



A DIFFERENT KIND OF HEALTH CARE



MEDAVIE
HEALTH FOUNDATION

PROUDLY SUPPORTED BY



\$6.4 MILLION+ TO 40 PROGRAMS SINCE 2011

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1. Siblings Dorcus, Amina and Izidori, whose family attend the CHANCES Family Centre Community Clinic
2. Michael Prosserman, Founder and Executive Director of UNITY Charity
3. Participant of Trillium Health Foundation's KidFit Health and Wellness Clinic
4. Kelti, participant and volunteer with Atlantic Wellness Community Center's Open Doors program
5. Mary Catherine Connolly, nurse practitioner, CHANCES Family Centre Community Clinic
6. Dr Ian Zenlea, physician lead of KidFit Health and Wellness Clinic engaging with a youth
7. Eric, YMCA Alternative Suspension participant and Kai, program youth worker with the YMCA of Greater Moncton
8. Geneviève, Revivre participant
9. Lesley Smythe, Clinical Therapist and Executive Director, Atlantic Wellness Community Center
10. Branden, Program Coordinator, UNITY Charity
11. UNITY Charity youth participant
12. A new PEI family benefiting from the CHANCES Family Centre Community Clinic

THIS IS HEALTH CARE.

THIS IS MEDAVIE.

We believe keeping Canada healthy doesn't start at a doctor's office. It starts in our kitchens and living rooms, on our playgrounds and in our community centres.

This is health care that looks a little different. And this is the kind of health care we're passionate about at Medavie Health Foundation.

It's our mission to find, fund and support projects and programs making a real difference to Canadians on an individual and community level. Medavie Blue Cross and Medavie EMS give 10% of their net income to our Foundation every year so our funding recipients can focus on what they do, not where their funding is coming from.

We focus on two primary areas of our health: child and youth mental health and type 2 diabetes. Because we believe that if we change behaviour early, teach new habits or give someone a second chance, we can help people lead healthy lives and keep them from becoming patients.

We are creating a health care ecosystem, one that we can help sustain over time. Our role, as the Foundation evolves, is to become a catalyst for this ecosystem.

We can lift organizations and causes up. We can help connect people and services to each other. We can take on big challenges together and affect change through collective impact.

We're helping to take health care out of the hospital and into our hearts and homes. At Medavie Health Foundation, health care is different. Learn about what it looks like to us.



THE WAITING ROOM

REIMAGINED

The CHANCES Family Centre Community Clinic uses a nurse practitioner model to ensure families and children without a regular family doctor receive the health care they need.



CHANCES CLIENTS
REPRESENT
**29 COUNTRIES &
5 CONTINENTS.**



I want families to have an extra year without having to manage a chronic illness, and that comes from leading our best lives.

– ERIK SANDE, PRESIDENT, MEDAVIE EMS

The waiting room at CHANCES offers a comfortable space to relax for brothers Boniface and Amina.

The clinic at the CHANCES Family Centre on Prince Edward Island is finding smart new ways to care for their community. From a converted Victorian home in downtown Charlottetown, a nurse practitioner welcomes Islanders who don't have a family doctor, providing basic healthcare, including type 2 diabetes and mental health prevention.

"It's an invaluable service," believes Melissa Coffin, "especially to new Canadians." In her role as a resettlement

caseworker with the PEI Association for Newcomers to Canada, she knows how hard it can be for families to get the care they need.

"Mary Catherine, the nurse practitioner at CHANCES, invests so much time in her clients," says Melissa. "This kind of continuity of care just can't happen at a walk-in clinic." With an 8,000-person wait list for a family doctor on the Island, CHANCES makes sure primary health care is more accessible.



Dr. Ian Zenlea leads the KidFit Health and Wellness Clinic, connecting children, families and communities to healthy lifestyles.

LIFE-LONG HEALTH

OUTSIDE THE HOSPITAL

The Trillium Health Partners KidFit Health and Wellness Clinic focuses on breaking the cycle of childhood obesity, type 2 diabetes, depression and anxiety through screening, prevention and sustainable self-management.



95% OF CHILDREN

WITH TYPE 2 DIABETES ARE OVERWEIGHT AT TIME OF DIAGNOSIS.



With partnerships, programs and people all working together, we can help Canadians take ownership of their health. And create a health care system that's more sustainable and open.

– KIM WEST, BOARD CHAIR, MEDAVIE HEALTH FOUNDATION

As the project and medical lead for the Trillium Health Partners KidFit Health and Wellness Clinic in Ontario, Dr. Ian Zenlea, a pediatric endocrinologist, spends a surprising amount of time thinking about health outside the hospital.

