



Cota

Inspiring Change

Highlights of Our 40 Year History

1970's

1973	Founded by five occupational therapists
1975	Became a not-for-profit organization and appointed a board of directors
1979	Psychogeriatric Program (now called Geriatric Mental Health Program) added

1980's

1981	Boarding Home Site Support Program begins
1986	Mental Health Case Management Program begins
1987	Hostel Outreach Program begins

1990's

1990	Adult Protective Service Worker Program begins. This program is now referred to as the Community Liaison Worker Program.
1991	Name change to COTA Community Occupational Therapists and Associates
1992	Acquired Brain Injury Service begins
1994	Community Support Services Program begins
1997	Begin providing Physiotherapy, Speech Language Pathology, Social Work and Dietetics services in addition to Occupational Therapy as a comprehensive array of rehabilitation services
1999	Name change to COTA Comprehensive Rehabilitation and Mental Health Services Court Support Service begins

2000's

2000	Accredited by the Canadian Council on Health Services Accreditation
2000-2001	Executive Director Barbara Quinn Retires; Sandra Hamner becomes CEO
2001	Dual Diagnosis Case Management Program begins Second Hope Supportive Housing Program begins Step by Step Supportive Housing Program launched in partnership with Community Resource Connections of Toronto, Canadian Mental Health Association, Scarborough Hospital and Ontario Shores.
2002	Adams House Supportive Housing Program begins
2003	Accreditation renewal by the Canadian Council on Health Services Accreditation
2004	Expansion of rehabilitation services into south-western Ontario and Ottawa regions via contracts with Community Care Access Centres (CCACs). Second Hope Supportive Housing Program closes and Bailey House is opened in its place
2005-2006	Accreditation renewed by the Canadian Council on Health Services Accreditation Implementation of several new services, many of which focus on supporting individuals living with mental health challenges and co-occurring justice system involvement. Services include: <ul style="list-style-type: none"> • Mental Health & Justice Housing • Short-Term Residential Beds • Mental Health & Justice: Prevention Services • Enhancement to our existing Court Support Program • Dual Diagnosis & Justice Case Management



2000's	
2006	<p>Developed a partnership with Evangel Hall Mission to provide Mental Health Case Management supports to residents of their new building and to provide an ABI Services Supportive Housing program at this site</p> <p>Trish Barbato becomes CEO</p>
2007	<p>Assumed the Collegeview Supportive Housing services from McLeod House and expanded our ABI Adult Day Service to a full 5 day/week program</p> <p>Business structure now includes two separate divisions:</p> <p>Rehabilitation Services Division Mental Health & Community Supports Division</p> <p>Begin providing a Safe Bed at Bailey House which is linked to the City of Toronto's Streets to Homes Initiative</p> <p>Legal name changed to COTA Health</p>
2008	<p>Accreditation renewal with Accreditation Canada</p> <p>Begin providing Follow-Up Supports to the City of Toronto's Streets to Homes Initiative</p> <p>Dual Possibilities Supportive Housing Program is implemented in partnership with VITA Community Living Services</p>

2000's	
2009	<p>Assumed the operations of Homeward on June 1, 2009. Services include:</p> <p>Release Planning Case Management Mental Health and Justice Case Management Mental Health Case Management</p> <p>Divested our Rehabilitation Services Division to VHA Home Healthcare on July 3, 2009. As a result, we concluded our contracts with CCACs and ceased providing Occupational Therapy, Physiotherapy, Dietician Services, Speech Language Pathology and Social Work services to the community. Our focus becomes supporting people living with mental health and cognitive challenges.</p> <p>Paul Bruce becomes Executive Director in July 2009.</p> <p>In September of 2009, COTA Health begins providing Assertive Community Treatment Team (ACTT) services as a component of the Mental Health Commission of Canada's At Home/Chez Soi national demonstration research project</p>
2010's	
2011	Accreditation renewal with Accreditation Canada
2012	Merge ABI Evangel Hall Supportive Housing Program with the ABI Collegeview Supportive Housing Program and co-locate them at the Collegeview site.
2013	<p>At Home services receive base funding commitment from the Minister of Health and Long-Term Care. As a result, we continue to provide the At Home ACTT service and begin managing 216 rent subsidies on behalf of the At Home service partners.</p> <p>On the 40th anniversary of the organization, a major rebranding was undertaken to recognize the changing role of the organization and its new strategic plan.</p>



Vision

A supportive and inclusive society in which all people have equal opportunity to live, thrive and enjoy the full benefits of belonging within their communities.

Mission

To support individuals with mental health and cognitive challenges to live well within their communities.

Values

Hope

Respect

Collaboration

Innovation

Dedication

Accountability

A Message from the Chair and Executive Director



Charlie Bigenwald
Chair, Board of Directors



Paul Bruce
Executive Director

This year we are pleased to launch a new brand for our organization. Our name, Cota, represents a 40 year legacy of quality service to the community. From very humble beginnings, we have grown and changed significantly over the years. Our present focus is the provision of high quality community-based support services to people living with mental health and cognitive challenges. Cota is one of the largest providers of such services in the City of Toronto. Our dedicated staff make a positive difference in the lives of over 2,250 people annually.

Our new tagline “Inspiring Change” stands for both our commitment to support people to pursue positive change in their lives and for our desire to develop and implement innovative service solutions within our organization and across the broader health and social service sectors.

Our new logo adopts the symbolism of both a directional star and supportive hands. For centuries stars have been used as navigational tools to help people find their way to a desired destination and to guide them when they are lost or weathering a storm. If you look closely at our logo you will see a star emerge within the circle of hands. While not initially obvious, it is there if you look for it. For many people that we support, their desired personal life direction may not be initially obvious to them either. That’s where Cota comes in. We assist individuals recognize that they can have hopes, dreams, goals and aspirations for the future and then support them to pursue their personal ambitions. Often, that support is best mobilized through the concerted efforts of the individual, our support teams, our partners and the individual’s family and friends and that is why our logo has a diversity of hands surrounding the star.

We would like to thank all of the people who use our services, our staff, our partners and our funders for their ongoing trust, dedication, support and encouragement over the years. We are proud of our history together and are eager to embrace the future with you.

Our Services

Cota is an accredited community-based organization that has been supporting adults with mental health and cognitive challenges to live well within their communities for over 40 years. We provide person-centred supports that assist individuals to find inspiration and hope in their inherent strengths and support them to pursue meaningful change in their lives, as they define it. We also work collaboratively with our funders, our partners and other stakeholders, across the provincial health and social service systems, to inspire positive change in the way that services are delivered to individuals living with mental health and cognitive challenges.

Cota offers a wide range of services to adults living with serious mental illness, geriatric mental health conditions, acquired brain injuries, developmental disabilities and dual diagnoses. Our services include case management, supportive housing, short-term residential beds, day programs, court and justice related services, an assertive community treatment team (ACT), and services for individuals who are experiencing homelessness.

Cota. Inspiring Change.

Acquired Brain Injury Services

- Acquired Brain Injury Case Management
- Adult Day Service: Providence Healthcare
- Adult Day Service: West Park Healthcare
- Collegeview Supportive Housing

Developmental & Dual Diagnosis Services

- Community Liaison Worker Program
- Dual Diagnosis Case Management
- Dual Diagnosis & Justice Case Management
- Dual Possibilities Supportive Housing

Geriatric Mental Health Services

- Geriatric Mental Health Case Management
- Geriatric Mental Health Case Management: Neighbourhood-Link

Homelessness Related Services

- Assertive Community Treatment (ACT) Team
- Dual Diagnosis Case Management
- Hostel Outreach Program Case Management
- Streets to Homes Intensive Follow-Up Supportive Housing

Mental Health Services

- ACT Team
- Adams House Supportive Housing
- Bailey House Supportive Housing
- Boarding Home Program
- Dual Diagnosis Case Management
- Geriatric Mental Health Case Management
- Mental Health Case Management
- Short-Term Residential Beds
- Step by Step Supportive Housing

Mental Health & Justice Services

- Court Support
- Dual Diagnosis & Justice Case Management
- Mental Health & Justice Case Management
- Mental Health & Justice Prevention Case Management
- Mental Health & Justice Supportive Housing
- Release Planning Case Management
- Short-Term Residential Beds

How Do We Inspire Change?

We Work Collaboratively with Our Partners to Implement Innovative and Effective Service Solutions

Coordinated Access to Care from Hospital Emergency Departments (CATCH-ED)

To align Cota's services with Local Health Integration Network (LHIN) priorities, Cota allocated one of our mental health case managers to an innovative Coordinated Access to Care from the Hospital Emergency Departments (CATCH-ED) program.

