



# Waypoint

CENTRE for MENTAL HEALTH CARE  
CENTRE de SOINS de SANTÉ MENTALE

Advancing Understanding.  
Improving Lives.

Avancer la compréhension.  
Améliorer la vie.

# Annual Report 2025-2026



Transforming Care,  
Driving Research,  
Building Healthier  
Communities.

Waypoint  
Atrium Building  
Edifice  
Atrium

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## 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.



These challenges are real. They require urgency, adaptability, and a willingness to think differently.

Together, we cultivate a future of hope and resilience.



# A Health System in Transition.



## A Message from our Board Chair and CEO

This year, one thing became increasingly clear: the needs of our communities are evolving, and so must the way we deliver care.

Across Ontario, more people are seeking support for mental health, addictions, and seniors care. Expectations are changing. People need care that is easier to access, better connected, and built around their needs.

Sustaining and evolving a health system that people trust requires adaptability, innovation, and a willingness to think differently. At Waypoint, that means expanding how and where we provide care without losing sight of the voices, experiences, and needs that shape it.

Our hospital is a vital part of the healthcare system, while our work increasingly extends beyond traditional hospital-based care. We support people at all stages of life, from children building the foundation for lifelong mental wellbeing, to adults living with complex mental illness and addictions, to older adults living with dementia, while also helping people transition successfully back to their homes and communities.

None of this happens alone.

At the heart of this work are the staff, clinicians, and volunteers who bring it to life every day. Their expertise, compassion, and commitment continue to shape the future of care at Waypoint while remaining grounded in the needs, experiences, and aspirations of patients and families.

# A Commitment That Remains Constant.

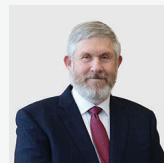
Progress depends on strong partnerships. Working alongside healthcare providers, community agencies, municipalities, researchers, donors, patients, families, and care partners allows us to respond to growing needs and create a more connected system.

Strong community partnerships and exceptional hospital-based care go hand in hand. This year, we expanded acute mental health care capacity, opened the region's first psychiatric intensive care unit, strengthened forensic mental health services, and advanced safer, more inclusive care.

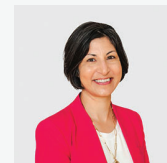
As we look ahead, we know demand and complexity will grow. We remain committed to advancing creative, collaborative solutions and maintaining a relentless focus on delivering exceptional care and improving lives. Through the effectiveness of our care, the impact of our research, and our influence on the shape of the healthcare system, we will continue to advance better outcomes for patients, families, and communities.

Thank you for helping us meet this moment together and shape the future of care.

Sincerely,



**Steve Parry**  
Board Chair



**Dr. Nadiya Sunderji**  
President & CEO



FEATURE

# WAYPOINT AT HOME



## Beyond the Hospital: Rethinking Care

What if recovery didn't stop at discharge?

**For decades, mental health care has centred on hospitals, clinics, and appointments. Those services remain essential, but they are only part of a person's recovery journey.**

## **Recovery does not happen in a single place.**

It happens across hospitals, homes, and communities, supported by healthcare providers, community organizations, families, and care partners working together.

It happens when someone wakes up in their own bed and begins rebuilding everyday life. It happens through routines, relationships, and the confidence that support will be there.

For many people, the transition from hospital to home can be one of the most difficult parts of recovery, particularly when access to traditional home care services is limited or unavailable. Without the right supports, people can find themselves back in crisis, returning to emergency departments or struggling alone.

### **Waypoint At Home was created to address that gap.**

Developed through a partnership between Waypoint and Bayshore Integrated Care Solutions, the program tailors traditional home care services to the specialized needs of people living with mental illness and addictions.

Patients begin working with the team at the hospital. Together, they develop a plan that may include personal support services, homemaking assistance, psychotherapy, behavioural supports, addiction services, and ongoing connection to community resources.

By the time a patient returns home, supports are already in place. The result is a smoother transition and a stronger foundation for recovery.

### **Care That Meets People Where They Are**

Waypoint At Home recognizes that recovery does not happen in isolation. People are more likely to succeed when support is available in the places where they live their lives.

Rather than expecting patients to navigate services on their own after discharge, the program helps connect care around the person and their goals.

