
DAVID PELL

PRESIDENT

David Pell has extensive experience with organization development and management. He operated his own business and worked for government, universities and the voluntary sector. David was a partner in Development Initiatives Inc. an international consulting firm. He was the founder and president of the Community Business Resource Centre, George Brown College Foundation, a highly successful entrepreneurship training centre and consulting organization in economic development.

As the CEO of the Canadian Youth Business Foundation and the Canadian Youth Foundation, David expanded the organization's lending, mentor support and career planning programs for young people across Canada. As the CEO, David was appointed as an advisor to the Prince of Wales, Youth Business International (London UK). David was also the CEO of Street Kids International, an organization recognized by the United Nations as a leader in youth programming.

David is the author of several publications on economic and community development. He has been a member of several boards of directors including Chair of Canadian Community Economic Development Network and Canadian Feed the Children. David is a management coach and instructor for professional development programs, including programs at Wilfred Laurier University.

David sits on the Board Fund Development Committee.



KATHY MARKOWIAK

VICE-PRESIDENT

Kathy Markowiak is a senior Human Resources executive with 20 years of experience in all aspects of HR and more than 25 years in leadership positions. Kathy has expertise in strategic planning, facilitation, leadership development, coaching, performance management, succession planning, career management and employee engagement as well as managing change, building and shaping culture and communications. She has worked in both private and public sector organizations.

After a long career with Sun Life Financial, Kathy took on a role as interim head of Human Resources at Agricornp, a government agency supporting farmers and now holds the position of Vice President, Human Resources at ATS Automation.

She has volunteered with several organizations including the Kidney Foundation and most recently with Dancing with disAbility, Canada's first dance program tailored to meet both the physical and cognitive challenges of those living with MS, cerebral palsy, Parkinson's, stroke, and other movement disorders. Kathy holds a Mental Health First Aid Certificate, is a Fellow, Life Management Institute, and has a Business Administration diploma from Seneca College.

Kathy sits on the Board Resources Committee.





ANTHONY DICAITA

TREASURER

Anthony DiCaita currently serves as President and CEO of Villa Charities Inc. He is a proven leader with extensive senior level experience in the Healthcare sector. Prior to joining Villa Charities, Anthony held executive positions as Executive Vice President, CFO & CPO for Humber River Hospital, and Vice President and Chief Financial Officer at Chatham-Kent Health Alliance. He also served as Project Director for Comprehensive Care International, in Cairo, Egypt.

He is an accomplished, passionate leader who brings an innovative, customer-focused, results-oriented approach for setting vision and strategy. With a unique combination of experiences, Anthony excels at building and directing cross-functional teams, to deliver exceptional service and outcomes. He holds a CPA designation, as well as an MBA, MPA and BBA from York University.

Anthony is Chair of the Board Resources Committee

IRENE THOMPSON

BOARD MEMBER

Irene Thompson has worked in post-secondary education sector for over 37 years and is currently employed as the Director of Student Housing Services at the University of Guelph. Irene enjoys working with young adults and supporting their personal, academic, and social development. She oversees a residence community of 4700 undergraduate students, two family housing complexes and 300 staff. Irene has served on many University related committees including those examining issues around substance use, mental health, and wellness.

Irene has held many leadership positions on campus, in the community and professionally. She is currently a member of the University of Guelph Board of Governors. She is active with the United Way of Guelph Wellington Dufferin Campaign Cabinet and has recently retired as a member of the Board of Directors. Irene is a Facilitator of the Mental Health First Aid course and regularly trains staff, faculty, and students from the University.

Irene is Chair of the Board Governance Committee.





LYNDA DAVENPORT

BOARD MEMBER

Lynda Davenport was a Registered Nurse for 44 years. She recently retired from the University of Guelph where she was the Director of Student Health Services for over 15 years. Lynda's career in healthcare included working in hospitals, psychiatry, long term care, retirement home industry, community nursing, teaching diploma Nursing students, occupational health and a partnership in a health and wellness education company.

