

Betty-Lou Kristy photo

Georgetown's Betty-Lou Kristy (right), pictured with Deputy Premier and Minister of Health Christine Elliott before the pandemic.

## **KRISTY NAMED CHAIR OF HEALTH** MINISTER'S ADVISORY COUNCIL

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A Georgetown woman committed to fixing gaps in the mental health and addictions system has been chosen to chair the Ontario health minister's Patient and Family Advisory Council.

Betty-Lou Kristy is now tasked with guiding the council for the next three years and providing strategic advice to Deputy Premier and Minister of Health Christine Elliott on a variety of issues related to patient-centred health care. The local bereaved mother, who lost her son Pete in 2001 to an accidental opioid overdose at the age of 25, has been in recovery herself for almost two decades from alcohol, multidrug addictions, trauma and mental health issues.

She's currently the director of Halton's Centre for Innovation in Peer Support, which works locally to integrate peer support services in the mental health and substance use/ addictions system.

"I think my appointvolumes ment speaks

"Every single Ontarian will benefit immensely from Betty-Lou agreeing to take on this role."

## - Deputy Premier and Minister of Health Christine Elliott

about this government's commitment to mental health and addiction," said Kristy. "It feels like a huge blending of lived and family experience, years of advocacy, learning what the system needs and working hard to be part of the solutions."

Elliott said she's truly by Kristy's inspired strength, resilience and bravery, both as a patient, family member and fierce advocate.

"It's not often someone's experiences and their life's story shine a spotlight on gaps in care and how we can work together to build a better, more inclusive health system," said Elliott. "Every single Ontarian will benefit immensely from Betty-Lou agreeing to take on this role."

Kristy is no stranger to sharing her insights with provincial politicians and has recently been part of an Ontario COVID-19 table geared to mental health and addictions.

She also consulted on the Ontario government's document entitled "Roadmap to Wellness: A Plan to Build Ontario's Mental Health and Addictions System."

The Patient and Family Advisory Council provides advice to the health minister on key priorities that have an impact on patient experience and care. The inaugural council made several contributions to provincial health care, including the development of a patient declaration of values and advice on topics like mental health and addictions.

The council members that Kristy will serve alongside with will be established in the coming weeks as the recruitment and selection process is finalized.

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