



2007 - 08

Annual Report



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE
ALBERTA DIVISION

President's Message



Dear Friends and Supporters of CMHA,

It has been an exciting and interesting year for all involved in mental health in Alberta. I am very pleased with the increased profile being given to mental health and look forward to the day when mental health issues will be treated on an equitable basis with physical health issues.

With one in five Canadians experiencing a diagnosed mental illness in their lifetime, the impact of mental illness on our society is huge. Alberta has been particularly hurt as our need for people in the workforce is greatest. Having employees go untreated or leave a workplace results in a decrease in productivity and leaves a workplace understaffed and overstressed. With an increased understanding of mental illness, people are more willing to seek help for symptoms of mental illness that typically have been undiagnosed and untreated. In order to be effective, our mental health system needs to provide timely help to people when they look for treatment of their mental health challenges.

CMHA is working hard to help increase public understanding of mental illness as well as promoting good mental health. CMHA has been involved not only through its own programs but also in conjunction with partners such as Alberta's health regions and the Alberta Mental Health Board. This past year, CMHA's Alberta Division also became a member of HealthVision 2020, a group of Alberta health organizations advocating for increased emphasis on

health promotion and prevention in Alberta, through the formation of a provincially-funded foundation.

Promotional programs such as CMHA Alberta's "My Mental Health" - www.mymentalhealth.ca -are increasing public and individual awareness of mental health and mental illness. We applaud the CMHA Calgary Region for its outstanding leadership in putting this province-wide anti-stigma educational program together and we look forward to carrying on with it in the coming year.

There is substantial increased interest by corporations in mental health in the workplace. With an increased understanding of mental illness and the financial and human costs of poor mental health in the workplace, companies are realizing that promoting good mental health is good business.

CMHA will endeavor to assist businesses in addressing mental health in their workplaces, through a variety of programs. We hope that industry, in return, will contribute to a better mental health environment, not only in its workplaces but also through support of CMHA. Addressing and improving mental health in the workplace is a perfect win-win situation for CMHA, employers, employees and the citizens of Alberta as a whole.

We are pleased that governments are beginning to understand that only a portion of mental health can be addressed through acute institutional treatment. CMHA has long been advocating for increased emphasis on mental health treatment and supports in the community. Equally important is investment in the social

determinants of health such as housing, justice, employment and income assistance. We are pleased to report that in Alberta significant progress has been made in all of these areas in the past year. This is only a beginning and we will strongly advocate for better understanding and continued progress in these critical areas outside of direct health budgets and agendas.

This past year, CMHA also worked actively on providing input into amendments to Alberta's Mental Health Act, presented through Bill 31. We were pleased to be given the opportunity to influence this important bill, which included the introduction of Community Treatment Orders in Alberta. It opens up the criteria for institutional treatment to increased treatment options for those in deteriorating mental health, regardless of whether they are in danger of committing harm to oneself or others. At the time of this writing, this Bill was awaiting approval of its regulations before being enacted. For updates, please see www.cmha.ab.ca.

The world of mental health, and healthcare over-all in Alberta, is currently in the midst of rapid and significant change. CMHA will do its best to ensure that the interests and needs of those living with mental illness are duly considered and advanced at all times.

Towards this end, CMHA in Alberta recently reviewed the strategic plan for Alberta Division and is confident that we are well positioned to move ahead effectively, making optimum use of all parts of our tri-level organization, as well as others with whom we partner, to promote good mental health and the best possible wellbeing of those living with mental illness.

As a final note, I wish to thank the members of the Regional and Alberta Division CMHA Boards and staff for their dedicated service this past year, as well as the many other Albertans who have given so much of themselves to assist with this very important cause. In particular, our most sincere gratitude goes out to Suzanne Sirias, Susan Rich, John Stokdijk and Carol Nieman who have stepped down from the Alberta Division Board this year after many years of exceptional service.

Best wishes to all for a mentally healthy year in 2009.

Kathleen Frei
President, CMHA Alberta Division

CMHA Alberta – Who We Are and What We Do

The Canadian Mental Health Association is dedicated to improving the wellbeing of those Canadians living with mental illness. Across the country, CMHA advocates for their needs while promoting improved mental health, building an increased understanding of mental illness and mental health, and providing support services for people who have mental illness.

