

Waypoint

2024-2025



Table of Contents

A Message from the Board Chair and CEO 3

Waypoint Key Facts 4

Serve 6

North of 60°10

Lead 11

The Gardener12

Discover14

The Future16

The Impact of Giving18

Partnerships 22

Leadership 23

Land Acknowledgement

Waypoint is situated on the traditional territory of the Anishinabek, which includes the Odawa, Ojibwe and Pottawatomi Nations (collectively known as the Three Fires Confederacy), the Haudenosaunee (Six Nations/Mohawk of the Wahta Community), Huron, Wendat and Métis.

We acknowledge and affirm our commitment to improving relationships between nations and to improving equity for Indigenous communities residing in central Ontario.



A Message from the Board Chair and CEO

It has been a remarkable year at Waypoint. Despite a constrained fiscal environment combined with other pressures, we have delivered on our promise to provide committed and highly specialized mental health, addictions, and geriatric care.

We have introduced new ways to care for patients with complex needs, most notably by launching the province's first At Home program, designed to meet the needs of individuals living with mental illness or addiction. In partnership with Sunnybrook Health Sciences Centre, we also launched the region's first repetitive transcranial magnetic stimulation service, promising effective treatment for a number of conditions. This is in addition to 20 new in-patient beds that that we will open in 2025, including the first psychiatric intensive care unit in the region.

Earlier this year, we implemented a new model of care to empower our people to provide the best possible care. We created a refreshed long term master plan that will culminate in new and modern healing environments. We also strengthened our partnerships throughout the region and the province to leverage our expertise for the common good. Our research enterprise is on the rise, with new grants, international partnerships, and national recognition, including Dr. Zoe Hilton and Elke Ham's Governor General's Innovation Award for their work in intimate partner violence, one of only six such awards conferred. We also launched our new 10-year strategy, which defines our path forward to boldly achieve our goals, as well as the beneficial impact we expect to realize for and with patients, partners and the health system.

We could not have accomplished any of this without our people. The strength of our team, all dedicated to a common purpose, has helped us secure extraordinary outcomes over the past year. This is why our new strategy proposes a fourth direction – INSPIRE – that recognizes our people and commits us to empowering them to achieve remarkable results.

As Chair of the Board of Directors and President and Chief Executive Officer, we would like to thank our patients and families for trusting us with their care, our staff, physicians and volunteers for their dedicated contributions, our partners for their commitment to working together, our Board for its guidance, and our funders and donors for helping make all of this possible.



Waypoint by the numbers

70,016

Patient visits

12,092

Ontario Structured Psychotherapy visits

10,122

Outpatient services visits

20,180

Specialized Geriatric Services visits

2,855

Neuromodulation treatments delivered

739

Acute Assessment Program patients

1,217

Family, Child & Youth program visits

Patients by age

9%

Children (0-12)

7%

Youth (12-25)

32%

Adults (18+)

51%

Seniors (65+)

Awards and Accolades

2024

Dr. Nadiya Sunderji recognized with a Tomorrow's National Leaders Award from the Catholic Health Alliance of Canada

Dr. N. Zoe Hilton awarded a 2024 Living the Mission Award from the Catholic Health Sponsors of Ontario

Sandra Easson-Bruno inducted as a Fellow of the Canadian Academy of Nursing

2025

Sylvia Naughton and **Tamara Nowak-Lennard** each recognized with a County of Simcoe Age-Friendly Individual Recognition and Achievement Award

Nancy Hooper and **Jessica Both** recognized with a Georgian College Preceptor Award

Dr. Bernard Le Foll received an award from the French National Academy of Medicine

Dr. N. Zoe Hilton, Research Chair in Forensic Mental Health, **Elke Ham** and others

announced as recipients of a 2025 Governor General's Innovation Award in recognition of the development, validation, implementation and evaluation of the Ontario Domestic Assault Risk Assessment (ODARA) and its professional training programs

Awarded 'Accredited with Exemplary Standing' from Accreditation Canada

Awarded Gold-Level 'Mental Health at Work' certification from the Canada Awards for Excellence



Delivering Compassionate, High-Quality Care Where and When It Matters Most

At Waypoint, serving others is at the heart of everything we do. From in-patient care to community-based programs, we meet people as they journey to mental wellness and as they grow older – with evidence-based, culturally informed, and person-centred care.