### **The results have been remarkable.**

#### **Recovery in Real Life**

## **Behind every statistic is a person.**

**Someone learning to manage their mental health while maintaining housing.**

**A parent rebuilding relationships with family after treatment.**

**A person recovering from addiction while adjusting to life outside the hospital.**

## BY THE NUMBERS

In the first year  
July 2024-July 2025

0%

30-day hospital  
readmissions

0%

30-day emergency  
department revisits

91%

Program  
completion rate

100%

Of surveyed  
participants would  
recommend the  
program

N=78 patients

As one participant shared:

**"They were there when I needed them. Waypoint At Home let me look forward, knowing somebody cared enough to come listen to me."**

That is the impact of care that continues beyond discharge.

Through partnerships and the creation of a mental health and addiction homecare program, Waypoint At Home helps people stay connected, build confidence, and move forward in their recovery.



### Looking Ahead

The success of Waypoint At Home is attracting attention well beyond our region. In 2026, the program received national recognition through the Canadian College of Health Leaders with a Solventum Health Care Innovation Team Award.

Interest in the model continues to grow across Ontario; other communities are adopting similar models. Healthcare organizations are looking to Waypoint At Home as an example of how stronger transitions from hospital to home can improve outcomes for patients while reducing hospitalizations.

Waypoint At Home is part of a broader shift in care. Working alongside community partners, it is helping to build a system where people can recover at home, access support earlier, and reduce the need for hospitalization. The right support at the right time can change the course of recovery.



FEATURE

RESEARCH IN ACTION

# CANADA'S FIRST Intimate Partner Violence-Focused Mental Health Platform

# 36%

## of Men

have been victims  
of intimate partner  
violence.



## Stories That Drive Change

Some of the most important insights in research come from people who have lived through the issues being studied.

Through the Our IPV Story initiative, survivors of intimate partner violence are helping shape research, education, and public awareness efforts. The project uses storytelling, community dialogue, and creative expression to bring lived experience into conversations about violence, healing, and system change.

Participants are helping guide research questions, influence priorities, and ensure future solutions reflect the realities of those most affected. The initiative has also helped build momentum for Mhaven, Canada's first mental health hub focused on intimate partner violence.

# 44%

## of Women

have been victims of  
intimate partner violence.



The most effective responses to intimate partner violence happen when communities, health care providers, researchers, and survivors work together.

## The Challenge Before Us

More than 11 million Canadian women and men report experiencing some form of intimate partner violence (IPV) in their lifetime, with impacts that extend far beyond the violence itself. Mental health, physical wellbeing, relationships, housing stability, and economic security can all be affected, often long after the immediate crisis has passed.

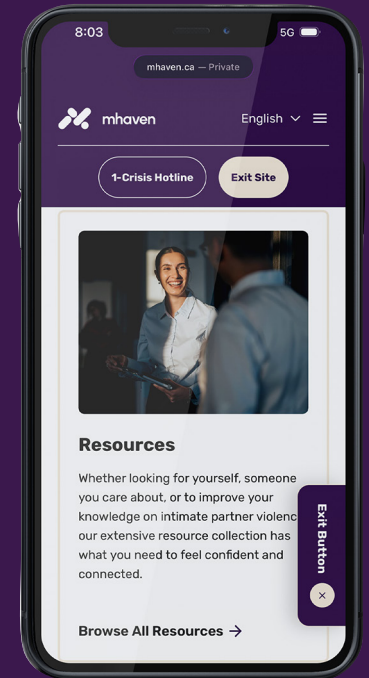
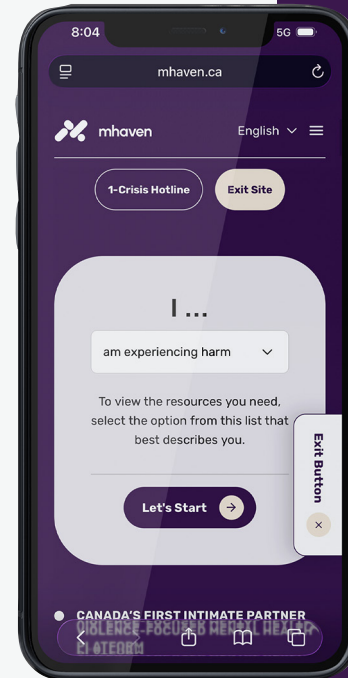
As communities across Canada face affordability challenges, housing pressures, climate crises, and rising substance use concerns, organizations supporting people impacted by violence are reporting increased demand for services. Yet many people still struggle to find coordinated, culturally safe support that addresses both the impacts of violence and the mental health challenges that can accompany it.



