



Irene Thompson

CHAIR

Irene Thompson has worked in post-secondary education sector for over 37 years and recently retired from the University of Guelph, where her last role was Vice-Provost, Student Affairs (Interim). Irene enjoys working with young adults and supporting their personal, academic, and social development. She oversaw 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 sits on the Board Governance and Executive Committees.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Lisa Hood

VICE CHAIR

Lisa is a fundraising and engagement professional whose passion lies in creating access to educational opportunities, and building community. She works as the Vice-President, Philanthropy, Marketing and Communications at the YMCA of Three Rivers.

Education has opened lots of doors for Lisa, with a BScH in Biology and Psychology, and an MA in Leadership. Her research experience runs the gamut from chickadee mating habits to employee retention, leadership development, and affective organizational commitment.

Lisa is an enthusiastic volunteer in her industry, as a speaker, volunteer and board member for the Canadian Council for the Advancement of Education and the Council for Advancement and Support of Education for more than 15 years. Locally she's involved with her neighbourhood association, and her children's schools. In 2014 Lisa was named among the Top 40 Under 40 in the City of Guelph, cited for her volunteerism and philanthropy.

Lisa is Chair of the Board Fund Development Committee and sits on the Executive Committee.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Brooke Billings

TREASURER

Brooke is a Chartered Professional Accountant (CPA), who worked for over a decade in public accounting, working mainly with charities, not-for-profits and municipal governments. Through this role, she gained expertise in not only accounting and financial reporting, but other areas of concern to clients such as annual funder reporting, compliance issues, governance, and leadership. Brooke was also a practice inspector for CPA Ontario, inspecting accounting firms across Ontario, from 2020 to 2025.

In 2024, Brooke transitioned to a Decision Support Consultant at the University of Guelph, where she can have a direct impact in an institution whose main purpose is to improve life in the Guelph area. She supports departments with forecasting, budget planning, financial management and strategic alignment.

Brooke has experience on local boards, such as the Donkey Sanctuary of Canada and Yorklands Green Hub, serving as a Treasurer, director and member of the Finance Committee. She values her years spent as a trusted advisor to many organizations in Guelph and the surrounding community, and was privileged to both assist them professionally, as well as support these organizations at fundraising and other events. She is passionate about the local community and is honoured to have worked with so many of the organizations making positive changes.

Brooke sits on the Board Resources and Executive Committees.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Deanne Metzloff

BOARD MEMBER AT LARGE

Deanne resides in Alma, and has over 20 years' experience working in Finance, as well as volunteering and fundraising for various charitable and non-profit organizations.

In her spare time, she enjoys reading, writing, spending time with family and friends, and being active outdoors.

Deanne is Chair of the Board Resources Committee and sits on the Executive Committee.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Julia Borges
BOARD MEMBER

Julia earned an Honours Bachelor of Science from the University of Waterloo, including a Minor in Gerontology, and a Masters of Health Ethics degree from the Memorial University of Newfoundland. Julia then received her Juris Doctor from Dalhousie University in 2022, including Certificates in Health Law and Policy, and in Aboriginal and Indigenous Law.

Julia has held various positions in both public and private organizations including work that intersects health, law and policy, in the Ministry of Health and Ministry of Long-Term Care. Julia currently practices as a lawyer in the Ministry of the Solicitor General, advising on class actions involving correctional institutions.

Julia has volunteered with many organizations, including as a crisis line worker with the Newfoundland Sexual Assault Crisis and Prevention Centre and a Hospital Elder Life Program at the Palmerston and District Hospital. Julia has completed Assisted Suicide Intervention Training (ASIST) and completed a Fellowship with the Canadian Frailty Network.

Growing up in rural Wellington (Drayton), Julia is passionate about contributing to organizations that are impactful in local communities, and that are responsive to both rural and urban needs.

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



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Sean Bradley

BOARD MEMBER

Sean grew up in Scarborough and holds a diploma in Police Foundations from Seneca College, a Bachelor's degree in Criminology from Carleton University, and a Juris Doctor from the University of Toronto. He was called to the bar in 2012 and has since served as an Assistant Crown Attorney in Halton and most recently as a Deputy Crown Attorney in Brantford.

Sean regularly prosecutes cases in both the Ontario Court of Justice and the Superior Court of Justice, handling matters ranging from minor thefts to complex multi-homicide trials. He played a key role in the development and operation of Halton's Mental Health Court, working closely with CMHA court support staff to support individuals with mental health challenges navigate the justice system.

