

Annual Report

2012-2013



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



CMHA Alberta Division: Message from Chair and Executive Director



Bill Bone



Tom Shand

Mental health for all – For the Canadian Mental Health Association, it's more than just a slogan. It's the driving force behind what we do.

While assisting those living with mental illness in their recovery often comprises the largest portion of the over-all CMHA workload; we recognize that most people are still fearful of “mental illness”. It is often easier for people to accept that they could use help with improving their mental health than it is to accept the harsh reality that a family member, friend or oneself has a mental illness.

It is becoming reasonably common to hear that one in five Canadians has or will have a mental illness. However, trying to find people willing to self-identify and speak out about their experiences remains difficult. It is much easier to accept that there is “no health without mental health” and that “mental health affects us all.”

Therefore, if mental health is to follow causes like breast cancer and AIDS to become the next major health movement in our society, we need to create an environment where people can relate to it and gain a comfort level in talking about it. To move forward and overcome the stigma surrounding mental illness will require collaborative involvement, at an unprecedented level, from many parties,

CMHA Alberta Division is taking a leadership role in this regard, particularly in the past few years. Although it has but a small budget and staff, CMHA AB focuses heavily on being a collaborator, bringing together partners and concepts, both internal and external, that, together, can make a difference.

This report will provide an overview of some of those efforts and the tremendous strides being made to address the huge and complex challenge that is mental health.

CMHA first began in 1918 and is operating in about 150 locations across Canada, each somewhat autonomously. CMHA's strength in providing services at the community level is certainly one of its great assets but, at the same time, the lack of continuity and strength on a national level or in Alberta, at a provincial level, have been barriers to growth and development. This has been particularly true in areas such as marketing, fund development, advocacy and building support for national programs.

CMHA in Alberta is proudly taking an active leadership role in participating in the new CMHA National Strategic Plan which addresses these areas of potential growth. Our Division is also working hard, in conjunction with our Regional offices across the province, to work towards more collaboration and shared strengths and resources within CMHA in Alberta so as to collectively become the most efficient and effective organization that we can be. This is not always an easy process and there are differences of opinion as to how we can best get there. However, we are unified in agreement that we must work more closely together and that we must get stronger as a whole if we are to meet the challenges and take advantage opportunities before us.

Perhaps our greatest and most important potential partner is the mental health and addiction area of Alberta Health Services (AHS). AHS is a primary funder of many of our programs in our Regions, and of our Division office, and for that we are truly thankful. However, we recognize that the mental health needs of Albertans extend well beyond our current abilities to provide support and that we need to develop a more collaborative relationship between AHS and CMHA that takes better advantage of the relative strengths of both organizations. CMHA certainly recognizes that AHS must continue to take the lead in acute care. However, we are also resolute in our belief



that CMHA can become more of a partner in helping deliver community mental health supports and in other non-medical areas such as prevention and education. We are encouraged by the acknowledgement by AHS, and Ministry of Health, of the potential of such a new relationship and look forward to going further down this path in 2014.

We are also proud of the leading role we have played in contributing to plans and developments in mental health and addiction in Alberta and nationwide in 2013-14. These include significant involvement in ongoing government/AHS initiatives such as:

- Implementation Committee for AHS Mental Health and Addiction Strategic Plan
- Mental Health Diversion Provincial Advisory Committee
- Implementation Committee for Amendments to the Alberta Mental Health Act (including introduction of Community Treatment Orders)
- Core committee of AHS Strategic Clinical Network for Mental Health and Addiction (including examination of subject areas such as pathways for treatment of depression, alcohol misuse and peer support).

We also continue to work extensively with community partners to help create greater impact with our advocacy and increase awareness of the importance of mental health. Those involvements include:

- Chairing the Alberta Alliance on Mental Illness and Mental Health
- Collaborating with the Alberta Mental Health Patient Advocate, and our Calgary and Edmonton offices, and the Calgary Police, to better protect the rights and privacy of individuals who have had police see them on mental health issues. Also working with the Advocate to co-host a mental health session as part of the province's Social Policy Framework engagements.
- Steering committee of Alberta Disabilities Forum, and co-chairing a working group to examine the impact of mental health concerns on those living with other disabilities

- Steering committee of Creating Synergy – Alberta Health Coalition, which advocates for such health-wide concerns as patient access to care, access to affordable pharma etc.
- Director of Lieutenant Governor's Circle on Mental Health and Addiction
- Consultation with mental health research by University of Calgary Social Work Department

In addition, we are proud to continue our strong, collaborative relationship with Alberta Teachers Association (ATA), with whom we partner on supporting better mental health in Alberta classrooms and distributing promotional materials using the catch phrase "Let's Talk". ATA has also been on our provincial steering committee for the SEAK (Social and Emotional Learning for Kids) program which is entering its final year of a three-year trial in two elementary schools within Edmonton Catholic Schools.

