



Workplace Training

This year, CMHA Alberta Division offered four Certified Psychological Health and Safety Advisor trainings, bringing the total number of certified Advisors in Alberta to 190. Each trainee returns to their workplace as an embedded Advisor equipped to support the adoption and implementation of the Canadian Standard of Psychological Health and Safety in the Workplace. CMHA Alberta Division also offers Mental Health Works, which helps CMHA build mental health awareness, demonstrate how to respond to challenging situations and collaborate to create a healthier, safer workplace. In 2017-2018 we provided eight trainings to six different industries across Alberta.

Working Stronger & Now We Are Stronger Conferences

CMHA, Alberta Division is thankful to our sponsors, keynote speakers, presenters, volunteers and attendees for successful 2018 Now We Are Stronger (NWAS) and Working Stronger conferences! The conferences saw a wide variety of industry-leading mental health strategies and tools. Almost 500 participants took part in improving the mental health of their communities and workplaces through over 40 workshops, riveting panel discussions and keynote speakers such as Victoria Maxwell, Dr. Pratap Chokka, Tyler Amell and Susan Aglukark.

Mental Health First Aid for Seniors

By the end of 2019, Mental Health First Aid for Seniors training will have taken place in 61 different communities across Alberta. Through 87 two-day trainings taught by 14 instructors, over 1,000 Albertans have attended training. These individuals represent service providers, caregivers, community members and seniors. Providing a greater understanding of mental health and the skills to support seniors who are struggling with mental health challenges, Mental Health First Aid for Seniors is building capacity in both urban and rural communities throughout Alberta.

Caregiver Connections

Caregiver Connections is a peer-to-peer family support program which helps any person involved in the care of an individual with a mental illness or a mental health concern. In 2019, updates were made to improve the program, allowing it to help more families across the province. Since then, the program has supported over 500 Albertan families. The Peer Facilitator Community of Practice began, which allowed for resource, information and experience sharing across six CMHA Regions including Red Deer, Edmonton, Medicine Hat, Camrose, Lethbridge and Fort McMurray. Peer Facilitators are equipped with tools, resources and knowledge to continue to help support families into 2019/2020.

Healthy Campus Alberta

This past year, Healthy Campus Alberta (HCA) hosted three province-wide, in-person events: a reception celebrating Alberta campus approaches and two summits, themed *Transitions* and *Connections*. These events provided an opportunity for campus and community representatives to connect, share ideas and resources and celebrate their efforts to improve student mental health. HCA hosted 15 webinars and coordinated two sessions of The Inquiring Mind – Train the Trainer. HCA is currently involved in 26 publicly-funded and five First Nations colleges throughout Alberta. The HCA website was recently re-launched, featuring a new and improved Community Hub, an interactive timeline and a revamped community tools and resources section.

Major Depressive Disorder Research Project

CMHA, Alberta Division conducted research on the topic of depression that is unresolved after the use of two or more antidepressant agents, otherwise known as Major Depressive Disorder (MDD). The goal is to understand the impact of depression on everyday life as well as explore people's experience with medication and other treatment options. The subsequent report, "Do I want to live like this?" describes the experience of Albertans living with MDD. The content of this report is credited to the participants and recognizes their courage in sharing their stories to help improve the lives of all Albertans living with depression.

Rural Mental Health Project

The Rural Mental Health Project aims to strengthen community capacity for better mental health in rural and remote communities. The Project focuses on building local capacity in 150 rural communities in Alberta by training Animators living in those communities. The Animators connect with interested local and provincial stakeholders through the Rural Mental Health Network. To date, 24 rural communities have taken part in our pilot year, enabling us to learn together and refine and enhance the Animator training and the Network. As we turn to year two, we are looking to connect with 70 more communities.

Canadian Mental Health Association Alberta Division

STATEMENT OF FINANCIAL POSITION

March 31	2019	2018
Assets		
Current		
Cash	\$ 1,089,381	\$ 448,915
Accounts receivable	55,816	41,972
Due from Alberta Regions	2,735	112,177
Prepays and deposits	18,072	36,408
	<u>1,166,004</u>	<u>639,472</u>
Investment	-	4,540
	<u>\$ 1,166,004</u>	<u>\$ 644,012</u>
Liabilities		
Current		
Accounts payable and accruals	\$ 50,234	\$ 31,871
Due to Alberta Regions	19,566	-
Deferred contributions – operating	815,402	413,631
	<u>885,202</u>	<u>445,502</u>
Net assets		
Unrestricted	262,168	179,876
Internally restricted - other	18,634	18,634
	<u>280,802</u>	<u>198,510</u>
	<u>\$ 1,166,004</u>	<u>\$ 644,012</u>

Canadian Mental Health Association Alberta Division

STATEMENT OF OPERATIONS

Year Ended March 31	2019	2018
Revenues		
Public support	\$ 259,976	\$ 110,785
Government support	994,021	253,009
Other revenue	171,231	172,021
Training and conferences	279,416	271,823
Rent and administration	39,813	53,168
	<u>1,744,457</u>	<u>860,806</u>
Expenditures		
Building occupancy and office	188,113	96,748
Financial expenditures	4,744	3,895
Human resources and contract services	805,592	445,782
Information services	47,857	8,964
National membership	25,866	26,827
Travel and development	81,042	45,896
Psychologist fund	9,240	7,450
Fundraising	19,872	22,383
Training	53,276	76,191
Provincial conferences	201,348	116,182
Projects/programs	220,675	26,563
Loss on write-off of investment	4,540	-
	<u>1,662,165</u>	<u>876,881</u>
Excess of revenues over expenditures	<u>\$ 82,292</u>	<u>\$ (16,075)</u>



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