In 2024-2025, we supported thousands of individuals across a broad spectrum of services – from forensic psychiatry and acute in-patient care to virtual therapy, out-patient treatment, and specialized geriatric services integrated with primary care. In all of these areas, our team of dedicated professionals delivered care that is trauma-informed, equitable, and rooted in recovery.

“

**The staff is really kind and always available.
This program is amazing, and provides all the right supports.**
— Sans Souci patient

Keeping Seniors Safe

Through funding received at the end of last year, Waypoint is expanding its geriatric care footprint in our region. By building partnerships across the region and identifying opportunities to collaborate with care partners, respite care will receive new support. We will also be working with partners to keep older adults safe by improving early identification of dementia, delirium and falls risk. With our population rapidly aging and the proportion of older adults on the rise, it's vital that we grow our capabilities in geriatric care to meet the expanding need.

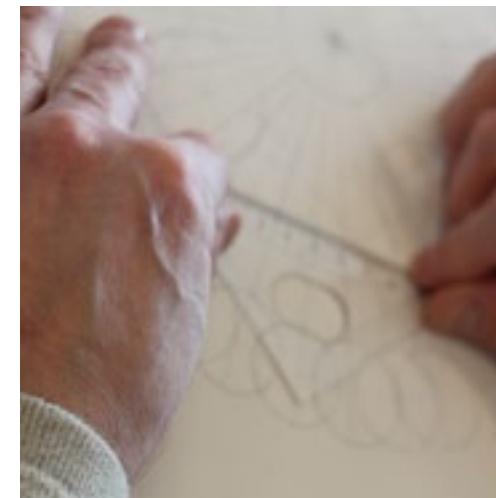


Healing in Harmony: A Journey from Recovery to Giving Back

Music has always been a refuge for Steve Taunton. Standing before a crowd to play songs he wrote is as thrilling as it is soothing. It's also a way to recognize and support Waypoint for the specialized care he has received, as every week Steve volunteers to play his guitar and sing for patients interested in music appreciation.

“

**The program saved me. No question. My life was
aimless and meaningless. Coming here and working
really hard – and being encouraged and supported
by staff – turned me around.**
— Steve Taunton
Volunteer and former Georgianwood patient



Steve was a patient of the Georgianwood Program for Concurrent Disorders – a 12-week in-patient program for those 18 years and older experiencing mental health and substance use problems. With treatments such as behavioural therapy, anger management, and relapse prevention, each day offers group programming that teaches a variety of skills to help participants reach their goals, with immediate support provided by a physician and multidisciplinary team.

Unlocking Potential Through Our Model of Care with Six Core Strategies

This year marked the most significant clinical transformation Waypoint has ever undertaken with the launch of our new Model of Care, which incorporates Six Core Strategies. This approach enables the potential of our people – empowering staff to provide the best possible care and promote healing.

Staff members report stronger team cohesion, improved morale, and better patient outcomes – proof that investing in people translates into better care.



“

The implementation of MOC 6 has truly redefined how we deliver care. I’ve witnessed a powerful shift — not only in how nurses work, but in how patients feel seen, heard, and supported. Nurses are now more focused, better organized, and more present — able to spend meaningful time with their patients and respond to their needs with greater intention and care.

— Shilpi Sharma, Team Lead, Swing Unit

Expanding Access: New Programs in Structured Psychotherapy

In 2024, Waypoint's Ontario Structured Psychotherapy (OSP) program expanded to offer:

- **Perinatal mental health** – a free 6- to 8-week individual cognitive-behavioural therapy program that supports the mental health of people who are expecting or new to parenthood
- **Stress and coping** – for individuals with real-world stressors that don't always fit neatly into traditional depression or anxiety categories, such as navigating a difficult divorce, adjusting to sudden caregiving responsibilities, or managing similar major life transitions



Honouring Culture and Community

In 2025, we deepened our commitment to culturally safe care with the installation of two important artistic items from the Métis and Inuit communities – a Métis sash and a soapstone lamp known as a Qulliq, sacred items now on display in our Spiritual Centre. These are beautiful, living symbols of respect, representation, and the spirit of belonging we are nurturing at the hospital.