In Alberta, we have eight regional offices, a provincial Centre for Suicide Prevention and an Alberta Division office, located near the Legislative Grounds in Edmonton.

Each of the CMHA regional boards is represented on the Alberta Division Board, along with five directors at large who are elected by the CMHA membership in Alberta. The Board meets quarterly to examine provincial policy and strategic directions for the organization.

As is outlined in the Regional Reports section of this Annual Report, each of our regional offices works with other mental health services in the community to use its talents and recourses to best meet the mental health/illness needs in their respective communities. In so doing, each of our offices embraces the CMHA belief in supporting the resilience and recovery of people living with mental illness as well as promoting the mental health of all.

The Alberta Division office has the distinct role of handling those responsibilities which have a province-wide scope. This includes:

- Advocacy with the provincial government and other provincial agencies;
- Mental health promotion;

- Mental health education and resources;
- Referral assistance for individuals and organizations;
- Media Relations;
- Contributions to policy discussions and studies;
- Mental health input into relevant provincial issues (often relating to the social determinants of health such as housing, justice, employment and education); and
- Participation in networked groups such as the Alberta Alliance on Mental Illness and Mental Health, Alberta Disability Forum and the newly formed HealthVision 2020.

The Alberta Division office also provides a liaison between the CMHA National office (which this year moved from Toronto to Ottawa) and the Regional offices in Alberta. It represents Alberta in helping determine national directions for CMHA, both with policies at the Board level and operationally by the Executive Director. Each CMHA office (national/divisions/regions/branches) is individually registered, with its own charitable license but they work together, with shared values, to satisfy common needs.

Funding comes from three sources: An annual program-related grant from the Alberta Mental Health Board; operational funds from the CMHA regional offices; and fund development efforts.

For further information on the CMHA in Alberta, please check our website at www.cmha.ab.ca or contact our provincial office at 780-482-6576.



CMHA Alberta – Regional Reports

CALGARY

CMHA – Calgary Region touched more than 17,000 lives last year through its supportive programs, services, and education. With the support of its members, funders, donors, and more than 180 volunteers, its dedicated staff members delivered top-notch, community-based programs that helped those Calgarians impacted by mental illness to thrive.

Calgary Region worked with CMHA across Alberta, along with TransCanada and RBC, the Alberta Lottery Fund, Capital Health Region and Calgary Health Region to proudly present the province-wide My Mental Health social awareness campaign. Polls taken show that the campaign made great strides together in the battle against stigma and in the effort to educate Albertans about mental illness and when and how to get help.

In response to more local needs, Calgary Region launched several new initiatives in 2007-08. The Hamilton House Post-Discharge Transition program provides an alternative level of supported housing for clients who have recently been discharged from hospital and have previously been unsuccessful living independently. The Facing the Future psycho-educational group began this year, providing a new source of support and information for parents of children with a mental illness. Gotabrain.ca, a website for and by youth about mental illness, was launched in February. The first installment of the Train-the-Trainer modules of the Copernicus workplace wellness program was also completed and has been well-received.

CMHA Calgary continues to build its presence through events like the Third Annual Survivors of Suicide Day in November, and its major fundraiser, the Fish & Chips Golf Tournament and Fishing Derby which took place for the third year in September '07 in partnership with Horizon Housing Society and Hamilton + Partners.

CENTRAL

The Central Region continues to address significant housing needs for Central Albertans with mental illness and addictions. The agency received funding as of April 1, 2008 to operate a Housing First Program in the former Buffalo Hotel site. This initiative has allowed the organization to assist 22 individuals move directly off the street into affordable housing with 24-hour support. By the end of November, 40 individuals will have permanent, affordable suites.

Early in the 2007-08 fiscal year, the Central Alberta CMHA office was proud to host a very successful Housing First conference. It was planned in partnership with CMHA offices in Lethbridge and Grande Prairie, as well as their respective municipal offices and the City of Red Deer. Sincere thanks goes out to all participants and sponsors.

The organization has operated a peer support centre for more than one year, has researched options, and is proposing an employment component to the centre. CMHA, in line with long-range strategic planning, is reviewing the delivery of educational services and will develop a new plan for the future. The educational campaign will be unveiled in October 2008.

