

## CMHA Grey Bruce Board of Directors 2022-2023



**Sean McMurray**  
Chair

Board Member Since 2018

Sean has over 20 years experience in Telecom and software sales. He started his career with TELUS which spanned 19 years and 6 President's Club awards and recently moved to RingCentral as National Account Executive.

Sean is passionate about mental health and addiction having found his own sobriety in 2002 which took him on a journey from AA to his current position as Chair of the Board. As a founding Board Member of the new CMHA in 2018 he previously served as Director with G&B House. Sean also served on the transition council that was responsible for merging the 3 agencies to the one we know today.

He lives with his family in The Town of the Blue Mountains, a move he made to support his Dad as he enters his golden years. It was his own Dad that instilled in him about giving back to your community. Sean has volunteered with various sports groups, was a Director with the Kiwanis Club as well as Georgian Bay Folk Society. His most cherished volunteer role was with the Breakfast Club at Dufferin School in Owen Sound.

He is most proud of his kids (Elyse, Grace and Nicholas) and the amazing people they have become. You will find Jen (Fiancé) and Sean with their two Bernese Mountain Dogs hiking the Bruce trail, snowshoeing or making fresh tracks on the ski hills at Blue Mountain.



Canadian Mental  
Health Association  
Grey Bruce  
Mental Health and Addiction Services

***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](mailto:boneill@cmhagb.org)*

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**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.



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**Holly Goodings**  
Treasurer

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".



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**Paul Biggin**

Director

Board Member Since 2021

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 a communities' well-being.



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**Susan Boron**

Director

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 written a book, *"Bookends: A Family Doctor Explores Birth, Death, and Tokothanatology"*.

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 practioners on these areas and the supportive resources and programs available.



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**Chelsea Bullock**

Director

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 five 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 her three 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.



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**Lindsey Glazier**

Director

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.



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**Mikayla Greig**

Director

Board Member Since 2023

Mikayla works as an Associate Lawyer with The Ross Firm based in their Owen Sound office. She practices family law and works with clients across Grey, Bruce and Huron counties.

After attending law school in Thunder Bay, Mikayla happily returned to her hometown of Owen Sound, where she completed her articles and was called to the bar in Ontario in September 2018. She still calls Grey County her home and feels fortunate to live, work and continue to serve the community of her hometown.

Both personally and professionally, Mikayla feels strongly that knowledge of and access to mental health resources is critical to obtaining positive and sustainable outcomes for both individuals and families.

Outside of her work, Mikayla enjoys reading, cycling, and travelling.



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**Ginelle  
MacDougall**

Director

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.



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### **Ejaye McComb**

Director

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.



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**Yvonne Pallister  
McCutcheon**

Director

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.



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