North of 60°

Gjoa Haven (Uqsuqtuuq) lies above the Arctic Circle, the only settlement on King William Island (Qikiqtaq). In 2002, it was home to 960 people. One of them was Moses Tirqtaq. Struggling with severe mental illness that outstripped the care resources then available in Nunavut, Moses, like others before him, had to travel south to receive care – a journey of more than 2,000 kilometres to Waypoint.

In a supportive environment, grounded in culturally sensitive care that honoured his Inuit identity, Moses' progress was initially gradual and later accelerated, and often mentioned going home. This prompted our team to consider how Moses might return to north of 60.

After careful planning, a Waypoint care team made the journey with Moses to Cambridge Bay, helping him settle in – first to a mental health centre and then to supportive housing. With growing independence, he is now on track to move back to Gjoa Haven and return to his community, while the Waypoint team stays in touch with Moses and his care providers to support his success.



Solving Complex Problems Together

Challenges in healthcare are, by definition, 'wicked problems.' They are complex and difficult to define. They spill over into other realms, like social services, housing and the justice system. As a leader in specialized mental health, addictions, and geriatric care, and one that operates in a complex space, Waypoint understands that solutions lie in partnerships.. We call it the Waypoint Way.

At its core, The Waypoint Way is intentional collaboration, uniting around a common purpose and embracing diverse perspectives. Because defining the problem depends on your frame of reference and worldview, we invite those with 'skin the game,' to help generate solutions. We foster trust, build networks, and bring partners together to mobilize skills, knowledge and experience to solve complex problems.

Recognizing the interconnectedness of homelessness, addiction and mental health, Waypoint has joined with seven partners in the HART (Homelessness and Addiction Recovery Treatment) of Simcoe Hub. This initiative will better support people with complex needs, providing integrated, community-based services tailored to individual needs, offering a more seamless patient journey.

Co-design is central to our work because solutions require every voice – especially patients. Capitalizing on its members' experience, our North Simcoe Muskoka Specialized Geriatric Services is collaborating with the Patient/Client and Family Council (PCFC) to ensure that service users' perspectives shape our understanding of what types of care are needed and how they are best delivered. This approach embeds the patient voice right at the beginning of the planning process.

Waypoint is humbled to walk in partnership with Indigenous health service providers. In 2025 we held a wampum belt ceremony to honour and recommit to our partnership, founded in trust and mutual respect, to develop and evaluate the Minookmii culturally adapted structured psychotherapy program.

The Gardener

"The path of recovery is like the journey of a plant. It takes patience but every day promises that we will see a little more growth."

— Vittoria Trainer, Employment Specialist, Rehabilitation Services

The season turns and spring comes to Waypoint. Work is beginning in the inpatient horticulture program. With hands in the dirt, patients are preparing seeds for the growing season, when they'll nurture them from seedling to flower.

This is 'green care,' a form of psychosocial therapy with such proven patient benefits, as reducing depression and stress. Grounded in the soil, a patient's self-esteem will grow with the sense of accomplishment that comes with success at focused tasks, while the gentle physical exercise can have a positive effect on mood. And working together for a common purpose fosters social connections in a non-threatening environment. The new skills learned can also be applied when it comes time for a patient to leave Waypoint. More is blooming than just flowers.

For more than 25 years, Waypoint has offered horticulture alongside other vocational programs, including hairdressing, woodworking, and printing and desktop publishing.

Discoveries to Drive Change

Almost half of all women and girls in Canada will experience intimate partner violence (IPV) in their lifetimes. What if there was some way to identify the risk of such harm so preventative measures could be taken? Thankfully there is and Waypoint researcher, Dr. N. Zoe Hilton, spearheaded it.

The Ontario Domestic Assault Risk Assessment Tool is the world's first data-driven tool for assessing future intimate partner violence risk. Developed through a 25-year police-academic collaboration, the tool helps responders identify high-risk cases, improve safety planning, and allocate resources. Widely used in Canada and the U.S., it has shaped global approaches to violence risk assessment.

This pragmatic take on research that characterizes the work of the Waypoint Research Institute aims for real-world impact and tangible benefit for the people and communities we serve.



Other pragmatic inquiries include leveraging artificial intelligence (AI) and machine learning to predict when patients may be at risk of harm, which gives care teams advanced warning to intervene. While AI has been employed in this way in acute care, applying it in mental health and addictions settings is new. Waypoint's Dr. Andrea Waddell is leading the way with the first such tool implemented in North America.