Over the years Lynda has been a Board Member and volunteer for a number of health care, post secondary and local community organizations including: Wellington-Dufferin-Guelph Public Health (Board Chair), WWLHIN, Conestoga College (Board Chair), Association of Colleges of Applied Arts and Technology of Ontario (Board Chair), Registered Nurses Association of Ontario, Waterloo District Health Council (Board Chair), CADS, Friends of the Guelph Public Library, Guelph and Wellington Vital Signs Advisory Committee and Guelph Physician Recruitment and Retention Committee.

Lynda has a lifelong commitment to health and wellbeing for individuals and for the community. Lynda sits on the Board Governance Committee.

DONNAMARIE DUNK

BOARD MEMBER

Donnamarie Dunk is a long-time resident of the Waterloo and Wellington communities. She has a strong business acumen, specializing in the not-for-profit sector. She has held numerous leadership positions with hospitals, community care, mental health and addiction, developmental services and the Waterloo Wellington Local Health Integration Network (WWLHIN).

Donnamarie became a member of the CMHA WW Board of Directors in 2014 and has served as Chair of the Performance, Quality, Risk and Ethics Committee. She is a transformational leader that passionately advocates for social justice, diversity, inclusion and belonging. She is committed to ending the stigma and creating accessible person-directed services that support full citizenship for all.

Donnamarie sits on the Board Performance, Quality, Risk & Ethics Committee.



DANA HARDY

BOARD MEMBER

Dana Hardy currently serves as the VP Operational Effectiveness for Sienna Senior Living Inc. She is a proven senior leader in the long term care and retirement living sector who is passionate about excellence in care and services, improving the quality experience for those in need and facilitating leadership effectiveness. With over 25 years of health care management experience, Dana has developed skills in clinical and business operations, professional development, and system improvement.

Dana is a Registered Nurse graduate from Conestoga College and holds a Masters of Arts Leadership from the University of Guelph. She is a member of the Registered Nurses Association of Ontario (RNAO) and has held positions with the College of Nurses Quality Committee, ORCA Operations Committee, and currently participates on the Board of Directors with the Ontario Retirement Communities Association.

Dana sits on the Board Governance Committee.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

SOMKENE IGBOANUGO M.D., MSC.

Somekene Igboanugo is currently completing a PhD program in Public Health and Health systems (Work and Health) at the University of Waterloo. His research focuses on occupational stress and its biological embedding. His research team works with the wonderful people at the Waterloo Fire Rescue Service.

Prior to joining the CMHA WW Board, Somkene's extensive volunteer experience included serving as a distress/crisis call volunteer at Here 24/7, a mentor at Big Brothers, Big Sisters of Waterloo Region, and Vice-President (3 years) of the Graduate Student Association (GSA) of the School of Public Health and Health Systems (SPHHS).

Somkene is very passionate about mental health and addiction issues, especially its effect on minority and marginalized communities. His goal is to bring about mental health awareness, and tackle stigmas and misconceptions about this issue within these communities. Somkene aims to lend his vast research skills and innovative ideas to the benefit of the CMHA WW Board.

Somkene sits on the Board Performance, Quality, Risk & Ethics Committee.



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JIBRAN KHOKHAR

Dr. Jibrán Khokhar is an Assistant Professor in the Biomedical Sciences Department at the University of Guelph. He studies topics related to co-occurring substance use disorders and serious mental illness.

Dr. Khokhar completed his undergraduate training at Queen's University, and his Ph.D. in the Department of Pharmacology and Toxicology at the University of Toronto and CAMH. He then completed a post-doctoral fellowship in the Department of Psychiatry at Dartmouth College.

Dr. Khokhar is a life-long advocate for better access to mental health care, and to destigmatize this topic through studying the changes in the brain that give rise to these disorders.

Jibrán sits on the Board Governance Committee.