“We want to make real, lasting changes for families and kids,” says Ian. “Our health and wellness programs aren’t about weight loss. It’s about health, good lifestyle choices and dealing with the big picture, together.”

Kim West, chair of the Medavie Health Foundation Board, is inspired by

Dr. Zenlea’s work because of its ability to connect communities. “He’s working in such an interesting space between families, kids and physicians,” she says. “He’s bringing people together to empower them in taking care of their health. It’s a new way to approach health care, and one I’m particularly excited about.”

“It’s powerful to take the reins and change yourself for the better,” says Dr. Zenlea. “We want to help every doctor support their patients. And we want to help every family in the program take charge of their health. It’s possible.”



YMCA Alternative Suspension offers a positive space for students while they need to be away from school.

FINDING THE **POSITIVE**

Founded by the YMCAs of Quebec, YMCA Alternative Suspension creates positive experiences and supports youth during their suspension and reintegration into the classroom by promoting personal development and autonomy.



Medavie Health Foundation just works differently for organizations. To provide multi-year funding for programs like YMCA Alternative Suspension means they can focus on the good they do, not where their funding is coming from.”

– ERIC LABERGE, PRESIDENT,
MEDAVIE BLUE CROSS

ESTIMATED COST TO
SYSTEM IF 100 YOUTH
DROP OUT OF SCHOOL:
\$50,000,000

Everyone can help care for our community’s health, even if you’re not a front-line health care provider.

YMCA Alternative Suspension takes that to heart. Instead of sending kids home if they’re suspended, the program takes them in and identifies ways to address the root cause of the behaviour.

Andrew Borrelli, coordinator of development and training for the program, is seeing results. “There are no bad kids,” he believes. “Just bad decisions. By getting to the root of a child’s issue, we know they’re more likely to stay in school.”

YMCA Alternative Suspension turns suspension into a positive experience, one that has lasting outcomes for a child. “We’re connecting dots,” says Andrew. “Kids who come through our program find new services or support that help them excel. This can lead to better health over their whole lifetime.”

For the YMCA, helping a child reach their full potential is the best outcome they could hope for.



Kelti, program participant and volunteer, likes to unwind at Atlantic Wellness Community Center.

NEVER JUST A NUMBER

The Atlantic Wellness Community Center in New Brunswick provides professional counselling to youth and young adults ages 12 to 21 who struggle with mental illness and mental health concerns.



I love my community. And I love being a part of an organization that supports people where I live and work.

– GWEN BRENEOL, CORPORATE SALES, MEDAVIE BLUE CROSS AND MEMBER OF THE MEDAVIE HEALTH FOUNDATION GRANTS REVIEW COMMITTEE

PUBLICLY FUNDED COUNSELLING typically has a wait list of **UP TO A YEAR** in south-eastern New Brunswick.

Being a teenager isn't easy. Especially if you're struggling with anxiety or depression. Without a place, and a person, to turn to for help, a teen can't build the important foundations for their life to come.

The Atlantic Wellness Community Center in Moncton recognized they could do more for teens working through mental health issues. So they came up with a solution: A program that opens its doors to any teen.

"I'd been in countless doctor's offices and programs," says Kelti, who started her mental wellness journey with the Open Doors program when she was struggling with depression at 13. "Open Doors gave me something no other health care provider could: a friend."

Three years later, Kelti's a dedicated, passionate volunteer and mental health advocate. "Here, we're more than a number or a case file," she says. "I believe we need more spaces like this because this is a place where you feel welcome and safe."



Branden believes UNITY has helped him become his best self.

THE ART OF **ACTIVITY**

UNITY helps youth to positively express their stress and develop skills for success, make better choices as leaders, mentors and positive community role models, and build productive citizens, safer schools, and healthier communities.



I'm a part of primary health care, but I love organizations like UNITY that address the root causes of health problems. It's truly a holistic approach to care in this country.

– SYLVIE LAVIGNE,
PRIMARY CARE PARAMEDIC,
MEDAVIE EMS ONTARIO
CHATHAM-KENT AND MEMBER OF
THE MEDAVIE HEALTH FOUNDATION
GRANTS REVIEW COMMITTEE



74% of participants
state they have MORE
POSITIVE WAYS to
**EXPRESS
THEIR STRESS.**

We all have to learn how to cope with stress and anxiety. But, in Branden's case, learning those skills didn't come easily.

"I was in trouble a lot and getting suspended from school," he says. "Before UNITY, I didn't know how to express myself. Now, my art form is my outlet."

Branden got involved with UNITY Charity in Halifax in 2010, and hasn't looked back. Today, he's the program coordinator

and brings UNITY artists, dancers and musicians together to empower youth with the confidence and skills for success using hip-hop.

