



Mental Health - Care & Research  
Santé mentale - Soins et recherche

*inspiration*  
16TH ANNUAL AWARDS

NOMINATION FORM

FRIDAY, MARCH 1, 2019

# inspiration

16TH ANNUAL AWARDS

MARCH 1, 2019

## Do you know someone who has:

- Educated and inspired others as a result of their own personal experience with mental illness and/or addiction or the experiences of family members, colleagues or others.
- Demonstrated extraordinary commitment and inspiration by personally overcoming or supporting others to conquer the challenges of living with mental illness and/or addiction.
- Contributed to the understanding of addiction and/or mental illness.
- Dedicated tireless effort to reducing the stigma associated with mental illness and/or addiction.
- Served as a model of hope and inspiration to others.

## DO YOU KNOW SOMEONE WHO DESERVES AN INSPIRATION AWARD?

The Royal Ottawa Foundation for Mental Health is currently accepting nominations in five categories to present six Inspiration Awards at its 2019 Inspiration Awards Gala on March 1, 2019.

## Who do you know who is deserving of one of these awards?

### Transformational Leader for Mental Health:

Presented to an organization or individual who has inspired mass impact with their mental health/illness advocacy and education.

**Community Leader for Mental Health:** Presented to an individual, group or organization who has made significant contributions towards inspiring and educating a **community** about mental illness and has helped, on a **local level**, elevate mental health priorities and eliminate stigma with an emphasis on community-building.

**Personal Leader for Mental Health:** Presented to an individual or family having personal experience with mental illness and, through their story of recovery, have inspired others with their actions to help eliminate the stigma surrounding mental illness.

### Youth Leader for Mental Health:

Presented to a young\* individual or team who has shown great spirit and determination in highlighting the importance of mental health promotion and demonstrated leadership to help eliminate the stigma surrounding mental illness.

**Young Researcher:** Presented to a young researcher\*\* whose work is having a considerable impact in the area of mental health research. A young mind whose work is aimed at impacting the quality of life of those living with mental illness and has the potential to improve mental wellness in our communities, and beyond.

## PLEASE TELL US THEIR STORY

Complete the 2019 Nomination form and send it to:

Royal Ottawa Foundation for Mental Health:

Deadline: Monday, January 14, 2019 — 4PM

1145 Carling Avenue — 4th Floor

Ottawa, Ontario K1Z 7K4

Send by fax: 613.761.3605

Send by email: [foundation@theroyal.ca](mailto:foundation@theroyal.ca)

\* nominees must be under the age of 22 on March 1, 2019 – Award presentation date

\*\* early career researcher – in training or up to 10 years following completion of the appropriate degree

# inspiration

16TH ANNUAL AWARDS  
MARCH 1, 2019

## NOMINATION GUIDELINES

---

**Please write a maximum of 1,000 words to describe the nominee's story of inspiration. Be detailed in your submission and outline the special attributes and activities of the nominee that you feel deserves recognition. Be sure to include the following elements:**

1. Describe the nature of the nominee's experience with mental illness and/or addiction related to themselves, their family or others, and the impact it has had on his or her life and the lives of others.
2. Describe how the nominee has contributed to destigmatizing mental illness and/or addiction.
3. Describe how the nominee has used his or her experiences to inspire and help others.
4. Describe why you believe this individual is deserving of an Inspiration Award.

Provide supporting material including newspaper articles, or letters written by or about the nominee if available. These materials are not a requirement of the submission.

Deadline: **Monday, January 14, 2019 — 4PM**

**For additional information about the nomination and selection process, please call 613.722.6521 x6707 or 1.800.987.6424 or visit [www.inspirationawards.ca](http://www.inspirationawards.ca).**

## NOMINATION & SELECTION PROCESS

---

**A selection committee comprised of health professionals, community leaders, client advocates and staff will select individuals to be honoured with an Inspiration Award at the Royal Ottawa Foundation for Mental Health's Inspiration Awards Gala on Friday, March 1, 2019.**

The recipients of the 2019 Inspiration Awards will be notified by the Royal Ottawa Foundation for Mental Health at the end of January. Subsequently, a video will be produced featuring award recipients and shown on the evening of the award presentations.

A photo shoot will also be organized. All nominees will be formally recognized by The Royal's Foundation at a later date.

Award recipients will be provided with four complimentary tickets (which includes one for the recipient) to attend The Royal's Inspiration Awards with friends and family where they will be recognized on March 1, 2019. Proceeds from the event benefit mental health research, programs and patient care at The Royal.

# inspiration

16TH ANNUAL AWARDS  
MARCH 1, 2019

## NOMINATION FORM

Scan and email to [foundation@theroyal.ca](mailto:foundation@theroyal.ca) or fax to **613.761.3605**

### NOMINEE(S)

Name: \_\_\_\_\_

Address (Home or office): \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_

Office Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

### CATEGORY:

- Transformational Leader for Mental Health
- Community Leader for Mental Health\*\*\*
- Personal Leader for Mental Health\*\*\*
- Young Researcher (early career researcher — in training or up to 10 years following completion of the appropriate degree)\*\*\*
- Youth Leader for Mental Health (below the age of 22 on March 1, 2019 — Award presentation date)\*\*\*

### NOMINATING ORGANIZATION OR INDIVIDUAL

Name: \_\_\_\_\_

Address (Home or office): \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_

Office Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

(please make copies if required)

HOPE THROUGH INSPIRATION  
ACCEPTANCE THROUGH SHARING  
A NEW BEGINNING!

\*\*\* nominees must reside within the Ottawa region and be able to attend the Gala on March 1, 2019

N O M I N A T I O N F O R M

CONSENT FORM

(Full consent of nominees for all awards is required for consideration)

I/We, \_\_\_\_\_  
(print name) hereby consent to be nominated to receive the award indicated on this form and authorize the use of my/our story, name, photograph or video image in any publicity and/or media coverage leading up to and following the award.

Date: \_\_\_\_\_

Signature of nominee(s): \_\_\_\_\_  
(All that apply) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In addition to completing this form, did you:

- Include a statement (up to 1,000 words — 3 pages or less) that includes relevant biographical information about the nominee(s) and describes the way in which the nominee(s) meets the award criteria.
- Enclose additional support material.
- Organize all of the information in one unbound folder that does not exceed seven pages in length.

Send all materials by **Monday, January 14, 2019 — 4PM** to:

*Royal Ottawa Foundation for Mental Health*  
*1145 Carling Avenue — 4<sup>th</sup> Floor*  
*Ottawa, Ontario K1Z 7K4*

Or scan and email to **foundation@theroyal.ca** or fax to **613.761.3605**

If you have any additional comments or questions, please feel free to contact the Royal Ottawa Foundation for Mental Health at [foundation@theroyal.ca](mailto:foundation@theroyal.ca) or 613.722.6521 x6707