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## **ESSAY FOR DISABILITY CREDIT CANADA**

Russell Rotem Levy (Legal: Kaitlin Marlaina) | Lorne Park Secondary School  
Class of 2022 / Class of 2026

### **Winter 2020 Psychological Report at the Hospital for Sick Children, an excerpt:**

He is pessimistic about the future as he wants to [go to university] but states that “what I want to do, I can’t do” and that he “sucks at school”. Russell describes a “thought pattern” that he will end up either homeless or dead [before he goes to university]

I spent so much of my life believing I could not make a difference in the world.  
Perhaps dreaming big was only meant for normal kids.

*You can't even eat because you're scared of food.*

*How can you expect to stomach adulthood when you cry at the thought of calories?*

*4 times that you've overdosed and yet you're still alive.*

*You can't even succeed at suicide. How can you expect to succeed at living?*

These are things I thought about at the beginning of my high school career.

The things I said to myself every time I dreamed about something bigger than getting up to brush my teeth in the morning- which even a task as simple as personal hygiene feeling daunting to me at that time. I existed only as a slave to the alphabet soup of labels I was assigned. The secret codes of what made my brain more messed up than everyone else.

### **Winter 2022, OUAC Choices/Offer, an excerpt:**

OFFER REQUEST - Ryerson University | Undeclared Arts Major

OFFER REQUEST - Guelph Humber | Justice Studies Major

OFFER REQUEST - Guelph Humber | Psychology Major

OFFER REQUEST - York University | Sociology Major

Turns out I underestimated myself.

The previously assumed ‘homeless-and-dead before university’ kid now has 4 early acceptances to universities all across the province- and that's just for schools in Ontario. Guess that boy didn’t “suck at school” like he thought.

I spent almost all of my adolescence thinking I couldn’t change, let alone change the world.

I proved myself wrong about not being able to change.

It is time to prove myself wrong about being able to change the world.

In my dream world, I want to use my degree to break into the youth mental / developmental healthcare world and help to bring necessary reform and change to the sector. This change is to ensure I don’t have to be the lucky one- so *nobody* has to be the lucky one. I want to get rid of the entire concept of being a ‘lucky patient’.


I want to make sure every kid who is seen by a mental health professional in Ontario is given the treatment they need and deserve. To start making sure these kids get a real, fair chance at not just living, but thriving.

So many kids don't get the opportunities I was lucky enough to get in order to be here now, and it's time to change that- and I want to be one of the people who get to influence that change.

I did not fight as hard as I did to get to where I am for nothing.


## ELIGIBILITY INFORMATION

### 1. PROOF OF GRADUATION - OUAC REFERENCE NUMBER 2022-069842



Ontario Universities'  
Application Centre

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[101 Application](#) - Current High School Information and Grades

### Ontario Secondary School Application (101)

#### Current High School Information and Grades

Your high school has provided us with your applicable academic data throughout the year.

- Review your academic information carefully and inform your guidance counsellor if changes are required.
- Only your Grade 11-12 courses are reported to the OUAC (your Grade 9-10 courses will not be listed).

**Note:** If there is no information listed on this page, please continue to submit your application and contact your guidance counsellor.

#### My High School Information

School Number  
924008

School Name  
Lorne Park Secondary School

Diploma Status  
Will achieve OSSD by end of current school year (OSS)

OSSD Issue Date

#### Literacy Requirement

Not Reported

#### Community Involvement

Yes

2022 Entry  
Total Owning

You are logged in as:  
russellrotemiev  
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OUAC Reference Number:  
2022-069842


My OUAC Account  
My OUAC Financial Account  
OSAP Link Status

#### Application Links





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Document Upload  
Other Academic Information  
**Current High School Information and Grades**  
Review and Submit

Course Code	Course Description	Completion Date	Credit	Grade	Grade Type	Delivery	Notes
ADA4M0	Dramatic Arts	202206	0100		Projected	D	
AVI4M0	Visual Arts	202101	0100	098	Final	D	P
BMI3C0	Introduction to Marketing	202104	0100	086	Final	D	P
BOH4M0	Business Leadership:Management Fund	202201	0100	085	Midterm	D	
CLN4U0	Canadian and International Law	202206	0100		Projected	D	
EMS3O0	Media Studies	202106	0100	090	Final	D	P
ENG3U0	English	202011	0100	078	Final	D	
ENG4U0	English	202201	0100	080	Midterm	D	
EPS3O0	Presentation & Speaking Skills	202106	0100	062	Final	D	P
HSB4U0	Society: Challenge & Change	202206	0100		Projected	D	
HSE4M0	Equity and Social Justice: From Theory to Practice	202206	0100		Projected	D	
HSP3U0	Introduction to Anthropology, Psychology, and Sociology	202101	0100	091	Final	D	P
IDC4U0	Interdisciplinary Studies	202201	0100	081	Midterm	D	
MBF3C0	Mathematics of Personal Finance	202201	0100	077	Midterm	D	
SCH3U0	Chemistry	202104	0100	083	Final	D	P

## 2. PROOF OF ACCEPTANCES - OUAC REFERENCE NUMBER 2022-069842

**Ontario Universities'  
Application Centre**

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101 Application » Choices/Offers

**Ontario Secondary School Application (101)**  
**Choices/Offers**

[+ Add Program](#)

**Review and Submit Changes/Responses**

If you have previously accepted an offer and want to accept another offer instead, you must cancel the first acceptance before you will be able to respond to the new offer.

When you are finished making changes and/or responding to your offers, you must complete the Submit Process to send them to the universities.

