Solid Ground
Mental Health

"Mental Health Care Done Right."

WHO ARE WE - BOARD OF DIRECTORS

We are a group of mental health practitioners dedicated to upholding the standards of training in psychology to ensure public safety and the integrity of the profession. We have worked on various grassroots advocacy projects, with other very dedicated advocates, since October of 2025.

WHY DID YOU DEVELOP "SOLID GROUND MENTAL HEALTH"?

Solid Ground Mental Health (SGMH) was developed in response to a recognized gap in advocacy in psychology. We listened to the loud call by psychologists and psychological associates to create a legal framework to address the "modernization" proposal forwarded by the College of Psychologists and Behaviour Analysts of Ontario (CPBAO).

IS "SOLID GROUND MENTAL HEALTH" A RENEWED/REVISED PSYCHOLOGY ADVOCACY NETWORK (PAN) GROUP?

No, SGMH is not the Psychology Advocacy Network (PAN).

IS "SOLID GROUND MENTAL HEALTH" WORKING WITH THE ONTARIO PSYCHOLOGICAL ASSOCIATION?

In the spirit of transparency and collaboration, SGMH met with Ontario Psychological Association (OPA) leadership multiple times in order to make them aware of our purpose and plan, as they have asked membership to do. While we share common goals SGMH will be operating as a separate entity but looks forward to potential future collaboration with the OPA, if able.

WHAT IS THE "SOLID GROUND MENTAL HEALTH" MISSION?

We are a non-profit organization (NPO) whose purpose is to promote accountability, transparency, and the upholding of regulatory standards governing mental health training and professionals, and to ensure safe and effective client care.

WHAT IS A NON-PROFIT ORGANIZATION?
A NPO is a mission-driven organization dedicated to solving specific problems. At SGMH *every* dollar donated is reinvested directly into the organization. *No one is paid* - all donations stay in the organization to cover operational costs and fuel our work. As an NPO we function solely with volunteer power and donations.

IS A NON-PROFIT ORGANIZATION THE SAME AS A REGISTERED CHARITY?
No. Both NPOs and registered charities operate for purposes other than profit and are generally exempt from income tax. However, the key difference is that charities have exclusively charitable purposes and can issue tax receipts for donations, whereas NPOs pursue social-community welfare, recreational, sport, or civic goals but *cannot* issue tax receipts as they are not CRA-registered.

HOW IS "SOLID GROUND MENTAL HEALTH" GOVERNED?
We have met strict legal standards of the Ontario Not-for-Profit Corporations Act (ONCA) required for registration with the Ontario government. This is the provincial legal framework governing how NPOs and charities are created, run, and dissolved in Ontario. ONCA requires that NPOs are dedicated to purposes other than making a profit; any revenue generated must be used exclusively to further the organization's community goals and cannot be distributed to directors. ONCA also requires that our governing documents (bylaws and articles of incorporation as per below) comply with ONCA standards.

OUR "BIRTH CERTIFICATE" - SGMH ARTICLES OF INCORPORATION
Our articles of incorporation state what we do, and is the official legal document filed with the government of Ontario that brings the organization to life. This is a publicly accessible document, which establishes exactly what public benefit we are providing.

OUR "OPERATING MANUAL" - SGMH BY-LAWS
Our by-laws act as our internal constitution, and dictate how our leadership team does things fairly and ethically. These include strict rules regarding conflicts of interest, personal gain, accountability, and transparency.

THE "SOLID GROUND MENTAL HEALTH" WEBSITE (https://solidgroundmh.org/)
This serves as a landing site to restate our mission and allow for donations. Information may be added to our website as our work evolves.

“SOLID GROUND MENTAL HEALTH” FUNDRAISING

SGMH uses Zeffy for fundraising purposes. Zeffy is a fundraising platform built exclusively for NPOs. All donations are processed through Stripe, a financial services company that provides payment-processing software. All of the money donated goes directly to our cause rather than being reduced by platform or processing fees as it charges no monthly subscriptions and covers all credit card transaction fees, ensuring SGMH receives 100% of the donations. The platform relies on *optional* donor tips at checkout to sustain operations. Donors can use standard payment methods like credit cards, Apple pay, and Google pay. Zeffy is a trusted platform used by over 100,000 NPOs, meaning their personal and payment data is completely secure. Please go to **https://solidgroundmh.org/** and click on one of the many “donate” buttons that will redirect you to our Zeffy portal, which outlines our mission and legal team, and allows you to donate.

WHICH LAW FIRM HAS BEEN RETAINED?

Following multiple consultations with various teams, SGMH has retained legal counsel from **Conway Litigation**, an Ottawa-based firm with experience in public law, administrative and regulatory law, appellate advocacy, and complex public-interest matters. The firm has acted in significant regulatory, constitutional, and judicial review proceedings and provides the expertise necessary to help SGMH navigate this evolving process. Funding will support legal advice at multiple stages of this process. This includes assessing the current proposals, understanding available legal and regulatory options during ongoing consultations and decision-making, and exploring potential avenues for action in the future, including after the Ontario Ministry of Health has reached a decision on the proposed regulatory changes. Obtaining timely legal guidance will help ensure that any response is informed, strategic, and focused on protecting the public interest.

WHAT WILL DONATIONS AT THIS PHASE BE USED FOR?

Donations will be used to have the legal team review information and provide us with a legal opinion on various topics of concern. We believe that it is critical for CPBAO members to understand the legal context surrounding the “modernization” proposal and the actions of the CPBAO and related stakeholders.

HOW IS “SOLID GROUND MENTAL HEALTH” PROTECTED?

We will not be publishing donor information, and donor information for NPOs are treated as confidential. A donor list to a NPO is not public record, and members of the public do not have any right to inspect a NPO donor list. Further, we have personally invested in multiple layers of insurance to protect the organization.

THE MINISTRY OF HEALTH HAS NOT MADE A DECISION YET, SO WHY DO THIS NOW?

The SGMH idea began in December 2025 and it has taken us **6 months** to research, create, and establish all of the above. We are now set up to receive donations to allow the legal team to get to work *in advance* of a Ministry of Health decision. If we are unable to collect sufficient donations to fund this stage of legal consultation, it is unlikely that we will be able to take any further action. If you are thinking of donating, now is the time – before it is too late.

IF THE MINISTRY OF HEALTH REJECTS THE CPBAO PROPOSAL OR SUGGESTS THAT A SCALED DOWN VERSION/HYBRID MODEL BE IMPLEMENTED, IS THE WORK OF SGMH STILL NEEDED?

Yes, the work of SGMH is still needed. Should the latter occur, this does not impact the procedures of the CPBAO, board/committee composition, and other issues which are of concern, nor would it keep the CPBAO from creating an alternative "modernization" proposal with similar spirit.

WHAT HAPPENS IF YOU DO NOT END UP USING ALL THE MONEY YOU COLLECTED?

As per the ONCA, we cannot issue any refunds on donations, and any unused funds left upon dissolution of the corporation will be donated to another NPO with a similar purpose (to be determined if/when needed).