

  
**LA ROCHE UNIVERSITY**  
2020 DISTINGUISHED ALUMNI CIRCLE AWARD RECIPIENT



**Antoine Kanamugire '04, M.D.**

*Medical doctor, psychiatrist*

**Antoine Kanamugire M.D. Inc.**

Antoine Kanamugire '04 is a self-employed consultant psychiatrist in the emergency department at Haut-Richelieu Hospital in suburban Montréal. He also is a consultant in an outpatient clinic, in intensive outpatient and for mental health first-line teams in Montréal suburbs.

In his position Dr. Kanamugire cares for the most vulnerable patients suffering from substance abuse and other chronic mental health conditions. He also works as a consultant and coach to family doctors, nurses, social workers and psychologists working in the community to help prevent chronicity.

Dr. Kanamugire campaigns for mental health awareness through media interviews in the United States and Canada. He does this by way of books, flyer distribution, conferences and workshops in schools, churches and businesses. His book, "Protect Our Youth: The 21 Unspoken Truths About Marijuana," aims to educate the community about cannabis with an open, non-ideological and non-judgmental approach.

He is the founder and board chair of the BecauseWeCare Initiative. The campaign aims to raise awareness about potential risks of cannabis and other drugs for teenagers and young adults.

"In my work I see a lot of lives, especially young lives, being shortened by substance abuse and other mental illnesses. Moved by the desire to raise awareness about mental health issues, substance abuse and screen addictions, I decided to volunteer as a mental health enthusiast and raise awareness about issues that are stealing the precious lives of our young people," he said.

An alumnus of La Roche University's Pacem In Terris Institute, he graduated from La Roche in 2004 with a degree in biology. He earned his medical degree from the University of Sherbrooke in 2008, and his specialty in psychiatry in 2013.

"La Roche prepared me to approach my education with increased curiosity and openness to the world," he said.

Dr. Kanamugire has been married to his wife, Ange, for 11 years, and together they have three daughters and one son.

