

**ANNUAL  
REPORT  
2016-2017**





# ABOUT HOMEWOOD RESEARCH INSTITUTE

**Mental health and addiction are the most important and pervasive healthcare issues facing Canada in the twenty-first century.**

Homewood Research Institute (HRI) is a young Canadian charitable organization quickly becoming a magnet for many of Canada's - and, in fact, the world's - leading thinkers in mental health and addiction.

As daunting as the current challenges are, there is good reason for informed optimism if we can enhance public awareness and understanding of mental illness, expand research activity, and connect research findings to the clinical environments that can adapt, evaluate and refine innovations. This path to progress is not new. It is the path that cancer research and treatment began navigating approximately a half-century ago, by integrating science with practice to accelerate progress. HRI is a force for driving this approach in the field of mental health and addiction.

Join us as we celebrate the institute's strategy to establish a national profile, a more ambitious research program, and a system that will guide mental health and addiction care in Canada into the next decade and beyond.

## HRI HALLMARKS:

- Unique approach to applied research in Canada
- Collaborating to build networks of the best Canadian scientists and clinicians in addiction and mental health
- National leader in measuring treatment outcomes in mental health
- Unique research partnership with Homewood Health, which treats more than 100,000 people annually
- Independent, registered charitable organization

# LETTER FROM THE CHAIR



The vast majority of my career has been focused on building better communities. I believe in supporting people to help them achieve their full potential and live healthy, meaningful lives.

In my experience, there is a common thread that runs through all successful community enhancement initiatives: collaboration. I can't think of a charitable organization that embraces collaboration more readily than HRI. The progress that HRI has made in the past year is the result of combining the right resources and the right talent to grow the enterprise.

It is clear to me that HRI has the potential to play a key role in moving Canada forward demonstrably in mental health research, addiction research, and clinical care. I wish to express my sincere gratitude to HRI's donors, funders, scientists, board members, staff, partners and stakeholders, all of whom play an integral role in helping this organization reach its full potential and, in doing so, make a collective impact to help improve Canadian healthcare.

A handwritten signature in black ink, reading "Ron Schlegel". The signature is fluid and cursive, with a long horizontal stroke at the end.

**Ronald P. Schlegel, OC, PhD, LLD**  
**Director and Chair, Homewood Research Institute**

# LETTER FROM THE EXECUTIVE DIRECTOR



Addressing mental illness and addiction has become a matter of national urgency. As Canadians, we are fortunate that our nation has a large, vibrant mental health and addiction research community. Important work is underway to build our fundamental understanding of these disorders that affect so many of us. As this research continues, Canada needs a concurrent program of strategic and applied research that will directly inform and improve care and treatment. This is HRI's unique role in Canada.

Our vision is simple: no life held back or cut short by mental illness or addiction. As we move into a new phase of growth, we are focused on growing a national enterprise that will take research findings into treatment settings across Canada, making a difference for people living with mental illness and addiction. Through our partnership with Homewood Health, we have the unique advantage of conducting research in a real-world environment, developing and testing innovations that improve the experience of patients and clients, generating better outcomes and offering better value for money.

We are grateful to our supporters and are pleased to share with you how donor dollars are helping us accelerate Canadian progress in improving care and outcomes for mental health and addiction.

A handwritten signature in white ink, reading "Roy Cameron". The signature is stylized and cursive.

**Roy Cameron, PhD**  
**Executive Director, Homewood Research Institute**

# OUR HIGHLIGHTS FROM THE 2016-2017 YEAR

## Homewood Research Institute Scientists Received National Funding

HRI scientists received funding approval for three proposals from the prestigious Canadian Institutes of Health Research (CIHR), Canada's federal funding agency for health research. Total funding was just under \$2,000,000 for projects focusing on post-traumatic stress disorder (PTSD) and addiction. These research projects include Homewood clinicians as collaborators and will inform clinical practice at Homewood Health.

