

# THE Kelty Patrick Dennehy FOUNDATION

APRIL 2011

## MESSAGE FROM THE PRESIDENT

Thank you for your continuing support of the **Kelty Patrick Dennehy Foundation**. You have not heard much from us over the past year as it has been a tough one for Kerry and me after the loss of our daughter Riley. We are both doing the best we can. The support we continue to receive from friends and supporters is truly amazing and we cannot tell you how much we appreciate your words and kindness. After the final golf tournament in 2008, our board discussed the future of the foundation and how best to achieve and grow our mandate to make a significant difference in fighting depression. Our determined goal is to expand our efforts and grow our partnerships, particularly with those

that work with/reach the vulnerable gap group, aged 15—25. The foundation’s participation in social media will be an important strategy in reaching youth so we will soon have an updated website, **facebook** page and **twitter** following. We are excited about our strong and growing foundation that will lead us to the next level. Your future on-going support will be very important to help us make the difference that is so desperately needed for those that suffer from depression.

Let me introduce two new important members, **Deb Lacroix** and **Lisa Bay** who have joined our team. Deb will be the new Executive Director and Lisa, our new Youth Liaison

Coordinator for the foundation. Depression has no boundaries: it affects young and old, those who are surrounded by love and support and unfortunately those who do not have the support and love to succeed. We believe our board, Deb, Lisa and you, our team of supporters can make a difference through the programs and facilities we support over the next few years. Depression is so prevalent, but neglected by society. Working together will help achieve the goals the foundation hopes to accomplish.

Ginny Dennehy  
President,  
**The Kelty Dennehy Patrick Foundation**

## SPREADING THE WORD

A mandate of the foundation is to “**talk**” about depression and its effects in a public forum wherever possible so the foundation can raise awareness of depression’s prevalence. Recently, Ginny Dennehy told her story at a two speaker series

events—Women, Wine and Wellness, a speaker series sponsored by the Canadian Mental Health Association and the Lions Gate Hospital Foundation (LGHF) who have a series focused on Mental Health and Addictions. Ginny and

Lisa Bay shared their stories at the Kay Meeks Centre in West Vancouver along with Dr. Alan Burgmann, psychiatrist for Lions Gate Hospital who shared his expertise of educating and dispelling the stigma surrounding depression.

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### Mental Health

#### Statistics

- 16% of BC children in grades 7 to 12 have attempted suicide
- Number of suicides in BC—400 to 500 annually; 24% of all deaths in 15 to 24 age group
- Mental health is the #1 cause of disability in the world for ages 15—44 age group

statistics provided by Mood Disorders Society of Canada

## PARTNERING WITH THE KELTY MENTAL HEALTH RESOURCE CENTRE

The Kelty Patrick Dennehy Foundation is working in partnership with **The Kelty Mental Health Resource Centre** by pledging **\$450,000** to this wonderful cause. KMHRC is a provincial resource centre working to link children, youth and their families with appropriate resources in all areas of mental health and addictions.

### KEY STATS:

#### Geographic/demographic profile:

50% of contacts are from the lower mainland, 58% are parents and 27% are service providers. Of the calls, 35% concern youth 13—18, over 20% are for 12 and under and 15% are for 19-24.

#### Increase in total number of inquiries:

Since its inception in 2008, the number of inquiries to the Centre has increased by **48%**.

#### Branding:

A new “look and feel” including the PINWHEEL brand and marketing materials was developed and launched in October 2010. A strong brand with a colourful pinwheel design and tagline was created to emphasize a strong visual identity for the Centre. The pinwheel symbolizes childhood, freedom, energy and joy and it is considered to be a source of strength, movement, connectedness, hope and balance. The colours and symbolism of the pinwheel represent the goals of the KMHRC—to provide hope and resources to families in need of support in turning around the lives of their children and youth.



#### Community engagement series:

The Kelty Centre is providing a monthly “pinwheel educational series” through their teleconferencing center. The aim is to educate the BC public, parents, caregivers and service providers about key mental health and substance use topics. Participation rates at the teleconferences have increased by 381% since 2009.

