



CMHA

CANADIAN
MENTAL
HEALTH
ASSOCIATION

IN ALBERTA



PEOPLE

POLICY &

PASSION

ANNUAL REPORT

2001/2002

President's message



Dear Members:

It is a great honor to serve as your President and to be part of such a great organization as the Canadian Mental Health Association.

The past year has seen some tremendous changes in mental health services in Alberta. The most significant change has to be the decision by the Alberta Government to finally move forward on mental health reform and devolve services to the Regional Health Authorities. Accountability for those services will be at the community level where it belongs.

We have accomplished much since I last reported to you. Some significant highlights include:

- ongoing membership and leadership of the Alliance on Mental Illness and Mental Health.
- the diversion Project to look at new ways of dealing with consumers in the justice system.
- ongoing efforts to protect the rights of people suffering from mental illness and to promote work initiatives for housing.
- work with the Aboriginal population to develop suicide prevention services.

There are many other accomplishments on which I could report.

There is still much work that needs to be done. The stigmatization of mental illness is still a major issue that requires continued monitoring. Provision of services to the Aboriginal population and other minority groups is a challenge that we need to address. As well, as services are devolved to communities, our organization will need to be diligent to ensure that these services are well supported and that clients and families receive what they need.

**Thank you to each and everyone of you for making CMHA such a great organization.
Robert W. Campbell**

President and Board Chair



The Emerging Into Light image is the original artwork of Jennifer Osborn, a consumer and young woman of considerable artistic talent. She has recently returned to work after a period of recurrent illness. Jennifer created this image for us, as a donation, because she wanted to share her story through art. Jennifer worked to create an image that would be distinct, simple and convey the dignity of our ongoing battle against mental illness.

People, Policy and Passion

Since its formation in Canada in 1918 and then in Alberta in 1955, the **people** of the Canadian Mental Health Association have dedicated themselves with great **passion** towards promoting improved mental health **policy** 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, our **people**, the members, volunteers and staff of the Canadian Mental Health Association in Alberta, pursue with **passion**, a mission of promoting mental health through *advocacy, education, and direct service provision*. The scope and diversity of our **policies** and programs are summarized on the following pages.

Advocacy Policy and Passion

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 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. The people needing hospital admission can't get in because they are awaiting others who can't get out. 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.

In an attempt to ensure the best possible treatment and caring in people's home communities, the CMHA mounted a vigorous advocacy program and we are guardedly optimistic for the future.

Results included:

- *The continuation of a broad alliance of mental health stakeholders, including every major professional consumer and advocacy organization in the province.*
- *Development of a mental health policy based on the deliberations of the AAMIMH.*
- *Promotion of "best practices" developed by the Federal/Provincial Territorial Advisory Network on Mental Health.*
- *Influenced the Minister of Health and Wellness, Cabinet members and MLAs to integrate services with*

Regional Health Authorities and expand community-based services.

- *Influenced the mental health recommendations of the Premier's Commission on Health.*
- *Promoted strategies to increase housing options for people with mental illnesses.*
- *Provided leadership to a partnership of stakeholders, which helped ensure confidentiality of patient/consumer records.*
- *Promoted improved brain injury services, now in place.*
- *Promoted expanded community based forensic services, now in place.*
- *Participated in the advocacy efforts of the Alberta Disabilities Forum.*
- *Influencing the Alberta government's employment and disability (AISH) benefit policies.*
- *Influencing the AADAC Problem Gambling committee consultations.*
- *Influencing the development of "diversion" services to move people with mental illness from the criminal justice system.*

Education Policy and Passion

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 information and tools to undertake local educational programs designed to increase knowledge, attack stigma and improve attitudes and coping skills. Results included:

- *Providing a wide range of publications.*
- *Promoting National Mental Health Week activity.*
- *Providing web site information and responding to public e-mail requests for information.*
- *Supporting public members in their opposition to stigmatizing information in advertising, movies, and publications.*
- *Promoting Mental Illness Awareness Week, Depression Screening Day, and World Mental Health Day.*
- *Developing mental health research resources.*
- *Providing an administrative infrastructure for suicide prevention information, education, and training including an expanded emphasis on aboriginal peoples. (A separate detailed annual report is available upon request).*
- *Publishing E-facts, a current events Bulletin detailing bi-weekly activity and information regarding mental health reform and innovations.*
- *Promoting media stories.*