Sean and his wife have made their home in the Kitchener-Waterloo Region for the past decade.

Sean sits on the Board Governance Committee.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Neil Dunsmore

BOARD MEMBER

Neil Dunsmore is an award-winning speaker and a former Corrections Officer and Hostage/Crisis Negotiator with the Ministry of Correctional Services. He has been a business owner, salesman and a former Township of Centre Wellington Councillor.

Since his days in corrections Neil has been a mental health advocate and is the author of the book Reflections in the Ripple which chronicles his journey of 531 kilometers – a journey to start a conversation around mental health and suicide and to erase the stigma that prevents so many people from reaching out and accessing the help they so desperately need.

Neil sits on the Board Resources Committee.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Danielle Fearon

BOARD MEMBER

Danielle Fearon is an Assistant Professor at Western University, in the Faculty of Health Sciences. As a researcher, Danielle is passionate about the use of applied biostatistical approaches to large population health data. Her work spans several research areas, including mental health, health systems, and health equity. Through each of these interests, Danielle's research focuses on bridging gaps between health data and clinical practice. Her interdisciplinary approach, integrating public health and analytic expertise, strives to improve quality of care for diverse populations.

Danielle completed her PhD in 2023, where her thesis focused on traumatic life events among individuals in inpatient mental health in Ontario, Canada. Since then, her research continues to support improved mental health outcomes for individuals across Canada.

Danielle has volunteered with many organizations such as Habitat for Humanity, and frequently mentors students through the Canadian Society for Epidemiology and Biostatistics, and the Western B.L.U.E program.

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



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Julia Goyal
BOARD MEMBER

Julia Goyal is a graduate of McMaster University (B.Sc. (Honours), Biology) and University of Waterloo (M.Sc., Public Health and Health Systems and minor in Economics). She is pursuing a Joint Interdisciplinary PhD between the School of Public Health Sciences and Department of Mechatronics and Mechanical Engineering at the University of Waterloo (the very first at the institution!).

In the community, Julia serves as a board member of Ontario Hospital Association, a board member of the Cambridge Memorial Hospital, the Hospital Appointee on the Cambridge Memorial Hospital Foundation, Vice Chair of the Cambridge North Dumfries OHT Joint Board Committee, and a board member of the Federated Health Charities.

She previously served on the University of Waterloo Senate, University of Waterloo Board of Governors, and the former Kitchener Waterloo Symphony. In the past, she was also privileged to serve as a Public Member on the Council of College of Physicians and Surgeons (appointment by former Minister of Health Christine Elliott and the Cabinet of Ontario), and the Ontario Physicians and Surgeons Discipline Tribunal and Fitness to Practice Committee, to ensure the provision of quality health care for all Ontarians.

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



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Somkene Igboanugo

BOARD MEMBER

Somkene Igboanugo is the Capacity Building Coordinator for Patient Education and Engagement at the University Health Network. He holds a Medical degree from Lugansk State Medical University, Ukraine, a Master of Science in Health Studies and Gerontology, and a PhD (2022) in Public Health and Health Systems (Work and Health) from the University of Waterloo. His research focused on psychosocial stress and its effect on the health and well-being of first responders.

Somkene is very passionate about mental health and addiction issues, especially their effect on minority and marginalized communities. He aims to bring about mental health awareness and tackle stigmas and misconceptions within these communities.

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



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Melanie McArdle

BOARD MEMBER

Melanie McArdle (She/Her) is the Director of Day Camps with YMCA of Three Rivers, where she leads a dynamic team of young leaders supporting programs in five cities. With a deep love for summer camp, Melanie is passionate about creating spaces where children can take risks, build confidence, and discover their potential.

A strong advocate for inclusion, Melanie developed the Companion Camper Support Program, enabling campers with additional needs to experience camp in meaningful and empowering ways.

In addition to her work in summer camp Melanie works as a Child and Youth Counselor at Starling primarily working in their inpatient teen mental health programs. She knows first-hand how important accessible and affordable mental health supports are and is excited to further pursue this passion as a member of the CMHA WW Board of Directors.

Melanie sits on the Board Governance Committee.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Ashton Romany

BOARD MEMBER

Ashton Romany is a Chartered Professional Accountant (CPA) and Certified Asset Management Professional (CAMP), currently serving as Treasurer for the Municipality of North Perth. He has over a decade of progressive experience in municipal finance, governance, and strategic planning. Ashton leads budgeting, financial reporting, asset management, and risk oversight functions, supporting informed decision-making and long-term sustainability across the organization.