CATCH-ED is a pilot program designed to reduce preventable emergency department visits and improve and coordinate access to care for people who use emergency departments frequently. Frequent is defined as five (5) or more visits to any one hospital site's emergency department within a year, with at least one of the visits having been for a mental health and/or addiction issue.

This aligns with the LHIN priority of "Right Care, Right Time, Right Place". Reducing these preventable emergency departments can reduce wait times for other individuals at the emergency department and also provides the individual with an appropriate level of care in the community.

Established in January 2012, CATCH-ED connects individuals living with mental health and addictions who frequently use the emergency department with a community-based Transitional Case Manager from three organizations in each of six Toronto Central LHIN emergency departments. The three community based organizations are: Cota, Community Resource Connections of Toronto and Reconnect Mental Health Services. The emergency departments are located at: St. Michael's Hospital; St. Joseph's Health Centre; the Center for Addiction and Mental Health; University Health Network; Toronto East General Hospital and Sunnybrook Health Sciences Centre.

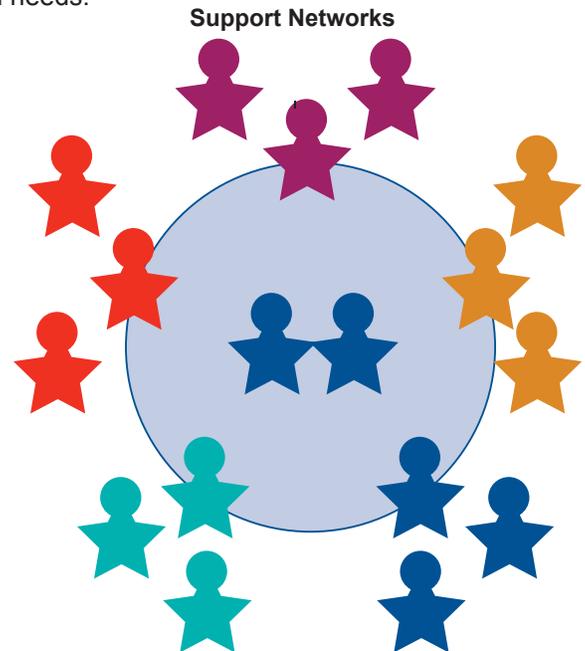
CATCH-ED's primary health care services are accessed through four Community Health Centres: South Riverdale, Regent Park, Central Toronto and Parkdale. When connecting clients to community-based resources, case managers work to

create a comprehensive interdisciplinary care and support team for each client.

Following a discharge from the hospital, the CATCH-ED Transitional Case Manager supports the individual for up to 16 weeks by connecting them to healthcare and other resources to increase their quality of life and to strengthen the individual's support networks.

The program will be evaluated against a number of indicators including the reduction in emergency department visits by those served by the program.

This is a positive, intentional change in the way that the system offers support, and an inspirational project that meets health system needs.



CATCH-ED case managers connect individuals to community-based resources; case managers work to create a comprehensive interdisciplinary care and support team for each client.

How Do We Inspire Change?

We Work Collaboratively with Our Partners to Implement Innovative and Effective Service Solutions

Acquired Brain Injury (ABI) & Homelessness Services Initiative

To increase the clinical capacity of Street to Homes workers, Cota collaborated with the City of Toronto's Shelter, Support and Housing Administration and organized training to provide education about people with complex care needs.

Cota is one of the community partners in the Streets to Homes Program, a partnership with the City of Toronto. This program works with street-involved, homeless individuals and its goal is to end street homelessness within the City of Toronto utilizing the Housing First approach by providing a homeless individual with a safe and affordable place to live and then wrapping support to support housing stability and promote recovery/wellness. Cota's role within this program is to provide intensive follow-up housing support to individuals with extremely high needs (Addictions, ABI, mental health issues).

Since March 2013, Cota has been collaborating with City of Toronto Streets to Homes Program in order to provide education and training to the Streets to Homes Workers. Streets to Homes workers attended a one-day training event sponsored by Cota in order to provide education/training about people with complex care needs. This training was provided by Carolyn Lemsky (Ph.D. in Clinical Psychology), from Community Head Injury Resources of Toronto.