The greatest current challenge for the organization is recruiting and retaining skilled staff. The agency has trained many individuals only to have them leave for better paying positions with the health region, city social planning, and various government departments. Fortunately, the region has had great stability in its administrative staff and the Board of Directors.

CENTRE FOR SUICIDE PREVENTION

The Centre for Suicide Prevention (CSP) provides a vital service for CMHA and for the people of Alberta and across the world.

In the 2007-08 fiscal year alone, CSP trainers gave 249 workshops involving 4567 participants across Alberta. The Centre also distributed 45,168 items and received 432 requests for information including 267 from Alberta, 105 from elsewhere in Canada and 50 from other countries. The CSP library now contains more than 38,000 documents, continuing to make it the largest of its kind in the world.

The numbers are impressive but there is one ranking that the CSP is working very hard to reduce – the fact that suicide is the number two cause of death of Canadians under age 25. One step taken this year was to rework the one-day Youth Suicide Workshop, making it more interactive and capturing the most up-to-date best practices in identifying and intervening with youth at risk.

CSP is grateful to the AMHB for its sustaining (40%) annual funding and to Safer Calgary for a \$15,000 grant to sponsor 80 participants to attend programs. CSP also acknowledges the invaluable support of The Calgary Foundation for a \$50,000 grant to develop an Aboriginal Youth Suicide Prevention Curriculum.

It has been a successful year but there is so much more that must be done to save lives lost to suicide.

EAST CENTRAL

The CMHA East Central Region had a busy, successful and productive year. During 2007-08, the region focused on two areas:

1. To secure increased funding to improve service delivery
The agency received an increase in grants and fundraising for the fiscal year therefore enabling it to compensate existing staff and to hire additional staff. This allowed the Board to develop healthy initiatives for the staff in the form of wellness days and subsidies on fitness club memberships.
2. To develop a coalition of mental health stakeholders to promote mental health issues and find solutions
The agency has played an integral part in the Balanced Care Mental

Health Project. The purpose of this project is to review and re-engineer mental health services within the region. One of the recommended strategies is to expand CMHA community programming and develop services to address gaps.

In addition to these areas, the agency developed an employment program that promotes a “Housing First” approach to services. It began an education program and secured funds to expand the program.

The agency, with its 22 dedicated staff, continues to operate programs for Independent Living Supports, Assertive Outreach, Brain Injury, a Drop-in Centre as well as Consumer Initiatives.

The Board and staff also participated in a strategic planning session that resulted in five goals they want to focus on in the next three years.

EDMONTON

CMHA – Edmonton Region (CMHA-ER) affirmed its mission, Making mental health matter in our community by promoting mental health and supporting people affected by mental illness, at a Board strategic planning session.

CMHA-ER faces similar challenges as other organizations in the non-profit and voluntary sectors – dependency on external agencies for operational and project funding; increased demand and expectation for client services; increasing competition for qualified staff; difficulty recruiting volunteers in an economic boom.

Its enthusiastic Board, staff and program volunteers meet these challenges through continuing professional education, networking with other agencies, holding leadership roles on interagency committees, raising agency profile through new fund/friend raising events and delivering programs through interagency partnerships.

Some highlights in the 2007-08 fiscal year included: Celebrations and community awards given during Mental Health Awareness Week and Mental Illness Awareness Week; community presentations by

program graduates on mental illness during Mental Illness Awareness Week; position papers presented to Government of Alberta Standing Committees on Bill 31 (Mental Health Amendment Act, 2007) and Bill 1 (Lobbyists Act, 2007); our growing reputation in providing ASIST and Mental Health First Aid; recognition as an expert housing provider for people living with mental illness and having a low income; and being a 'first call' for resources on mental health and mental illness.

It is a great year to be working together to make mental health matter.

LETHBRIDGE

The Board reviewed and updated its strategic plan in early 2008. The Board's strategic priorities for 2008-2010 are as follows:

- Adequate resources will be in place to support the mission of CMHA
- CMHA will be prepared to respond to arising concerns and issues in mental health in the region
- Expand the Board's understanding of non-traditional and under-served populations

The Lethbridge Regional office was extremely busy and productive in its service delivery, with the following highlights:

1. Housing and Homelessness Prevention: CMHA took a leadership role in the expansion of affordable housing in Lethbridge with a Board member and the Executive Director maintaining key membership positions on the City's Social Housing Planning Committee.

