health Centre

In memory

This year, gifts were made to HRI in memory of the following people:

Silvana Belsito
Martin Cherupunam
Raffaele Cupelli
Mark Fedy
Rick Hilborn
Shannon Hope
Paul Horne
Walter Mike Javor
Edgar Kreitz
John Loizides
Shawn Rissling
Brenda Thompson
Darlene Walton
Regina Zimmer
Joey

In Honour

Thank you to HRI supporters who donated in honour of the following people:

Andrea Brown
HRI Team
Danielle D'Amico
Edgeworx Customers



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Fiscal Year:
April 1, 2020–March 31, 2021

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Fiscal Year:
April 1, 2020–March 31, 2021

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Jean Costello, PhD

HRI Senior Scientist

Adjunct Faculty Member, School of Public Health & Health Systems, University of Waterloo

Onawa LaBelle, PhD

HRI Collaborating Scientist

President's Indigenous Peoples Scholar

Assistant Professor, Psychology Department, University of Windsor

Ruth Lanius, MD, PhD

HRI Consulting Scientist

Professor of Psychiatry and Director of PTSD Research Unit, Western University

Harris-Woodman Chair in Psyche and Soma, Schulich School of Medicine and Dentistry, Western University

James MacKillop, PhD

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Peter Boris Chair in Addictions Research

Director, Boris Centre for Addictions Research

Director, Michael E. DeGroot Centre for Medicinal Cannabis Research

Professor, Psychiatry and Behavioural Neurosciences, McMaster University

Margaret C. McKinnon, PhD, C Psych

Homewood Research Chair in Mental Health and Trauma

Associate Professor and Associate Chair, Research, Department of Psychiatry and Behavioural Neurosciences, McMaster University

Research Lead, Mental Health and Addictions, St. Joseph's Healthcare Hamilton

Andrew Nicholson, PhD

HRI Scientist

Assistant Professor, Department of Psychiatry and Behavioural Neurosciences, McMaster University
Senior Research Fellow, Department of Psychology, University of Vienna

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HRI Collaborating Scientist

Chief, Division of Clinical Informatics, Beth Israel Deaconess Medical Centre

Assistant Professor of Medicine, Harvard Medical School

Brian Rush, PhD

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Scientist Emeritus, Institute for Mental Health Policy Research, Centre for Addiction and Mental Health

Professor, Dalla Lana School of Public Health Sciences, University of Toronto

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Associate Professor, Department of Psychiatry, University of Toronto

Associate Professor, Department of Psychiatry and Behavioural Neurosciences, McMaster University

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