LAURA MCNEILLY



Laura McNeilly is a Registered Psychotherapist and Clinical Supervisor working in the field of holistic healthcare since 1994. Her formal academic trainings have led to the designations of Massage Therapist, Doctor of Naturopathic Medicine, Chartered Herbalist, Psychotherapist, and Spiritual Director. She has a Bachelor of Science degree from McGill University and a Masters degree in Spiritual Care & Psychotherapy from Wilfrid Laurier University.

In addition to clinical practice she's been involved in a variety of educator roles including neurology and nutrition instructor at Sutherland-Chan School and Teaching Clinic, facilitating mental health workshops for youth and teens in various schools in the Upper Grand District School Board, facilitating self-care and continuing education workshops for adults and healthcare practitioners, and programming, coordinating and facilitating conferences including Ryerson University's International Conference on the Art and Science of Traditional Medicines.

She has experience and training in a variety of healing traditions from around the world, including Traditional Chinese Medicine, Swedish and Thai massage therapy, Buddhist meditation, Western herbalism, North and South American, and West African Indigenous spiritual teachings, modern Western psychology, and Latin dance. Her work stands on the pillars of holistic-informed therapy, self-reflection, and the primacy of relationality. She is a lover of the natural world, a perennial student who seeks knowledge and truths wherever they may be found, and an explorer of the self and the Self.

Laura sits on the Board Performance, Quality, Risk & Ethics Committee.



JULIE NICHOLLS

BOARD MEMBER

Julie has worked the majority of her career in healthcare management. She has an MBA in health service management, a diploma in mental health law, a certificate in healthcare risk management and a lean six-sigma black belt designation. Julie has worked for Health Quality Ontario for the last 5 years, focusing on Quality Improvement Plans provincially and working with the South West, Waterloo Wellington and HNHB LHINs as a regional HQO connection.

Prior to working at HQO, she implemented several initiatives such as creating a mental health regional crisis response team with the regional police and an initiative to improve dementia care in 35 long term care homes. She spent 10 years as the Director of Risk Management, Patient Safety and Patient Relations at Grand River Hospital.

Julie is Chair of the Board Performance, Quality, Risk & Ethics Committee.

STACEY ROUS

BOARD MEMBER

Stacey Rous is the Executive Vice President and Chief Financial Officer at OTIP, Ontario Teachers Insurance Plan. OTIP serves the education community across Ontario, providing health benefits and other insurance needs as a not-for-profit Trust. At OTIP, Stacey is responsible for Finance and IT strategy, including financial operations of the company and is accountable for the Project Management Office. Stacey is an accomplished financial executive known for achieving financial and service benchmarks by creating a compelling vision, clearly communicating strategies and providing strong leadership.

Over the years, Stacey has been helping insurance and health care organizations grow and improve member experience with her finance and operational expertise. She has more than 25 years of progressive leadership experience in operational finance. Stacey has provided executive financial leadership to the Waterloo Wellington Local Health Integration Network, Allianz Global Assistance and Cowan Insurance Group of Companies.

Outside of her role with OTIP, Stacey is actively involved in building strong partnerships with communities to make a positive impact on social issues such as social isolations, poverty, inequality and mental health. She serves on the Board of the YMCA for Kitchener Waterloo, the Canadian Mental Health Association for Waterloo Wellington and International Women's Forum Waterloo. She previously served on the IWF Canada Sponsorship Committee to raise funds for the IWF World Leadership Conference.

Stacey is an MBA graduate from Athabasca University and holder of CPA designations in Canada and the US. Throughout her career, she has continued to seek educational opportunities and certifications that enhance her finance and operational capabilities, including: Chartered Professional Accountant (CPA, CMA) designation, Certified Public Accountant (US designation), Chartered Global Management Accountant (CGMA) designation and Advanced Health Leadership certification from the Rotman School of Management Executive Program.

Stacey sits on the Board Resources Committee.

