

## “Changing”

By Josh Busuttil

*As the world spins the insanity grows within a blink of an eye  
I see a world filled with everyone trying to emulate each other  
I was once a follower of idols and role models until I have opened my eyes  
In my eyes we are all here to fulfill our own purpose, not to be someone else  
The world will keep spinning. What I believe in and who I am will not be Changing.*

## Journey Through Nexus

By Josh Busuttil

When I was 13, I was diagnosed with Tourette’s Syndrome and Obsessive Compulsive Disorder (OCD). I would get rapid motor and vocal tics with racing thoughts that gave me severe anxiety and depression.

For 6 years, I was my own worst critic and enemy. The disorders were too strong and I couldn’t see any light to guide me. I had very low self-esteem and low self-worth. I tried many times to end my life. It was the hardest time in my life.

When I was 19, I stumbled on a youth centre that was in my neighbourhood, Nexus Youth Centre.

The day I stepped foot into Nexus, my life changed. I became a volunteer the first day I joined. Nexus has many educational programs as well as fitness and creative writing programs. On the other side of Nexus is their clinical counselling. It helped me learn to cope with the anxiety that comes with my OCD and Tourette’s.

Over time, I learned how to cope with the adversities that come with my mental health challenges. I forgave myself for demeaning my identity.

As human beings we all face challenges. In my experience, I am dealing with a bully in my brain. About a year ago I separated myself from my disorders. I now label myself with positive character traits that I repeat to remind myself who I am. I am strong, compassionate, resilient and loving.

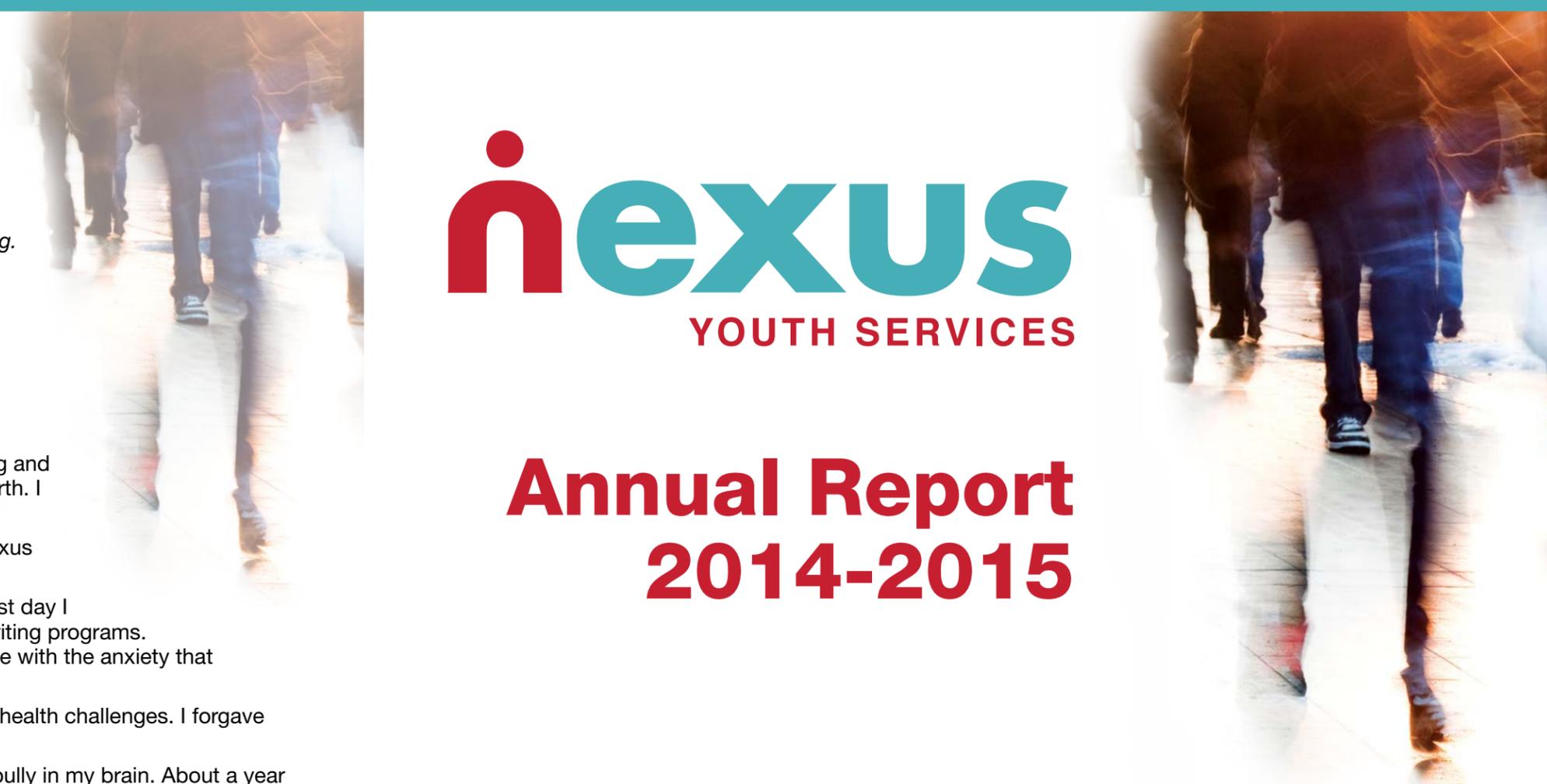
My future looks very bright. I am hoping to get a book of poetry published. I have just completed a ten week creative writing course. Nexus has given me an opportunity to be on the United Way Speakers’ Bureau where I look to inspire others who are suffering in silence.

