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# CMHA

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## 2000 Annual Report



Working for Mental Health in Alberta

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**CANADIAN MENTAL  
HEALTH ASSOCIATION**

**L'ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE**

## President's message

### Dear fellow members:



The world has just witnessed an end to the very successful Sydney Olympics. Canadians swelled with pride as medals for world achievement in sports were given to our country's athletes. It was a time when the world seemed to be one in recognizing the best qualified of the sporting world in a dramatic show of appreciation.

As a society we have yet to reach a time when we extend the glory and adulation afforded to sports and entertainment achievers to those heroes who work tirelessly for their fellow humans in need. The helping volunteers and professionals who work for equality, dedicate themselves to those less fortunate and give their all to try and improve the life of a fellow citizen, are the true platinum medallists of a civilized society.

As your President, I don't have the fireworks, the world stage or the endorsements to give to those many should-be medallists of CMHA. I can, however, pass on an inadequate but heartfelt "thanks" to the multitude of volunteers who run relays for the mental health of Albertans. Thanks, again, to the staff in all of our Regions, who engage in ten times three, triathlons, to accomplish the impossible. To the long-distance runners who man our boards and executive committees and the swimmers who, no matter how deep the water, fight not only the normal problems of living, but illnesses; thank you. A special medal should also go to those consumers who not only bravely fight the illnesses that often can't be seen, but who turn to give their hand to fellow consumers in need. They make our dedication worthwhile.

Our medallists have accomplished much this year. We welcome the East Central Region, located in Camrose, as our eighth Region. By all reports they are doing us proud. We congratulate our leaders who are playing a national role: Bill Gaudette as National President, with Bonnie Thiessen as an Executive member who is Chair of the National Consumer Advisory Council. Your President also sits on that Executive and chairs the government affairs working group. Bob Campbell has just won election to that Board. In all, Alberta provides leadership nationally, in the tradition of many who have served before. Doug Baxter will particularly be missed on that Board. Our contribution, nationally, was recognized this year as Albertans were chosen to receive the bulk of national awards.

Programs and projects in each of our Regions are flourishing and helping to create a more mentally healthy Alberta.

Provincially, we have spent a great deal of time and resources playing a lead role in establishing "the Alberta Alliance on Mental Illness and Mental Health." This body is better than a year old and has fourteen member organizations, including every professional and volunteer non-profit organization that works directly with those suffering from mental illness. This is the first time in the history of Canada that such an extensive coalition has been forged. This, in my opinion, gives us the greatest hope of impacting provincial decisions. It also gives us an opportunity to involve fellow organizations in future projects. The Alliance has received three years of funding from the Muttart Foundation for a small secretariat; we welcome Dr. Haroon Nasir as the Secretariat Director. I am pleased to have the honour of chairing this body.

The "Chimo Project," too, is a project of partnership that CMHA has initiated. The SPCA and the Pet Therapy Society of Northern Alberta have joined us to develop an approach that is the first of its kind in North America. Clinically, through the use of animals in therapy with professionals and consumers, this initiative will prove the very significant benefit of the healing power of animal friends in a way that has so far only been dealt with anecdotally. In my opinion, this project will be of very significant benefit to the worldwide cause of mental health. Our partners in these projects also deserve "Olympic-style" recognition.

Two other major projects are also in the works. We have now incorporated the Canadian Mental Health Foundation in Alberta. This Foundation has the potential of providing us with financial stability and ways to obtain resources from other than our traditional sources. Progress has been slow and we must make the Foundation a primary thrust for the coming year. Similarly, we are also working on a "Mental Health and the Law" project, which is being negotiated with federal and provincial governments, and which could improve the situation for those consumers who come in contact with the law.

Challenges, as well as achievements, also abound: one challenge is establishing as good a relationship with the Alberta Mental Health Board at the provincial level, as exists in many of our Regions. The need to have community mental health recognized as the primary goal of our mental health system has still not been achieved. It is incumbent on us to firmly advocate for this direction.



If we continue the analogy of the Olympics, the international organizing committee of CMHA is our provincial staff; without their competence and dedication, what we have achieved at a provincial level would not have been possible. Our thanks to each staff member and, of course, especially to the strong man of our Olympic movement, Ron LaJeunesse. Personally, I appreciate the good nature that is always evident when staff are asked to add one more to a thousand tasks. My thanks as well to the truly exceptional Board and Executive you have given me to work with. The CMHA team is as good as any that the world can offer. Thank you for giving me the honour of being a part of that team.