### PROJECT CO-LEADS

Dr. Elnaz Moghimi | Dr. N Zoe Hilton | Elke Ham

**Gender-based violence (GBV), including intimate partner violence (IPV),** is a pervasive public health issue that affects diverse populations and intersects with mental health, systemic inequities, and service access challenges.



## Answering the Call

Communities, including those across Simcoe/Muskoka and the GTA have seen rising rates of GBV, with survivors and those who have engaged in IPV often reporting unmet mental health needs and fragmented pathways to care. **Mhaven addresses this gap.**

### PROJECT FUNDER

Ontario 

Government of Ontario's  
Action Plan to End  
Gender-Based Violence

**“There are many misconceptions about who abuses and where we find abuse. Abuse can be experienced at any level, in any relationship, in any neighbourhood, and in any family.”**

## **– Voice of a Survivor**

### **A New Approach**

Through a \$2.3 million investment from the Province of Ontario, Waypoint is leading the development of Canada's first mental health hub focused on intimate partner violence (IPV) and gender-based violence (GBV).

Mhaven brings together trusted information, research, education, lived experience, and pathways to care in one accessible place. By connecting hospital and community services through trauma-informed and culturally safe approaches, it helps create a more coordinated response for people impacted by IPV and GBV, including those who face additional cultural, geographic, and systemic barriers to support.

Built on Waypoint's internationally recognized expertise in violence prevention and risk assessment, Mhaven represents the next step in advancing evidence-informed approaches to violence prevention and support.

If you or someone you know is experiencing or has experienced gender-based or intimate partner violence and is in need of support visit

**Mhaven.ca**

### **Built Through Partnership**

A cornerstone of this work is the LEAP (Lived Experience Advocacy and Partnership) Program, which creates opportunities for survivors to contribute to research, education, advocacy, and system improvement efforts.

The initiative is being developed in partnership with the Western University Centre for Research & Education on Violence Against Women & Children, Ontario Structured Psychotherapy Program Central North, Ontario Shores Centre for Mental Health Sciences, Huronia Transition Homes, Brave Beginnings, the Barrie Native Friendship Centre, the Muslim Resource Centre for Social Support and Integration, and Patient/Client & Family Council.

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### **What's Next**

The next phase will expand education and training opportunities for healthcare providers, community organizations, researchers, and lived-experience partners. By bringing together mental health expertise, community partnerships, research, and lived experience, Mhaven is helping create a future where support is easier to find, systems work together more effectively, and no one has to navigate the impacts of violence alone.

# CHILDREN & YOUTH

**1 in 5** children in Ontario will be affected by mental illness.

5 in 6 of those kids will not receive the treatment they need early enough.

**70%** of mental health problems have their onset during childhood or adolescence.



## BY THE NUMBERS

**1270**  
Patients

Unique patients under the age of 18 who accessed Waypoint outpatient services between April 1, 2025 and March 31, 2026

**60%**  
Were under  
the age of 13

**▲ 11%** from April  
2024-2025  
Increase in patients  
under 13

# Closing the Distance to Care for Children and Youth

For many families in rural communities, accessing specialized child and youth mental health care can mean travelling long distances or facing significant delays in care. Waypoint's Family, Child and Youth Mental Health Program is helping address this challenge by bringing specialized expertise directly into communities across the Central Ontario Region.

Waypoint child and youth psychiatrists and pediatricians travel to rural, semi-rural, and underserved communities to provide in-person assessments, consultations, and treatment closer to where children, youth, and families live. Working alongside local primary care teams, Indigenous care providers, and using virtual care when appropriate, they help bring specialized expertise into communities, remove barriers to care, and ensure more young people can access support earlier and closer to home.

By extending specialized services beyond hospital walls, the Family, Child and Youth Mental Health Program is improving access to care for children, youth, and families while helping build a more connected and responsive mental health system across the region.



