



**National Network for Mental Health**  
**Réseau national pour la santé mentale**

**Network for Mental Health**  
**Board of Directors' Slate of Nominations**  
**& the Ratification of Interim Board Members**

**Annual General Members' Meeting**  
**Tuesday November 26, 2015**

**Kenneth Matoush – Standing Board Member representing Northern Quebec from Mistissini First Nations. Second Year current Chairperson**

Ken is fluent in Cree, French and English and he has been with the NNMH board since 2014. Ken brings the experiences of the Northern Quebec Indigenous community. Ken is a very caring husband and father; he is open and shares his personal experiences as a family member. A recent graduate of the Social Service Worker program at Canadore College Ken is currently attending summer school at Nipissing University. Ken has worked in social services on Mistissini Reserve working with the Cree Board of Health and Social Services, as Access Liaison Officer, Interim Team Leader and as a Young Offender Worker with youth at risk. He is currently working in Val Dore Quebec.

**Sarah Bell – Winnipeg Manitoba – Youth Representative**  
**Interim Board Member to be ratified at 2014-2015 AGM**

Sarah Bell – Interim Board Member representing Manitoba is our newest director. Sarah is 21 years old and a recent graduate of the Social Service Worker Program from Canadore College in North Bay of which she is very proud. She will be continuing her education at university in Winnipeg to obtain her Bachelor degree in Social Work. Sarah has been coping with mental health issues most of her life and is excited to come on to the board bringing a new perspective, new ideas and ways of reaching out to the young people across the country. By sharing her story Sarah hopes to enlighten other young people who suffer with mental health issues, to understand and gain control of their individual situations. So that they can step out of the dark knowing that there is hope and help for them to achieve their goals.

**Clarence Grear (CJ) – Northern Ontario – Canadian Forces Veteran**  
**Interim board member to be ratified at the 2014-2015 AGM**

Clarence is an enthusiastic and trained social service worker, offering practical experience while, implementing activities for clients and community partners according to their individual needs and interests. Recognized by peers for years of dedicated service to community while, overcoming insurmountable odds in his ongoing journey of recovery from mental health issues.



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**Shannon Shepherd – Yukon - Acclaimed board member nominated from the Second Opinion Society – to be ratified at AGM 2014-2015**

Shannon is on the Board of Directors for a local non-profit in the Yukon, the Second Opinion Society. While dealing with ongoing daily issues due to mental health Shannon comes to the NNMH with a background from the insurance industry, dealing with difficult situations and coming up with meaningful solutions from her experiences. Shannon is well spoken and diplomatic in handling difficult situations.

**Steven Torresan – Ontario - Nomination to the NNMH Board of Directors at the 2014-2015 AGM.**

Steven is from Toronto and he has experience that runs all the way back to 2008, when he was elected to serve on the Empowerment Council's Board to represent mental health clients of the Queen Street site of CAMH. He has served on the Empowerment Councils' Board for three consecutive terms and he stepped down because he served the maximum terms allowed. Steven also served as a member of the Consumer/Survivor Information Centre Newsletters Board.

He is a reflective individual and says that through his reflection although it was initially scary, it has served him well in his progress to recovery.

He is a paralegal Graduate from Humber College. He has worked with individuals in our community and is comfortable with public speaking. Steven is highly motivated and dedicated to helping individuals make positive contributions within the consumer/ survivor community.