Following the one-day training event, Cota staff members engaged in small group training/discussions with the Streets to Homes workers during their team meetings in order to help their teams to apply the information from the one-day training event to the actual clients on their caseloads (eg. clinical case studies).

In the final stage of the training, Case Managers from Cota will provide one-to-one coaching, modeling and support to the Streets to Homes workers. This will occur in community

settings, as appropriate, in order to help the workers to successfully implement the support strategies with actual clients.

High Support Housing Initiative

In the summer of 2012 the Toronto Central LHIN issued a call for proposals for high support housing to meet the needs of individuals deemed Alternative Level of Care (ALC) with severe behavioural challenges. Cota contributed to the development of a community response framework and worked with the Toronto High Support Housing Consortium to draft and forward a submission to the Toronto Central LHIN.

The proposal involved the creation of new high support housing units, step-down housing, a multidisciplinary team and a flex fund to assist housing providers to accommodate identified clients. The proposal was subsequently funded and services are now in place. Ultimately this project will:

- reduce the number of ALC clients in hospitals
- increase the number of high support housing units
- create flow within the high support housing sector
- address the unique challenges and needs of clients living with complex needs
- increase the capacity of the existing high support portfolio
- create a continuum of care in the community
- reduce hospital readmissions and emergency department visits

Partners of the project include: Regeneration House (Lead), Centre for Addiction and Mental Health (CAMH), Eden Community, House of Compassion, Madison Community Services, Margaret's Housing and Community Support Services, Good Shepherd, Habitat Services, Canadian Mental Health Association (CMHA) Toronto, Reconnect Mental Health Services, LOFT Community Services, Toronto Community Care Access Centre (CCAC).

How Do We Inspire Change?

We Work Collaboratively with Our Partners to Implement Innovative and Effective Service Solutions

Complex Care Project with Fife House

Cota is part of an exciting project aimed at addressing the support and housing needs of people living with HIV/AIDS (PHAs) who are presenting with age-related illnesses, complex care needs and cognition issues.

This two year pilot project is currently a partnership of ten agencies including Fife House (lead), Cota, McEwan Housing and Support Services/LOFT Community Services, Casey House, St. Michael's Hospital, St. Elizabeth Health Care, Toronto Central Community Care Access Centre, Toronto People with AIDS Foundation, Toronto Community Housing and Sherbourne Health Centre.

This Pilot Project is delivering a continuum of coordinated community care and support services for PHAs, in the City of Toronto, who have complex health issues. The project completed a needs assessment in the fall of 2012, and began intake and service delivery in January of 2013.

Jane Street Probation Office

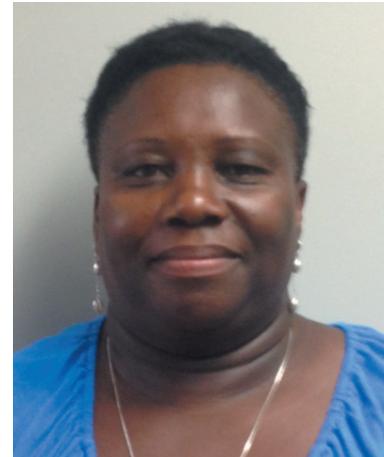
The Jane Street Probation office was experiencing an increase in the number of individuals it was encountering with a serious mental illness and justice system involvement and were having challenges in linking these individuals to appropriate services.

Cota is now providing support to probation officers by educating them about mental health challenges and available community supports. As a result of this, probation officers are more aware of the community supports available and have a better understanding about mental health challenges. Cota's Mental Health and Justice Prevention Case Managers are also spending some time working out of the probation office which enables them to meet service users at a location that is familiar to them while they assist the individual with referrals and community supports linkages.

Jane/Finch Drop-In

Cota is working with the Jane/Finch Community and Family Centre's Getting in Touch Drop-In Program, a mental health support drop-in, to bridge a service gap in the Jane/Finch community. The drop-in program was seeing an increase in the number of service users who had more intensive service needs. These needs were difficult for the site-based program to accommodate.

To bridge the gap, a Cota Mental Health and Justice Prevention Case Manager is now available onsite at the drop-in to provide outreach, address mental health needs of the community and to connect with people offsite if they need intensive community follow-up support. This initiative is improving access to mental health services for the Jane/Finch community.



