



## A Message from David Grauwiler, Executive Director

The Canadian Mental Health Association (CMHA), Alberta Division understands the COVID-19 pandemic has affected Albertans' mental health in serious ways. Across Alberta's diverse communities, one in five people already struggling with a mental illness or a mental health concern saw an increase in thoughts and feelings of suicide during the pandemic (CMHA, 2020). Persistent mental health inequities in our province are affecting vulnerable people at higher rates due to marginalization, and the strain of the pandemic is presenting direct and negative effects on people's mental health (CMHA, 2020). Since March, we've seen the "perfect storm" hit communities all over our diverse province. Albertans are finding it difficult to manage the stress of working from home, job security, financial issues, childcare, schooling, accessing healthcare and mental health services, social changes and living through a pandemic. Further, a study done by the Conference Board of Canada and the Mental Health Commission of Canada (MHCC) confirms, "We must redouble our efforts to meet the mental health and wellness needs of people in this country, lest the progress we've made over many years erode in the face of COVID-19." CMHA, Alberta Division is committed to supporting Albertans as we respond to the mental health effects of the pandemic and supporting the province through recovery efforts.

### Caregiver Connections

**Caregiver Connections provided peer support services to over 200 Albertan families in 2019-20, helping parents and caregivers of individuals living with mental illnesses or mental health concerns.** Trained peers—those who have “been there”—provided tools, education, resources and a listening ear to families struggling while caring for loved ones. Over the course of the year, CMHA saw peer facilitators in six regions—Red Deer, Edmonton, Medicine Hat, Camrose, Lethbridge and Fort McMurray—begin the certification process through Peer Support Canada. The peer facilitators continue to engage in a Community of Practice, growing the program through resource, information and experience sharing.

### Workplace Training

**Four Certified Psychological Health and Safety Advisor trainings took place this year, bringing the total number of certified advisors in Alberta to 264.** Each trainee returned 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. Other trainings options offered by CMHA, Alberta Division have helped build mental health awareness and skills needed to respond to challenging situations. Seven organizations representing diverse industries across the province have used this training to create healthier and safer workplaces.

### Healthy Campus Alberta

**Healthy Campus Alberta (HCA) provided a consistent presence and sense of stability as post secondary communities have continued to grow.** HCA hosted seven webinars, visited seven campuses, hosted The Inquiring Mind Train the Trainer, relaunched the website, released the HCA Impact video and participated in regional, provincial and national meetings. In February 2020, HCA expanded our staff team to include four Albertan students, creating better support for the Community of Practice, increasing representation of the student's voice and preparing to adapt to the communities changing needs as we entered the pandemic in March. HCA continues to serve the community by creating space for conversations that matter and opportunities to collaborate and share ideas and resources - all to create caring campus communities across Alberta.



## Rural Mental Health Project

**The Rural Mental Health Project (RMHP) concluded its pilot year of training, with two cohorts of Animators trained in diverse strategies to support mentally healthy rural communities.** The project worked with 24 rural communities, PolicyWise evaluators and a consultant to develop high-quality Animator training. The RMHP is now planning Year Two, which includes the Rural Mental Health Network's improvement and expansion. 2019 was spent scaling recruitment efforts to inform and connect with interested rural communities through presentations, meetings and online connections. This also included partnering with regional and provincial partners to leverage existing programs, services and resources. The RMHP is excited to support the mental health of up to 150 rural and remote Albertan communities over the next two years.

## Working Stronger Conference

**CMHA, Alberta Division is thankful to our sponsors, keynote speakers, presenters, volunteers and attendees for a successful 2019 Working Stronger conference!** Hosted at Chateau Lacombe in Edmonton, over 300 participants shared resources, tools and stories of lived experience through over 30 workshops, riveting panel discussions and video presentations. Keynote speakers captivated the audience with their stories of real-world experiences. Former Fire Chief of Fort McMurray Darby Allen, Hon. Justice Michele Hollins and former Lieutenant Stéphane Grenier gave audiences compelling examples of workplace mental health struggles and strategies participants could bring back to their organizations. Working Stronger is inspired and supported by hundreds of Albertan workers who believe mental health is a core pillar of business.