Organizational Policy and Passion

Any organization that is well managed, has a clearly defined vision, mission 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. Results included:

- *Establishing through consultation with stakeholders a Business Plan for 2001-2003.*
- *Supporting the National CMHA Corporate Fund-Raising Campaign.*
- *Expanding gaming and foundation revenue.*
- *Providing provincial consolidated banking, payroll and benefits administration.*
- *Reviewing financial policies and monitoring fiscal performance.*
- *Facilitating a consolidated external financial audit.*
- *Developing a new comprehensive Regional/Divisional contract detailing mutual responsibilities.*

- *Developing new Standards of Service based on best practices.*
- *Coordinating and monitoring province-wide insurance policies and practices.*
- *Monitoring personnel benefit plans.*
- *Providing an administrative infrastructure and support to the Alberta Mental Health Self Help Network, the AAMIMH, and the Chimo (pet therapy) Projects.*



Local Policy, Passion and Programs

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 and are available on request. 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
- Immigrant mental health services and employment preparation.

Alberta Central Region (Red Deer)

- Outreach services, related to housing and poverty
- Bereavement education and support
- Educational programs including workshops, presentations and print materials
- Self-help kits on bereavement
- Public information, assessment and referral
- Personal advocacy, with priority on housing and financial needs
- Community development and systems advocacy
- Thrift store.

Alberta East Central Region (Camrose)

- Resource Centre, providing drop-in activities and support
- Outreach and 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 and provision of community kitchen
- Community development and advocacy
- Public information, assessment and referral.

Alberta South Central Region (Calgary)

- 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 counseling
- Educational programs, including presentations, print materials and a speakers' bureau
- Community development and systems advocacy
- Public information, assessment and referral
- Personal advocacy and counseling
- Community housing and clinical services for mentally disordered offenders
- Peer support and leisure recreation services
- Workplace mental health services
- Training for post secondary students.



Alberta South East Region (Medicine Hat)

- Community development and systems advocacy
- Personal advocacy
- Educational programs, including presentations, workshops, print materials and lending library
- Public information, and referral
- Suicide prevention and training programs
- Supported employment opportunities for consumers
- The Post, thrift shop
- Information and support packs for those concerned about a suicidal individual, or who have lost a loved one to suicide. Hope and Healing Suicide Support Group.

Alberta South Region (Lethbridge)

- 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.

Pincher Creek Branch of Alberta South Region

- 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.

Alberta Division Statement of Revenue and Expenses

The Canadian Mental Health Association Alberta Division Statement of Operations

Year Ended March 31	2002	2001
Revenues		
Public support	\$ 249,982	\$ 151,944
Government support	496,984	158,876
Other revenue	294,024	198,359
Productive enterprises	<u>385,188</u>	<u>-</u>
	<u>1,426,178</u>	<u>509,179</u>
Expenditures		
Building occupancy	77,610	30,420
Depreciation	12,073	-
Financial expenditures	13,519	9,177
Information services	41,472	13,888
Minor office equipment	2,950	2,369
National membership	24,374	24,374
Office	83,373	41,277
Other program expenditures	4,911	1,200
Purchased services	312,385	21,524
Salaries	773,783	337,143
Staff recruitment and education	2,239	1,323
Travel and conferences	<u>72,370</u>	<u>49,446</u>
	<u>1,421,059</u>	<u>532,141</u>
Excess (deficiency) of revenues over expenditures	\$ <u>5,119</u>	\$ <u>(22,962)</u>

Alberta Division Balance Sheet

The Canadian Mental Health Association Alberta Division Balance Sheet

March 31	2002	2001
Assets		
Current		
Cash	\$ 488,970	\$ 426,669
Receivables	190,161	14,789
Prepays	14,219	7,055
Due from Alberta Regions	<u>8,431</u>	<u>449</u>
	701,781	448,962
Investment in shares	11,602	12,159
Capital assets	<u>47,276</u>	<u>-</u>
	\$ 760,659	\$ 461,121
Liabilities		
Current		
Payables and accruals	\$ 88,509	\$ 13,816
Deferred contributions	<u>324,274</u>	<u>206,217</u>
	<u>412,783</u>	<u>220,033</u>
Net Assets		
Unrestricted	104,370	153,946
Invested in capital assets	29,102	-
Internally restricted - other	<u>214,404</u>	<u>87,142</u>
	<u>347,876</u>	<u>241,088</u>
	\$ 760,659	\$ 461,121