[Review and Submit Changes/Responses](#)

[Reset Responses](#)

Choice Number	Offers of Admission	Response	Program Code	Program Title	Actions
<a href="#">01</a>	<a href="#">Offer</a> Expires: 2022-06-01		SUN	Ryerson University Undeclared Arts (First year studies only) 2022 Fall (September)	<a href="#">Edit</a> <a href="#">Withdraw Choice</a>
<a href="#">02</a>	<a href="#">Offer</a> Expires: 2022-06-01		GMP	University of Guelph - Humber UofGH - Honours Bachelor of Applied Science in Justice Studies AND Diploma in Police Foundations OR Community and Justice Services 2022 Fall (September)	<a href="#">Edit</a> <a href="#">Withdraw Choice</a>
<a href="#">03</a>			SJT	Ryerson University Journalism 2022 Fall (September)	<a href="#">Edit</a> <a href="#">Withdraw Choice</a>
<a href="#">04</a>	<a href="#">Offer</a> Expires: 2022-06-01		GMA	University of Guelph - Humber UofGH - Honours Bachelor of Applied Science in Psychology AND Diploma in General Arts & Science 2022 Fall (September)	<a href="#">Edit</a> <a href="#">Withdraw Choice</a>
<a href="#">05</a>			TAX	University of Toronto Social Sciences - St. George Campus 2022 Fall (September)	<a href="#">Withdraw Choice</a>
<a href="#">06</a>	<a href="#">Offer</a> Expires: 2022-06-01		YYC	York University - Glendon Campus Sociology (BA, iBA) / Sociologie (B.A., i.B.A.) 2022 Fall (September) Subject of Major Interest: Sociology (BA)/Sociologie (B.A.)	<a href="#">Edit</a> <a href="#">Withdraw Choice</a>

**2022 Entry**  
[Total Owing](#)

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### 3. Proof of Canadian Citizenship





#### 4.Proof of Disability

## SickKids

19 January 2022

Caitlin Eileen Fitzpatrick, MD  
South East Toronto Family Health Team, Suite 105, 840 Coxwell Ave,  
Toronto M4C 5T2  
Via Fax: 416-469-6164

Below is an

Excerpt from assessment note Jan 16, 2020 below for purposes of IEP.

Russell Levy [ previously known as Kaitlin Levy] is requesting documentation regarding ADHD diagnosis and Treatment.

He was seen by myself for initial trial of Stimulant medication between January and February 2020 for ADHD symptoms.

Care was transferred to Dr. Michelle Quinter and Dr. Daphne Korczak for more comprehensive approach to his mental health care, including all of mood, anxiety, and ADHD care.

Patient: **Kaitlin Marlaina Levy**  
MR Number: **5092760**  
Date of Birth: **12/8/2004**

### Patient Active Problem List

#### Diagnosis

- Anorexia nervosa, binge eating/purging type
- ADHD
- Depression
- Social anxiety disorder
- Learning disorder involving mathematics

### Impression by DSM-5:

ADHD, combined type  
Major Depression  
Anxiety, with Panic attacks  
Anorexia Nervosa, Binge/purge type  
Learning Disorder

### Formulation:

Kaitlyn has struggled with symptoms of ADHD and social anxiety identified in grade 8, complicated by learning difficulties in mathematics and clerical abilities. She has benefited from CBT counseling however, when she started grade 9 was highly stressed and challenged by the increased academic and social expectations. During her grade 9 year she developing disordered eating to cope with stress, as well as noting that her self esteem and ability to modulate mood diminished. Following initial treatment for disordered eating since October 2019 it is now an appropriate time to address her learning challenges, mood and anxiety difficulties. Safety concerns are not currently present, however, may yet arise from time to time as they did in October, however Kaitlyn has a safety plan that includes her parents and all are willing to follow same.

### Suggestions and Plans:

Address ADHD with trial of stimulant medication. Return next week for appointment to discuss trial.

555 University Ave • Toronto, Ontario • Canada M5G 1X8 • [www.sickkids.ca](http://www.sickkids.ca)

**The Hospital for Sick Children**  
555 University Ave., Toronto, ON  
M5G 1X8, Tel: 416-813-1500

Levy, Kaitlin  
DOB: 12/8/2004  
MRN: 5092760

Monitor depressed Mood and anxiety. Consider referral to the CLIMB research program for thorough evaluation of mood ( Dr. D Korczak) and treatment recommendations

If you have any questions or concerns, please don't hesitate to call.

Sincerely,

CHARACH, ALICE ELIZABETH, MD

CC:  
No additional recipients

Do mental health and neurodevelopmental disorders count as disabilities?

See below (source: <https://aoda.ca/definition-of-disability-2/>)

The AODA and the Code then briefly list some other types of disability, which include:

- Mental impairment or developmental disability
- Learning disability
- Mental health disability
- An injury or disability that allows someone to claim or receive benefits under the Workplace Safety and Insurance Act

Here, the AODA and the Code make Ontarians aware of some other types of disability that people may have. For instance, mental health disability is another broad category that includes many medical conditions. These conditions can affect many different aspects of a person, such as:

- Thought processes
- Emotions
- Moods
- Behaviours
- Sense of self
- Capacity to connect with others
- Ability to cope with stress

Similarly, learning disabilities affect people's ability to take in, understand, or remember information. However, learning disabilities impact people in different ways. For example, some people may have difficulty with writing but understand speech easily. In contrast, others may not process speech but communicate easily using writing and visual information.

Alternatively, some people may have one disability, while others have more than one. Furthermore, some people have permanent disabilities, while others' disabilities are temporary or episodic.