Eugenie, a Cota Case Manager from the Mental Health and Justice Prevention Program is available onsite at the Jane/Finch mental health drop-in program. This initiative is improving access to mental health services for the Jane/Finch community.

How Do We Inspire Change?

We Are Committed to Continuous Quality Improvement

Collegetreeview Acquired Brain Injury Supportive Housing

At Cota, we have a commitment to ongoing quality improvement and recognized an opportunity to improve clinical services and create operational efficiencies by merging two of our ABI supportive housing programs into one. This merge was enabled by an additional \$200 000 in annualized funding secured from the Ministry of Health and Long-Term Care.

The merging of the two programs and the addition of new base funding has allowed us to improve client care, promote increased socialization and community integration opportunities for clients, improve client/staff safety, and the increase clinical capacity of the team. We have also been able to secure ongoing behaviour therapy consultation on a fee-for-service basis from West Park Healthcare Centre and clinical consultation from a neuropsychiatrist on a quarterly basis.

The Collegetreeview ABI Supportive Housing program supports adults living with an acquired brain injury. The goal of the program is to assist residents with activities of daily living and other individual goals so that they can maintain their housing and lead productive lives within the community. Many of our residents have jobs, do volunteer work and/or attend day programs.



Above: Employees and service users enjoy the new kitchens at Collegetreeview ABI Supportive Housing. Some new features include handwashing sinks (in addition to the existing kitchen sinks) and restaurant-grade dishwashers. The merging of the two programs successfully promotes increased socialization and community integration opportunities for service users.

How Do We Inspire Change?

We Inspire Positive Change in People's Lives

Brian's Story *Dual Diagnosis Services*

Brian feels supported and feels connected to the community today thanks to the Dual Possibilities Program.

Before he arrived, he was suffering from severe depression; his best friend had passed away and many of his friends retired from the workplace. He had suffered a severe break down and said that he saw nothing in his future and thought a lot about death. Medication and his living situation at the time didn't help. He couldn't cope and needed more support, support that Dual Possibilities offered.

Three years ago Brian was admitted to the Dual Possibilities program. From that time a Cota case manager and Vita Community Living Services (Vita) staff supported him to achieve his goals and connected him with the services that he needs. He has a family doctor, psychiatrist, heart specialist, behavioural therapist, counsellor, and is attending a vocational program.

Brian said, "through this program I had a chance to attend a lot of sports events, movies, bowling and other social activities". He was able to enjoy travel again.

More About the Program that Brian Is Involved In:

Dual Possibilities is a supportive housing program for people living with a dual diagnosis and is a partnership between Vita Community Living Services and Cota.



Photo above: Brian says that thanks to Cota and Vita's Dual Possibilities program, he can enjoy travel again.

How Do We Inspire Change?

We Inspire Positive Change in People's Lives

Bill's Story: from Service User to Volunteer Acquired Brain Injury Services

Cota inspired Bill to give back to the Acquired Brain Injury (ABI) community. After he was discharged from services at Cota, he still wanted to be part of the organization and today, he is a valuable resource to Cota's Adult Day Service (ADS) program at Providence Healthcare.

One day Bill collapsed. The next thing Bill remembers is waking up at St. Michael's Hospital, where he was told he had been in a coma for one month and that a piece of his skull had been removed to relieve the pressure on his brain and stop the bleeding. Bill was working as a coordinator for a catering company 13 years ago when he suffered a subdural haematoma, a slow bleeding of the brain. Bill had some seizures and noticed changes in his personality and behaviour in the weeks leading up to the incident but did not seek medical attention.

After the incident occurred, Bill had to learn to walk and talk again. To this day, he is challenged by short term memory loss and occasional stuttering in his speech. After a year of rehabilitation services, Bill began work with a Cota Acquired Brain Injury Case Manager, who helped him to obtain a spot in Collegeview ABI Supportive Housing Program, managed by McLeod House at that time. While living at Collegeview, Bill was able to develop the skills to live independently in the community and eventually moved into his own apartment.

In 2007, Bill joined Cota's new ABI Day Program, Adult Day Service. He participated in all of the ADS activities that were offered at that time and developed many new friendships and connections with other brain injury survivors. At this point Bill felt he had exhausted all of the services Cota could offer

him, but still wanted to be a part of the organization, and felt the need to give back to the ABI community.

