

# ANNUAL REPORT 2017-2018

## Continuing the Evolution

### Message from the Executive Director

In 2018 the Canadian Mental Health Association (CMHA) celebrates its centennial anniversary —100 years as the nation's leading mental health charity. In the past year, CMHA Alberta Division has experienced continued growth and collaboration, focusing its activities province-wide in striving towards positive mental health for all Albertans.

This year also marks the beginning of a new three-year strategic plan for Alberta Division. This three-year plan focuses on building mental health capacity across the province, continuing to advance a mental health movement and building our own organizational capacity to adapt to a changing environment.

We are grateful for the operational expertise of CMHA's affiliate regions throughout Alberta, and continue to work toward demonstrating the collective impact of our shared work in this province.

Over the course of the year, opportunities and projects of provincial scope came into focus through active engagement with the Government of Alberta and other provincial partners. Cooperation with the Ministry of Health, Alberta Education, Alberta Health Services, the Ministry of Children's Services, and the Ministry of Seniors and Housing demonstrate strong connections between CMHA in Alberta and the mental health needs represented by all Albertans, in all communities.



320 Ledgeview Business Centre  
9707-110 Street NW  
Edmonton, AB T5K 2L9

Phone: (780) 482-6576  
Fax: (780) 482-6348  
Email: [alberta@cmha.ab.ca](mailto:alberta@cmha.ab.ca)

**Charitable Registration Number:**  
10686 3491 RR0001

[www.alberta.cmha.ca](http://www.alberta.cmha.ca)  
[www.mymentalhealth.ca](http://www.mymentalhealth.ca)



# Strategic Highlights

## Workplace Mental Health Training

CMHA Alberta Division has completed *Certified Psychological Health and Safety Advisor Training* with 150 individuals across the province. The training equips people with the knowledge needed to improve workplace mental health in their own organizations, furthering the movement towards psychologically safe and healthy work spaces.

## Conferences

CMHA Alberta Division was pleased to host two conferences in the past year. These special mental health events saw more than 350 individuals attend, network and learn. The conferences were:

- Now We Are Stronger, a provincial community mental health conference
- Working Stronger, equipping Albertans for better workplace mental health

CMHA gratefully acknowledges its conference sponsors for contributing to the success of these events.

## Mental Health First Aid Seniors Training

CMHA Alberta Division, in partnership with the Government of Alberta, Alberta Health Services and the Mental Health Commission of Canada is coordinating the provincial roll-out of Mental Health First Aid Seniors training. This training benefits those who work in first point-of-contact settings across Alberta, increasing the capacity of seniors and those who care and work with them to respond to emerging mental health crises.

Over 1100 Albertans pre-registered within three months of the program launch. From November 2017 to May 2018, 275 people attended the 16 participant sessions located across the five health regions. Instructor training has been provided both in Calgary and Edmonton, with 20 new Mental Health First Aid for Seniors instructors being trained. An additional 25 sessions are scheduled across the province, with an expected attendance over 600.

## Post-Secondary Mental Health - Healthy Campus Alberta

Post-secondary student mental well-being is linked to academic achievement, learning, retention and future success. The Canadian Mental Health Association (CMHA), Alberta Division is pleased to welcome Healthy Campus Alberta (HCA), Alberta's post-secondary community of practice, as a named project within the CMHA Alberta Division family.

## Caregiver Connections: Peer to Peer Family Support

With funding from the Ministry of Children's Services, CMHA Alberta Division has developed a drop-in, peer support program for caregivers of children and young adults who have a mental illness or mental health concern. Mobilized in six regions across the province, Caregiver Connections provides compassionate support from a peer who has "been there," while providing resources and information to assist caregivers in achieving wellness for themselves in their journey supporting others.

## Rural Mental Health Project

CMHA Alberta Division received funding from Alberta Health Services to launch a Rural Mental Health project. The project aims to build capacity for mental health resources in rural and remote communities, and enable these communities to create Mental Health Action Plans. The project aims to train local Community Animators and develop a Rural Mental Health Network that offers a toolkit of resources, connections with other Animators, opportunities to collaborate and sustain community efforts.

## Accolades

CMHA Alberta Division and the Alberta regions received the prestigious Alberta Teachers Association (ATA) award recognizing CMHA's outstanding effort on behalf of public education.

## Canadian Mental Health Association Alberta Division

### STATEMENT OF FINANCIAL POSITION

March 31	2018	2017
<b>Assets</b>		
Current		
Cash (Note 3)	\$ 48,915	\$ 472,483
Accounts receivable	41,972	14,870
Due from Alberta Regions (Note 4)	112,177	-
Prepays and deposits	36,408	30,300
	<u>639,472</u>	<u>517,653</u>
Investment (Note 5)	4,540	4,540
	<u>\$ 644,012</u>	<u>\$ 522,193</u>
<b>Liabilities</b>		
Current		
Accounts payable and accruals	\$ 31,871	\$ 3,782
Due to Alberta Regions (Note 4)	-	46,280
Deferred contributions – operating (Note 6)	413,631	257,546
	<u>445,502</u>	<u>307,608</u>
<b>Net assets</b>		
Unrestricted	179,876	195,951
Internally restricted - other (Note 7)	18,634	18,634
	<u>198,510</u>	<u>214,585</u>
	<u>\$ 644,012</u>	<u>\$ 522,193</u>

## Canadian Mental Health Association Alberta Division

### STATEMENT OF OPERATIONS

Year Ended March 31	2018	2017
<b>Revenues</b>		
Public support	\$ 110,785	\$ 272,681
Government support	253,009	174,326
Other revenue	172,021	170,321
Training and conferences	271,823	64,843
Rent and administration	53,168	8,850
	<u>860,806</u>	<u>691,021</u>
<b>Expenditures</b>		
Building occupancy and office	96,748	133,577
Financial expenditures	3,895	10,035
Human resources and contract services	445,782	341,485
Information services	8,964	13,292
National membership	26,827	25,866
Travel and development	45,896	41,685
Living life to the full	-	18,831
Psychologist fund	7,450	8,281
Fundraising	22,383	21,014
Training	76,191	61,314
Provincial conferences	116,182	13,691
Projects/programs	26,563	-
	<u>876,881</u>	<u>689,071</u>
Excess of revenues over expenditures	<u>\$ (16,075)</u>	<u>\$ 1,950</u>