



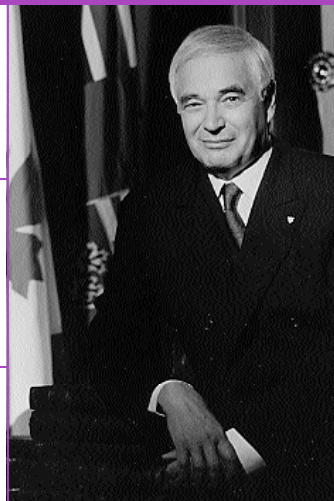
Courage to Come Back Award recipients (from l-r): Dan Carter, Aurel Beauvais, Tracy Holman, Michelle Ruck, the Honourable James K. Bartleman, Linda Stewardson, William (Billy) Moore.

2004 COURAGE TO COME BACK AWARDS

The Centre for Addiction and Mental Health Foundation holds the Courage to Come Back Awards each year to recognize Ontarians who have overcome mental illness and addiction and now use their experience to help others.

By sharing their inspiring stories, CAMH hopes to showcase the potential of people living with mental illness and addiction, and decrease the stigma attached to these conditions, creating a more compassionate society for the one in four Canadians who will face these challenges during their lifetime.

The recipients have achieved personal victories, and now serve as models of hope and inspiration for others facing similar circumstances. This year's recipients were selected from nominations submitted by health professionals, community organizations and members of the public from across the province.



2004 Award recipient, the Honourable James K. Bartleman, Lieutenant Governor of Ontario

"The Courage to Come Back Award recognizes the courage and good will of individuals who have overcome addiction or mental illness and are now helping others to deal with these challenges.

I am grateful that this Award has given me an opportunity to speak out about my experience with depression, in order to help achieve one of my key objectives: to reduce the stigma of mental illness."

Presented by



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.

2004 Courage to Come



Aurel Beauvais of Sudbury has schizophrenia, which almost derailed his promising future. President of the Northern Initiative for Social Action in Sudbury, he is a respected community leader and an effective advocate for those facing mental illness.



Dan Carter of Bowmanville is a successful broadcaster who has overcome addictions and childhood trauma. He lends his time to over 150 charitable events each year. In 2003, he received a Queen's Golden Jubilee Medal for outstanding service in his community.

Extraordinary People



Presenter **Don Mackinnon**, President of the Power Workers' Union, award recipient **Aurel Beauvais** and presenter **John Murphy**, Executive Vice-President, Human Resources and Chief Ethics Officer for Ontario Power Generation



Award recipient **Michelle Ruck** and presenter **Stephen Shea**, Partner and leader of the Technology and Security Risk Solutions Practice, Ernst & Young



Award recipient **Tracy Holman** and presenter **Jon Schmehl**, Regional Vice-President Independent Advisors, Ontario, Manulife Financial



Award recipient the Honourable **James K. Bartleman** and presenter **Rod Phillips**, President, WarrenShepell

The Honourable **James K. Bartleman**, Lieutenant Governor of Ontario, has had a very distinguished career that has spanned more than 35 years in the foreign service, including assignments as Canada's Ambassador and High Commissioner to many countries. By speaking publicly about his personal experience with depression, he is reducing the stigma surrounding mental illness.





Despite all of the hardships, **Michelle Ruck** had one strong quality about her that allowed her to persevere—faith that things could get better if she tried. She attended the Youth Addiction Services at the Centre for Addiction and Mental Health and was able to address her mood and trauma issues in addition to her addiction problems. Just 20 years old, Michelle has triumphed over

abuse, addiction, life on the streets and mental illness. In her childhood, she struggled with a chaotic family life, enduring physical and sexual abuse, and depression. She turned to the streets and resorted to drug use to cope with the pain. While on the street, her health deteriorated, as she also suffers from type one diabetes. Complications resulted in the amputation of her right leg when she was seventeen. The services she received at CAMH have made a world of difference. She now speaks at public health forums for health care professionals, and she volunteers to go to schools and treatment agencies to talk with children. She has successfully completed high school and she is planning to study at the post-secondary level in a health care related field.



Tracy Holman of Rosseau has bipolar disorder that was undiagnosed for many years. Tracy now helps others by dedicating her time to several mental health associations, programs and support groups.



William "Billy" Moore of Cambridge almost lost everything because of his addictions to drugs and alcohol. Today he is a role model. He shares his enthusiasm for off-road racing and his hard-won wisdom with local youth while he continues to grow in his recovery.



Award recipient **Dan Carter** and presenter **Jim O'Neil**, National Secretary-Treasurer, Canadian Auto Workers



Award recipient **William (Billy) Moore** and presenter **Rob Montesione**, Chief Financial Officer, Merrill Lynch Canada Inc.



Award recipient **Linda Stewardson** and presenter **Eric Tripp**, Vice-Chair, BMO Nesbitt Burns and Head of the Equity Division



Linda Stewardson of Thunder Bay endured horrific abuse as a child. She later became addicted to crack/cocaine and heroin, and developed anorexia. Linda defeated both her eating disorder and her addictions, and now uses her dynamic public speaking skills to inspire others.

To read more about the awards Recipients, go to http://www.camh.net/camh_foundation/

COURAGE TO COME BACK AWARDS



Get involved

Now in its 12th year, the **Courage to Come Back Awards** has tremendous positive image value to offer a sponsor.

By participating in the event, your organization plays a supporting role in recognizing the achievements of outstanding individuals, and creates an excellent opportunity to demonstrate leadership, inside and outside of your organization.

Sponsoring the event offers a chance to align your organization directly with the positive role models that the **Courage to Come Back Awards** recipients represent. **The award recipients demonstrate hope for all of us.**

Be a leader

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

Canadian Auto Workers

There's no limit to what you can do.

Ernst & Young

A proud sponsor of the 2004 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

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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 x4220 or by e-mail: Bonnie_Perry@camh.net.