The day program facilitators recognized that although Bill had suffered an acquired brain injury, he had retained many of the skills and passion for cooking that he had before his injury, and could be a valuable resource to the Adult Day Services program. They decided to incorporate a lunch program into the social drop in group on Wednesdays, and offered Bill the position of volunteer chef. Since then, Bill has been preparing a hot lunch every week for approximately 24 Adult Day Services participants. Bill's continued success in this role is partly due to the fact that he is in an environment where those who supervise him understand his brain injury related challenges and are able to offer appropriate support when needed. Bill says "It is the highlight of my life now, I love it! My reward is the happiness and smiles the clients give me".

Bill also offers informal peer support to the ADS participants and states "I feel a special bond with the people who come through the program because we have a shared experience of going through a brain injury. I can talk to them, understand their problems and laugh about things that other people can't because of that shared experience".

How Do We Inspire Change?

We Inspire Positive Change in People's Lives



Best Friends Forever: Bill and John are volunteers at the Adult Day Service

More About the Program that Bill Is Involved In:

Cota's Adult Day Service offers supportive and creative group environments for people to engage in meaningful activities, explore strengths and develop new and diverse skills. Group members are also encouraged to define personal goals and help shape activities to meet those goals. Various sessions are available Monday to Friday and groups rotate every 12 to 16 weeks. This service is available to adults living within the Greater Toronto Area and is located at Providence Healthcare.

How Do We Inspire Change?

We inspire positive Change in People's Lives.

Mark's story Mental Health Services

Mark says the Cota At Home Assertive Community Treatment (ACT) team helped him to become “a real person, a real human being”. The program “extended my life, my dignity, integrity, composure...the program saved my life”.

Mark describes a colourful past, but through it all, some things shine through. He is a very caring, sensitive and artistic person.

Mark describes his parents as “wonderful”, saying they gave him a great childhood. His mother was a teacher and father was a musician. While he was in university, he says that he “became too stupid” and consumed alcohol, consumed two packages of cigarettes every day, watched every movie, never slept and never ate. He was experiencing symptoms of bipolar affective disorder, but was undiagnosed at the time.

One day, he collapsed in front of the post office. His doctors found a brain tumour. After the operation, he needed intensive rehab. He didn't know his name, couldn't sign his name. He had an acquired brain injury and felt stigmatized by his former friends. It was very difficult to experience and he decided to leave the country. After a journey through Europe, Mark arrived in Canada in 1984, attended university, and eventually made his way to Toronto where he worked as an extra in the film industry, and did voiceover work for commercials.

After a series of personally devastating events, including the death of his father, Mark became severely depressed, lost all his money, and became homeless. An ambulance picked him up one day in November 2010, sitting in the snow. That started his journey in the At Home ACT program.

Mark used to have suicidal thoughts, attempted suicide and almost died many times from overdoses.

“My suicidal thoughts are gone”.

Mark says, thanks to the program, his suicidal thoughts are gone. He finds relaxation between his difficult and easy moments. He says he used to feel “up and down” but now feels “more even”.

Mark shared that his biggest challenge is money because regular working hours are difficult. “9:00 a.m. is difficult. The medication is strong, it makes me somehow tired”. During afternoon and evening hours, he is in his prime. He would like to work in show business again and would love to do a movie about his life. His goal is to one day become a spokesperson for the prevention of abuse of drugs, alcohol, and coffee—“everything in moderation”.

Mark says that thanks to Cota, he can now “dress well and smell well”. He lists all of the people he works with and he loves working with them because he feels respected. He has a home he loves, a home that he feels safe in. He is *At Home*.

How Do We Inspire Change?

We Inspire Positive Change in People's Lives



Mark says that thanks to Cota, he has a home that he loves, a home that he feels safe in.