He currently serves on the Board of Governors at Renison University College (University of Waterloo), where he served a two-year term as Treasurer and remains an active member of the Finance and Audit Committee. Ashton is also the volunteer Finance Manager for Sustainable Waterloo Region, providing strategic oversight for the annual budget and financial reporting. He supports both staff and the board in advancing strategic priorities.

Ashton's community involvement includes ongoing roles with Renison University College and Sustainable Waterloo Region, both of which he has supported since 2020. He enjoys contributing his skills to organizations that make a meaningful impact in the community.

Ashton sits on the Board Resources Committee.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



K. Daniel Sirivar
BOARD MEMBER

K. Daniel Sirivar is a strategic systems thinker with a track record of successfully driving change and transformation in the public sector.

As an accomplished leader with over 15 years of healthcare experience, Daniel is passionate about leveraging Continuous Quality Improvement, Collective Impact and the IHI's Quintuple Aim framework in his work and collaborations. Through these experiences he has acquired skill and expertise in coaching, quality improvement, change management and business.

Daniel is a Project Management Professional (PMP) and Registered Social Worker (RSW) who holds a Bachelor of Arts in Sociology from Bishop's University and a Master's of Social Work from the University of Toronto. He has worked with and on various governing boards including the BC College of Social Work.

Daniel sits on the Board Fund Development Committee.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Pia Williams

BOARD MEMBER

With over 25 years of dedicated professional librarian experience spanning both the public and private sectors, Pia Williams is a seasoned leader in the field. Her diverse background encompasses roles that range from law librarian, academic librarian, and public librarian to fundraising prospect researcher, highlighting her multifaceted expertise and commitment to excellence in library management.

Pia is very passionate about mental health and addiction issues. Currently, Pia serves as the Executive Director of the Waterloo Region Law Association (WRLA), where she established the Mental Health Committee for the WRLA. This initiative aims to assist legal practitioners in the community by bringing awareness about mental health, tackling the stigmas and misconceptions within the legal community, and providing access to essential mental health resources.

Her commitment to the library profession extends beyond her professional roles. Pia has actively contributed to the community through her volunteer work and board memberships. She has served as chair on the boards of the Ontario Association of Courthouse Libraries, and Heritage Green Child Care, among other boards, and currently sits on the Appeal Tribunal for the City of Waterloo.

Pia currently resides in Waterloo with her husband, two children, and two dogs. In her spare time, she enjoys reading, running, traveling, and spending time with family and friends.

Pia is Chair of the Board Governance Committee.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



David Doxey

COMMUNITY COMMITTEE
MEMBER

David Doxey is a member of the Guelph Police Service where he has been a police officer since 1999. During this time David has worked in Neighbourhood Services, Information Systems Services, Traffic and School Safety, Court Services, and Investigative Services. David currently leads the Neighbourhood Services division.

David was part of the Integrated Mobile Police and Crisis Team (IMPACT) partnership development team with CMHA where he continues in a liaison role.

David sits on the Board Performance, Quality, Risk and Ethics Committee.



Lisa Pierce

COMMUNITY COMMITTEE
MEMBER

Lisa Pierce has been a dedicated and compassionate Paramedic, providing citizen-centered service to the residents of the Region of Waterloo for over 15 years. She has proven herself a proactive leader in the workplace, encouraging conversations about mental health and assisting in the development of a peer support program within Paramedic Services. Lisa's commitment to enhancing her knowledge and skills in this crucial field led her to complete a post grad trauma certificate program at Wilfrid Laurier University. In addition, Lisa also completed ASIST (Applied Suicide Intervention Skills Training) and Assisting Individuals in Crisis training further enhancing her skills to assist those in crisis.

In her pursuit of making a difference, Lisa is currently embarking on a career transition by enrolling in an Occupational Health and Safety program at Fanshawe College. Her dedication to supporting employee's well-being reflects her continued commitment to ensuring a safe and healthy work environment for all.

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



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington



Peggy Sweeney

COMMUNITY COMMITTEE
MEMBER

Peggy Sweeney has worked in the education sector for 25 years as a Director of Communications with a provincial association of school principals. Her work includes internal and external communications, media relations, advocacy and government relations. Prior to education, Peggy worked at Queen's Park in Toronto and at Canada's largest public relations company.

Peggy has volunteered her time as a board member of a daycare centre, member of several School Councils and with the local food bank. She likes to keep active and is an avid hiker, gym rat, swimmer and biker. She is the mother of 2 adult children.

Peggy sits on the Fund Development Committee.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington