

The Inspiration Awards

“Through the strength of others we find our hope, our heart, our heroes...our inspiration”.

We know that 1 in 5 people will experience a mood disorder in his or her lifetime. What we don't know is how many extraordinary people contribute to the recovery of our co-workers, friends, and loved ones. Now in its second year, the Inspiration Awards are a testament to the commitment and dedication of those who walk beside a loved one, friend or co-worker as that person faces the challenge of living with a mood disorder.

The MDAO Inspiration Awards were created to recognize the contributions of these partners in recovery.

We encourage all Canadians to think about those people who have made significant contributions in their role as a partner in recovery and to nominate someone they know for an Inspiration Award.

Deloitte Hero Award: An award given to a high profile individual who has completed, or is on, the journey through a mood disorder and who publicly supports and advocates for those who suffer the pain of a mood disorder. This individual uses their high profile and spirit to eliminate stigma and to inspire others.

Eli Lilly Hope Award: An award created to honor an individual who has made an outstanding contribution to mood disorders in the areas of diagnosis, treatment or research. This individual uses their expertise to bring hope and inspiration to those who suffer from mood disorders.

KPMG Heart Award: An award created to honor an individual who has provided exceptional support in a caring relationship. This individual has put their heart into supporting and inspiring a loved one, friend, or co-worker who suffers from a mood disorder.

The award recipient in each category will receive a specially commissioned award at the **Inspiration Awards gala celebration dinner “MAD About You—a Celebration of Hearts and Minds” to be held on Saturday, February 11, 2006 at The Carlu.**

For more information about how to nominate someone for an Inspiration Award, or to receive a nomination form, please contact:

Mood Disorders Association of Ontario at 1-888-486-8236.

Quotes from our 2005 Inspiration Award Recipients:

2005 Deloitte Hero Award Recipient:

Major Pat McInnis:

“It is moments like these that motivate us to continue on in the journey of making a difference in other people’s lives”

Pat is a Major in the Salvation Army and has dedicated herself to providing support, speaking out, and working to eliminate the stigma of mental illness.

2005 KPMG Heart Award Recipient:

Bonnie Atkinson:

“The experience of living through a mood disorder with someone we dearly love has shown us how essential support from family, friends and community organizations like the MDAO are for the recovery process”.

Nominated by her daughter, Bonnie embodies the strength, courage, love and support of a family member, in this case a parent.

2005 Eli Lilly Hope Award Recipient:

Dr. Karl O’Sullivan:

“Hope provides the essential ingredient for recovery”.

Dr. Sullivan is a psychiatrist in private practice who routinely treats the “hard to treat” and gives hope to those who thought there was no hope.