

Sean McMurray, Chair

Board Member Since 2018

Sean has over 20 years experience in telecommunications and software sales. He 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 three agencies to the one we know today.

Sean and his family live in The Town of the Blue Mountains, a move he made to support his Dad as he enters his golden years. He thanks his Dad for instilling the need to give back to community. Sean's volunteer roles have included various sports groups, Kiwanis Club and 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. Sean and his fiancé Jen enjoy hiking the Bruce Trail, snowshoeing and making fresh tracks on the ski hills at Blue Mountain.



Canadian Mental
Health Association

Grey Bruce

Mental Health and Addiction Services

Lynda Legge, Past 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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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.



Canadian Mental
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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 Practitioners on these areas and the supportive resources and programs available.



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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.



Canadian Mental
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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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Karen Linner, Director

Board Member Since 2023

Karen (B.A, B.Ed) has lived in Grey County for the past 33 years and is a recently retired, Bluewater District School Board elementary teacher. In her career as a teacher of young children, she recognized the needs and advocated for support of mental health both within and around the school environment. Supporting families has been a focus of her life and career.

With her husband and two adult children, Karen has explored much of what the area has to offer in nature in all seasons. Working with local sports teams, volunteer organizations and end of life care has allowed her to explore the feelings of compassion, generosity, integrity and most of all kindness. Being part of the CMHA board feels like the perfect fit to help support the importance of mental health. Time truly is a gift to be cherished.



Canadian Mental
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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.



Canadian Mental
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Ejaye McComb, Executive Member-at-Large

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.



**Canadian Mental
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Yvonne Pallister McCutcheon, Vice Chair

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.



Canadian Mental
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Scott Murphy, Director

Board Member Since 2024

Scott (B. Math, CPA, CMA, CEBS, GBA, RPA) is a recently retired Chartered Professional Accountant who has served in a multitude of industries, specializing in SME development and growth. During his professional career he had the opportunity to live for a number of years in Hong Kong. While there he was exposed to refugee camps and the toll that living in these camps can have on people's mental health. This, along with personal situations, strengthened his resolve to become involved with improving mental health in any small way.

Previous Board involvement includes Treasurer for six years with London Lynx Ringette.

Originally from Sudbury, Scott and his wife Andrea now reside in North Bruce Peninsula, one of the most desirable locations in Canada to visit.

Scott was humbled to be asked to serve on the board of such a worthy cause.



Canadian Mental
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Anita Sultmanis, Director

Board Member Since 2023

Anita has 30+ years of strategy, marketing and leadership experience working in healthcare, publishing and packaged goods. She's always been interested in understanding people's needs and how to serve them, as well as adding emotional value and joy to peoples' lives. Anita is passionate about mental health due to family experiences and a keen interest in helping to lessen the increasing emotional challenges in our society.

In healthcare, Anita has held strategy, marketing and leadership positions in organizations involved with uncovering insights and developing disruptive strategies in the health and wellness sector, retirement homes, physiotherapy, surgery and pharmacy.

She resides in the Town of Blue Mountains, enjoys a wide range of outdoor activities and has a passion for helping to create communities.



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