### A SUMMARY OF THE GRANTS IS AS FOLLOWS:

- Paul Frewen, Ruth Lanius, Margaret McKinnon and team received \$100,000 over one year to study mindfulness meditation for PTSD
- Ruth Lanius, Margaret McKinnon, Paul Frewen, Rakesh Jetly and team received \$607,780 over five years to study PTSD and its dissociative subtype in military personnel and veterans
- James MacKillop and his colleagues received \$1,215,555 over five years to study alcohol trajectories during the transition to adulthood

# Post-Discharge Outcome Monitoring System Advancements

HRI's post-discharge outcome monitoring system (PDO) is unique in Canada. Launched in 2015, the system follows the recovery journey of patients discharged from Homewood Health Centre's Addiction Medicine Service for up to one year. Now known by patients as The Recovery Journey Project, the system measures changes in key indicators of recovery over time.

Data from the PDO system will enable the evaluation of long-term impacts of treatment and will inform care across Canada.

## 2016 SAW THE FOLLOWING MILESTONES IN THE PDO SYSTEM:



As of March 31, 2017, 963 people have been engaged in the PDO project during their stay at Homewood.



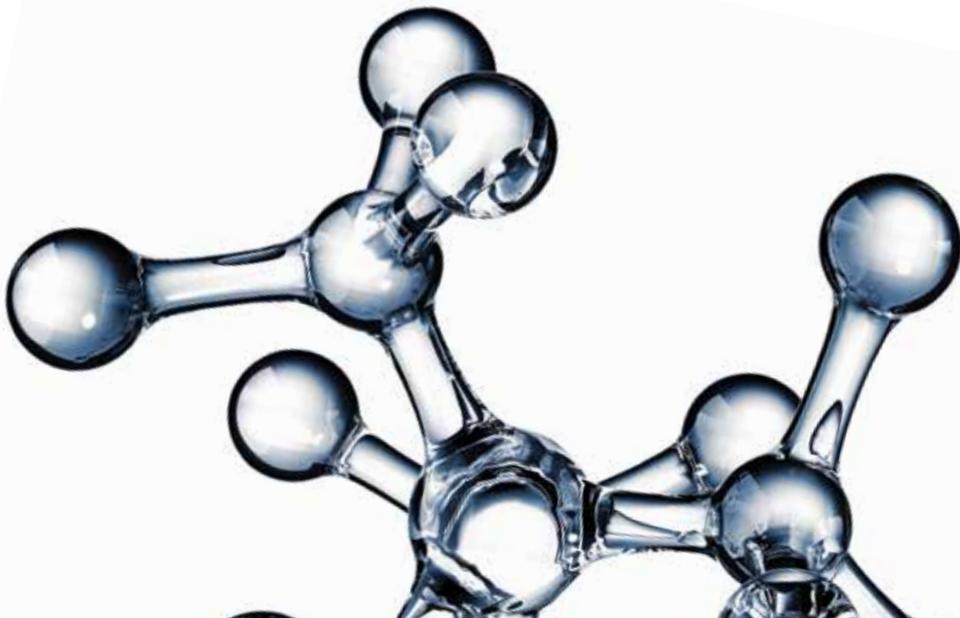
Five reports were presented to Homewood Health's Clinical Excellence Forum to inform the ongoing development and review of treatment programs at Homewood Health Centre.



Dr. Jean Costello, HRI Research and Evaluation Scientist, and her colleagues published a peer-reviewed article in the Canadian Journal of Addiction detailing the development and implementation of HRI's outcome monitoring system. This paper appeared in a special issue of the journal, co-edited by Dr. Costello and Dr. Brian Rush, who collaborated in the development of the outcome evaluation system.



The PDO monitoring system was featured in presentations by Homewood Senior Scientist, Dr. James MacKillop, and HRI Senior Research Coordinator, Sarah Sousa, at the joint meeting of the Canadian Society of Addiction Medicine (CSAM) and the International Society of Addiction Medicine (ISAM), which attracted experts from more than 30 countries to Montreal in October 2016.





**“ For the first time, the Government of Canada has identified mental health as a top priority. ”**

## Research Funding Partnership to Aid Military Members and Veterans

People suffering from post-traumatic stress disorder (PTSD) often experience memory and attention deficits that interfere with their daily lives. Trauma-related mental illness is of particular relevance to military members and veterans, where urgent calls exist to address PTSD in these populations.

