

# 2006 ANNUAL REPORT



CANADIAN MENTAL  
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE



## President's Message



It is an exciting time for CMHA in Alberta. Our regional offices are all performing well and the Alberta Division has taken significant steps forward to provide strong and active leadership in their service.

Our organization has gone through a significant transformation over the past couple of years. We have experienced some challenges but we have emerged as a much stronger organization that is better able to play a vital role in forging forward in support of Albertans living with mental illness.

A number of senior staff and board members have left after lengthy terms of service. They served CMHA very well and their legacy remains. In particular, our former President, Aleck Trawick retired from the Board last year after decades of tremendous volunteer efforts. As much as he is missed, it has created a good growth opportunity for me to try and fill his shoes as President. Other Board members have also stepped forward to fill key roles. The departures left a temporary gap but they also were a catalyst to revisiting our vision and developing new strategic plans for the future.

We have also been in transition at the senior staff level. I wish to thank Peter Portlock and Orrin Lyseng for helping us run the ship for the past year. Both served us well and continue to be active supporters of the CMHA. I am delighted to welcome Tom Shand as our new ED. Tom only joined us on July 31 but has already made a significant difference in helping us move forward, working hand in hand with the tremendous regional EDs from across Alberta and their dedicated staff and volunteers. Together, we form a very powerful and effective team.

A special note of appreciation goes to David Allen. He recently retired after a stellar 19-year career on our staff. He was an integral part of CMHA Division and will be missed by Division and regional staff and volunteers across the province. We also greatly appreciate the continued hard work and loyalty of Eveline Royer and Jillian Dacyk, who keep our office operations organized and efficient through all eventualities.

During this past year, there have also been big changes in our relationship with a couple of key groups. Two organizations which we proudly fostered have come of age, left the security of our home and bravely stepped forward to set out on their own as separately incorporated entities. We applaud the Centre for Suicide Prevention and the Alberta Mental Health Self Help Network for the excellent services they provide and look forward to continuing to work closely with them. We also look forward to carrying on with our active involvement with the Alberta Alliance for Mental Illness and Mental Health.

We will continue to advocate for the rights and betterment of people with mental illness as well as supporting the efforts of the Regions in providing a tremendous range of invaluable programs. We also will increase our emphasis on mental health promotion and education to help bring mental illness out from the shadows.

Speaking of which, the CMHA is also excited by the incredible depth and understanding of the Kirby Report – “Out of the Shadows at Last”. The CMHA, at all levels, will do everything possible to encourage and support the implementation of its many important recommendations, including formation of a national Mental Health Commission.

CMHA is but one cog in a very complex wheel, working in conjunction with many organizations and individuals, to improve the lives of people with mental illness. However, we would like to recognize two key players in Alberta with whom we have a close and cooperative working relationship – the Alberta Mental Health Board and the Ministry of Health and its Regional Health Districts. There will soon be new players to meet within the provincial government and we look forward to continuing to build upon those relationships to provide a more effective and seamless mental health system.

Finally, to those living with mental illness, we thank you for allowing us the privilege of being part of your lives and we hope that we can work with you to bring about brighter days ahead.

*Jodi Cohen, Nov. 17, 2006*

# CMHA - Alberta: A Year in Brief

## Who We Are

The Alberta Division is one of 12 provincial and territorial CMHA offices stretched across Canada and bonded by the commitment to support the recovery and resilience of people living with mental illness and to promote mental health.

In Alberta, there are eight regional offices in addition to the Edmonton-based provincial office and the Calgary-based Centre for Suicide Prevention. Each of the regional offices provides a variety of mental health services, dependent on the needs of that area or community and what is being provided through other means. The provincial office provides a liaison between Alberta's regional offices and the national office in Toronto.

The Division also provides a provincial linkage with the myriad of other organizations involved in mental health. This is essential as many of the needs of those living with mental illness do not fit within one defined area of service. For example, issues relating to housing, transportation, employment, addictions and other illnesses all impact significant numbers of people living with mental illness, both diagnosed and undiagnosed.

The Division also works at a provincial level to create awareness of mental health issues and to advocate for

improved support for mental health consumers and to support their efforts towards recovery. A major emphasis is placed on helping people to better understand mental health and overcome their fear of discussing it. The "stigma" surrounding mental illness is clearly identified as one of the biggest barriers to people seeking help to deal with their problems.