*Dennis Anderson  
President and Chair*

## Working for Mental Health

Since its formation in Canada in 1918 and then in Alberta in 1955, the Canadian Mental Health Association has dedicated itself to promoting mental health and improving the quality of life and care available to people with mental illnesses and their families.

If one considers the impact that mental illness has on families, friends, employers and indeed communities, mental illnesses affect us all. Against this backdrop, members, volunteers and staff of the Canadian Mental Health Association in Alberta, passionately pursue a mission of promoting mental health through *advocacy, education and direct service provision*. The scope and diversity of our **work for mental health** is summarized on the following pages.



## Advocacy

Simply put, advocacy means representing or speaking in favour of a cause or person. Advocacy, according to CMHA founder Dr. Clare Hincks, is the most important of the organization's roles.

Despite advances in knowledge, changes in approaches and improvements in medical treatments, mental illnesses continue to represent one of the most significant health problems in our society, and much more needs to be done. In Alberta we have three "solitudes" of care with funding of services provided independently by Regional Health Authorities (est. \$180 million), the Alberta Mental Health Board (\$210 million) and the Alberta Health Care Insurance Plan (\$79 million – mental health services are now the largest single category of billing by physicians to the AHCIP). One of the consequences is a poorly integrated and patchy array of institutional and community mental health services. As a result, existing hospital beds are filled to capacity. Readmission rates are over 50% and

patients ready for discharge must frequently remain in hospital longer than necessary. For successful discharge, mentally ill people must have a range of community supports including housing, crisis service, assertive outreach, family support, self-help opportunities, leisure activity and work.

Alberta needs a balanced **system** of care which includes expanding community support services, ensuring an adequate number of psychiatric beds in general hospitals, integrating programs with physicians and then using long-term beds in psychiatric hospitals as a last resort. The government's Alberta Mental Health Board has unfortunately focused on rebuilding psychiatric hospitals as a top priority.

In an attempt to ensure the best possible treatment and caring in people's home communities, the CMHA mounted a vigorous advocacy program. Activities included:

- *Providing leadership to the formation of a broad alliance of mental health stakeholders,*

*including every major professional consumer and advocacy organization in the province. The Alberta Alliance on Mental Illness and Mental Health (AAMIMH) has as its objects the promotion of an action plan on mental health based on a shared vision.*

- *Developing a mental health policy based on the deliberations of the AAMIMH.*
- *Promoting published material on "best practices" developed by the Federal/Provincial/Territorial Advisory Network on Mental Health.*
- *Meeting with Cabinet members and MLAs to encourage the development of a balanced system of community-based services.*
- *Promoting community strategies to increase housing options for people with mental illnesses.*
- *Representing the Association before the Supreme Court of Canada in a successful bid to maintain the confidentiality of mental health records.*

## Education and Communication



Attitudes represent one of the most significant factors in good mental health. Our attitudes toward problems, our attitudes toward others and, of course, the attitudes of others toward us, all contribute to our own sense of worth and to our ability to address the stresses and strains of daily life. Mental health education at the CMHA's provincial level is aimed at providing communities with the knowledge and tools to undertake educational programs designed to increase knowledge, attack stigma and improve attitudes and coping skills. Activities included:

- *Promoting publications. A wide range of pamphlets and booklets on mental health and mental illness issues is available upon request.*
- *Promoting National Mental Health Week activity (May 1 to 7).*
- *Providing web site information and responding to public e-mail requests for information.*
- *Participating in the design and promotion of the Alberta Mental Health Board's anti-stigma campaign.*
- *Promoting a national media campaign through a partnership of government and voluntary organizations in Alberta, Ontario and British Columbia providing leadership.*
- *Supporting public members in their opposition to stigmatizing information in advertising, movies and publications.*
- *Promoting Mental Illness Awareness Week (October 4 to 9), Depression Screening Day and World Mental Health Day.*
- *Promoting mental health research resources.*
- *Researching and promoting the use of pets in mental health therapy.*
- *Providing an administrative infrastructure for suicide prevention information, education and training. (A separate detailed annual report is available upon request.)*
- *Promoting the Mental Health Promotion Tool Kit, a guide for promoting mental health in diverse communities.*
- *Publishing FACTS in lieu, a current events Bulletin detailing bi-weekly activity and information regarding mental health reform and innovations.*

## Organizational Effectiveness

Any organization that is well managed, has a clearly defined mission, clear roles and goals. It is served by dedicated and qualified people and gets results. Managing is not a static activity and constant effort must be made to ensure organizational effectiveness. Activities included:

