



LEGISLATIVE ASSEMBLY
ALBERTA

Dr. David Swann, MLA

Calgary-Mountain View Constituency

Vanisha Joy Breault
Founder - Terminator Foundation
480 Auburn Bay Ave. SE
Calgary, AB T3M 1T1
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13 March, 2018

Re: Terminator Foundation & Addiction/Mental Health Peer Support Program

To Whom it May Concern:

I wish to express my strong support for Vanisha Joy Breault and her programs through the Terminator Foundation, which includes a focus on 'terminating stigma'. She has been tireless in supporting and engaging young people with addictions, coming from very difficult personal family experience. For years at her own expense she has coached and counseled youth addiction and mental health in Calgary and is ready to expand her healing programs across the province. She is revolutionizing addiction recovery through sports coaching and peer support, including team training, physical strength, endurance and triathlon participation. She brings the tenets of "IronMan" to go beyond one's limitations to help transform young lives.

The Terminator Program utilizes education, awareness and compassion to make a difference in youth's lives including their families and communities. Through her non-judgmental approach, the lives of our youth struggling with mental health through addiction can find the positive engagement, challenge and growth in self-esteem they need to overcome the challenges that hold them back from recovery and limit their potential.

Terminator builds on and evidence-based review included in my role in 2015 Mental Health Review: "How Iceland Got Teens to Say No to Drugs", showing dramatic reduction in addictions and good results among youth with addictions through physical activities and peer support.

Vanisha and her team of coaches provide compassionate, caring leadership and guidance to youth and meet regularly to discuss both their training and their struggles with mental health and/or addictions, out of school. This got us wondering if an in-school peer support program would facilitate more interactions around these issues, especially important for youth who may not be ready to discuss sensitive issues yet with adults.

Vanisha brings greater understanding and appreciation of one's own place in the world and I have no doubt the perseverance, integrity, and joy-filled efforts of Vanisha and the Terminator Foundation will continue to bring hope and build life-giving connections. I encourage schools to consider "in-school" peer supports wrapped around sport and more awareness to the overwhelming need for a wide array of supports and programs to reduce the toll of mental illness and addiction as early as possible.

I applaud the excellent work done by all in making this foundation possible.

Sincerely,

A handwritten signature in black ink, appearing to read "David Swann". The signature is fluid and cursive, with a large initial "D" and a long, sweeping underline.

Dr. David Swann
Leader, Alberta Liberal Party
MLA, Calgary Mountain View