

Meet Our CMHA Grey Bruce Board of Directors

2022-2023

Sean McMurray, Chair

Board Member Since 2020

Sean enjoys a successful sales career at TELUS and is currently managing the Associates Partner Program for Ontario. He and his family enjoy hiking the Bruce Trail, spend summer weekends camping and enjoy skiing in the winter at Blue Mountain. He's volunteered with the Kiwanis Club of Owen Sound (Past Director), the Georgian Bay Folk Society (Crew Chief/Director) and has been a longtime minor soccer coach (30 years).

Sean's interest with CMHA stems from his own struggle with alcohol but has proudly been sober since March 2002. He aims to bring addiction into the conversation to help eliminate the stigma. ■



her 3 daughters, sewing, reading and furthering her education. Chelsea has experienced personal struggles with anxiety and depression and came to the Board with a desire to advocate for mental health awareness and endorse the use of mental health care tools. ■

Susan Boron

Board Member Since 2018

Susan practiced rural Family Medicine in Grey Bruce for 40 years. She also served as Site Chief for South Bruce Grey Health Services in Kincardine and as Chief of Staff at Hanover & District General Hospital. Since retiring she's been writing a book (working title, "*Bookends: a family doctor's reflections on birth and death*").



During her career, she was actively involved in providing care for individuals with mental illness and addictions. She sees her role with CMHA as a way to help inform healthcare practitioners on these areas and the supportive resources and programs available. ■

Chelsea Bullock

Board Member Since 2022

Chelsea is Event & Marketing Facilitator with Life Directions Employment Supports in Flesherton. She's been a resident of Grey County for 5 years and her job enables her to work closely with individuals living with a wide range of mental health disorders and physical disabilities. With a strong sales background, she understands that listening is the key to good communication and values engaging conversations that promote positive outcomes. Her favourite pastimes are camping and hiking with



Mission:

We cultivate hope, resilience and community for those who live with and are impacted by, mental illness and/or addiction.

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Holly Goodings

Board Member Since 2020



A University of Guelph graduate with a Bachelor of Commerce (Honours) Degree and Post Grad Degree in Supply Chain Management, Holly is employed in the nuclear energy sector. She feels lucky to live at her favourite place on earth, Sauble Beach. A hockey mom with two boys, she's taken up running and as someone with lived mental health experience, she knows "when help is available, life can be better". ■

Lindsey Glazier

Board Member Since 2021



Lindsey (she/her) is a communications and engagement professional who has a passion for inclusion, diversity, equity, and access. Raised in Hamilton, Ontario, Lindsey resides in Ayton, West Grey with her partner and cats. She is passionate about her community and currently sits on four boards that support the arts or literacy in the region. She chose to sit on the CMHA Grey Bruce Board as a way to support, bring awareness, and end stigma around mental health and addictions in Grey Bruce and share her expertise to highlight the excellent community resources and services the organization provides. ■

Lynda Legge, Vice-Chair

Board Member Since 2018

Lynda has a B.A., B.Ed. Degree and proudly worked with Community Living Owen Sound &

District for 29 years. She was a facilitator with an organization that aimed to strengthen service for individuals living with Dual Diagnosis, IDD and mental health and/or behavioural issues. Through this work she was introduced to CMHA Grey Bruce and has served as Board Chair and Co-Chair of the Transition Council during the amalgamation of CMHA, Hope Grey Bruce and G&B House. She's been involved with several community committees and is currently Chair of 100 Women Who Care. Sitting on the CMHA Board is important to Lynda as she's passionate about developing a seamless service system designed to meet people where they are in a timely way. ■



Paul Biggin

Board Member Since 2020

Paul holds a Master's Degree in Psychology, Master's of Health Administration, and certification from the American College of Health Executives. His experience of over 40 years includes government and private sectors in hospitals, medical laboratories, and health services including management, Board and Association roles. Having worked for both large corporations and small businesses, he's seen that all have a role to play in population wellness and harm reduction. Joining our Board allows him to share this career experience alongside his personal interest to enhance mental health awareness and supports for all community members. He lives in The Blue Mountains enjoying land and water sports all year around. Still performing as a member of a stage band, he believes that creative arts are essential to local communities' well-being. ■



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Ejaye McComb

Board Member Since 2020

Ejaye has worked in technology for nearly 20 years. With a background in software development and systems analysis, he's worked in the telecommunications sector for the past 16 years and presently leads Technology and Solutions Engineering at Digitcom Telecommunications.

With strengths in leadership, process analysis, motivation, and a collaborative spirit, Ejaye lends his skills to several volunteer organizations in the community. ■



Ginelle MacDougall

Board Member Since 2021

Ginelle is a Registered Practical Nurse with a passion for working to create an exceptional level of care for patients and families, as well as a supportive environment for employees to thrive in. Ginelle's employment experience has been within a variety of health care settings. She's the proud mom of two daughters and a 95-pound lap dog. In her spare time, she's a personal coach, loves to go for hikes, spend time near the water, and indulge in true crime podcasts.

Ginelle was drawn to the CMHA Board as her own experience with mental illness has taught her the importance of access to resources, as well as the importance of community support. ■



Yvonne Pallister McCutcheon

Board Member Since 2020



Yvonne (B.A., B.Ed., M. Sc.Ed.) is a lifelong Grey County resident and is recently retired from the Bluewater District School Board. Her career as teacher and administrator enhanced her belief

about the importance of working together to celebrate the strengths and support the needs of all individuals. Yvonne and her husband Neil live in Owen Sound and enjoy Grey Bruce's great venues for cycling and hiking.

Yvonne volunteers on the CMHA Board because she's witnessed the value of the organization's many supports and believes that communities are stronger when everyone looks out for, and take action to care for each other. ■

Interested in applying to sit on the CMHA Board?

Contact the Administration Office:

519.371.3642 | toll free 1.888.451.CMHA (2642)

or email Brenda O'Neill, boneill@cmhagb.org