- *Reviewing progress relating to Business Plan outcomes detailed in May of 1999.*
- *Developing a Mental Health Foundation to promote expanded services and a diversity of funding sources.*
- *Supporting the National CMHA Corporate Fund-Raising Campaign.*
- *Expanding gaming and Foundation revenue.*



- *Providing consolidated banking, payroll and benefits administration.*
- *Reviewing financial policies and monitoring fiscal performance.*
- *Facilitating a consolidated external financial audit.*
- *Reviewing communication policies and practices.*
- *Reviewing Regional/Divisional contracts and standards of service.*
- *Improving and co-ordinating province-wide insurance policies.*
- *Reviewing and improving personnel benefit plans.*
- *Providing advice and support to Regions as and when requested.*
- *Providing an administrative infrastructure to the Alberta Mental Health Self Help Network.*
- *Providing governance, administration and support to the CMHA Alberta North East Region.*



## Direct Service Provision

The Association's Regional offices assume responsibility for direct services to the public in communities across Alberta. Programs are varied and diverse and reflect local needs and priorities. Detailed Annual Reports are published in each Region. Services include:

### **Alberta North East Region (Fort McMurray)**

Educational programs, including workshops, presentations and print materials  
 Skills training, including conflict resolution for youth  
 Family support and parenting skills  
 Community development and systems advocacy  
 Public information, assessment, referral and personal advocacy  
 Supported community housing  
 Suicide prevention training.

### **Alberta North West Region (Grand Prairie)**

Supported community housing, including loans, outreach and crisis accommodation  
 "Clubhouse," including skill development, recreation and meals  
 Consumer employment opportunities  
 Community development and systems advocacy  
 Public information, print materials, referral and personal advocacy  
 Community housing facilitated in Peace River.

### **Alberta North Central Region (Edmonton)**

Outreach services, including case management and service co-ordination  
 Day program for skill development and improved life quality  
 Supported community housing  
 Social/recreational programs, including camps serving children and adults.  
 Self-advocacy and leadership training  
 Educational programs, including workshops, presentations and print materials  
 Public information, assessment, referral and personal advocacy  
 Community development and systems advocacy  
 Training of post-secondary students.

### **Alberta Central Region\* (Red Deer)**

Outreach services, including case management and service co-ordination  
 Crisis intervention services  
 Supported community housing  
 Educational programs including workshops, presentations and print materials  
 Education and assistance in guardianship services  
 Public information, assessment and referral  
 Personal advocacy, with priority on housing and financial needs  
 Community development and systems advocacy  
 Thrift store  
 Governance of Camrose Branch.

### Camrose Branch

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Supported community housing  
Resource Centre, providing drop-in activities and support  
Outreach services  
Crisis intervention services  
Community support services, including training, personal support and work  
Educational programs, including presentations, print materials and a consumer-sponsored speakers' group  
Teaching of basic cooking skills  
Community development  
Public information, assessment and referral.

### Alberta South Central Region (Calgary)

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Supported community housing  
Family support, including group and individual services plus 24-hour intervention, advice and support  
Independent living support  
Suicide prevention, including education, 24-hour intervention and bereavement counselling  
Educational programs, including presentations, print materials and a speakers' bureau  
Community development and systems advocacy  
Public information, assessment and referral  
Personal advocacy and counselling  
Community housing and clinical services for mentally disordered offenders.

### Alberta South East Region (Medicine Hat)

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Community support services, including outreach, counselling and life skills training.  
Community development and systems advocacy  
Personal advocacy and counselling  
Crisis intervention, including 24-hour mobile crisis response  
Educational programs, including presentations, workshops and print materials  
Public information, assessment and referral  
Recreational programs  
Suicide prevention, including education, 24-hour intervention and bereavement counselling.

### Alberta South Region (Lethbridge)

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Community support services, including housing, income, employment, recreation and business development  
Pre-employment trades training  
Community development and systems advocacy  
Crisis intervention, including 24-hour response  
Supported community housing  
Group support, including anger management and life skills  
Educational programs, including presentations, workshops and print materials  
Public information, assessment, referral and advocacy  
Governance of Pincher Creek Branch.

### Pincher Creek Branch

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Public information, assessment and referral  
Educational programs, including lending library  
Seniors' luncheon program  
Community development and systems advocacy  
Skills training, including conflict resolution for youth.