Senator Michael Kirby, whose committee authored the powerful report entitled "Out of the Shadows at Last – Transforming Mental Health, Mental Illness and Addiction Services in Canada, revealed the following statistics:

- 1 in 5 Canadians will experience mental illness in their lifetimes.
- Two thirds of those Canadians do not receive treatment (although most mental illness can be treated)
- Mental illness causes more hospital days per year than heart and cancer combined.
- Mental illness costs Canadians \$33 billion a year, combining hard costs with such hidden costs as lost work time and lost productivity.

The CMHA strongly supports this report and its recommendations.

## What We Did

During this past year, the CMHA – Alberta Division put a great emphasis on organizational development.

During the first half of the year, a great deal of effort was put into assisting with the organization of the National Mental Health Conference held in Edmonton in September, 2005. Division Executive Director Peter Portlock participated on the steering and program committees and chaired the fund raising committee. The conference was a tremendous success due in no small measure to the contributions of the Alberta Division office.

On the home front, two organizations – Suicide Prevention and the Alberta Mental Health Self Help Network – moved out of the Division office and into their own quarters. The Division helped these organizations gain their wings and still maintains a close working relationship with both. Thanks go out to our dedicated administrative staff, Eveline Royer and Jillian Dacyk, for their support to those organizations during their time under our roof.

The Division also continues to play a major role in the Alberta Alliance on Mental Illness and Mental Health. It housed their operations and acted as the coalition's secretariat.

The Division actively participates on many committees including: Northern Alberta Forensic Psychiatry Advisory Committee, the Alberta Council on Citizens with Disabilities and the Alberta Network of the Canada Volunteerism Initiative.

Other significant areas of input were the Alberta Provincial Mental Illness Bed Review, the Redevelopment of Alberta

Hospital Edmonton and the AADAC – Alberta Alliance joint working group.

Internally, the Alberta Division Board conducted a major strategic planning session from which will evolve a new strategic plan. Included was an internal survey of CMHA staff and Board members from the Division, Alberta Regions, other Divisions and the National office. The Division office also partnered with the Nova Scotia Division in a project called Lifelines, which focuses on providing an online guide to information on depression and various methods, both traditional and alternative, of treatment and management.

Financially, the Alberta Division continued to receive the bulk of its funding from two sources – a grant relating to its role in promotion, education and consulting from the Alberta Mental Health Board and support payments from its regional offices. In addition, the Division receives funding from bingo and casinos, as well as public charitable donations and bequests.

The Division anticipates increasing its activity in mental health promotion and advocacy, as well as fund raising in 2006-2007. It is also moving forward to bringing more added value to the Regions, whose dedicated staff and volunteers are tremendous partners.

CMHA – Alberta is proud of its CMHA team and the many wonderful people and organizations who have dedicated themselves to helping people living with mental illness have an improved quality of life. We look forward to expanding our efforts in that light in the coming year.



## AROUND THE REGIONS

**CMHA** delivers most of its programs through its regional offices. In Alberta, there are eight plus the Centre for Suicide Prevention, which operates provincially.

The following are some of the highlights of the activities of the regional offices from the 2006-2007 fiscal year.

### CALGARY

Celebrating its 50th anniversary, CMHA Calgary is clearly one of the strongest, most progressive CMHA regions in Canada.

This is reflected in its focus on “innovation to empower people with mental health concerns to thrive” in the community. This year, a special emphasis was put on engaging youth and young adults. Many programs were also enhanced with more active advocacy, a strong presence in the workplace, improved mental health education and to address service gaps in the mental health system. Calgary was also the first Canadian city to participate in “Survivors of Suicide Day”, an international event of sharing and healing.

Calgary continued to strive for greater internal operational efficiencies. It also strengthened its external public presence with vibrant public relations and fund raising programs, including the First Annual Fish and Chips event – a combination golf tournament and fly fishing derby, sponsored by Hamilton & Partners and presented in partnership with Horizon Housing Society.

### CENTRE FOR SUICIDE PREVENTION

It was a landmark year for the Centre for Suicide Prevention. After 24 years of operation, the Centre is now incorporated under the governance of its own Calgary-based Board of Directors, while continuing to be a vital part of the services provided by CMHA in Alberta.

This past year, the Centre offered 248 training workshops to 4,795 participants and increased its data base of information to more than 36,000 records. It also maintained strong collaborative relationships with many organizations, including CMHA, the Alberta Mental Health Board, the Canadian Health Network, various health regions and educational institutions and the RCMP – to name but a few.