#### Promotion and outreach:

The Kelty Centre has been invited to participate in 15 major conferences related to mental health and substance use issues.

[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

## WORKING IN PARTNERSHIP WITH THE BC CRISIS

The Kelty Patrick Dennehy Foundation recently presented the **BC Crisis Centre** with a cheque for **\$25,000**.

This amount is the foundation’s first installment of a **\$100,000** pledge to help brand and continue a partnership with BC Crisis Centre to decrease depression related suicide in youth.

Through education programs in BC schools, support in funding their crisis suicide and chat

lines and connecting **The Kelty Mental Health Resource Centre** to the Crisis Centres’ school based, youth suicide prevention film and workshop program **Choices 2: Reaching Out**, **The Kelty Patrick Dennehy Foundation** is working in partnership with the BC Crisis Centre to decrease the stigma of depression and encourage peer support to those affected by the disease.

[www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)



Kerry Dennehy presenting a cheque for \$25,000 to Ian Ross, Executive Director of the BC Crisis Centre

## HELPING MENTAL HEALTH ON THE NORTH SHORE

The Kelty Patrick Dennehy Foundation helped kick off the **Lions Gate Hospital Foundation’s** campaign for a new Centre for Mental Health & Addictions with a donation of **\$75,000**.

This new building on the North Shore will inspire wellness through a welcoming, bright, comfortable and safe environment. It will provide simplified access to inpatient and outpatient mental health programs under one roof. “We need to understand

that 1 in 4 North Shore residents will experience mental health issues in their lifetime and over 6,000 North Shore residents have mental health/addiction problems so this is something our Foundation needs to be a part of, especially when mental health is the #1 cause of disability in the world for ages 15—44”, says Ginny Dennehy, President of **The Kelty Patrick Dennehy Foundation**. This new facility will increase inpatient capacity with single patient rooms

and house a much needed **Resource Centre** for patients, families and community to gather information on mental health and addictions.

[www.lghfoundation.com](http://www.lghfoundation.com)

## EXECUTIVE DIRECTOR—DEB LACROIX

A native of Montreal, Canada, Deb Lacroix, bilingual in French and English, moved to British Columbia in 2006 after several years in London, England and New York, USA. Since beginning her career in Montreal in the fashion industry in Sales, over the years her professional experience grew to include marketing and communication in both the real estate and technology industries.

Deb, whose parents were energetic volunteers and fundraisers, began her own philanthropic career on the organizing committee for the Montreal Chapter of the Juvenile Diabetic Foundation while a student at McGill University. When tragedy struck home with the loss of her infant son, Taylor James, to neuroblastoma cancer in 1991,

she created The Taylor James Foundation to help others coping with this childhood disease. Through golf tournaments and other events, the foundation helped establish a new day clinic at the Montreal Children's Hospital. This newly-designed and technologically-advanced facility provides families with sick children with better services and more privacy. Deb continues to volunteer for local Whistler organizations. In 2007-2008, she served as treasurer on the board of directors of the Whistler Children's Center.

Deb is honored to take on the role of Executor Director at **The Kelty Patrick Dennehy Foundation** and welcomes the challenges associated with taking the foundation to its next phase of contributions to

Mental Health projects, to removing the stigma associated with mental health diseases and to increase the resources accessible to families affected by the disease.

Deb is excited to bring her professional, personal and philanthropic experiences to the table and join the team in making a difference for these young people and their families not only across the province, but throughout the country.

Deb has two children, Zoe, age 8, and A.J., age 5.

Deb can be reached anytime at: [deb@thekeltyfoundation.org](mailto:deb@thekeltyfoundation.org)



## YOUTH LIAISON COORDINATOR—LISA BAY

Lisa Bay is a graduate of the Honours Psychology undergraduate program at the University of Western Ontario. Throughout her education Lisa explored her love for psychology and gained a significant amount of research experience both through volunteering as a research assistant and writing her own thesis. She first became involved with the foundation in October 2010 when she began volunteering at **The Kelty Mental Health Resource Centre** in BC Children's Hospital. After becoming familiar with the centre and realizing how important the contributions of **The Kelty Patrick Dennehy Foundation** have been to the

mental health field, Lisa expressed an interest in working directly with the foundation.

