

Meet the CMHA Toronto Board of Directors 2021 – 2022

Gulshan Alibhai

Vice President

Serving for a 4th 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 a 2nd 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.

Alana Boltwood

Chair, Board Development Committee

Serving for a 2nd 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 a 5th 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 a 1st term

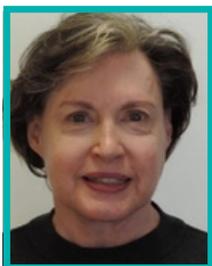


Paula Harrington has over 20 years of experience in human resources, working in both the private and public sectors. She is the Director of Employee Experience and Organizational Development at The Centre for Addiction and Mental Health (CAMH). Paula has an MBA from Queen's University, has completed 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 a 3rd 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.

Kimberly Moran

Chair, Finance and Audit Committee

Serving for an 8th term



Kimberly Moran is dedicated to improving the lives of children and youth, focusing on strengthening healthcare policy, systems and patient outcomes in Canada and internationally. Kim is currently CEO of Children's Mental Health Ontario and is a leading advocate for child and youth mental health. Her passion for improving the delivery of mental health treatment runs deep and is rooted in her family's lived experience with mental health. Kim is a Chartered Professional Accountant who brings more than thirty years of senior leadership experience in the private and not-for-profit sectors, including as CEO of UNICEF Canada. She has advised health system stakeholders at all levels of government in Canada and internationally. Kim is a member of the Premier's Council on Improving Health Care and Ending Hallway Medicine; an independent, voluntary expert advisory council, which reports to the Premier and the Minister of Health. She also chairs the finance committees for Seneca College and CMHA Toronto.

Cheryl Prescod

Director

Serving for a 2nd 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 a 4th 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 a 7th 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 a 1st 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

Director

Serving for an 8th 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.