This year, we were also excited to have begun a new partnership with Medicine Shoppe Canada (MSC). This national program is being managed out of Alberta, through our office and the head office of MSC. It supports all three levels of CMHA and we look forward to building this relationship, and its support for mental health, for years to come.

Finally, we could not manage the work that we do without the support of our volunteer Board members as well as the Boards and staff members of the eight Regional CMHA offices in Alberta and the provincial Centre for Suicide Prevention. The strength of our organization continues to be the caring and dedication of its volunteers and staff, inspired by the courage of those we serve to manage and recover from mental illness. Our most sincere thanks goes out to all those who have supported CMHA and our cause in this past year.

Sincerely,

Bill Bone
Board Chair

Tom Shand
Executive Director



Canadian Mental Health Association
Alberta Division

Statements of Financial Position

	March 31, 2013	March 31, 2012	April 1, 2011
Assets			
Current			
Cash	\$ 387,396	\$ 273,371	\$ 343,671
Accounts receivable	27,002	16,496	19,695
Prepays	-	5,050	2,822
Current assets - Alberta Alliance on Mental Illness and Mental Health	76,678	40,856	12,270
	<u>491,076</u>	<u>335,773</u>	<u>378,458</u>
Investments	29,286	25,329	31,199
Capital assets	<u>-</u>	<u>5,834</u>	<u>8,335</u>
	\$ 520,362	\$ 366,936	\$ 417,992
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Liabilities			
Current			
Accounts payable and accruals	\$ 48,232	\$ 25,982	\$ 34,387
Due to Alberta Regions	24,646	14,767	38,396
Deferred contributions - operating	199,610	107,946	121,166
Current portion of obligation under capital lease	-	4,868	3,735
Current liabilities - Alberta Alliance on Mental Illness and Mental Health	40,599	18,115	14,286
	<u>313,087</u>	<u>171,678</u>	<u>211,970</u>
Obligation under capital lease	<u>-</u>	<u>-</u>	<u>4,868</u>
	313,087	171,678	216,838
Net Assets			
Unrestricted	152,562	148,049	176,201
Invested in capital assets	-	5,834	8,335
Internally restricted - other	18,634	18,634	18,634
Externally restricted - Alberta Alliance on Mental Illness and Mental Health	36,079	22,741	(2,016)
	207,275	195,258	201,154
	\$ 520,362	\$ 366,936	\$ 417,992



The Canadian Mental Health Association
Alberta Division

Statements of Operations

Years Ended March 31	2013	2012 (Note 2)
Revenues		
Public support	\$ 115,666	\$ 92,817
Government support	146,906	140,679
Other revenue	174,533	180,227
Alberta Alliance on Mental Illness and Mental Health revenues	141,960	131,365
Rent and administration revenues	17,887	13,138
	<u>596,952</u>	<u>558,226</u>
Expenditures		
Amortization	438	2,501
Building occupancy	52,865	50,067
Financial expenditures	17,639	17,534
Information services	7,165	8,112
Loss on equipment disposal	5,396	-
National membership	28,077	25,866
Office	32,310	37,934
Other program expenditures	1,000	1,000
Purchased services	26,710	12,389
Salaries	251,081	252,689
Staff recruitment and education	1,138	1,799
Travel and conferences	32,494	47,623
Alberta Alliance on Mental Illness and Mental Health expenditures	128,622	106,608
	<u>597,819</u>	<u>564,122</u>
Excess (deficiency) of revenues over expenditures	\$ 12,017	\$ (5,896)

The statements of financial position and statements of operation are extracted from the CMHA Alberta Divisions audited financial statements, prepared by Grant Thornton LLP Chartered Accountants. Full statements are available, upon request, from the Division office.



2012 - 2013 Award Recipients

Congratulations to our 2012 - 2013 award recipients!

- Nadine Stirling Memorial Award: Pat Pestell (Fort McMurray)
- Special Service Award: Calgary Police Service - Calgary Police Information Check Unit
- Bettie Hewes Memorial Award for Outstanding Volunteer Service: Jane MacKinnon (Calgary)
- Workplace Wellness Award: Medicine Shoppe Canada
- President's Award: Laurie Beverley and Cathy Pryce.



CMHA Wood Buffalo leaders Dr. Vincella Thompson, Karen McMillan and Lana Sweeney met Min. of Health, Hon. Fred Horne.



