



LR: Jill Cumby, Dr. Michael Teehan, Dr. Rudolf Uher, Mr. Gregory Sutton, Alex Pizzo, Andrea Sandstrom, Jaime Stanley

## THE SUTTON FAMILY RESEARCH ASSISTANT IN MENTAL HEALTH INNOVATION

Knowing that mental illness typically runs in families where genetic predispositions are met with environmental factors, Dr. Rudolf Uher and his team at Dalhousie are leading a cutting-edge initiative based on the hypothesis that early interventions in childhood and adolescence can interrupt this cycle. With a goal of reducing mental illness, including bipolar disorder, major depression, anxiety disorders and schizophrenia, the FORBOW study is currently testing whether a variety of early interventions can prevent these conditions from occurring.



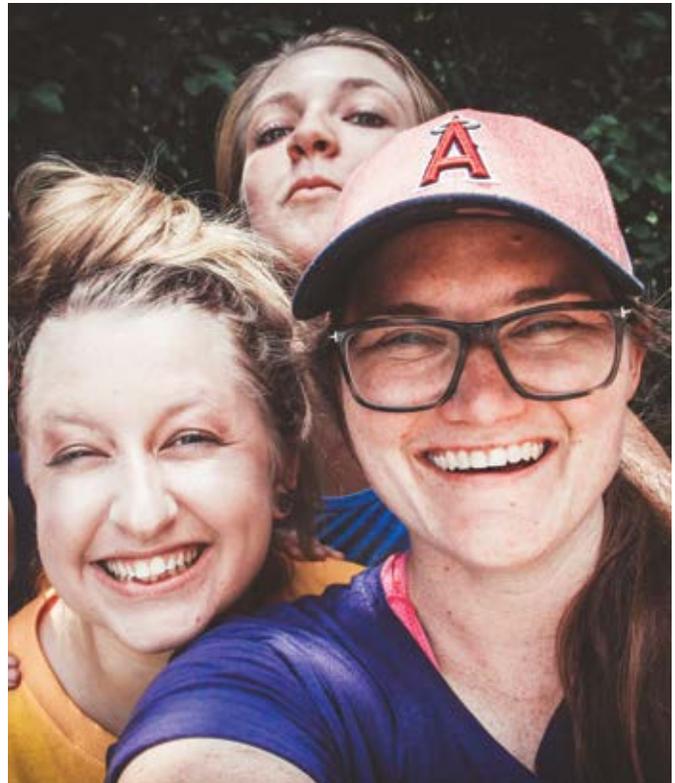
After learning about this groundbreaking study, esteemed Toronto businessperson Mr. J. Gregory Sutton and his family knew they had to get involved. Recently pledging \$250,000 over the next 5 years to the FORBOW program, the family's gift will support a new research position, the Sutton Family Research Assistant in Mental Health Innovation, as well as a stipend for 125 patients participating in this longitudinal study.

"The potential of early intervention and prevention of mental illness in our children and young people is truly exciting and could have a tremendously positive impact here and around the world," says Mr. Sutton, President and CEO of Sutton Special Risk, a premier provider of specialized insurance products based out of Toronto. "I hope this donation is meaningful and that it helps Dr. Uher and his team continue the revolutionary work they're doing."

Working with professional athletes through his company over the years, Mr. Sutton has seen the devastating impact of mental illness on the lives of young people, all too often. From the fallout of concussions and repeated head trauma in sport, to the psychological stresses of injury, Mr. Sutton's work has given him a window into how serious conditions like depression and anxiety can be, and how important mental health truly is to the well being of young people and their families.

As a father himself, and as someone who has experienced anxiety personally, keeping a close watch on his own family's mental health is also of the utmost importance. That's why the FORBOW study resonated so deeply with Mr. Sutton, carrying the potential promise of helping families avoid and alleviate mental health struggle in the future.

"Even if one family was positively impacted by this work, that would make it all worthwhile for me," says Mr. Sutton.



"Prevention research is something we stand behind because it can counteract years of suffering. Poor health impacts not only an individual's physical life, but their ability to interact with loved-ones, to work at a profession they love, and to contribute meaningfully to their community and society as a whole. We thank Greg Sutton and his family for their commitment to health and community betterment through this generous gift to the FORBOW program."

— JOANNE BATH

Director of Philanthropy & Interim Co-CEO, DMRF