My secret to success in this life is to work hard, to push through adversity and to have faith in myself. I am worth it.

Thank you for reading my story.

Sincerely,

Joshua Busuttil



# nexus

YOUTH SERVICES

## Annual Report 2014-2015

“Nexus gave me a place to spend my time and helped me become a better person.  
• I got help with my emotional issues. • Guy Code gave me a reason to get out and volunteer. • I like how open everyone is at Nexus. • I felt comfortable and I could talk freely. • Great help! The counsellor was friendly, knew what they were talking about, and I got help. • Everyone was understanding, non-judgemental and welcoming. • I trust the counsellors. • Perfect balance between seriousness and fun.”

## For You. With You.



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# For You. With You.

## Our Mission

Nexus Youth Services creates opportunities for youth by providing high quality services that are inclusive and responsive to the needs and voices of youth.

2014/15 marked another memorable year for Nexus Youth Services (NYS). We are proud to share a few highlights with you today.

NYS helped raise awareness about youth mental health in Peel by facilitating workshops and presenting on topics like stress management, concurrent disorders, and coping skills. With leadership provided by the Peel Youth Suicide Prevention Committee and Peel Service Collaborative, NYS also facilitated Mental Health First Aid and SafeTALK certified trainings to help build community capacity in support of youth.

A continuing commitment to youth engagement saw NYS increase its capacity to support youth with an investment in two additional Peer Youth Workers (PYWs). PYWs have been effective at engaging youth, and by pairing PYWs with full-time Youth Engagement Workers, PYWs also benefit from opportunities for mentorship, skill development and support. NYS staff were thrilled when our Youth Engagement Coordinator received the New Mentality Excellence in Youth Engagement Award. NYS looks forward to contributing to a community-wide mechanism for youth engagement, a key *Moving on Mental Health* (system transformation for the child and youth mental health sector) priority.

New collaborations offered unique growth opportunities for youth. Meditation, job and skills training, and fundraising are worlds our youth explored this year. In January NYS hosted a Bell Let's Talk Day event in collaboration with Shine On You Holistic Mental Wellness. We also partnered with The Elizabeth Fry Society to deliver the Empowering Girls Against Exploitation Group.

NYS is most proud to partner with youth. Josh's Journey, profiled on the back cover, is testament to our commitment to working for youth, with youth. For youth who completed counselling, 90% showed clinically significant improvements; 98% felt they were treated with respect; and 95% felt the service they received was of high quality.

Thanks to our principal funders – the United Way of Peel Region, Ministry of Children and Youth Services, Ontario Trillium Foundation, Region of Peel and City of Mississauga. We also thank our donors, students, volunteers and staff. You make a difference. With your support, NYS:

- Counselling 211 youth
- Served 1,867 youth at our Youth Centre
- Provided volunteer opportunities for 236 individuals, totalling 3,310 volunteer hours
- Achieved overall youth satisfaction rating of 98%

As we embrace the challenges and opportunities of this coming year, let us celebrate Josh and all youth who find success with support from NYS.

**OFFICERS:** Michael Cantlon (President), Patricia Grady (Vice-President), Tammi Lisson (Secretary/Treasurer), Roman Boychuk (Past President)

**DIRECTORS:** Gail Anderson, Mark Figueiredo, Sharon Goodland, Guneet Hansrani, David Herzstein, Rudy Riske



**Michael Cantlon**  
President



**Humphrey Mitchell**  
Chief Executive Officer

## Message from the Pro-Ject Leadership Group

It's been an exciting year! Our Nexus Youth Centre is a place to interact and share ideas. It's also a place that fosters youth leadership. This year we planned several community events, including Fall4Music, I Have Roots, a basketball tournament, fundraisers and employment workshops. We're working on a documentary about youth mental health and homelessness in Peel Region called NexRace, thanks to a Youth In Action grant we received from the United Way. We feel connected to the friendly counsellors and youth centre staff, who are pathways to NYS' community counselling program. We're looking forward to another great year at Nexus!



## Statement of Revenue and Expense Year ended March 31, 2015

Principal Funders	Revenue	Expenses	Excess Revenue over Expenses
United Way of Peel	325,354	379,427	(54,073)
Ministry of Children and Youth Services	232,008	232,008	-
Region of Peel	40,560	40,560	-
Trillium Foundation	12,678	12,678	-
City of Mississauga	40,115	40,115	-
Fundraising/Other Revenue	54,551		54,551
<b>Total</b>	<b>705,266</b>	<b>704,788</b>	<b>478</b>

The following is a list of donors who supported us from April 1, 2014 to March 31, 2015. Thanks also to local businesses for in-kind donations and to those individuals who contributed to NYS through United Way.

**\$30,000+**  
Community Foundation of Mississauga,  
Pendle Fund

**\$10,000+**  
JCS Canada Charity Fund

**\$3,000+**  
Grace Rodwell-Muncaster Foundation  
Marion Ethel & Frederick John Kamm  
Charitable Trust

Service Canada

**\$1,000+**  
Humphrey Mitchell  
Roman Boychuk

**\$500+**  
Ficanex Services Corporation  
Karen Anslow  
St. Edmund Campion  
Secondary School

**\$250+**  
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Hydro One Inc., Employees  
and Pensioners Charity  
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