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MY MENTAL HEALTH

October, 2015

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CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



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

For more information, contact CMHA Alberta Division as follows:

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

Phone: (780) 482-6576
Fax: (780) 482-6348
Email: info@cmha.ab.ca

www.mymentalhealth.ca
www.cmha.ab.ca

HERE WHEN YOU NEED US

Our Mission

Mentally healthy people in a healthy society

Please call or email if you wish to be added to the e-newsletter or removed from our mailing list

Charitable Registration Number:

10686-3491-RR0001

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TODAY



JILLIAN'S STORY

Jillian Dacyk has worked for the Canadian Mental Health Association (CMHA), Alberta Division for 31 years. Each day Jillian provides administrative support to our office and its board of directors. But far beyond these administrative tasks Jillian has excelled in one key area of support.

Each year Jillian fields approximately 850 requests for information from individuals experiencing challenges with mental illness, system navigation, and family members seeking help for their loved ones. This is the core of her heartfelt work. Jillian does more than refer people. She takes time to listen, understand and respond with compassion.

At a time where it would be easier to make quick referrals to websites and phone numbers, Jillian ensures all callers are given time and the necessary patience to feel reassured and encounter hope to move forward.

“ In a very simple way,
Jillian has served
Albertans by being there
to pick up the phone. ”

Incredibly, the CMHA Alberta Division phone number is not a help-line for individuals in crisis; it is an administrative arm offering lateral support to CMHA's eight regional offices and the Centre for Suicide Prevention. However, when individuals are searching for help, any door should be the right door. Jillian's work takes that concept to heart.

On September 25th, 2015 our very special co-worker, Jillian, was honoured with the TRUE Award for Compassion from the Lieutenant Governors' Circle on Mental Health and Addiction.

Many Albertans live under the assumption that disclosure related to their mental illness, or a loved one's mental illness, will result in judgment, rejection and blame. This stigma often prevents individuals from accessing the services and programs they need. Daily Jillian works against that stigma, by doing what all of us should do, receiving those who have the courage to ask for help without judgment.



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searching for help, any door
should be the right door.**

OILERS GOALTENDER, BEN SCRIVENS RECEIVES PRESIDENT'S AWARD

Each year at our annual general meeting, the President of the Board of Directors of the Canadian Mental Health Association in Alberta presents an award to an individual who has brought a positive focus on mental health in Alberta. It is a time to appreciate our local mental health champions. This year's recipient is a resident of Spruce Grove and a goaltender for the Edmonton Oilers, Mr. Ben Scrivens.

Ben Scrivens has been a leader in raising mental health awareness through numerous initiatives including *Ben's Netminders* – a community program focused on creating special opportunities for youth from sponsored mental health organizations to attend Oilers games throughout the season. He also pioneered the *Unmasking Stigma* program where he forged strong partnerships with two local artists living with schizophrenia, Richard Boulet and Marc Munn, who designed two goalie masks that the netminder donned during the season. The masks were later auctioned off through the Edmonton Oilers Community Foundation (EOCF), raising significant funds for both CMHA and the Schizophrenia Society of Alberta.

In Ben's words, "Being able to work with mental health groups here in Edmonton has shown me that it's your neighbour, it's your friend, and it's your brother, its people you see all the time. You never really know what people are going through and you might think they're dealing well, but we have to make our society a comfortable place where people can really talk about the help they need."

Other efforts also included support for the EOCF's *Hockey Talks* program and the Bring Change 2 Mind *StrongerThanStigma* project to raise awareness around the unique challenges that men face when discussing mental health.

"Over the past two years, Mr. Scrivens has advanced the message of mental health through his words, actions and activities. We are humbled and grateful that Mr. Scrivens has chosen to be a champion for making mental health matter." Mr. Thomas Djurfors, CMHA, Alberta Division Board President.



Pictured above, from left: CMHA Alberta Executive Director, David Grauwiler; Edmonton Oilers Goaltender, Ben Scrivens; Ben's parents, Dawna and Wayne Scrivens; CMHA Alberta Board President, Thomas Djurfors and Alberta Minister of Health and Seniors, the Hon. Sarah Hoffman

Giving Thanks

A special thank you to three of our board members who have completed their terms of service with us; **Ms. Joan Wright**, (our Edmonton regional representative 2013-2015), **Dr. Margaret Osborne**, (our member-at-large 2008-2015) and **Ms. Anne Tomcala**, (our Medicine Hat regional representative 2013-2015).

Thank you for choosing to bring your intelligence, passion, insight, knowledge and resources to us. The strong community spirit, commitment, leadership and guidance you have provided us over the years is invaluable.

CMHA in Alberta is supported by over **18,918** volunteer hours per year



CMHA in Alberta supports **1,880 individuals** to maintain their housing each year

CMHA in Alberta operates a **24-hour** distress line serving Southwestern Alberta



CMHA in Alberta provides crisis support to **4,614 individuals** and families each year

CMHA in Alberta provides **17,000 hours** of workshops on suicide prevention, intervention and postvention each year



CMHA in Alberta operates **330 units** of supportive housing throughout the province

CMHA Alberta Regions respond to over **15,000 requests** for information and referrals to other mental health organizations each year



THE CANADIAN MENTAL HEALTH ASSOCIATION IMPACTS MENTAL HEALTH IN ALBERTA

The Canadian Mental Health Association (CMHA) in Alberta works to support individuals and families impacted by mental illness and addiction through Housing, Outreach, Peer Support and Education (HOPE). These services are tailored to the needs and resources of the eight cities and regions where our offices in Alberta are located.

Visit www.mymentalhealth.ca to learn about supports and resources in your community

DONATE TODAY

Your donation supports the Alberta Division of the Canadian Mental Health Association in its mission to promote mental health and help those suffering from mental illness in Alberta. We can only do this with the support of our donors and partners- like you! Please donate today.



Canadian Mental
Health Association
Alberta
Mental health for all

Ph: 780 482-6576
Fx: 780 482-6348
E: alberta@cmha.ab.ca

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9707-110 Street NW Edmonton, AB T5K 2L9