

Caroline Rabbat

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To the Judges of the Regional Canada Pageant,

I am delighted to recommend Rachel Dragas for the title of Ms. Greater Toronto Area 2026. I have known Rachel for several years through my role as Director, High Risk, Faculty Support and Mental Health at the University of Toronto, first as a standout graduate student leader and later as a colleague and employee I recruited. I have always been impressed by Rachel's intellect and initiative.

I first came to know Rachel through the mental health leadership she was already engaged in across the University: chairing Grad Minds mental health committee for the graduate student union, offering peer counselling to students through the Conflict Resolution Centre, and founding *Elemental Magazine*, where she interviewed national figures in mental health, including members of our own faculty. I attended a conference Rachel hosted through her involvement with Grad Minds, at which Sophie Grégoire Trudeau delivered the keynote address.

On the strength of that work and following her internship with the Faculty of Arts and Science, I hired Rachel as Coordinator of Mental Health Initiatives and Special Projects for Arts & Science. This was no small appointment. Arts and Science is Canada's largest academic division, home to over 400 undergraduate programs, 150 graduate programs, 29 departments, and nearly 50 interdisciplinary centres, serving roughly two thirds of undergraduates on the St. George campus alongside more than 800 professors. In that role Rachel collaborated with the Director in interviewing faculty, students, and staff across the Faculty of Arts & Science, co-led workshops and campaigns on communication and mental health, and participated in the organization of an annual conference featuring prominent speakers, including Margaret Trudeau.

It is my understanding that Rachel has since built a career at the intersection of neuroscience, crisis intervention, and advocacy, and none of it surprises me. She is rigorous, compassionate, and utterly dependable, and she elevates every room she enters. I can think of no one better suited to represent the Greater Toronto Area and beyond. She has my strongest possible recommendation.

Sincerely,

*Caroline Rabbat*

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Former Director, High Risk, Faculty Support and Mental Health  
University of Toronto