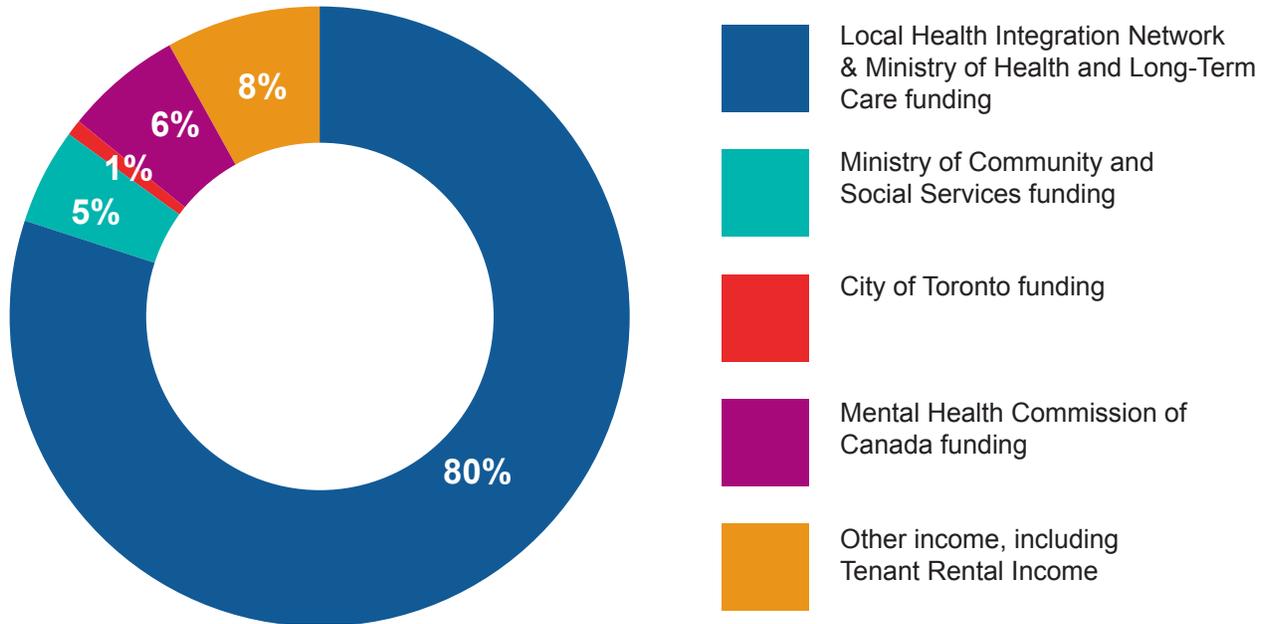
More About the Program that Mark Is Involved In:

The At Home program was originally a four year project that started in 2009 and operated until 2013 in Vancouver, Winnipeg, Montreal, Moncton and Toronto. Cota was selected by the Mental Health Commission of Canada to provide a Recovery Oriented Assertive Community Treatment (ACT) Team in Toronto. The aim of the project was to implement an intervention trial, based on a Housing First model of service by providing a homeless individual with a safe and affordable place to live and then wrapping support to support housing stability and promote recovery/wellness. The study was designed to provide policy relevant evidence about what service and system interventions best achieve housing stability and improved health and well-being for those who are homeless and suffer from mental health challenges.

In February 2013, Deb Mathews, the Ontario Minister of Health and Long-Term Care, held a press conference to announce that the province is making a permanent funding commitment to continue with the services of the At Home/Chez Soi project. This means that the existing clients of the At Home/Chez Soi project will continue to receive supports beyond the previously scheduled end date of March 31, 2013.