Dr. N. Zoe Hilton and Elke Ham were honoured this year with the Governor General's Innovation Award for their transformative work in IPV, bringing a national profile to Waypoint's research work and helping change lives.

92 research collaborations underway

Relationships with 18 universities and colleges

Partnerships **across** Canada and in the U.S., Europe and Asia



“

Waypoint continues to grow its research enterprise, not only attracting new funding and passionate researchers, but also building partnerships to advance our understanding of mental health, addictions and geriatrics. Although still small, our impact is large.

— Dr. Bernard Le Foll

An Eye to the Future

Business guru, Peter Drucker, famously said “the best way to predict the future is to create it.” In the past year, Waypoint has made significant advances to build our future so that we can address the growing need for mental health, addictions and geriatric care here in our region and in our province. Our efforts are grounded in boldness and inventiveness.

We have launched an audacious yet pragmatic vision for our future with our new strategy, encompassing the next decade. We set ourselves this bold goal: By 2035, Waypoint will be an internationally renowned centre of excellence for mental health, addictions and geriatric care, recognized for the effectiveness of our care, the impact of our research, and our influence on the shape of our healthcare system.

We continue to advance our master plan to support this goal, moving forward in the planning work with our government partners. At the same time, we continue to advocate for the resources and infrastructure we’ll need to deliver superlative care well into the future.

Despite the growing pressures our health system faces, we are confident in our ability to effectively meet these challenges and deliver.

