



Board Candidate Bios

Brit Adam

she/they

Brit Adam (she/they) is a Registered Psychologist with competencies in school psychology and counselling. They have worked as a therapist at Family Hope Counselling and Psychology Services for the past three years and also provide psychological and psychoeducational assessments through Family Hope and Joshua Tree Learning Centre.

Brit is passionate about creating a safe, affirming, and collaborative space where people feel understood and supported. They have specialized training in counselling with the 2SLGBTQIA+ community and are particularly interested in the intersection of neurodivergence and queerness.

Beyond their clinical work, Brit is actively involved in supporting the local 2SLGBTQIA+ community. They have served on a subcommittee helping to plan Pride Week events in Moose Jaw and have partnered with a local physician to facilitate a support group for families of individuals who are transitioning. This group is designed to help family members better understand and support their loved ones while maintaining strong, healthy relationships throughout the transition process.

A strong advocate for accessible mental health care, Brit believes everyone deserves access to the right supports and services. They are committed to providing compassionate, evidence-based care that helps individuals and families build on their strengths and move toward their goals with confidence.

Claire Carter

she/they

Claire Carter (she/they) is a queer settler parent and scholar living and working on Treaty 4 territory. She teaches in Women's and Gender Studies at the University of Regina focusing on queer theory and trans studies, feminist methodology, and queer popular culture. They engage in community-based research around movement and exercise, as well as notions of vulnerability and

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uncertainty in research. Claire loves being active, a good coffee, being outdoors with her kids and friends, and learning and connecting with others through movement, art, and activism.

Lindsay DesRochers

Hi, I'm Lindsay DesRochers, I'm a community-focused professional with experience in community engagement, program development, policy work, and stakeholder collaboration. I've lived in Regina for nearly 20 years, and I bring both my lived experience as a queer person and a strong commitment to building inclusive, responsive public services.

I've held several roles with the City of Regina, including Community Consultant, Special Events, Coordinator of the Winter City Strategy, Community Inclusion Advisor, and most recently Coordinator of Public Policy and Programs. Through this work, I've been involved in grant administration, policy development, research, procurement, and collaborating with a wide range of community partners. I've also contributed to important initiatives like the Accessibility Plan, Community Wellbeing Plan, and the 2SLGBTQIAP+ report.

Building relationships is really at the heart of both my work and personal life. I'm known for being collaborative, people-focused, and passionate about supporting diverse communities. I believe my extensive work, education, and volunteer experience covering a wide variety of expertise as well as my strong community relationships will be a benefit to the board. Outside of work, you can usually find me reading, hiking with my dog Sunny, relaxing on my deck, or visiting my favourite local spots around the city.

Hannah Matz

Hi! My name is Hannah Matz, and I've been a registered social worker for 2 years working with the Saskatchewan Health Authority. I've recently accepted a term at the Pasqua Hospital, and I have worked at both the Addiction Treatment Center and at the Mental Health Clinic. I heard about this collective after catching up with Suzy, my old professor, and felt drawn to the work you do. I acknowledge that allyship is defined by community and demonstrated through authentic actions over performative statements. I am committed to working in solidarity with community to support and supporting initiatives that help LGBTQ2S+ individuals feel safe, welcomed, and connected to the resources they deserve. I hope to bring an open minded and youthful perspective to the board, along with a strong commitment to improving access to mental health support. Through my firsthand experience navigating mental health services, I understand some of the challenges people face when seeking care and have developed connections within the local mental health community. When I'm not at work I enjoy reading fictional books, drinking coffee, and saving money to move out of my parent's house.



Marlo Medby

I am a queer cis female, white settler, adoptee and neuro divergent social worker with more than 20 years in practice, but I always feel like I am still learning! I have a curious mind, a love of nature, a background in community volunteerism and a passion for having fun. I am generally the first to say “yes” to trying/doing things if someone asks- and this habit has led to me having some wonderful adventures, forming many new friendships, has resulted in a few broken bones and a great repertoire of memories and stories to be able to draw connections from. I also recognize that saying “no” sometimes feels impossible and I can take on too much-this is something I work continually at adapting based on capacity levels. I love continuous learning and care deeply about the people and community I serve as a counselor through my work at Family Service Regina- a local not for profit agency I have spent the majority of my social work career at. Through FSR, I am the sole counselling staff for Monarch Mental Health, a queer mental health program originally developed by UR Pride, and also provide rapid access, free counselling through the Thrive program.

Riki Yandt

they/he

Riki Yandt (they/he) is a founding board member of the Saskatchewan Queer Mental Health Collective and a registered social worker/therapist based in Saskatoon, registered in both Saskatchewan and Nova Scotia. Riki holds a Master of Social Work, and their work is grounded in queer, trans, and neurodivergent-affirming mental health care, with a focus on relational, accessible, and community-responsive support.

Riki brings experience in private practice, community-based work, advocacy, ongoing learning in non-profit governance, and the practical learning that comes with building a small non-profit organization. As a queer and trans person, and as a therapist who works and lives within queer and trans communities, Riki is committed to strengthening access to affirming mental health care for Two-Spirit, queer, and trans people across Saskatchewan. Riki is also motivated to support queer and trans providers in sustaining themselves and their collective work.

Outside of private practice, board work, and small non-profit building with SQMHC, Riki enjoys swimming in lakes, resting, community radio, bingo, video games, and spending time with friends.

Suzy Yim

I am a queer, non-binary Korean Canadian, the child and sibling of immigrants, and the first of my family born on Turtle Island. I maintain a small clinical practice with Family Service Regina, serve as

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Clinical Supervisor for Monarch Mental Health, and am a Lecturer in the Faculty of Social Work at the University of Regina.

As one of three Founding Directors and a current Board member of the Saskatchewan Queer Mental Health Collective (SQMHC), I am committed to community-led approaches to mental health and social change. I am seeking re-election to support organizational continuity, leadership development, and ongoing growth.

I bring experience in non-profit governance, clinical practice, post-secondary education, and community development, and remain committed to advancing the well-being of 2SLGBTQIA+ communities.