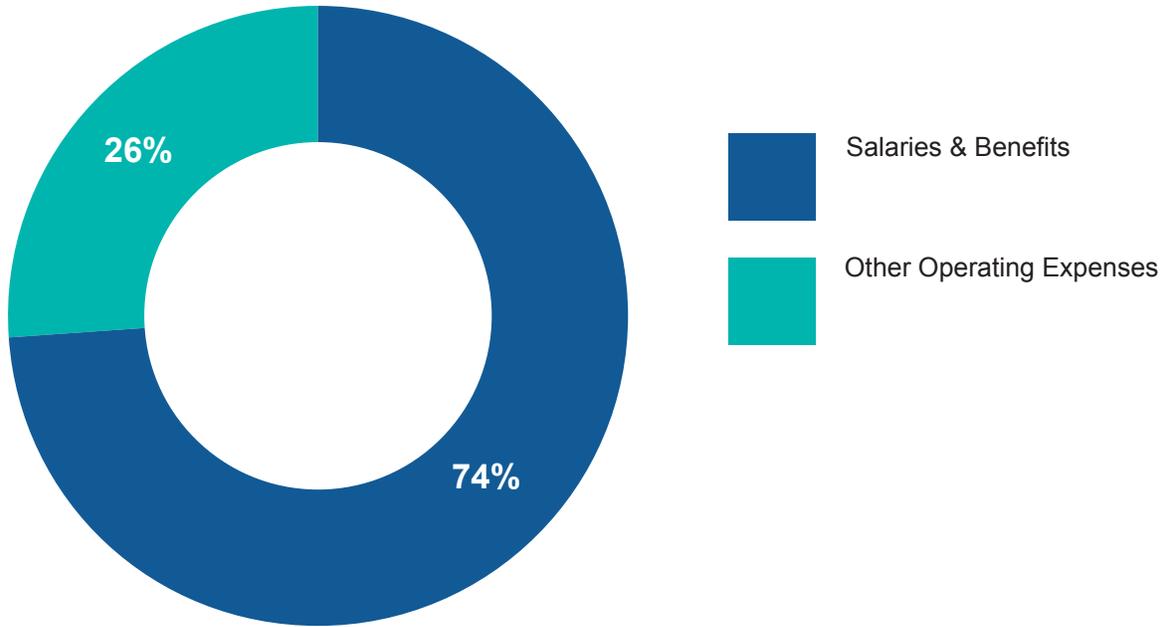
Revenues for 2012/2013

Revenues in 2012/2013 totalled approximately \$18 million from the following sources:



Unique Clients by Sector	Total 2280
Acquired Brain Injury Services	240
Developmental & Dual Diagnosis Services	296
Mental Health Services	1744
including Mental Health, Mental Health & Justice, Geriatric Mental Health & Homelessness Services	

Expenses for 2012/2013



Note: Cota also provides support to over 700 tenants of the Habitat Boarding Home system through our Board Home Site Support Program

Board of Directors

Cota's Board of Directors presently consists of:

Charlie Bigenwald
Chair

Sundeep S. Sodhi
Vice Chair

Hasnain K. Panju
Treasurer

John Stevenson
Past Chair

Directors

Luka Amona
John Garry Baker
Marie D. Bomba
Harry Cassie
Robert Coulter
Odelia Leona Culley
Vanessa Foran
Gregory Hendry
David Lemire
Gordon Singer

Community Members

Andrew Harington

Our Volunteers

Our success is a product of the efforts of all of our staff, volunteers and students. We would like to recognize the contributions of the following volunteers:

Name	Length of Service
Asad Alvi	4 years
Tricia Fletcher	1 year
Bosco Gutierrez	5 years
Kathryn Haynes	1 year
Bill Grant	4 years
Fely Labro	4 years
Ravi Poojari	4 years
Retline Richards-Bailey	10 years
John Rodriguez	17 years

Our Partners

Cota's formal partnerships presently include relationships with the following organizations:

Across Boundaries	Parkdale Community Health Centre
Canadian Mental Health Association-Toronto Branch	Toronto Public Health
Centre for Addiction and Mental Health	Reconnect Mental Health Services
Community Resource Connections of Toronto	St Michael's Hospital
Evangel Hall Mission	Surrey Place Centre
Fife House	The City of Toronto
Habitat Services	The Scarborough Hospital
Inner City Health Associates	Toronto North Support Services
Mainstay Housing	VHA Home Healthcare
Neighbourhood Link Support Services	Vita Community Living Services
Ontario Shores	West Park Healthcare Centre
PACE Independent Living	

Executive Leadership

Cota's Executive Leadership team presently consists of:

Paul Bruce
Executive Director

Matthew Chan
Director, Finance & Administration

Sylvia Starosta
Director, Clinical Operations

Don Chiro
Director, Human Resources & Organizational Development

Help Us Inspire Our Clients:

Cota helps thousands of clients annually, many of whom are experiencing difficult life challenges, are in financial need or are homeless. You can help us provide direct assistance to our clients by making a donation.

If you would like to make a donation by cheque, please send it to:

Cota
2901 Dufferin Street
Toronto, ON M6B 3S7
Attention: Donations

You may also make a donation via credit card. Please call 416-785-9230 ext. 1120 or 1-888-785-2779 ext. 1120 (outside of the Greater Toronto Area). Tax receipts are issued for all cash donations of \$20 or more.

Charitable Tax Number: 12196-9661-RR001

Thank you for your support!



Cota

Inspiring Change

Supporting people living with mental health and cognitive challenges

2901 Dufferin Street, Toronto, Ontario M6B 3S7 www.cotainspires.ca