2 Homelessness Prevention Outreach Services: CMHA was chosen by the City of Lethbridge to operate a local Homelessness Prevention Outreach Team. The team travelled to Toronto to complete a mentoring program with the Toronto Streets To Homes Program. With additional funding provided for the program this year, it has expanded its Outreach Team by three staff bringing its team up to three Street Outreach Workers, three Follow-up Workers, a Clinical Supervisor and Case Manager. Since the inception of the program in mid January 2008, the team has provided services to 226 individuals and families and successfully housed 91 people. Approximately 70% of the referrals have been from the Homeless Shelter.

3. Housing Initiatives: The Region purchased two buildings totalling 79 units in partnership with the City of Lethbridge and Lethbridge Housing Authority. These units have been designated to the social housing needs of the community with 20 of the units set aside for persons with mental health issues.

NORTHWEST

The CMHA Alberta Northwest Region is a proponent of sourcing ideas and solutions based on best practices literature research, field trips and applied learning. As a result, new funding has been received; operations modified and new projects are envisioned.

During the 2007-08 fiscal year, CMHA ANWR assisted with stabilization and recovery in Grande Prairie by focusing on the following cross- level services and supports:

- Housing –Willow Place (58 people) and Hannah's House(7)
- Consumer community development – peer support research, Hub Resource Program (Health Authority funding)
- Housing supports –The One Stop Shop program (provincial funding for innovative outreach to individuals, families and youth / program is under development).
- Homeless Individuals Families Information System (HIFIS) –contract for community capacity building through the federal government.
- Advocacy for greater knowledge and understanding of key planning documents:

The Kirby Report –Out of the Shadows
Advancing the Mental Health Agenda –April 2004

Advocacy for collaborative care and community based initiatives:
Community Committee for Mental Health Issues was formed.
Representation on the Regional Mental Health Advisory Council

CMHA ANWR was also a proud partner in provincial Housing First conference held in Red Deer in June 2007 and a participant in the provincial My Mental Health campaign.

SOUTHEAST

CMHA had a very busy year with growth in the number of presentations and to new audiences, delivered by the mental health education team and suicide prevention program staff. The Yellow Ribbon Program, a youth suicide intervention program, was implemented in 25 more junior and senior high schools across the Palliser Health Region, bringing that to a total of 35 schools across five school districts.

The Suicide Prevention Program provided ASIST, ASIST Tune Up and Youth Suicide Prevention workshops. This region has another new trainer bringing our total to four trainers, of which two are CMHA staff.

The federal contract renewed between Human Resources and Social Development and National CMHA, for Routes to Work employment program ensures it will continue for the fifth year in this region as one of the eight sites in Canada. Several new programs were added to our mental health education services:

- Sexual Assault Education and Outreach services to deliver sexual violence presentations in schools and the community, and assist victims to access appropriate resources.
- C.R.A.N.E. (Community Response to Abuse and Neglect of Elders) Seniors Educator is a one-year pilot to set up a training module to assist seniors to provide elder abuse awareness presentations to other seniors.

Two support groups continue to run, one for consumers and a bereavement group for those affected by suicide. This year a new support group was added: Family and Friends Support Group for those affected by mental illness in a close friend or family member.

The POST thrift store had a major update to flooring, shelves, and office equipment. There has been a substantial increase in support for low income people to access free clothing, household goods and furniture from the POST. The POST had a tremendous year in sales, surpassing all previous years by \$50,000 partially due to the extended hours of operation.

The Regional Suicide Prevention Council, hosted by CMHA, organized a two-day mental health conference for Mental Health Week. George Chuvalo returned to the region and accepted title of Honorary Chairperson of the Council for another three years.

WOOD BUFFALO

The past year was a rewarding one for CMHA's Wood Buffalo Region but it was not without its challenges, as is the case for most not-for-profit organizations in Fort McMurray.

As is well documented, the area is in boom times but that has created large demands for social services and the high cost of living has created great economic disparity. This has also created problems in attracting and keeping qualified staff and volunteers. More change was also required when our Executive Director, Ryck Miller, retired to Vancouver Island and our President, John Young, moved to Calgary.

However, despite the challenges, CMHA has had many successes in this region in the areas of programming, awareness and fund development under the leadership of its President Vincella Thompson, PhD.