In 2016, representatives from The Cowan Foundation, Schlegel Health Care Incorporated, the Military Casualty Support Foundation and Homewood Research Institute identified a shared priority for research on interventions that could improve transitions from military to civilian employment. A partnership between the four organizations was established to fund a study proposed



Left to right: Roy Cameron, Executive Director, Homewood Research Institute; Margaret McKinnon, Associate Co-Chair, Research, Department of Psychiatry and Behavioural Neurosciences, McMaster University and Homewood Senior Scientist; Theresa Hacking, President, Military Casualty Support Foundation; Rob Schlegel, CFO Schlegel Health Care Inc.; Heather McLachlin, President, Cowan Insurance Group.

by Homewood Senior Scientist, Dr. Margaret McKinnon, which is examining the efficacy of a novel cognitive training program called Goal Management Training (GMT) in improving cognitive functioning among military members and veterans with PTSD.

GMT aims to help participants build skills in performing behaviours that rely on basic cognitive processes, such as

planning, organization and achieving goals for everyday functioning.

Longer-term impacts of Dr. McKinnon's research may include the application of similar clinical interventions to address PTSD in police and first responders. This study is helping to launch a national network lead by HRI, to further advance the development of innovative treatment approaches for those with PTSD.

# OUR FUTURE

**The HRI Board has approved a new Strategic Plan, identifying the strategic priorities that will move us closer to achieving our mission to improve outcomes of mental health and addiction treatments.**

Over the next five years, we will focus on building the foundation for a national enterprise that will help to guide mental health care in Canada into the next decade and beyond.

In preparation for this new phase of growth, HRI has attracted a small core group of international leaders in mental health and addiction research and evaluation. We are now set to build networks around these leaders, establish a national presence, build training programs, and bring researchers and clinical leaders together to co-create programs to improve practice. HRI will serve as a hub to enable innovative research and enhanced patient care.

## 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 PLAN SUMMARY 2018-2022

## 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 within treatment settings

### 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 in Canada 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



**“ Every week,  
500,000 Canadians  
stay home from work  
because of mental  
health or addiction  
challenges. ”**

# NEW DIRECTIONS

**The greatest step we can take toward becoming a national asset is to create a growing team of experts and partners across Canada, working in concert, across disciplines and across institutions. To achieve our vision, we want to attract and develop the best minds in the field.**

**These include:**

## **Graduate students**

Graduate students are the unsung heroes of scientific research. HRI's graduate student training program provides opportunities to participate in applied studies that focus on improving care and outcomes. Our donors are helping us build the next generation of highly skilled, specialized clinicians and researchers.

## **Graduate & post-doctoral students**

Graduate and post-doctoral students are recruited to work under the supervision of HRI-affiliated scientists through HRI's scholarship program. Each scholarship holder is trained in applied research and evaluation in a "living research environment."

## **Clinical scientists**

Clinical scientists are the key drivers of progress at HRI. Through our Partnership Model, we seek to recruit talented scientists who retain their positions within their university or hospital programs.

## **Research chairs**

Research chairs are engaged to attract established specialists, to conduct international research in partnership with HRI, and to participate in applied research opportunities at HRI and Homewood.