The Centre also provided significant input into Senator Kirby’s national “Out of the Shadows” report as well as “A Call to Action: The Alberta Suicide Prevention Strategy.” It is also often called upon to participate in major research initiatives from across Canada befitting its international reputation for outstanding leadership in suicide prevention. It is fiercely committed to building a Canadian society that will be devoid of suicide.

### CENTRAL (Red Deer)

Central Alberta Region experienced a very successful year combining strong fiscal management with creative and effective programs and events.

One major key to success continues to be the strong teamwork of staff and volunteers. This year, with several staff changes, the volunteer efforts were even more noticeable including such outstanding contributions as the 53 people who volunteered 5484 hours to the Bargain Treasures Thrift Store to enable it to contribute more than \$40,000 of net income to CMHA programs; or the 427 hours of volunteered time which helped fund raise \$71,228; as well as 822 hours of volunteer time in the office and helping with bereavement, education and peer support programs.

Special mention also goes out to Joyce Neiman who handled the region’s administrative duties while Executive Director Trish Turnbull was away conducting housing-related research through her Muttart Foundation Fellowship.

Over-all, the region brought in more than \$1 million in revenues and had a positive net balance of \$56,172 as of March 31, 2006. It was a great performance from an outstanding region of the CMHA.

## **EAST CENTRAL (Camrose)**

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The East Central Region has had a busy and successful year with a focus on two goals; being an innovative and progressive partner in the community; and fostering healthy individuals in healthy communities.

Its 23-person staff continues to operate the Independent Living Supports Program, Assertive Outreach Program, Individual Support Program, Drop In, as well as its Consumer Initiatives. Some new initiatives are an Employment Demonstration Project in collaboration with East Central Health, Persons with Developmental Disabilities, Central Alberta Community Board; and provisions of services to individuals with Brain Injury.

With the encouragement of its Board, the region has begun interviewing interested stakeholders in regards to developing a Diversion Program, with a steering committee to begin meeting this fall. In addition, staff participate in a train the trainer series for the Mental Health First Aid Program and will be offering these courses throughout the region. The region has also been collaborating with the East Central Health to address Crisis Services and crisis beds as part of the Primary Care Network.

The region is also proud of the great success of its eighth annual golf tournament.

## **EDMONTON**

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The Edmonton Region was kept very busy keeping pace with the challenges created by the economic boom.

Not only were some issues, such as homelessness and a lack of affordable housing, exacerbated but supplying services became more difficult with the increasing

difficulty of competing to attract and retain qualified staff.

Consequently, the region placed an increased emphasis on both housing and fund development, as well as stronger efforts to build the CMHA's public profile. With funding from the Edmonton Housing Trust, land has been purchased for a 25-unit building complex that will provide additional safe and affordable housing for people living with mental illness.

The region is also working more on partnering with other agencies to take advantage of their expertise and resources to better benefit mental health consumers. Similarly, educational efforts, including Suicide Prevention Training, Stress Sense in the workplace and various school programs, are being expanded in response to increased demand from various user groups. Outreach has also explored extending service to veterans of the armed forces and to correctional services.

## **NORTH WEST (Grande Prairie)**

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The focus of the CMHA's North West Region is to support those individuals who struggle with affordable housing and mental illness and are homeless or at risk of becoming homeless.

The support is provided through four direct services: Housing Management, The Hub Support System, Housing Projects and Community Partnerships.

The largest development is Willow Place, which houses 58 tenants dealing with various situations including low income, mental health issues, developmental disabilities and substance abuse. The region also runs two group homes and two residential community houses.

The housing developments are supported by The Hub, which provides the following types of support: crisis, ongoing, health and recovery, and life skills. It is operated on a

case management system and is linked with other community agencies and resources in the Grande Prairie area.

## **SOUTH EAST (Medicine Hat)**

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CMHA board and staff focused on increased mental health promotion, education and prevention activities, advocacy and supports for those affected by mental illness.

The Mental Health Education and Suicide Prevention programs increased its numbers and types of presentations for schools and community groups, working down to younger grades and to new target audiences such as in workplaces.

Support for those affected by mental illness continues to grow, including use of the mental health drop in centre, bursaries, supportive employment programs, income tax assistance program, support group, peer support programs, advocacy and referral services. Bereavement support group offered solace to those affected by suicide.