"We work so hard to be a place of respect and a group that kids feel welcome in," says Branden. "Sometimes I think kids need more than pills to address their mental health challenges. They just need a space where they can express themselves. That's what UNITY is about."



For Geneviève, Revivre offers a safe and welcoming environment.

A NEW WAY **TO HEAL**

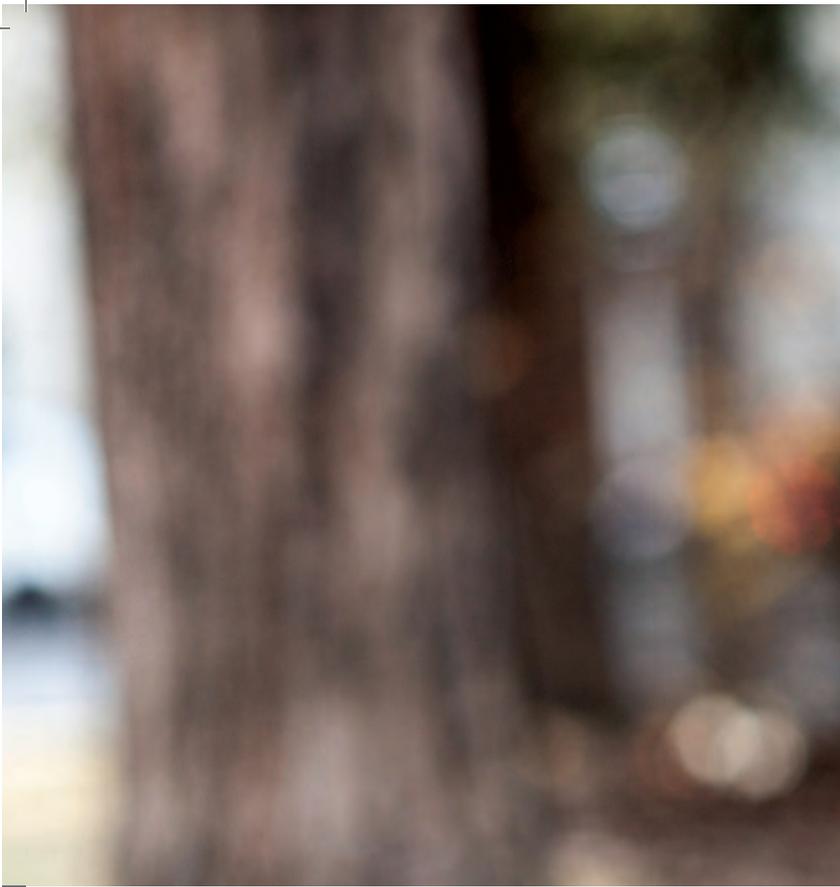
Reivre helps people with anxiety, depression or bipolar disorder and their families in collaboration with Quebec's institutional and community mental health network.



Reivre helped me to open up to others. And they're so active in our community, I know they're helping others find ways to express themselves too.

- GENEVIÈVE, REVIVRE PARTICIPANT





ANXIETY AND DEPRESSION – the onset of which begins during childhood and adolescence – account for almost **65% OF ALL MENTAL DISORDERS IN QUEBEC.**

Isolation hurts. It can often take more than family or friends to break through to someone who's struggling with anxiety or depression.

That was the case for Geneviève of Montreal. After years of doctor's appointments and psychologists, she participated in a self-help group for youth with anxiety.

"I was very lonely before," Geneviève says. "I don't think I realized that until I was in my group at Revivre. My group and I are like a little family, we understand each other."

Today, Geneviève has the support and skills she needs to manage her anxiety. "In a new or stressful situation, I know I can turn to my group to help me get through."

Paula Grossman, who works with Medavie Blue Cross as a senior benefits specialist, believes healing can come from community. "I'm really proud to be a part of an organization that helps programs like Revivre, because they're making a real difference in our communities."

Reivre is creating the kind of connections that can help heal, every day.



So often in primary health care, people become patients. Peer support and programs like Eating Disorders Nova Scotia help break that cycle.

– JEREMY MEASHAM,
ADVANCED CARE PARAMEDIC,
ISLAND EMS AND MEMBER OF THE MEDAVIE
HEALTH FOUNDATION GRANTS REVIEW COMMITTEE

EATING
DISORDERS
ARE THE
**THIRD
MOST**

common chronic health condition among young people and have the highest mortality rate of any mental illness.

PEOPLE NOT PATIENTS

Eating Disorders Nova Scotia provides information, education, connections, programs and support for youth with eating disorders and their families and friends, while advocating on their behalf.