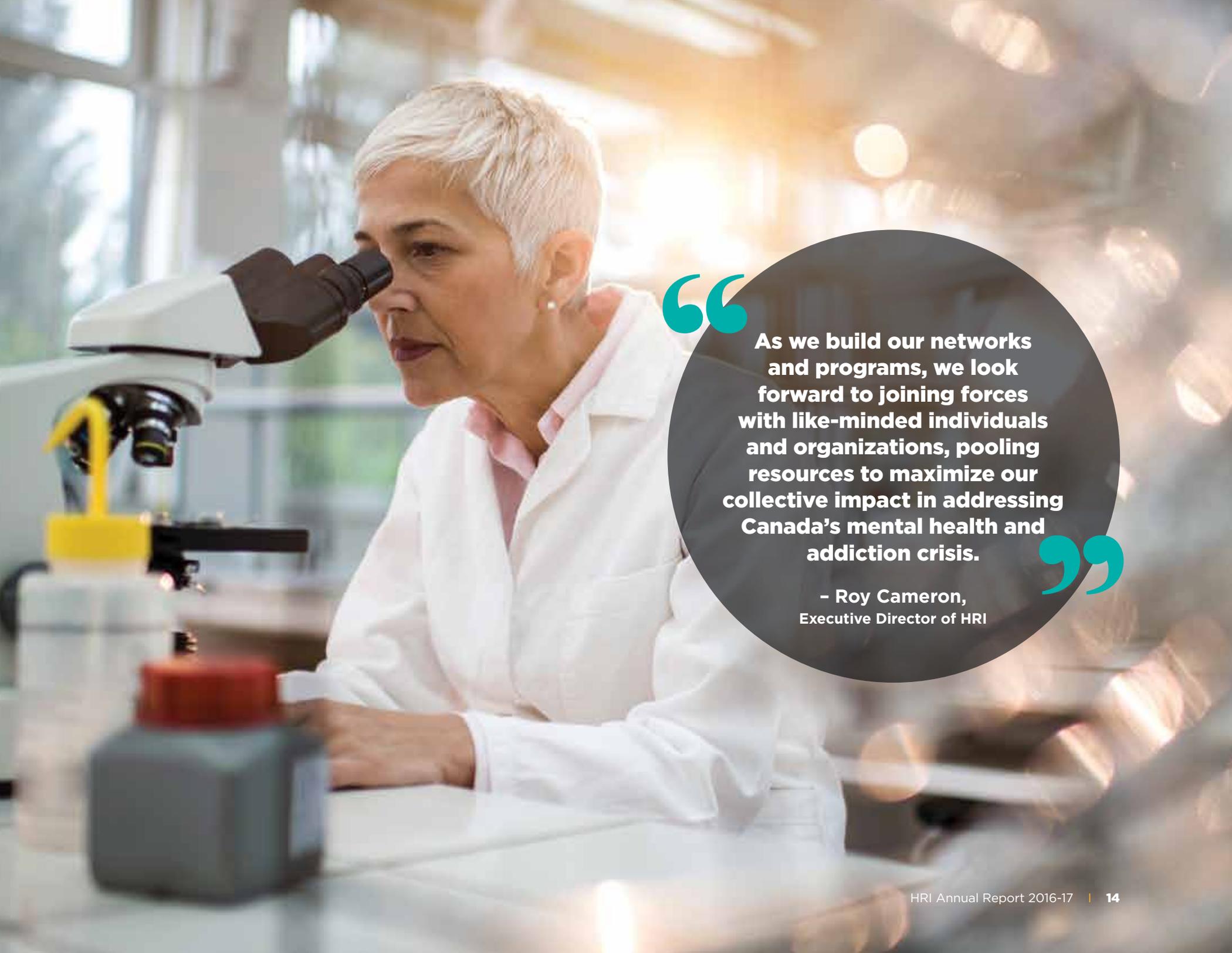


# OUR FINANCIALS

## Statement of Operations and Changes in Net Assets

Year ended March 31, 2017, with comparative information for 2016-2017

	2017	2016
<b>Revenue:</b>		
Donations and grant funding	\$ 651,631	\$ 920,931
Problem gambling	5,956	5,956
Interest income	9,663	10,240
	667,250	937,127
<b>Expenses:</b>		
Salaries and benefits	560,954	538,950
Purchased services	311,061	256,023
Supplies and other	75,084	61,315
	947,099	856,288
Excess (deficiency) of revenue over expenses	(279,849)	80,839
Net assets, beginning of year	1,546,603	1,465,764
<b>Net assets, end of year</b>	<b>\$ 1,266,754</b>	<b>\$ 1,546,603</b>



“

**As we build our networks and programs, we look forward to joining forces with like-minded individuals and organizations, pooling resources to maximize our collective impact in addressing Canada’s mental health and addiction crisis.**

”

**– Roy Cameron,  
Executive Director of HRI**

# OUR SUPPORTERS

HRI extends our gratitude and thanks all supporters who so generously contributed to help us move our organization forward in 2016. A gift to HRI is a gift to people living with mental illness and addiction. Together, we are making a collective impact in improving care and outcomes in Canada.