CMHA, with the help of local partners on the Regional Suicide Prevention Council, service clubs and other funders, brought former Canadian heavyweight boxing champion George Chuvalo and his Fight Against Drugs program to five communities in the region. He spoke passionately about his life experiences, including the loss of four family members to drug addiction and suicide.

The Post thrift store had a great year and continues to be a major source of funds for the organization while also providing clothing, furniture, bedding and or household goods to those in need at reduced prices or for free to prescreened recipients.

## **SOUTH (Lethbridge)**

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The CMHA South Region, based in Lethbridge, continues to play a vital role in making sure that there are adequate crisis response services in place to meet the needs of mental health clients in southern

Alberta and to advocate strongly on behalf of those people.

The Board and staff work closely with other community agencies and are represented on many organizations in Lethbridge and surrounding communities. It is also extremely proud of its partnership with Lethbridge Housing Authority and their ability to provide safe, affordable housing.

This region office provides excellent programs, strong fiscal management and excellent leadership both in the Lethbridge area and with the CMHA. It is also home to the only “branch” office in Alberta, proudly offering programs from its Pincher Creek location.

## **WOOD BUFFALO (Fort McMurray)**

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In Fort McMurray, the increased cost of living, more transient population and rising homelessness are just a few of the unfortunate byproducts of rapid economic growth. All are putting tremendous stress on many individuals and consequently the mental health system.

The Wood Buffalo Region of CMHA has addressed this by expanding its individual client-based support programs which are aimed at helping people through difficult times. The region has also strengthened its community partnerships. It worked with the hospital’s Mental Health Services to jointly deliver programs during Mental Illness Week and Mental Health Week and also partnered with the school districts and Heritage Park.

Since the summer, new staff are in place and working hard to meet the rapidly growing demand for mental health services in the area, as well as developing their fund-raising capacity to help support those services.

Thank you to all those whose dedication and passion helps those living with mental illness to better cope and live better lives.

**Hold your heads high!**



# Financials

## Alberta Division Statement of Revenue and Expenses

### The Canadian Mental Health Association Alberta Division Statement of Operations

Year Ended March 31	2006	2005
<b>Revenues</b>		
Public support	\$ 266,668	\$ 230,309
Government support	526,875	508,875
Other revenue	142,751	184,484
Productive enterprises	469,520	469,074
	<u>1,405,814</u>	<u>1,392,742</u>
<b>Expenditures</b>		
Amortization	13,616	14,311
Building occupancy	127,172	107,274
Financial expenditures	12,965	16,570
Information services	25,562	35,867
National membership	24,374	24,374
Office	73,491	78,411
Other program expenditures	2,750	27,700
Purchased services	313,243	325,704
Salaries	684,618	731,640
Staff recruitment and education	9,212	2,732
Travel and conferences	72,334	83,952
	<u>1,359,337</u>	<u>1,448,535</u>
	46,477	(55,793)
Donation of net assets (Note 1)	(90,340)	-
Deficiency of revenues over expenditures	\$ (43,863)	\$ (55,793)

## Alberta Division Balance Sheet

### The Canadian Mental Health Association Alberta Division Balance Sheet

March 31	2006	2005
<b>Assets</b>		
<b>Current</b>		
Cash (Note 3)	\$ 254,243	\$ 423,928
Receivables	12,912	117,905
Prepays	4,409	10,399
Investment (Note 5)	9,931	-
	<u>281,495</u>	<u>552,232</u>
Investment (Note 5)	10,696	10,879
Capital assets (Note 6)	8,446	32,997
	<u>\$ 300,637</u>	<u>\$ 596,108</u>
<b>Liabilities</b>		
<b>Current</b>		
Payables and accruals	\$ 22,875	\$ 29,846
Due to Alberta Regions (Note 4)	17,730	13,835
Deferred revenue	-	17,890
Deferred grants	-	91,335
Deferred contributions - operating (Note 7)	92,107	225,814
Deferred contributions - capital (Note 7)	-	5,600
	<u>132,712</u>	<u>384,320</u>
<b>Net Assets</b>		
Unrestricted	66,794	(18,829)
Invested in capital assets	8,446	32,997
Internally restricted - other (Note 8)	92,685	197,620
	<u>167,925</u>	<u>211,788</u>
	\$ 300,637	\$ 596,108

### 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, 2006 and for the year then ended. In our auditor's report on the complete financial statements dated October 18, 2006, we expressed a qualified opinion because we were unable to satisfy ourselves concerning the completeness of donation revenue. 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.