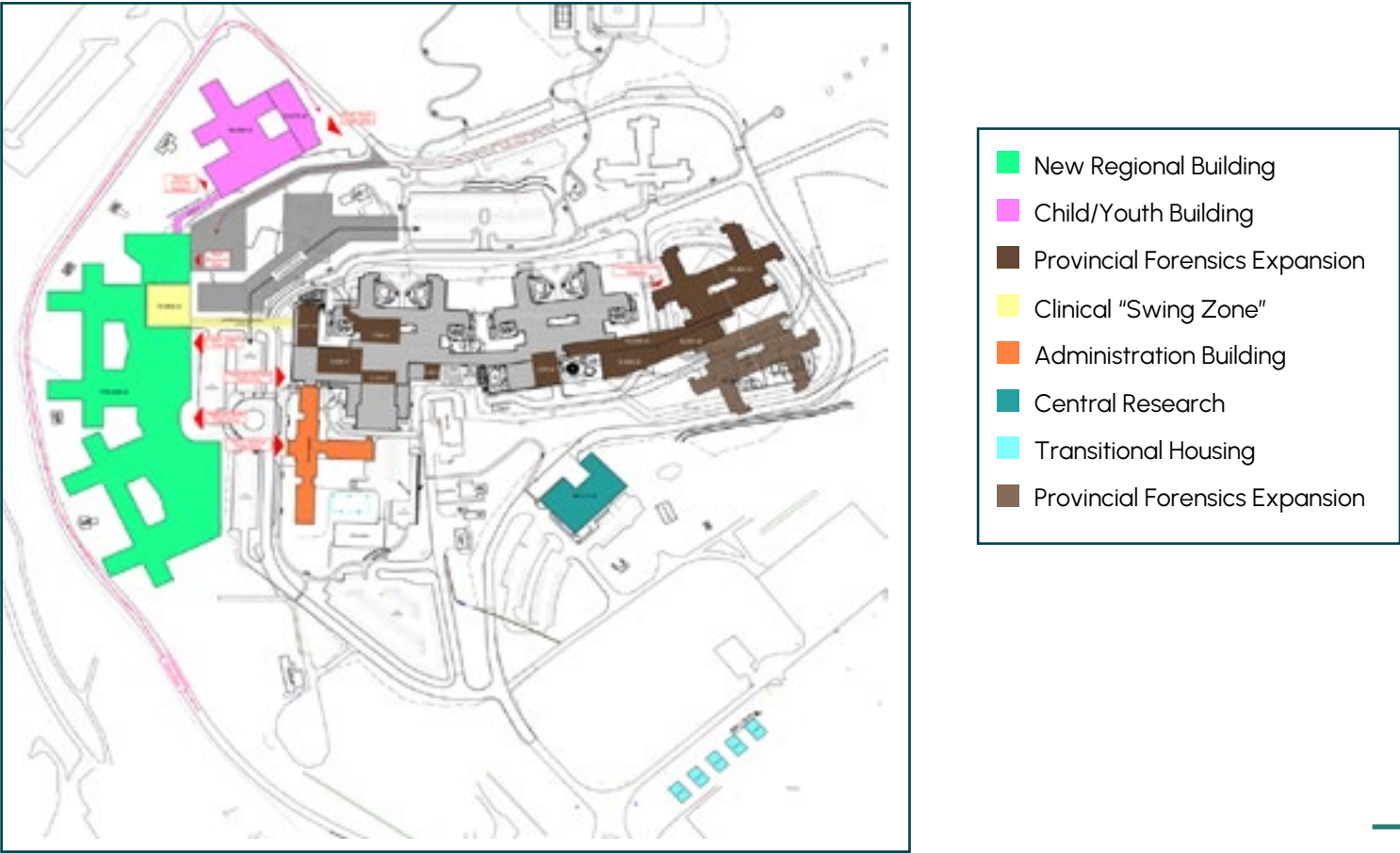


Building for the Future

Our newest building, the Atrium (built in 2014), shows how a well-designed space can help patients get better. The open design, natural light, and access to the outdoors create a healing environment where patients can thrive. The deliberate architectural approach also provides safety and enables our staff to work to the fullest of their abilities. It is a modern perspective on care.

As the need for our services continues to grow and patients’ needs become more complex, the rest of the Waypoint campus also needs to be modernized. Outlining our path forward, our master plan will address the challenges posed by aging buildings that limit our work, increase the number of beds, make room for new services such as child and youth inpatient care, and create spaces that improve the patient experience.

Waypoint is working to advance its master plan, and has submitted phases 1.1 and 1.2 to the Ministry of Health’s capital planning process.



Leading by Example and Helping to Break Stigma

Mental health has historically been underfunded and stigmatized in Ontario – but that is changing fast. Mental health philanthropy is gaining a powerful momentum, and it's exciting to see thoughtful new donors stepping up not just with dollars, but with leadership.

On top of this, when donors to Waypoint allow their name to be used publicly, it signals a confidence in the cause of mental health, helps explain more fully why a donor chooses to give, and helps to encourage others to join in.

Marc Wayne and Julie Coleman represent this new kind of community leader. Together, they have hands-on experience in starting and operating ventures both in non-profit and for-profit sectors across Canada and the UK, including a strong focus on clinical research and education around controlled substances for nearly twenty years. Marc says much of his current focus is on the use of psychedelics in patients with treatment-resistant depression and alcohol addiction. "Substance use issues and depression are treatable mental disorders that align with the Waypoint mission", Wayne points out.

Both long champions of the community, since 2016 Marc has also been a member of the Dean's Advisory Board for the Faculty of Arts & Science at Queen's University.

In 2023, Marc and Julie made a bold commitment to our community and our region by setting up a named fund within the Huronia Community Foundation.

Now in its second year, The Heart of Georgian Bay Community Forward Fund has distributed \$102,000 to 26 local charities, including Waypoint.



Marc says, "we think our giving can make a much greater impact here locally than in Toronto. As well, we are both keen to learn more about the non-profit service network, how they meet the needs of the community, and how we might best support that."

Julie adds that "we believe a compassionate person should give back, at whatever level they can. We have been fortunate in life – and we think of our charitable foundation as a container that allows us to direct the funds where we believe they will have the most impact."

"We built a cottage in the area in 2018 and originally our plan was to come up from Toronto and spend half the year locally. During Covid, we made a much deeper commitment to a family home here," Marc said.

With their candid support for Waypoint, Marc and Julie are helping to remove stigma and encourage conversations about mental health giving as everyday events in the local donor community.

Marc adds, "in life, any person or family can easily find themselves on the other side of the coin. It's important to act by example and hopefully this encourages others, if they can, to give and help make change."

Marc and Julie embody the idea that when you change anything for the better, you can change everything!



Annual Supporters

Waypoint is grateful for the significant contributions of donors and sponsors whose support has played a crucial role in improving mental health and addiction care, treatment, and research across the region. Their generosity has positively impacted the lives of countless individuals on their journey to wellness. We are thankful for their commitment through donations of \$150+ made between April 1, 2024 and March 31, 2025.