# Making Child and Youth Mental Health Care Easier to Navigate

MyDAWN

**“Families found it easier to access the right services at the right time.”**

When a child or youth is struggling with their mental health, finding the right support can be overwhelming. The MyDAWN (Managing Your Depression and Anxiety Wellness Needs) Pathway helps primary care providers identify concerns earlier, connect families to appropriate services, and improve coordination across the mental health system.

In its first year, MyDAWN demonstrated strong results. More than 415 youth were screened through the pathway, with approximately 74% of primary care providers adopting the tools into their day-to-day practice. Providers reported increased confidence in supporting young people experiencing anxiety and depression, improved workflow efficiency, and easier access to community and specialized mental health services.

Building on this success, Waypoint and our partners are working to expand and enhance MyDAWN, helping more youth and families access timely, coordinated mental health care closer to home.



# 415

Youth screened through MyDAWN Pathway last year



## RESEARCH IN ACTION

# Helping Children Thrive Through Stronger Family Connections

Strong family relationships play a critical role in lifelong mental health and wellbeing. With support from Bell Let's Talk, Waypoint launched the Connected Families pilot to help caregivers and children strengthen attachment, build resilience, and heal from the impacts of early adversity.

Designed for families in rural communities, the program combines evidence-based, trauma-informed support with practical assistance such as childcare, transportation, meals, and emergency supports. By removing barriers that often prevent participation, the program ensures more families can access help when they need it most.

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**Strong family relationships can shape a child's health and wellbeing for life.**



The pilot is being introduced in Parry Sound and surrounding communities and is expected to support approximately 150 children, caregivers, and family members in its first year. It also creates a model that can be expanded to other communities.

THANK YOU TO



**39%** of Ontario high school students report a **moderate to severe level of psychological distress.**



**A further 17%** reported a **serious level of psychological distress.**

In a class of 22 high school students, that's nine students experiencing high levels of anxiety and depression and another four who may need immediate and specialized mental health care.

These numbers highlight the growing mental health crisis among youth and underscore the importance of accessible support systems, early intervention, and open conversations around youth wellbeing.



# Connecting Youth to Education and Employment

## North Simcoe Youth Wellness Hub

A job, an education, and a safe place to live can change the trajectory of a young person's life. Through the North Simcoe Youth Wellness Hub, Waypoint is helping youth build the skills, confidence, and stability they need to thrive.

This year, the Hub supported a growing number of youth in finding meaningful employment, returning to school, and developing new skills through its Individual Placement and Support program. This evidence-based approach integrates employment and education services into mental health care.

The Hub's ability to expand these opportunities was made possible through the generosity of community partners and funders. Support from The Home Depot Foundation's Orange Door Project, the TELUS Friendly Future Foundation, the Cutten Foundation, and local businesses helped remove barriers that can place youth at risk of homelessness and limit opportunities for success. Funding provided transportation, education and employment readiness, skill-building opportunities, access to Indigenous navigation and culturally responsive supports, and other wraparound services that help young people build resilience and move toward greater independence.

## THANK YOU TO



**The  
Orange  
Door  
Project**



TELUS Friendly  
Future Foundation

ARTHUR & AUDREY CUTTEN  
FOUNDATION



## RESEARCH IN ACTION

# Growing Up Online

For today's youth, life happens both online and offline. While technology creates opportunities to learn, connect, and belong, many families are searching for guidance on how to balance screen time and wellbeing.

Rather than creating solutions for young people, Waypoint researchers are creating them with young people. Through the Screen Time Management Tool project, youth and parents across Simcoe County are helping design practical resources that reflect the realities of growing up in a digital world.

The result will be a community-based tool that schools and organizations can use to support healthier relationships with technology, while ensuring youth voices remain at the centre of the conversation.

# PREVENTATIVE CARE IN THE COMMUNITY

## BY THE NUMBERS

# 6685

## Patients

Unique clients who accessed Waypoint outpatient programs and services between April 1, 2025 and March 31, 2026

▲ **3%** from April 2024-2025

Increase in clients accessing Outpatient Assessment and Treatment Services

▲ **10%** from April 2024-2025

Increase in outpatients accessing Neuromodulation Programs (ECT and rTMS)

# 109

Clients accessed Community Consultation Services – Dual Diagnosis

# 51%

Of clients accessing outpatient services were over the age of 65

# Meeting Urgent Needs Beyond Healthcare

## Emergency Fund

Waypoint's Emergency Fund continues to provide rapid, compassionate support for patients facing urgent financial hardship and the social determinants that directly impact health and recovery.