Peer-to-peer support is a powerful tool for people struggling with mental health issues. Especially when the issue is often overlooked or stigmatized, like eating disorders.

“For anyone seeking help with an eating disorder, it’s my job to make them feel safe,” says Meghan, a peer support

mentor with Eating Disorders Nova Scotia. “I don’t diagnose or assess. I’m not clinical about it. But I help them open up because I’ve been in their shoes. Their struggle is mine.”

“Everyone is an individual,” says Jeremy Measham, an advanced care paramedic with Island EMS and member of the Medavie Health Foundation Grants Review Committee. “Programs like Eating Disorders Nova Scotia find smart, supportive ways to make sure those suffering still feel like a person as they navigate the health system and their recovery.”

For Meghan, support that extends beyond the doctor’s office is a special part of recovery. It’s about making sure that someone who’s struggling feels safe and secure in or outside the health care system.

TAKING CARE MEANS TAKING CHARGE

Live Well! Bien Vivre! in New Brunswick takes a unique community-based approach to the prevention and self-management of type 2 diabetes through sustainable lifestyle changes.

Kimberley believes she's just an average New Brunswicker. But she's doing something pretty powerful: taking charge of her health. And she's not in it alone. Live Well! Bien Vivre!, our collaboration with the Canadian Diabetes Association and the New Brunswick Department of Health, has been her partner along the way.

"I was tired and I had a lot of hip pain," says Kimberley. "I wasn't sick, but I'm close to retiring and I just didn't feel well. I thought it was time to do something about it." A Live Well! Bien Vivre! health coach helped her achieve her wellness

goals, like eating better and exercising more. Today, Kim's risk of type 2 diabetes has decreased significantly.

"It's not just about diagnosis," says Emmanuelle Sansfaçon, Administration Team Lead, Medavie Blue Cross and member of the Medavie Health Foundation Grants Review Committee. "It's about maximizing all the resources we've got so more people have ongoing support and motivation."

It's living better, longer, that's motivating Kim every day. And she's getting there with Live Well! Bien Vivre!



The Foundation solidifies why I work for Medavie, and allows me to represent my colleagues while supporting worthwhile causes.

– EMMANUELLE SANSSFAÇON,
ADMINISTRATION TEAM LEAD, MEDAVIE BLUE CROSS AND MEMBER
OF THE MEDAVIE HEALTH FOUNDATION GRANTS REVIEW COMMITTEE

HEALTH COACHING
IS ENABLING

**LIVE WELL!
BIEN VIVRE!**

clients to make positive health behaviour changes, particularly in physical activity and healthy eating.



WE FUND WHERE WE LIVE AND WORK

NEW BRUNSWICK

Moncton Youth Residences
 Beausejour Family Crisis Resource Centre
 MindCare New Brunswick
 YMCA Fredericton
 Boys and Girls Club of Moncton
 Horizon Health – PEER 126
 Canadian Diabetes Association – LiveWell! Bien Vivre!
 Canadian Mental Health Association – New Brunswick
 Atlantic Wellness Community Center

NEWFOUNDLAND & LABRADOR

Boys and Girls Club of St. John's
 Memorial U/Gander Bay Family Resource Centre – HealthSTEPS
 Canadian Mental Health Association, NL

NOVA SCOTIA

Alice Housing
 Brigadoon Children's Camp Society
 Canadian Mental Health Association – Annapolis County
 Family SOS
 Phoenix Youth Programs
 Cape Breton District Health Authority
 Coverdale Courtwork Society
 Eating Disorders Nova Scotia
 Leave Out Violence Nova Scotia
 Laing House – Youth Speak
 Discovery Centre – Medavie Health Gallery
 UNITY Charity
 IWK Health Centre

PRINCE EDWARD ISLAND

Canadian Mental Health Association, PEI
 CHANCES Family Centre

QUEBEC

EquiLibre
 Revivre
 PERFORM Centre at Concordia University

ONTARIO

Algoma Family Services
 SickKids
 The Sandbox Project
 Trillium Health Partners – KidFit Health and Wellness Clinic
 Chatham-Kent Children's Safety Village

MULTI-PROVINCE GRANTS

Atlantic Ballet Theatre Canada
 Association of Atlantic Universities
 Canadian Red Cross
 Memorial U HealthSTEPS (Phase III)

MULTI-PROVINCE PARTNERSHIPS

YMCA Alternative Suspension – Atlantic Canada

[LEARN MORE AT COMMUNITY.MEDAVIEHEALTHFOUNDATION.CA](http://COMMUNITY.MEDAVIEHEALTHFOUNDATION.CA)