Auditors' Report on Summarized Financial Statements

The accompanying summarized balance sheet and statement of operations are derived from the complete financial statements of The Canadian Mental Health Association – Alberta Division as at March 31, 2002 and for the year ended on which we expressed an opinion without reservation in our report dated May 16, 2002. The fair summarization of the complete financial statements is the responsibility of management. Our responsibility, in accordance with the applicable Assurance Guideline of the Canadian Institute of Chartered Accountants, is to report on the summarized financial statements.

In our opinion, the accompanying financial statements fairly summarize, in all material respects, the related complete financial statements in accordance with the criteria described in the Guideline referred to above.

These summarized financial statements do not contain all the disclosures required by Canadian generally accepted accounting principles. Readers are cautioned that these statements may not be appropriate for their purposes. For more information on the entity's financial position and results of operations reference should be made to the related complete financial statements.
"Grant Thornton LLP"
Edmonton, Canada
May 16, 2002

The Division also produces a combined schedule of revenue and expenses taken from the individually audited reports for all of the units of the Association in Alberta. Combined expenses for fiscal year 2001/2002 totaled over 9.4 million dollars.

Doug Baxter,
Vice President Finance

People



The CMHA is led by elected volunteers who serve as Directors. They in turn employ personnel.

Executive Committee

Bob Campbell	President and Chair
Aleck Trawick	Executive VP
Richard Drewry	Past President
Elaine Necker	VP Communications
Randy Findlay*	VP Communications
Doug Baxter	VP Finance
Earl Mansfield	VP Development
Bonnie Thiessen	VP Projects

Directors

Joan Brown	Harold McBain
Jodi Cohen	Suzanne Sirias
Kathleen Frei	Dick Southworth
Bettie Friesen	Jim Watson
Fred Harris*	Mark Weatherly

Division Personnel

Melanie Allard	Eileen Janewski
David Allen	Ron LaJeunesse
Jillian Dacyk	Eveline Royer

Project Directors

Dennis Anderson	Bobbie Noden
Austin Mardon	Diane Yackel

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

Kathleen Frei, President
Helma Fletcher, Executive Director

Alberta North East Region

Joan Brown, President
Rae Molzan, Executive Director

Alberta North Central Region

Ray Bunner, President
Dick Southworth*, President
Joanne Kidd, Executive Director

Alberta Central Region

Debra Curry, President
Patricia Turnbull, Executive Director

Alberta East Central Region

Betty Friesen, President
Colleen Vennard, Executive Director

Alberta South Central Region

John Stokdijk, President
Brian Foster*, President
Tom Kenny, Acting Executive Director
Trish Cameron**, Executive Director

Alberta South Region

Greg Peterson, President
Deborah Chenery, Executive Director

Alberta South East Region

Elaine Necker, President
Darren Rud, Executive Director

** Retired during the year*

*** On leave for a portion of the year*

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 and few are recognized for their extraordinary contribution.

Several of those extraordinary individuals were recognized in year 2002 by CMHA in Alberta:

Bettie Hewes Memorial Award
for Distinguished Volunteer Service
Professional Care Award
Nadine Stirling Memorial Award
Special Service Award

Workplace Wellness Award

Media Award
Golden Jubilee Commemorative Medals

National Distinguished Service Award

Elwood and Muriel Becker of Medicine Hat
Joanne Dell of Calgary
Lucille Lysy of Medicine Hat
Chinook Health Authority,
Lethbridge Housing Authority
CMHA South Region
Royal Bank of Canada
Prairie Diversity Committee
Calgary A-Channel's The Big Breakfast
Bettie Friesen of Camrose
Ron LaJeunesse of Edmonton
George Lucki of Edmonton

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