



**BE MIND FULL**

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

# Annual Report 2015-2016



**Canadian Mental  
Health Association**  
Alberta  
*Mental health for all*

## MESSAGE FROM THE CHAIR

The Canadian Mental Health Association (CMHA) holds a unique position in Alberta. Every day it acts as a bridge between the medical world and the wider community. By maintaining a focus on client-centred work, CMHA is a provincial leader in mental health awareness and education, peer support, suicide prevention, help and distress lines, rural mental health service delivery, and in the 10-year plan to end homelessness. In a wide variety of approaches and venues, CMHA's evidence-based programs and resources build awareness, reduce stigma and build resiliency.

Across Alberta more than 300 staff and over 1,000 volunteers are teaching mental health skills and advancing mental health literacy through public awareness activities, low barrier access to peer support, educational programs and responsible engagement with clinical partners.

Our work is informed and accessed by the communities and partnerships we share. The services we deliver are co-created with Albertans who live with mental illness, local partners, government and cross-sector stakeholders. Effective collaboration allows us to maximize our resources and enhance our connections to other supportive activities across our province.

Today our eight CMHA Regional offices and the Centre for Suicide Prevention continue to focus on a better future for all people living with mental health challenges. Albertans are talking about mental health and mental illness. There is active interest across all sectors and all communities to promote positive mental health. The time is right for CMHA to enhance its partnerships and strengthen its critical work as part of primary care in Alberta.

I am incredibly proud to be a member of this organization.

On behalf of the CMHA Alberta Board of Directors, I want to say thank you to David Grauwiler, Executive Director of CMHA Alberta, the nine Executive Directors of the Alberta Regional offices, and the tireless support and commitment of our members, volunteers, employees and funders. CMHA in Alberta is emerging as a provincial collective of compassionate organizations delivering critical services to Albertans where the needs exist.

I look forward to continuing to pursue our vision for mentally healthy people in a healthy society.



Yours in mental health,

A handwritten signature in black ink, appearing to read 'T. Djurfors', written in a cursive style.

**Thomas Djurfors**  
Chair, CMHA - Alberta



## VOLUNTEER PROFILE – IAN RUNS ALBERTA

On July 1st, 2016, Ian Aman set out on a historic run across the province of Alberta. Launching at the Alberta/North West Territories border, the run covered a distance of almost 1,600 km over an impressive 60 days this summer, promoting mental health awareness, creating a safe place to talk about mental health, and raising \$25,719, for the Canadian Mental Health Association.

Ian was inspired to challenge himself to run Alberta, north to south, because of the benefits running has had on his mental health.

“I just thought if I was going to go out and do this run, I want it to mean something,” he said. “I want to inspire Albertans.”

The entire Aman family joined Ian on his journey, encouraging, and creating a buzz of laughter and warmth. Helping him through the tough terrain, and unpredictable Alberta weather.

“As a dad, and a husband, spending 60 days with my family and getting to see Alberta at a runner’s pace has been a real gift,” Ian said.

Ian is inspiring Albertans to live at their highest potential and demonstrating the power you can have to achieve your dreams. Ian was born and raised in Alberta, and carries a passionate message that challenges people to define their own limits, to believe in what’s possible and to live a life that offers the best possible version of themselves.

“That’s what this is all about.”

**CANADIAN MENTAL HEALTH ASSOCIATION  
ALBERTA DIVISION  
STATEMENT OF FINANCIAL POSITION**

March 31

**2016**

2015

**Assets**

Current

Cash (Note 3)	<b>\$ 307,438</b>	\$ 433,878
Accounts receivable	<b>87,180</b>	13,565
Due from Alberta Regions (Note 4)	-	1,933
Cash held in trust for Alberta Alliance on Mental Illness and Mental Health (Note 1 and Note 11)	<b>60,286</b>	62,597

**454,904** 511,973

Investments (Note 5)