## OSI-CAN

**OSI-CAN operates eight community-based peer support groups across Alberta, with each group providing necessary resources to emergency responders suffering from occupational stress injuries (OSI).** This year, OSI-CAN developed a comprehensive multi-year strategic plan. Further, the project developed and executed a six-week online peer facilitator training program delivered through the Peer Recovery College in Calgary. The program has trained 14 facilitators to support first responders in communities across Alberta. OSI-CAN also developed a Community of Practice and hosted an educational collaboration with the Legacy Place Society to administer Dr. Jody Carrington's "Hello Hero" series. Additionally, OSI-CAN organized fundraising opportunities, including Outwork COVID and the 24-hour Walk for Suicide Awareness - building capacity for financial stability and organization sufficiency.

## Major Depressive Disorder Project

**Depressive disorders are among the most commonly diagnosed mental illnesses in Canada, with one in every four Canadians experiencing depression at some point in their life.** In 2018, CMHA, Alberta Division was granted funding to complete research on unresolved depression after the use of two or more antidepressant agents (also known as Major Depressive Disorder or MDD). This research aims to understand the impacts of depression on everyday life and explore people's experiences with medication and other treatment options. With additional funding, CMHA has been granted the opportunity to expand this research in 2020 in hopes of understanding the differences and similarities of patient experiences and treatment options throughout the country.



Statement of Financial Position

| <b>Assets</b>                      | <b>2020</b>      | <b>2019</b>      |
|------------------------------------|------------------|------------------|
| Current                            |                  |                  |
| Cash                               | \$ 1,309,337     | \$ 1,089,381     |
| Accounts Receivable                | 93,636           | 55,816           |
| Due from Alberta Regions           | -                | 2,735            |
| Prepays and deposits               | 21,547           | 18,072           |
|                                    | <u>1,424,520</u> | <u>1,166,004</u> |
| Investment                         | 96,000           | -                |
|                                    | <u>1,520,520</u> | <u>1,166,004</u> |
| <b>Liabilities</b>                 |                  |                  |
| Current                            |                  |                  |
| Accounts payable and accruals      | \$ 63,538        | \$ 50,234        |
| Due to Alberta Regions             | -                | 19,566           |
| Deferred contributions - operating | 992,350          | 815,402          |
|                                    | <u>1,055,888</u> | <u>885,202</u>   |
| <b>Net assets</b>                  |                  |                  |
| Unrestricted                       | \$ 445,998       | \$ 262,168       |
| Internally restricted - other      | 18,634           | 18,634           |
|                                    | <u>464,632</u>   | <u>280,802</u>   |
|                                    | <u>1,520,520</u> | <u>1,166,004</u> |

Statement of Operations

| <b>Revenues</b>                       | <b>2020</b>      | <b>2019</b>      |
|---------------------------------------|------------------|------------------|
| Public support                        | \$ 397,903       | \$ 259,976       |
| Government support                    | 1,193,234        | 994,021          |
| Other revenue                         | 173,027          | 171,231          |
| Training and conferences              | 271,758          | 279,416          |
| Rent and administration               | 29,080           | 39,813           |
|                                       | <u>2,065,002</u> | <u>1,744,457</u> |
| <b>Expenditures</b>                   |                  |                  |
| Building occupancy and office         | \$ 179,181       | \$ 188,113       |
| Financial expenditures                | 6,981            | 4,744            |
| Human resources and contract services | 980,686          | 805,592          |
| Information services                  | 42,961           | 47,857           |
| National membership                   | 25,866           | 25,866           |
| Travel and development                | 101,770          | 81,042           |
| Psychologist fund                     | 11,760           | 9,240            |
| Fundraising                           | 17,861           | 19,872           |
| Training                              | 62,771           | 53,276           |
| Provincial conferences                | 99,028           | 201,348          |
| Projects/programs                     | 352,307          | 220,675          |
| Loss on write-off of investment       | -                | 4,540            |
|                                       | <u>1,881,172</u> | <u>1,662,165</u> |
| Excess of revenues over expenditures  | <u>183,830</u>   | <u>82,292</u>    |