*\* The Central Region experienced significant change after March 31, 2000, including the divestment of the Camrose Branch and the reduction of service contracts with the Alberta Mental Health Board. Please consult the Region for current programs and services.*

# Financials

These statements are selected from comprehensive financial statements audited by Grant Thornton LLP, Chartered Accountants for the period April 1, 1999 to March 31, 2000. Copies of the complete financial statements and audited reports are available upon request – *Doug Baxter, Vice President, Finance*

## Alberta Division Statement of Revenue and Expenses

Year Ended March 31	2000	1999
<b>Revenue</b>		
Public support	\$ 175,581	\$ 136,024
Government support	155,026	197,610
Other revenue	169,162	162,077
Gain on sale of asset	6,750	42,013
	<u>506,519</u>	<u>537,724</u>
<b>Expenditures</b>		
Salaries	335,169	339,036
Building occupancy	24,283	24,911
Office	36,436	30,703
National membership	24,374	24,374
Staff recruitment and education	1,419	987
Information services	10,129	9,862
Travel and conferences	56,035	54,497
Purchased services	17,262	10,640
Other program expenditures	7,609	9,127
Financial expenditures	9,107	6,818
Minor office equipment	5,175	13,002
Bad debts	13,630	-
	<u>540,628</u>	<u>523,957</u>
(Deficiency) excess of revenue over expenditures before depreciation	(34,109)	13,767
Depreciation	-	(4,049)
(Deficiency) excess of revenue over expenditures	\$ (34,109)	\$ 9,718

## Alberta Division Balance Sheet

Year Ended March 31	2000	1999
<b>Assets</b>		
<b>Current</b>		
Cash	\$ 397,302	\$ 423,878
Receivables	17,499	14,599
Prepays	2,900	3,077
Due from Alberta Regions	17,103	14,601
Note receivable current portion	-	11,421
	<u>434,804</u>	<u>467,576</u>
Note receivable	-	3,119
Investment in shares	13,367	13,448
	<u>\$ 448,171</u>	<u>\$ 484,143</u>
<b>Liabilities</b>		
<b>Current</b>		
Payables and accruals	\$ 31,871	\$ 12,280
Deferred contributions	155,414	180,390
	<u>187,285</u>	<u>192,670</u>
<b>Fund Balances</b>		
Unrestricted	173,390	204,316
Internally restricted - Fundraising	4,302	8,055
Internally restricted - Other	83,194	79,102
	<u>260,886</u>	<u>291,473</u>
	<u>\$ 448,171</u>	<u>\$ 484,143</u>

## Alberta Division and Regions Combined Schedule of Revenue and Expenses

	North		South		South		North		North		2000	1999
	Alberta Division	Suicide Programs	Central Region	Central Region	Central Region	South Region	East Region	West Region	East Region			
<b>Revenue</b>												
Government support	155,026	\$ 295,687	\$ 876,453	\$ 1,863,893	\$ 848,430	\$ 518,162	\$ 450,219	\$ 222,596	\$ 64,317	\$ 5,294,783	\$ 5,116,812	
Public support	175,581	106,437	428,242	714,401	266,657	101,861	9,851	21,624	76,490	1,901,144	1,600,075	
Other revenue	44,324	334,260	276,976	227,592	47,221	62,178	419,737	69,180	1,758	1,483,226	1,564,383	
	<u>374,931</u>	<u>736,384</u>	<u>1,581,671</u>	<u>2,805,886</u>	<u>1,162,308</u>	<u>682,201</u>	<u>879,807</u>	<u>313,400</u>	<u>142,565</u>	<u>8,679,153</u>	<u>8,281,270</u>	
<b>Expenditures</b>												
Salaries	335,169	311,064	897,754	2,013,526	909,959	406,613	512,005	195,764	81,185	5,663,039	5,407,841	
Building occupancy	24,283	41,668	230,695	266,402	83,341	26,257	88,833	50,704	11,022	823,205	825,849	
Travel and conferences	56,035	22,270	14,694	80,544	24,988	31,774	29,000	14,622	1,922	275,849	248,296	
Office and administrative	36,436	28,533	109,777	104,667	33,492	30,504	34,391	8,278	6,241	392,319	338,129	
Purchased services	17,262	234,873	25,849	27,606	15,221	8,634	41,569	3,519	2,800	377,333	350,204	
Financial expenditures	9,107	267	103,372	-	8,328	3,749	-	5,684	2,966	133,473	138,131	
Other program expenditures	7,609	-	34,891	62,725	30,497	112,897	79,207	15,145	1,976	344,947	304,607	
Information services	10,129	31,714	21,286	37,180	10,179	5,700	10,546	-	-	126,734	120,606	
Capital expenditures	5,175	-	-	10,910	-	-	1,030	-	-	17,115	32,920	
National membership	24,374	-	-	-	-	-	-	-	-	24,374	24,374	
Staff recruitment and education	1,419	289	5,776	14,358	6,032	2,582	2,429	7,142	4,052	44,079	43,725	
Divisional fees	(131,588)	11,310	26,446	38,460	22,392	10,309	13,553	6,534	2,584	-	(1,172)	
Depreciation	-	7,830	51,929	27,241	6,672	9,902	526	6,327	3,187	113,614	92,621	
Bad debts	-	-	-	-	-	-	-	-	-	-	-	
Loss of Funds	-	-	-	-	-	-	-	-	-	-	-	
	<u>395,410</u>	<u>689,818</u>	<u>1,522,469</u>	<u>2,683,619</u>	<u>1,151,101</u>	<u>648,921</u>	<u>813,089</u>	<u>313,719</u>	<u>117,935</u>	<u>8,336,081</u>	<u>7,926,131</u>	
Excess (deficiency of) revenue over expenditures	\$ (20,479)	\$ 46,566	\$ 59,202	\$ 122,267	\$ 11,207	\$ 33,280	\$ 66,718	\$ (319)	\$ 24,630	\$ 343,072	\$ 355,139	