Richard Drewry receives CMHA Honourary Lifetime Membership, joined by CMHA Chair Bill Bone, Min. of Health, Hon. Fred Horne and Lt. Governor of Alberta, Hon. Don Ethell



CMHA AB Chair Bill Bone presents Lt. Governor of Alberta, Hon. Don Ethell with 2012 President's Award, joined by Min. of Health, Hon. Fred Horne.



Joyce Neiman and Graham Barclay congratulate Red Deer's Jennifer Wallin (centre) on receipt of the 2012 Nadine Sterling Memorial Award.



Members of Edmonton's Early Psychosis Clinic are pleased to receive the 2012 Professional Care Award.



Smriti Jayasimsha and Aceel Nashi (pharmacist owner) of Medicine Shoppe Canada showcase their new tube and token fixture for donations to CMHA.



CMHA Regional Offices In Alberta – Leadership (As At March 31, 2013)

Calgary Phone: (403) 297-1700 Email: info@cmha.calgary.ab.ca Web: www.cmha.calgary.ab.ca	President: Ms. Barbara Tate Executive Director: Mr. Dan Delaloye
Central (Red Deer) Phone: (403) 342-2266 Email: mmcguigan@reddeer.cmha.ab.ca Web: www.reddeer.cmha.ca	President: Mr. Graham Barclay Executive Director: Ms. Marion McGuigan
Centre for Suicide Prevention (Calgary) Phone: (403) 245-3900 Email: csp@suicideinfo.ca Web: www.suicideinfo.ca	President: Ms. Carmelle Hunka Executive Director: Ms. Diane Yackel
East Central (Camrose) Phone: (780) 672-2570 Email: cmhaecr@cable-lynx.net Web: www.camrose.cmha.ab.ca	President: Mr. Craig Martin Executive Director: Ms. Colleen Swanson
Edmonton Phone: (780) 414-6300 Email: main@cmha-edmonton.ab.ca Web: www.cmha-edmonton.ab.ca	President: Ms. Joan Wright Executive Director: Ms. Ione Challborn
Lethbridge Phone: (403) 329-4775 Email: admin@cmhalethbridge.com Web: www.lethbridge.cmha.ab.ca	President: Mr. Greg Peterson Executive Director: Ms. Deborah Chenery
North West (Grande Prairie) Phone: (780) 539-4681 Email: gpcmha@telus.net Web: www.grandeprairie.cmha.ca	President: Mr. Tim Burnham Executive Director: Ms. Deborah Gregson
South East (Medicine Hat) Phone: (403) 504-1811 Email: aser@cmha-aser.ca Web: www.cmha-aser.ca	President: Mr. Glen Allan Executive Director: Ms. Sharon Hayward
Wood Buffalo (Fort McMurray) Phone: (780) 743-1053 Email: director@woodbuffalo.cmha.ab.ca Web: www.woodbuffalo.cmha.ab.ca	President: Dr. Vincella Thompson Executive Director: Ms. Karen McMillan

CMHA Alberta Division Leadership

(as at March 31, 2013)

Executive Committee

Mr. William Bone	Chair - Board of Directors
Mr. David Copus	Past Chair - Board of Directors
Vacant	Executive Vice Chair
Ms. Janice Tye	Chair - Finance
Ms. Kathleen Weary	Chair - Governance
Mr. Peter LeBlanc	Chair - Advocacy and Social Policy
Mr. Tom Shand	Ex officio

Members-at-Large

Dr. Marg Osborne	Calgary
Ms. Kathleen Weary	Red Deer
Ms. Diane Conley	Lethbridge
Ms. Janice Tye	Calgary
Mr. Thomas Djurfors	Edmonton

Directors

Ms. Valerie Day-Keizer	North West Region
Ms. Lana Sweeney	Wood Buffalo Region
Ms. Brenda Wentzell	Edmonton Region
Mr. Lyle Watling	Edmonton Region
Ms. Denise Stefura	Central Region
Mr. Peter LeBlanc	East Central Region
Mr. William Bone	Calgary Region
Mr. Robert Schuett	Calgary Region
Ms. Shelby MacLeod	Lethbridge Region
Ms. Eleanor Grona	South East Region
Ms. Carmelle Hunka	Centre for Suicide Prevention

CMHA Staff

Mr. Tom Shand	Executive Director
Ms. Eveline Royer	Manager, Finance and Operations
Ms. Marguerite Prefontaine	Payroll Manager
Ms. Jillian Dacyk	Executive Secretary

Alliance on Mental Illness and Mental Health (AAMIMH) Staff

Mr. Orrin Lyseng	Executive Director
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**Canadian Mental
Health Association**
Alberta
Mental health for all

For more information, contact CMHA Alberta Division as follows:

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