Throughout the year, the fund helped address immediate needs including food, transportation, basic necessities, and emergency supports that allowed vulnerable individuals to remain connected to care.

Community donors and support from Alectra played an important role in sustaining the program. Their contributions helped people access essentials during difficult times while recognizing that health is shaped by much more than clinical care.

By responding quickly to urgent needs, the Emergency Fund helps people stay connected to care while supporting stability, dignity, and recovery.

THANK YOU TO  **alectra**





# Strengthening Outreach Through Partnership

## StreetReach Simcoe County

Housing is a human right. That belief is at the centre of StreetReach Simcoe County, a regional outreach initiative led by Waypoint in partnership with community organizations across Simcoe County.

Launched in November 2025, StreetReach connects with individuals experiencing homelessness or housing instability directly where they are, in shelters, encampments, and in other community spaces where traditional services may be difficult to access.

Operating seven days a week, the low-barrier program provides immediate, practical support including food, clothing, hygiene items, harm reduction supplies, health and wellness checks, crisis intervention, and housing supports. Outreach teams also help individuals navigate housing systems, develop housing plans, and connect to medical, mental health, and addiction services.



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**“Together, partners are creating a more coordinated response to homelessness”**

Waypoint leads the coordination and system integration for the initiative, working alongside The Busby Centre, The Lighthouse, Home Horizon, Youth Haven, S.H.I.F.T., and the County of Simcoe to ensure support is consistent and connected across the region.

Together, partners are creating a more coordinated response to homelessness, one built on trust and focused on helping people move toward housing stability.



# A Collaborative Response to Complex Needs

## HART of Simcoe County

This year marked the launch of the HART (Homelessness and Addiction Recovery Treatment) of Simcoe County, a groundbreaking partnership designed to support individuals experiencing homelessness, mental health challenges, substance use concerns, and housing instability.

Funded by the Province of Ontario, HART brings together a network of partners including Waypoint, the County of Simcoe, City of Barrie, Barrie and Area Ontario Health Team, Canadian Mental Health Association Simcoe County, Royal Victoria Regional Health Centre, Barrie Native Friendship Centre and Barrie Area Native Advisory Circle (BANAC)/Mamaway Wiidokdaadwin.

Together, these partners are building a coordinated system of care that connects people to housing, treatment, healthcare, and other supports when they need them most.

As a key partner bringing specialized clinical expertise, Waypoint is helping strengthen access to care and support for people facing some of the region's most complex challenges.

**"Access to the right support at the right time can change the course of a person's life."**



# HIGHER ACUITY CARE IN HOSPITAL

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## BY THE NUMBERS

# 998

Patients

Unique patients who accessed Waypoint inpatient programs between April 1, 2025 and March 31, 2026

# 53%

Of patients came through the Acute Assessment Program

# 883

Patients  
admitted

# 869

Patients  
discharged

# 47

Average  
patient age

# Transforming Acute Mental Health Care

This year marked a major milestone with the opening of Waypoint's new 20-bed acute mental health program, including the region's first Psychiatric Intensive Care Unit (PICU) beds.

Designed to support individuals who are at increased risk due to severe mental illness, the program provides specialized care in a safe and therapeutic environment. The new PICU spaces enhance the hospital's ability to stabilize patients with complex needs while improving access to intensive psychiatric care across the region.

The project was made possible in part through generous support from the Rotary Club of Midland, whose contribution helped create welcoming spaces for patients and families.

Adding to the healing environment, original artwork created by a former Waypoint patient now hangs within the unit, offering a powerful reflection of recovery, resilience, and hope. Together, these elements reflect Waypoint's commitment to compassionate care during some of the most challenging moments in a person's life.

THANK YOU TO



RESEARCH IN ACTION

## Predicting Crises Before They Happen

Mental health crises can develop gradually, sometimes with subtle warning signs that are difficult to detect. Waypoint is developing a new tool to help care teams recognize those signs sooner and prevent crises.