In addition, Lisa's personal struggles with anxiety and depression motivate her to work with causes that aim to help others suffering from similar problems. Her background in psychology as well as her desire to help others make Lisa a great fit for the foundation.

Lisa is honoured to be the Youth Liaison Coordinator for the foundation and is looking forward to bringing her unique perspective to future projects. Along with fundrais-

ing initiatives and volunteering at the Resource Centre, Lisa will be updating the foundation's website as well as creating social media outlets to spread awareness for the foundation. One of Lisa's main goals is to connect with the adolescent population and be a voice for other youth struggling with mental illness.

If you have any questions or comments for Lisa she can be reached at: [lisa@thekeltyfoundation.org](mailto:lisa@thekeltyfoundation.org)



## A NEW LOOK AND FACE FOR THE FOUNDATION

The foundation is looking to the future with a more contemporized look and feel. This newsletter is the *final hard copy* we will send out by mail. In future, we will be sending an e-letter to all of you, but only if you contact us with your email address—we encourage you to do so!

The foundation will soon be accessible on social media with a **facebook** page and **twitter** account so we can continue to reach out and raise awareness of depres-

sion. Youth and family play an important role in being advocates and activists for depression in their everyday lives as students, workers and friends.

**We encourage you to contact Deb Lacroix at [deb@thekeltyfoundation.org](mailto:deb@thekeltyfoundation.org) with your email address so we can update our data base and correspond with you by e-letter in the future to give you details on the Foundation and our activities.**



TO PREVENT DEPRESSION—RELATED SUICIDE IN YOUNG PEOPLE

# THE Kelty Patrick Dennehy FOUNDATION



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The Kelty Patrick Dennehy Foundation needs your **Aeroplan Miles**. Did you know that since 2006, donors have donated over 740,000 Aeroplan Miles to the Foundation! Contact our Executive Director Deb Lacroix at 604-935-9062 or [deb@thekeltyfoundation.org](mailto:deb@thekeltyfoundation.org) for more details.

For more information on **The Kelty Patrick Dennehy Foundation** please contact Kerry or Ginny Dennehy at 604-938-0544 or email at [ginnvd@thekeltyfoundation.org](mailto:ginnvd@thekeltyfoundation.org) or [kerryd@thekeltyfoundation.org](mailto:kerryd@thekeltyfoundation.org)

**Friends, families & communities working together to prevent depression-related suicide in young people**

## DENNEHY TRIBUTE IN THE HOUSE OF COMMONS JOHN WESTON, MP

*A member of parliament for West Vancouver-Sunshine Coast-Sea to Sky Country, John Weston is an outspoken advocate for bringing awareness of mental illness and its stigmas to the forefront for all Canadians. As a father to three children, John can empathize with family tragedies suffered as a result of mental illness. John believes the Dennehy family and the Kelty Patrick Dennehy Foundation are determined to make something positive out of their family tragedy in a way that can positively help others. Depression touches so many young Canadians and the associated stigma and shame needs to be lessened so sufferers and their families can courageously seek professional help.*

February 14, 2011

Mr./Madame Speaker

I rise today to bring awareness to tragedy

that is suffered daily in homes and communities across Canada. This Valentine's Day, as many of us express our affection to loved ones in special ways, I urge Canadians to look out for someone in your circle who may suffer from depression.

I would like to pay tribute to Whistler's Dennehy family who have risen above their own tragedy to help others.

Ten years ago Kelty Dennehy, then a popular, academically successful junior hockey player took his own life after battling clinical depression. Kelty's parents, Ginny and Kerry Dennehy, responded to Kelty's death by creating **The Kelty Patrick Dennehy Foundation**, which has used Kelty's memory to inspire support for the battle against adolescent depression.

Colleagues, please join me in a tribute to

the Dennehy family, who have inspired thousands of Canadians with their courage and to Olympic hero Clara Hughes who has the courage to speak out about her own battle with depression. May our voices join with yours to lift the stigma of shame and remind us of the importance of speaking openly and honestly about depression.

