



# 2006 COURAGE TO COME BACK Awards



Courage to Come Back Award recipients (from l-r): Cheryl Peever, Jay Fewkes, Jessica Wehrich, Doug Cridland, Hope McCron, Amy Sky and Robin Harvey

## Courage guests touched by powerful stories of human potential

Over 750 people attended the 13th annual Courage to Come Back Awards Dinner on Tuesday, May 9, 2006. Guests were touched and inspired by the award recipients' humbling stories of courage and triumph in the face of their illnesses and the associated stigma. The awards are presented to people who have overcome mental illness or addiction and now use their experiences to help others.

The Honourable George Smitherman, Ontario's Minister of Health and Long-Term Care, surprised the audience by choosing the occasion to share publicly his personal struggle with addiction for the first time, in an effort to break down stigma and encourage



George Smitherman, Ontario Minister of Health and Long-Term Care

people to seek help. He later told The Toronto Star, "There are fantastic opportunities on the other side and tremendous potential in the human experience for forgiveness. As much as your current sense of despair might seem so powerful, you can break through."

Singer/songwriter Amy Sky was honoured for her candour about her struggle with postpartum depression. Guests were treated to a moving rendition of her song "I Will Take Care of You" in which she references these experiences.

The event raised over \$500,000 for CAMH.



The Courage to Come Back awards would not be possible without the support of our volunteers, donors and sponsors, such as presenting sponsor RBC Capital Markets. we thank them for their generosity, vision and leadership.

# 2006

# COURAGE TO COME

## Doug Cridland, Fort Frances

Before he was diagnosed with bipolar disorder at 18, Doug's erratic behaviour was alarming to his family. Doug has managed to not only meet the challenges of living with his illness but to thrive. He is a devoted husband, a loving father and a dedicated community worker who continually inspires others with bipolar disorder to take control of their lives.



**BMO**  **Financial Group**

Doug Cridland and Eric Tripp, Co-President,  
BMO Nesbitt Burns, Investment Banking Group

## Jessica Weihrich, Smith Falls,

struggled with unmanageable addictions to morphine, heroin and crack before she turned 16. At her lowest point, she weighed 80 pounds, her teeth were rotting and her body was a canvas of black and blue. Jessica decided to fight back and has emerged stronger than ever. She now works with many organizations to speak to youth about her past in the hope that it will deter those who may be thinking about trying drugs.



**CAW**  **TCA**  
**CANADA**

Carol Phillips, Assistant to the President,  
CAW Canada and Jessica Weihrich

## Jay Fewkes, Baden

His addiction to crystal meth and heroin was triggered by the tragic loss of his beloved sister and cousin when Jay was a teenager. Jay survived a near-fatal car accident at 23: given another chance at life, Jay overcame his substance abuse and now works as a carpenter. He uses his experience to speak to youth about the dangers of drug use and how they can avoid making the same mistakes.



**ERNST & YOUNG**  
*Quality In Everything We Do*

Jay Fewkes and Stephen Shea, a Risk  
Advisory Services Partner, Ernst & Young LLP

## Cheryl Peever, Toronto,

beat many years of cocaine addiction and decided that if she could do that, she could do anything. Cheryl achieved her masters in social work, and now works at CAMH as manager of the Acute Care and General Psychiatry Unit. Her previous experiences allow her to display uncommon empathy, devotion and compassion to the clients she serves and others who seek her help.



 **POWER WORKERS' UNION** **ONTARIO POWER GENERATION**

Diane Westcott, Director, Employee  
Wellness for Ontario Power Generation,  
Cheryl Peever and Don MacKinnon,  
President of the PowerWorkers' Union

# BACK AWARD WINNERS

WarrenShepell

Robin Harvey and Rod Phillips, President,  
WarrenShepell Consultants



**Robin Harvey**, Toronto, is an award winning journalist with The Toronto Star, and has been motivated, driven and hard-working throughout her life. She also lived with undiagnosed bipolar disorder for many years. She has learned to manage her illness, and helps others by speaking out about her challenges, volunteering with numerous organizations and writing about mental illness with powerful conviction.

Wyeth®

Hope McCron and Dr. Neil Maresky, Vice  
President, Scientific Affairs, Wyeth Canada



**Hope McCron**, MacTier, is a mother of four who, when faced with the possibility of losing her family, overcame her addiction to alcohol. Her determination to stay sober and her courage to confront her grim past have served to make her a role model to others facing similar problems.

Manulife Financial

Amy Ski and Royal Williams, Regional  
Vice President, Manulife Financial



Singer/songwriter **Amy Sky** is a three-time Juno Award nominee, a winner of three SOCAN awards and has written songs for artists such as Olivia Newton-John, Reba McEntire and Diana Ross. Since experiencing and overcoming a harrowing case of postpartum depression, she uses her unique voice to generate awareness about the illness and stresses the importance of getting help.

Be **more** than a corporate sponsor... This year, get **involved** with Courage

**Be a leader    Make a difference    Transform lives**



Courage to Come Back places sponsors at the forefront of issues that will affect 1 in 4 Canadians each year. It aligns sponsors with positive role models that represent hope for all of us, and creates an excellent opportunity to demonstrate corporate leadership.

Sponsorship of the Courage to Come Back Awards can provide a sponsor with a strong, and positive corporate image that values courage, determination and spirit.

Sponsors not only support the individual award recipients but also help to make a brave and bold statement in the face of the stigma surrounding addiction and mental illness.

*A proud sponsor of the 2006 Courage to Come Back Awards - and pleased to join in celebrating the inspiration of hope and great achievements of the award recipients.*

**RBC Capital Markets**

*We salute your courage in facing adversity and thank you for demonstrating the power and potential of the human spirit*

**WarrenShepell Consultants**

*Congratulations to all award nominees and recipients for the determination and drive to overcome.*

**Canadian Auto Workers**

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## Opportunities for Involvement

To discuss the benefits of being a corporate sponsor, or for more information about this event, please contact Bonnie Perry, Senior Development Officer, at: 416 535-8501 x 4220 or by email: [Bonnie\\_Perry@camh.net](mailto:Bonnie_Perry@camh.net)