Linda Adams
Alice and Murray Maitland Foundation
Dr. Marcus Allan
Brian Angus
Anonymous
Holly Archer and Peter Flood
Cindy Ball
Howard Barbaree
John and Bonnie Barrett-Hamilton
Avery Bassett
Catharine Bayles and Rolf Springer
Benefaction Foundation
Brittany Bloomer
Jeannie Borg
Anissa Borneman
Kathryn M Boroski
Dale Boyd
Robert Carwell
Adam Chambers
Jeff Cote
Heather Crawford
Gail Czukar
Cyriel DeBruyne
Phil DeBruyne and Susan Robillard
Melanie Del Rio
Rob and Susan Desroches
Stephanie Desroches
Andrea Dickins
Steve and Lynne Duquette
Dave and Alison Durnall
Jennifer Dusome
Sandra Easson-Bruno
Marilyn Fisher
Patricia Fleming
Katy Francis
Wayne and Catherine Frechette
Kathryn Frelick
Roger Gale
Soumya Ghosh

Bill and Donna Gordon
Harvey's Swiss Chalet Midland
Laurene Hilderley
Dr. Zoe Hilton
Alf Howat
Huron Community Foundation
Trisha Hutzul
Dr. Plabon Ismail
Jeannotte's Painting
Barbara Jones
Yaakov Keilikhis
Dr. Samantha Kelleher
Kelsey's Restaurant Midland
Hazel Kettle
Grace Kidd
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Bonnie and Carl Lindros
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Dr. Ian Wagg and Dr. Anila Mathai
John McCullough
McDougall Insurance Brokers (2016) Ltd.
McGregor Allsop
Scott McIntaggart
Shelley McLaughlin-Sant
Dave and Michelle Mink
Dr. Achal Mishra
Moonstone Chalet
Marcia Morgan
Dr. Mara Muraven
James Murray

Elaine Nicholls
Danielle and David Northcott
Dorothy and Dan O'Brien
Fr. John O'Brien
Our Lady of Lourdes CWL
Mary Ann Palmer
Steve and Annie Parry
Pat Lalonde Fencing
Anne Payne
Kalan Payzant
Daniela and Joseph Perruzza
Katharine Perry
Phil's Family Restaurant
Janet Porter
Dr. Ginette Poulin
Eric Preston
Shelly Price
Raytheon ELCAN
Glenn and Debi Robitaille
Rosalyn Morrison and Michael Coward
Family Foundation
Fran and Dr. Keith Rose
Rotaract Club of North Simcoe
Rotary Club of Midland
Rotary Club of Penetanguishene
Richard and Gillian Russell
Roknedin Safavi
Barry and Linda Sargent
Maureen Schmid
Janice Scott
Doris and Peter Shirriff
Aaron Siegel
James Barry St. Pierre
Lori-Ann St. Louis
Jackie Stott
Dr. Nadiya Sunderji
Jen Swaile
Rohit Tandon
Jill Tettmann
The Bimbombay Memorial Fund
The Lindros Family Foundation

Judy Thomas
Amy Timmons
Titan Homes & Design
Anne Tobias
Township of Tiny
Wendy Trutnau
George Vadeboncoeur
Ernie Vaillancourt
Betty Valentine
Dr. Rebecca Van Iersel
Dr. Andrea Waddell
Neil Walker
Waypoint Volunteer Association
Ifat Witz
World Famous Dock Lunch/Pier 21
Dr. Kevin Young
Mark Zakaib

Waypoint's fundraising events bring caring people together to make a meaningful impact in supporting programs, services, and research for mental health and addiction. Thanks to everyone who participated in the Mental Health in Motion and Shine the Light Gala.

An Evening to Shine the Light

Lead Sponsor
TD Bank Group

Entertainment Sponsor
Honeywell

Pre-Event Sponsor
Fiera Capital

Bronze Sponsor
BDO Canada LLP
Fred Hook Limited
Hicks Morley
Keller-Williams – Melissa Backmann
M.J. Dixon Construction Limited
Sheet Metal Workers & Roofers Union

Diamond Sponsor
Thomson Blackburn Lane Lefebvre LLP

Give Hope Matching Gift Challenge Sponsor
The Sunderji Family

Coat Check Sponsor
Chefurka Consulting International Limited

Platinum Sponsor
TempAir Control
Bourgeois Auto Group

Guest Gift Sponsor
Telequip

Gold Sponsor
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Clintar Commercial Outdoor Services
Fengate Asset Management
Doane Grant Thornton LLP
Miller Thomson
Western Mechanical
Waypoint Doctors

Programme & Auction Sponsor
Silver Birch Contracting Ltd.

