



BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

Annual Report 2014-2015



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

MESSAGE FROM THE CHAIR



The Canadian Mental Health Association (CMHA) in Alberta, through its words and actions, works toward the collective change we wish to see in our province. Change comes when we provide Albertans with connections to housing, outreach, peer support and education. Through our person-centred work, people are supported to live safely, with dignity, acceptance, and pride.

Discussions about mental health issues tend to define people by their diagnosis. We don't talk as often about people in holistic terms – who they are, where they work, what interests they have. We tend to forget about the person and talk only about the “issue.”

However, what excites me and fuels my passion, is that CMHA in Alberta uses a focused approach to provide innovative wrap-around supports which help people in their day-to-day lives.

While an annual report is typically a retrospective of past accomplishments, I'd like to focus forward and challenge all of us – governments, not-for-profits, corporations, practitioners, educators, and individuals – to come together to address the following areas:

- Advocate for an overall increase of mental health and addiction funding to address unmet needs in Alberta.
- Explore the possibility of publicly funded psychological services from qualified professionals for Albertans.
- Introduce funders to proven technological, evidence-based solutions for rural mental health support.
- Create effective partnerships to invest in safe and affordable permanent supportive housing.
- Support the call for an effective Alberta suicide prevention strategy.
- Invest in the development of “system navigators” to provide support to individuals impacted by mental illness and addictions.

I am incredibly proud to be a member of this organization. On behalf of the CMHA Alberta Board of Directors, I want to say thank you to David Grauwiler, Executive Director of CMHA Alberta, the nine Executive Directors of the Alberta regional offices and the tireless support and commitment of our members, volunteers, employees and funders. CMHA in Alberta is emerging as a provincial collective of compassionate organizations delivering critical services to Albertans where the needs exist.

I look forward to continuing to pursue our vision for mentally healthy people in a healthy society.

Yours in mental health,

A handwritten signature in black ink, appearing to read 'T. Djurfors'.

Thomas Djurfors
Chair, CMHA - Alberta

THE CANADIAN MENTAL HEALTH ASSOCIATION IMPACTS MENTAL HEALTH IN ALBERTA

The Canadian Mental Health Association (CMHA) in Alberta works to support individuals and families impacted by mental illness and addiction through Housing, Outreach, Peer Support and Education (HOPE). These services are tailored to the needs and resources of the eight cities and regions where our offices in Alberta are located.



CMHA in Alberta directly impacts the lives of over **64,511 Albertans** each year



CMHA in Alberta is supported by over **18,918 volunteer hours** per year



CMHA in Alberta supports **1,880 individuals** to maintain their housing each year



CMHA in Alberta operates a **24-hour** distress line serving Southwestern Alberta



CMHA in Alberta provides crisis support to **4,614 individuals** and families each year



CMHA in Alberta provides **17,000 hours** of workshops on suicide prevention, intervention and postvention each year



CMHA in Alberta operates **330 units** of supportive housing throughout the province



CMHA Alberta Regions respond to over **15,000 requests** for information and referrals to other mental health organizations each year

CANADIAN MENTAL HEALTH ASSOCIATION ALBERTA DIVISION STATEMENT OF FINANCIAL POSITION

March 31	2015	2014
Assets		
Current	\$ 433,878	\$ 521,208
Accounts receivable	13,565	25,338
Due from Alberta Regions (Note 4)	1,933	29,326
Current assets - Alberta Alliance on Mental Illness and Mental Health (Note 11)	62,597	62,539
	511,973	638,411
Investments (Note 5)	8,230	7,840
	\$ 520,203	\$ 646,251
Liabilities		
Current	\$ 14,625	\$ 101,332
Accounts payable and accruals	-	139,335
Advances received from government	235,236	213,158
Deferred contributions - operating (Note 6)	6,189	23,675
Current liabilities - Alberta Alliance on Mental Illness and Mental Health (Note 11)	256,050	477,500
Net Assets		
Unrestricted	189,111	111,253
Internally restricted - other (Note 7)	18,634	18,634
Externally restricted - Alberta Alliance on Mental Illness and Mental Health (Note 11)	56,408	38,864
	264,153	168,751
	\$ 520,203	\$ 646,251



“I refuse to be defined by my disorder, and I continue to help people every day by sharing my story,” Staff Sergeant and CMHA Alberta volunteer Ron Campbell explains.

THE CANADIAN MENTAL HEALTH ASSOCIATION ALBERTA DIVISION STATEMENT OF OPERATIONS

Year Ended March 31	2015	2014
Revenues		
Public support	\$ 190,330	\$ 131,623
Government support	139,335	186,934
Other revenue	152,038	193,411
Alberta Alliance on Mental Illness and Mental Health revenues (Note 11)	155,476	170,153
Rent and administration revenues (Note 11)	22,747	21,324
	659,926	703,445
Expenditures		
Building occupancy and office	104,020	96,100
Financial expenditures	40,974	70,556
Human resources and contract services	222,157	327,307
Information services	2,809	6,876
National membership	27,619	24,816
Travel and conferences	29,013	48,946
Alberta Alliance on Mental Illness and Mental Health expenditures (Note 11)	137,932	167,368
	564,524	741,969
Excess (deficiency) of revenues over expenditures	\$ 95,402	\$ (38,524)



“Late last year I finally learned what self-care was. I realized there’s a difference between self-care and selfishness. It’s accepting that sleeping in is ok, switching shifts for a weekend away is ok. It’s adjusting how we talk about ourselves.” Reflects Jay Davies, a firefighter and CMHA Alberta volunteer.

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Mental health for all

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