Our primary partner, Homewood Health, provides a unique learning environment. It places HRI's research in a real-world context and allows for the evaluation of every new research-generated concept. The solutions come when Homewood clients and clinicians team up with our scientists to do studies that advance practice. This approach is what sets us apart, and we are grateful for their openness and commitment to partner in this way.

We also wish to thank Mitacs, an organization dedicated to supporting social innovation in Canada. HRI research projects received matching funds and support from Mitacs through the Mitacs Accelerate Program. We are most thankful for their generosity.

## **Federal Government – Canada Summer Jobs**

**Wes Gee**

**Guelph Paper & Cleaning Supply Co. Ltd.**

**JP Bickell Foundation**

**Medical Mart**

**Eugene Melnyk**

**Military Casualty Support Foundation**

**Aldina and Jose Pereira**

**Schlegel Family**

**The Cowan Foundation**

**The Homewood Foundation**

With strong philanthropic support, we can help patients receive better care faster, while giving healthcare professionals, institutions, funders and governments the evidence needed to inform policy and practice decisions that can have a meaningful impact on Canada's mental health and addiction crisis.

**If you wish to donate to HRI, please visit [homewoodresearch.org](http://homewoodresearch.org).**

Charitable Registration # 86307 3334 RR0001

# OUR LEADERSHIP

As of March 31, 2017

## BOARD OF DIRECTORS



**Josie d'Avernas**  
*Director*



**David Hales**  
*Director*



**Dr. Wilson Lit**  
*Director*



**Kenneth Murray**  
*Director*



**Jagoda Pike**  
*Director*



**Dr. Ronald Pond**  
*Director*



**Bob Rae**  
*Director*



**Ron Schlegel**  
*Director & Chair*



**S. Martin Taylor**  
*Director*

## *Ex-officio Officers*



**Roy Cameron**  
*Executive Director*



**Kimberly Mirotta**  
*Treasurer*



**Heather Froome**  
*Secretary*

# OUR TEAM

As of March 31, 2017

## COLLABORATING SCIENTISTS



**Paul Frewen, PhD, C Psych**  
*Homewood Associate Clinical Scientist*

Associate Professor, Research Scientist, Department of Psychiatry, Schulich School of Medicine & Dentistry, Department of Psychology, Faculty of Social Science, School of Graduate & Postdoctoral Studies, Lawson Health Research Institute, University of Western Ontario and London Health Sciences Centre



**Margaret C. McKinnon, PhD, C Psych**  
*Homewood Senior Scientist*

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

Academic Head and Psychologist, Mood Disorders Program, St. Joseph's Healthcare Hamilton



**Ruth Lanius, MD, PhD**  
*Homewood Associate Clinical Scientist*

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

Harris-Woodman Chair in Mind-Body Medicine, Schulich School of Medicine and Dentistry, Western University



**Donald Meichenbaum, PhD**  
*Homewood Senior Practice Fellow in Residence*

Distinguished Professor Emeritus, University of Waterloo  
Research Director, Melissa Institute for Violence Prevention



**James MacKillop, PhD**  
*Homewood Senior Scientist*

Peter Boris Chair in Addictions Research

Director, Boris Centre for Addictions Research

Professor of Psychiatry and Behavioural Neurosciences, McMaster University

# OUR TEAM

As of March 31, 2017

## HRI STAFF



**Roy Cameron, PhD, FCAHS**  
*Executive Director*



**Jean Costello, PhD**  
*Research and Evaluation  
Scientist*



**Heather Froome, MSW**  
*Director of Organizational &  
Business Development*



**Kathryn Junkin, MPH, MSc**  
*Research Assistant*



**Courtney Ropp, MSc**  
*Research Associate*



**Rebecca Rothwell, BA**  
*Communications Coordinator  
(part-time)*



**Chris Ryan, MSc**  
*Research Associate*



**Sarah Sousa, MSc**  
*Research Associate*



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**[HOMEWOODRESEARCH.ORG](http://HOMEWOODRESEARCH.ORG)**

CHARITABLE REGISTRATION # 86307 3334 RR0001