With support from the TD Ready Commitment, Waypoint is advancing PRIME, the Predictive Risk Identification for Mental Health Events tool. The first predictive early warning system of its kind for mental health care in North America, PRIME was developed by Waypoint researchers in partnership with York University. Using machine learning (a form of artificial intelligence), it identifies clinical and behavioural patterns that indicate a patient is at risk of experiencing a mental health crisis. After years of development and testing, the system is now being piloted on hospital units.

By giving care teams more time to respond, PRIME has the potential to improve patient outcomes, enhance safety, and reduce the need for crisis interventions. As healthcare systems across Canada explore the responsible use of AI, Waypoint supports these efforts and is shaping how these technologies can support better care.

THANK YOU TO



BY THE NUMBERS

48

## Indigenous Clients

Indigenous, First Nations and Métis clients accessed Waypoint inpatient or outpatient services between April 1, 2025 and March 31, 2026.



# Advancing Equity, Inclusion, and Healing

## Truth and Reconciliation Initiatives

### Representation matters in healthcare spaces.

This year, Waypoint unveiled a large-scale Indigenous art installation in the hospital lobby, creating a powerful and visible reflection of culture, healing, and community.

The artwork serves as both a welcoming presence and a reminder of Waypoint's ongoing commitment to Truth and Reconciliation, equity, diversity, and inclusion. Created by Indigenous artist Clayton King, the piece invites reflection while helping foster culturally safer spaces for patients, families, staff, and visitors.

This year, Waypoint also marked Red Dress Day to honour Missing and Murdered Indigenous Women, Girls and Two-Spirit People, while community members and staff worked together to rebuild the hospital's Sweat Lodge.

Together, these initiatives reflect Waypoint's commitment to creating a healthcare environment where people feel seen, respected and welcome.



# Reimagining Forensic Mental Health Care

## Six Core Strategies

Waypoint continued to build on our forensic mental health model of care, grounded in the Six Core Strategies that support recovery-oriented, patient-centred care. As a provincial leader in specialized forensic mental health services, Waypoint plays a critical role in supporting individuals with some of the most complex mental health needs in Ontario.

The model focuses on enabling staff to provide the best possible care by fostering a culture built on relationships, therapeutic engagement, and healing.

The impact has been significant. Staff experienced stronger teamwork, improved morale, and greater confidence in supporting patients with complex needs. Patients benefited from increased opportunities for engagement and more individualized care.

Supporting this work, the Happiness Program helped foster connection and positivity within forensic care settings.

Together, these efforts are helping advance forensic mental health care at Waypoint by supporting recovery, strengthening the patient experience, and creating an environment where both patients and staff can thrive.

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**Staff reported stronger team cohesion, improved morale, and better patient outcomes.**

# SENIORS CARE

## North Simcoe Muskoka Specialized Geriatric Services Celebrates 10 Years

### BY THE NUMBERS

# 3546

Patients

Patients age 65 years and older who accessed Waypoint inpatient or outpatient services between April 1, 2025 and March 31, 2026

# 106

Age of oldest patient

# ▲ 33%

from July 2024-2025

Increase in seniors accessing Waypoint At Home

# Looking Ahead: A New Vision for Senior's Care

## Right care, right team, right place, right time.

That principle anchors the new North Simcoe Muskoka Specialized Geriatric Services (NSM SGS) Strategic Plan for 2026–2030 and reflects a decade of transforming care for older adults across the region.

As NSM SGS marks its 10-year anniversary, the program is building on a strong foundation of integrated, patient-centred care while preparing for the growing complexity of an aging population. The new strategic plan, Empowering Older Adults and their Care Partners. Reimagining Care. Enriching Lives., sets a course for the next five years of growth, with a focus on improving access, strengthening integrated care, and building capacity across the region.

Aligned with Waypoint's 10-year strategy to Serve, Discover, Lead and Inspire, the plan also reinforces a commitment to co-design with older adults and care partners, ensuring services continue to evolve around lived experience. Through strong partnerships and a focus on practical solutions, NSM SGS is helping shape the future of senior's care in North Simcoe, Muskoka and beyond.