Edmonton, Canada  
October 18, 2006  
Chartered Accountants

# Leadership

*The following are the Board and staff who formed the CMHA team in Alberta as of March 31, 2006:*

## *Alberta Division Executive Committee*

Jodi Cohen	President and Chair
Kathleen Frei	Executive VP
Bob Campbell	Past President
John Stokdijk	VP Finance
Suzanne Sirias	VP Social Policy
Dick Southworth	VP Organizational Effectiveness
Bonnie Thiessen	VP Communications

## *Directors*

Joan Brown	David Copus
Betty Friesen	Harold McBain
Carol Nieman	Valerie Rausch (Wright)
Susan Rich	Jim Watson

## *Division Personnel*

Melanie Allard	David Allen
Jillian Dacyk	Orrin Lyseng
Eveline Royer	

## *Centre for Suicide Prevention*

*Current Address:*  
1202 Centre Street SE, Suite 320  
Calgary, AB T2G 5A5  
Phone: 403-245-3900; Web: [www.suicideinfo.ca](http://www.suicideinfo.ca)  
*Harold McBain, Chair*  
*Diane Yackel, Executive Director*

## *Regions*

### *North West*

9713 – 100 Avenue, Grande Prairie, AB T8V 0T5  
Phone: 780-814-5678  
Web: [www.grandeprairie.cmha.ca](http://www.grandeprairie.cmha.ca)  
*Kathleen Frei, President*  
*Dalvin Napen, Executive Director*

### *Wood Buffalo*

13c River Pointe Shops, 36 Riedel Street  
Fort McMurray, AB T9H 3E1  
Phone: 780-743-1053  
Web: [www.woodbuffalo.cmha.ca](http://www.woodbuffalo.cmha.ca)  
*Joan Brown, President*  
*Alexis Kelly, Executive Director*

## *Edmonton*

800 Harley Court, 10045 – 111 Street NW  
Edmonton, AB T5K 2M5  
Phone: 780-414-6300  
Web: [www.cmha-edmonton.ab.ca](http://www.cmha-edmonton.ab.ca)  
*Abigail Parrish-Craig, President*  
*Bill Hofmeyer, Executive Director*

## *Central*

5017 – 50 Avenue, Red Deer, AB T4N 4B2  
Phone: 403-342-2266  
Web: [www.reddeer.cmha.ca](http://www.reddeer.cmha.ca)  
*Pat Marshall, President*  
*Patricia Turnbull, Executive Director (on leave)*  
*Joyce Neiman, Interim Executive Director*

## *East Central*

4870 – 51 Street, Camrose, AB T4V 1S1  
Phone: 780-672-2570  
Web: [www.camrose.cmha.ab.ca](http://www.camrose.cmha.ab.ca)  
*Peter LeBlanc, President*  
*Colleen Vennard, Executive Director*

## *Calgary*

1202 Centre Street SE, Suite 400  
Calgary, AB T2G 5A5  
Phone: 403-297-1700  
Web: [www.cmha.calgary.ab.ca](http://www.cmha.calgary.ab.ca)  
*Stephen Clark, President*  
*Judy Martin, Executive Director*

## *South*

426 – 6 Street S., Lethbridge, AB T1J 2C9  
Phone: 403-329-4775  
Web: [www.lethbridge.cmha.ab.ca](http://www.lethbridge.cmha.ab.ca)  
*Greg Peterson, President*  
*Deborah Chenery, Executive Director*

## *South East*

1865 Dunmore Road SE, Suite 204  
Medicine Hat, AB T1A 1Z8  
Phone: 403-504-1811  
Web: [www.ser.cmha.ab.ca](http://www.ser.cmha.ab.ca)  
*Carol Nieman, President*  
*Lois Bourassa, Executive Director*



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*All illustrations courtesy of  
CMHA National*

## 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 2006 by CMHA in Alberta.*

Nadine Stirling Memorial Award	Shawn Payne
Bettie Hewes Memorial Award for Distinguished Volunteer Service	Darrin Murphy
Communications Award	The 40 Mile Commentator
Professional Care Award	Helene Beck

*Note: The 2005 President's Award was presented to Doug Baxter The 2006 award winner will be announced at the 2006 Annual General Meeting.*