Its programs included: A consumer-led workshop for consumers called "The Art of Friendship"; participation in the annual youth conference; a school program called "Communication and Problem Solving Skills", and Mental Health Walks. It is also looking for funding for a Seniors Outreach position so that it may again extend programs to our seniors.

Its profile in the community is ever increasing as is the awareness of mental illness and mental health. Efforts in this area included: Participation in the city's XPO, National Volunteer Week, Mental Health Week, Mental Illness Awareness Week, an agency networking forum and our annual Consumer Christmas dinner, in conjunction with the hospital.

Its fund development initiatives included: A Charity Jam and Silent Auction which raised \$3,000 for the lending library; bird house donation boxes, in partnership with the carpentry program of Heritage Park Association; and its "Taking off the Blindfold" golf tournament, which raised \$2,500.

The office also relocated in the late summer of 2008. It is now located at: #302 10011 Franklin Avenue.

CMHA Alberta Division Statement of Financial Position

March 31	2008	2007	March 31	2008	2007
Assets			Liabilities		
Current			Current		
Cash	\$209,392	\$234,579	Accounts payable and accruals	\$62,416	\$32,374
Accounts Receivable	13,461	8,515	Due to Alberta Regions	26,073	-
Prepays	3,462	3,058	Deferred contributions - operating	71,979	103,958
Due from Alberta Regions	-	4,741		160,468	136,332
	<u>226,315</u>	<u>250,893</u>			
Investment	49,450	21,526	Net Assets		
Capital assets	4,137	5,912	Unrestricted	54,448	75,615
	<u>\$279,902</u>	<u>\$278,331</u>	Invested in capital assets	4,137	5,912
			Internally restricted - other	60,849	60,472
				<u>119,434</u>	<u>141,999</u>
				<u>\$ 279,902</u>	<u>\$278,331</u>

CMHA Alberta Division Statement of Operations

Year Ended March 31	2008	2007		
Revenues				
Public support	\$115,035	\$150,698	Staff recruitment and education	1,033
Government support	130,234	125,716	Travel and conferences	32,554
Other revenue	164,093	150,046		<u>452,386</u>
	<u>409,362</u>	<u>426,460</u>		
Expenditures				
Amortization	1,773	2,534	Gain on sale of Vehicle	2,000
Building occupancy	64,791	62,814	Deficiency of revenues over expenditures	<u>\$(22,942)</u>
Donor recognition	-	900		
Financial expenditures	13,990	12,223		
Information services	4,764	9,313		
National membership	25,862	24,374		
Office	34,636	38,725		
Other program expenditures	1,800	1,551		
Purchased services	13,928	10,640		
Salaries	239,173	254,911		

Leadership

The following are the Board and staff who formed the CMHA team in Alberta as of September 15, 2008.

Alberta Division

Executive Committee

Kathleen Frei	President and Chair	North West Region
Dick Southworth	Executive VP	Edmonton Region
Jodi Cohen	Past President	Calgary Region
David Copus	VP – Finance	Edmonton Region
Jim Watson	VP – Advocacy and Social Action	Central Region
Vincella Thompson	VP – Policy and Bylaw	Wood Buffalo Region

Members-at-Large

Louise Bradley	Edmonton
David Copus	Edmonton

Directors

William Bone	Calgary Region
Eleanor Grona	South East Region
Don McInnes	Lethbridge Region
Deborah Morrison	Edmonton Region
Ron Mulick	East Central Region
Rod Truax	Centre for Suicide Prevention
Janice Tye	Calgary Region

Division Personnel

Jillian Dacyk	Executive Secretary
Eveline Royer	Manager, Finance and Operations
Tom Shand	Executive Director

2007-08 CMHA ALBERTA DIVISION AWARD WINNERS

Communications

CTV Television Inc.

Nadine Stirling Memorial

Mona Cooley- Calgary

Special Service

TransCanada & Royal Bank of Canada

Bettie Hewes Memorial

Award for Outstanding
Volunteer Service

Olivier Martini – Calgary

President's Cup

"My Mental Health" Campaign
Team



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Judy Martin

President
Executive Director

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Jim Watson
Patricia Turnbull

President
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Centre for Suicide Prevention

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Chair
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