# Building Bridges for Caregivers

## Caregiver Respite Initiatives

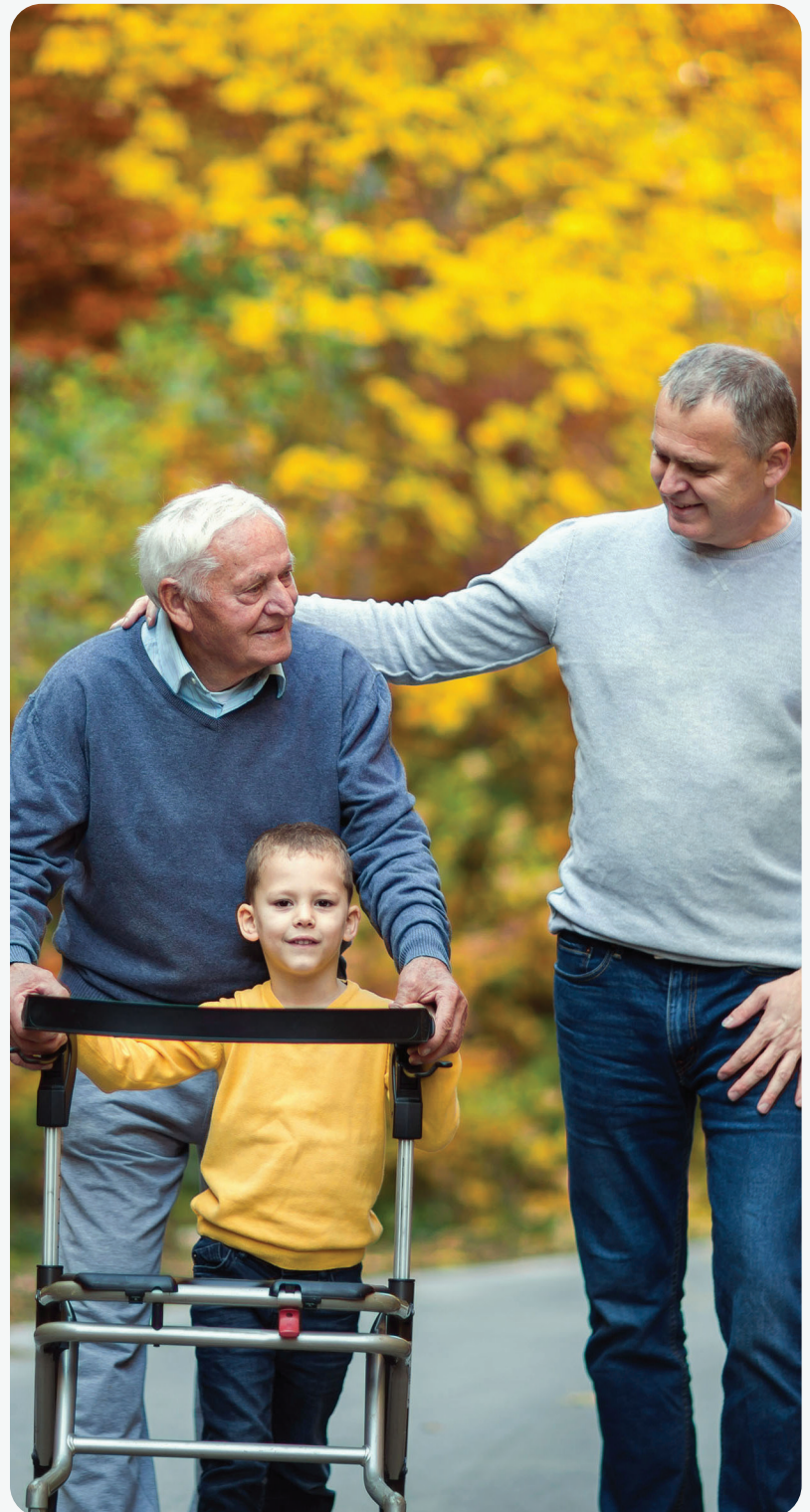
**“This gave me permission  
to breathe again.”**

That feedback from a care partner reflects the impact of NSM SGS's growing caregiver respite initiative

Designed in partnership with people with lived experience, the team leading the respite program recognized that supporting older adults also means supporting the people who care for them. Through respite events and community-based programming, care partners have opportunities to recharge, connect with others, and access meaningful support in a welcoming environment.

In 2025, the initiative expanded through community fundraising and grant support from LEAF and Rexall, helping strengthen programming and broaden access across the region. These partnerships are expanding support for caregivers while recognizing their vital role in helping older adults remain healthy and independent.