**4,824** 8,230

**\$ 459,728** \$ 520,203

**Liabilities**

Current

Accounts payable and accruals	<b>\$ 18,339</b>	\$ 14,625
Due to Alberta Regions (Note 4)	<b>7,034</b>	-
Deferred contributions - operating (Note 6)	<b>161,434</b>	235,236
Due to Alberta Alliance on Mental Illness and Mental Health (Note 1 and Note 11)	<b>60,286</b>	6,189

**247,093** 256,050

**Net Assets**

Unrestricted	<b>194,001</b>	189,111
Internally restricted - other (Note 7)	<b>18,634</b>	18,634
Externally restricted - Alberta Alliance on Mental Illness and Mental Health (Note 11)	-	56,408

**212,635** 264,153

**\$ 459,728** \$ 520,203

# THE CANADIAN MENTAL HEALTH ASSOCIATION ALBERTA DIVISION STATEMENT OF OPERATIONS

Year Ended March 31	2016	2015
<b>Revenues</b>		
Public support	<b>\$ 290,908</b>	\$ 190,330
Government support	<b>139,335</b>	139,335
Other revenue	<b>200,396</b>	152,038
Alberta Alliance on Mental Illness and Mental Health revenues (Note 11)	-	155,476
Rent and administration revenues (Note 11)	<b>8,508</b>	22,747
	<b>639,147</b>	659,926
<b>Expenditures</b>		
Building occupancy and office	<b>101,938</b>	104,020
Financial expenditures	<b>39,073</b>	40,974
Human resources and contract services	<b>337,169</b>	222,157
Information services	<b>9,624</b>	2,809
National membership	<b>25,866</b>	27,619
Travel and conferences	<b>42,356</b>	29,013
Living Life to the Full	<b>57,336</b>	-
Psychologist fund	<b>20,895</b>	-
Alberta Alliance on Mental Illness and Mental Health expenditures (Note 11)	-	137,932
	<b>634,257</b>	564,524
Excess (deficiency) of revenues over expenditures	<b>\$ 4,890</b>	\$ 95,402

We believe in the power of collaboration. It is clear that our passionate partners, supporters, donors, volunteers, and funders feel the same way. Thank you for supporting us to carry out our vision of a mentally healthy people in a healthy society, and for joining us as part of Alberta's growing compassionate community!

## BOARD OF DIRECTORS

Mr. Thomas Djurfors	Chair – Board of Directors
Mr. William Bone	Past Chair - Board of Directors
Ms. Carmelle Hunka	Executive Vice Chair
Mr. Graham Barclay	Chair – Finance
Dr. Sandra M. Anderson	Chair – Governance
Ms. Shelby MacLeod	Chair – Government Relations and Social Advocacy
Ms. Lana Sweeney	Chair – Human Resources
Mr. David Grauwiler	Ex officio
Mr. David Copus	
Mr. Robert Schuett	
Mr. Kourch Chan	
Ms. Valerie Day-Keizer	
Ms. Tanya Lopez	
Mr. Peter Daly	
Dr. Tim Parker	
Mr. Ross Manning	
Ms. Cindy Radu	
Ms. Susan Withers	
Mr. Matthew Scott	

## CANADIAN MENTAL HEALTH ASSOCIATION, ALBERTA DIVISION STAFF

Mr. David Grauwiler	Executive Director
Ms. Jillian Dacyk	Executive Assistant
Ms. Jennifer Russell	Manager, Finance and Payroll
Ms. Kayla Bertrand	Manager, Fund Development and Communications



**Canadian Mental  
Health Association**

Alberta

*Mental health for all*

320 Ledgeview Business Centre  
9707 – 110 Street NW  
Edmonton, AB T5K 2L9

Phone: (780) 482-6576  
Fax: (780) 482-6348  
Email: [alberta@cmha.ab.ca](mailto:alberta@cmha.ab.ca)

**Charitable Registration Number:** 10686 3491 RR0001

[www.alberta.cmha.ca](http://www.alberta.cmha.ca)

[www.mymentalhealth.ca](http://www.mymentalhealth.ca)