Mental Health in Motion

Well-being Sponsors
Bourgeois Auto Group
CompuSOLVE
Gilkon Construction Limited
MCAMM Enterprises Ltd.

Wellness Sponsors
ADCO Tire & Auto Inc.
Edward Jones
H. S. St. Amant and Sons
North Simcoe Therapy Network
Race Trac & Classic Car Wash on Vindin

Resiliency Sponsor
HGR Graham Partners

Groups and organizations have generously provided support through events that have engaged thousands of people who want to make a difference by contributing to mental health, addiction and specialized geriatric care, treatment and research.

Home Depot Orange Door Project
Tee Off with Tay Golf Tournament
Tim Hortons Smile Cookie



Partners

- Algonquin Family Health Team

Alzheimer Society Simcoe County

Barrie and Area Ontario Health Team

Barrie Area Native Advisory Circle

Bayshore HealthCare

Canadian Mental Health Association,
Muskoka Parry Sound

Canadian Mental Health Association,
Peel Dufferin

Canadian Mental Health Association,
Simcoe County

CFS Counselling + Wellbeing

Chigamik Community Health Centre

CLH Developmental Support Services

Collingwood General & Marine Hospital

Cottage Country Family Health Team

Couchiching Family Health Team

Couchiching Ontario Health Team

County of Simcoe

Dufferin Area Family Health Team

Forensic Directors' Group

Georgian Bay Family Health Team

Georgian Bay General Hospital

Georgian College

Halton Healthcare

Hands The Family Help Network

Headwaters Health Care Centre

Home Horizon

Loft
- Mamaway Wiidokdaadwin

Mental Health Partners

Muskoka & Area Ontario Health Team

Muskoka Algonquin Healthcare

New Path Youth and Family Services

North Simcoe Muskoka Hospice Palliative Care Network

North Simcoe Ontario Health Team

Ontario Shores Centre for Mental Health Sciences

Orillia Soldiers' Memorial Hospital

Pine River Institute

Royal Victoria Regional Health Centre

Shelter Now

Simcoe County Hospital Alliance

Simcoe Muskoka District Health Unit

Simcoe Muskoka Family Connexions

South Georgian Bay Community Health Centre

South Georgian Bay Ontario Health Team

Stevenson Memorial Hospital

Sunnybrook Health Sciences Centre

Support and Hope for Individuals and Families Today (S.H.I.F.T.)

The Busby Centre

The Lighthouse, Orillia

The Royal Ottawa Mental Health Centre

Toronto Metropolitan University

University of Toronto

Wendat Community Programs

West Parry Sound Health Centre

York University

Youth Haven

Our Board

- Ernest Vaillancourt, Board Chair

Steve Parry, Vice-Chair

Gail Czukar, Second Vice-Chair

Morana Bakula *

Howard Barbaree *
- John Barrett-Hamilton

Soumya Ghosh

Trisha Hutzul

Doris Shirriff

Jill Tettmann
- George Vadeboncoeur

In remembrance of **Betty Valentine**
- a Waypoint Board member
since 2008.

* Resigned in 2024



Our Senior Leadership

- Dr. Nadiya Sunderji, President & CEO

Rob Desroches, Senior Vice-President, Clinical Services & Chief Nursing Executive

Dr. Bernard Le Foll, Vice-President, Research and Academics and Chief Scientific Officer

Nicole Mace, Vice President, People & Chief Human Resources Officer

Rohit Tandon, Vice-President, Corporate Services & Chief Financial Officer

Neil Walker, Vice-President, Partnerships and Chief Strategy Officer (interim)

Dr. Kevin Young, Vice-President, Medical Affairs and Chief of Staff



Waypoint

CENTRE *for* MENTAL HEALTH CARE
CENTRE *de* SOINS *de* SANTÉ MENTALE

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