As demand for caregiver support continues to grow, NSM SGS is creating practical, community-based supports that reduce isolation and improve quality of life for families across North Simcoe Muskoka.



THANK YOU TO

**Rexall**

THE COMMONWELL  
**leaf**

INITIATIVE | Learning & Engagement Accelerator Funda

## BY THE NUMBERS

The primary goal of the BSA program is to improve the quality of care provided to people living with dementia in acute care.

▼ **83%**

Reduction in “as needed” medication for behavioural symptoms ordered upon referral

▼ **84%**

Reduction in frequency of primary behaviour

▼ **90%**

Reduction in physical restraint use with patients who had received restraints upon referral

**1 in 4**

Patients in which BSA's identified new symptoms of delirium



# Transforming Hospital Care Through Behaviour Success Agents

Behaviour Success Agent (BSA) Program

**“Staff feel more confident, patients are calmer, and care teams are better equipped to respond.”**

The Behaviour Success Agent (BSA) program is changing how hospitals support older adults living with dementia, delirium, and responsive behaviours.

Developed by NSM SGS, the program places specialized Behaviour Success Agents within acute care settings to provide frontline coaching, clinical guidance, and hands-on support for complex patient situations. As a result, staff feel more equipped to respond while improving patient and family experiences.

Initially piloted in local hospitals, the program has expanded across the region and is attracting attention for its practical approach to senior's care. Supported by ongoing research and evaluation, including a CIHR-funded study led by Dr. Katie Bingham, the BSA model continues to demonstrate its impact.

By building expertise within hospitals, Behaviour Success Agents are helping improve care for older adults while supporting a more age-friendly health system.

## RESEARCH IN ACTION

## The Next Generation of Treatment

The future of mental health care depends on continually exploring new ways to support recovery and wellbeing. As our understanding of mental illness grows, so too do the opportunities to offer new pathways to recovery.

This year, Waypoint launched its first clinical trial and continued to expand its research capacity, helping bring innovative treatments closer to patients. By expanding access to clinical trials and emerging therapies, Waypoint is helping reduce barriers to innovative care for patients outside major urban centres.

Among these advances is research into repetitive transcranial magnetic stimulation (rTMS), a non-invasive treatment that uses magnetic pulses to stimulate targeted areas of the brain.

As Waypoint continues to expand access to rTMS, research is helping strengthen the evidence base, refine clinical practice, and improve understanding of who may benefit most from this innovative treatment.

By evaluating emerging therapies and translating research into clinical practice, Waypoint is helping expand treatment options and create new possibilities for recovery.



## RESEARCH IN ACTION

## Honouring Innovation and Impact

This year, Waypoint researchers received national recognition for work that is improving lives and influencing systems across Canada.

Dr. N. Zoe Hilton, Elke Ham, and the Ontario Domestic Assault Risk Assessment (ODARA) team received the 2025 Governor General's Innovation Award, recognizing more than two decades of impact in violence prevention and risk assessment. Dr. Andrea Waddell was selected as an AMS-Fitzgerald Fellow in Artificial Intelligence and Human-Centered Leadership, while Dr. Bernard Le Foll was elected a Fellow of the Canadian Academy of Health Sciences.

While the awards celebrate individual excellence, they also speak to something larger: a commitment to research that reaches beyond academic journals to improve lives, strengthen systems, and address some of society's most complex challenges.

# Because of you, care reaches further.

The stories in this report are only a small reflection of what your support makes possible. Through donations and participation in community fundraising initiatives, you are helping improve mental health, addictions and senior's care across our region.

Your generosity supports innovative research, specialized hospital care, community-based programs, youth and senior's services, homelessness prevention, and new approaches that help people access care where and when they need it.

Most importantly, your support brings hope, dignity, and healing to thousands of people and families each year.

# Thank you for helping create a future where more people can access the care, support, and opportunities they need to live healthier, more hopeful lives.

## Thank you to our Event Sponsors

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.

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### Mental Health in Motion | 2025

#### Mindfulness Sponsors

HGR Graham Partners  
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Canadian Tire  
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Accent Building Sciences  
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#### Resiliency Sponsor

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### Shine the Light Gala | 2025

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