# Leadership

*The CMHA Alberta Division, is led by volunteers who serve as Directors and hire personnel. Consumer participation is an integral element.*

## Executive Committee

Dennis Anderson	President and Chair
Doug Baxter	VP Finance
Bob Campbell	Executive VP
Richard Drewry	Past President
Randy Findlay	VP Communications
Earl Mansfield	VP Development
Beth Sykes	VP Projects

## Directors

Fernand Bourassa	Fred Harris
Joan Brown	Elaine Necker
Kathleen Frei	Bonnie Thiessen
Betty Friesen	Suzanne Sirias
Bill Gaudette	

## Personnel

Melanie Allard	Eileen Janewski
David Allen	Ron LaJeunesse
Jillian Dacyk	Austin Mardon
Tony Hudson	Eveline Royer

The Association's regional organizations are separately incorporated and too are governed by volunteers who employ an Executive Director and staff.

## Alberta North West Region

Mr. Don Brown, President  
Ms Helma Fletcher, Executive Director

## Alberta North East Region

Mr. Joan Brown, President  
Mr. Rae Molzan, Executive Director

## Alberta North Central Region

Mr. Dick Southworth, President  
Ms. Joanne Kidd, Executive Director

## Alberta Central Region \*

Ms. Beth Sykes, President  
Ms Patricia Turnbull, Executive Director

## Alberta South Central Region

Mr. Brian Foster, President  
Ms Trish Cameron, Executive Director

## Alberta South Region

Mr. Bob Campbell, President  
Ms Deborah Chenery, Executive Director

## Alberta South East Region

Ms. Elaine Necker, President  
Mr. Darren Rud, Executive Director

*\* Effective April 1, 2000 Alberta Central Region was divided into Alberta Central Region located in Red Deer and Alberta East Central Region located in Camrose, Ms. Betty Friesen, President; Ms. Colleen Vennard, Executive Director.*

## Awards

Consumers, family members and volunteers are integral to the Association's work across Canada. Hundreds of Albertans contribute their time and talent each year.

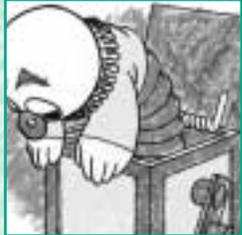
*Several of those extraordinary individuals were recognized in year 2000 by CMHA in Alberta.*

Volunteer of the Year Award.....Randy Findlay of Calgary  
Special Service Award .....North Hill Lions Club of Calgary  
Professional Care Award.....Mr. George Lucki of Edmonton  
Nadine Stirling Memorial Award .....Mr. Michael Hansen of Lethbridge

*In Addition, several Alberta volunteers were recognized by the National CMHA in year 2000*

C.M. Hincks Award .....Mr. Dennis Anderson of Edmonton  
Outstanding Volunteer Service Award .....Mr. Doug Baxter of Calgary  
Distinguished Service Award .....Ms. Beth Sykes of Ponoka

In recognition of Mr. Aleck Trawick Q.C. of Calgary and his many years of mental health advocacy before the courts, this year CMHA created a new national award for legal advocacy in his honour. The first recipient of the Aleck Trawick Q.C. Award was Toronto's ARCH Resource Centre for Persons with Disabilities.



## Alberta Division

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