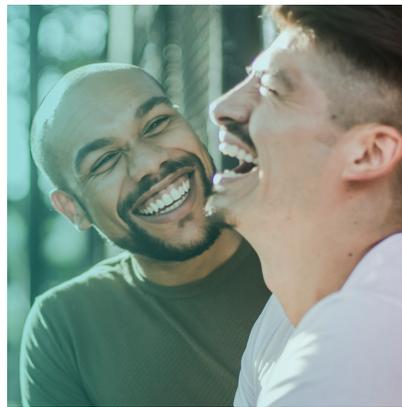




Canadian Mental
Health Association
Alberta
Mental health for all

ANNUAL REPORT

2020-21



OVERCOMING DISRUPTIONS

A MESSAGE FROM

Executive Director David Grauwiler

The year 2020 will long be remembered as the year of COVID-19 and its related disruptions and inevitable impacts across our organization and society. Along with all other Albertans, the Canadian Mental Health Association (CMHA), Alberta Division staff and stakeholders experienced these disturbances in our personal lives, communities, projects we undertook and the workplaces we shared.



Despite the challenges faced by Albertans over the last year, CMHA, Alberta Division (and by affiliation the regions) experienced a year of dynamic growth and expansion. Community mental health opportunities expanded provincially, including the number of provincial-scope projects resulting in enhanced capacity and program expansion. This unprecedented growth has been felt in Alberta's rural communities, campuses, workplaces, peer support and other critical areas important for mental health in our diverse province.

I am proud of the work undertaken by CMHA in Alberta, including the regions, their staff, volunteers and boards, and our remarkable, skilled and growing provincial team.

To say our success is an example of a resilient organization may be an understatement; this annual report gives evidence of a flourishing organization with a clear vision and strategic direction.

As we move into a new year and experience the new realities created by the pandemic, we know mental health will continue to be a focus of concern for all Albertans. We acknowledge this concern, and we will amplify our message. Mental health is more than a priority. Mental health, along with physical health, is a human right.

I am happy to report that the annual budget for 2021/22 reflects the Government of Alberta's largest community mental health investment in the history of CMHA in Alberta.* Better systems, better treatments and therapies, more access to earlier interventions make better mental health possible!

Thank you for making mental health matter,

A handwritten signature in black ink, appearing to read 'David Grauwiler'. The signature is fluid and cursive, with a long horizontal line extending to the right.

David Grauwiler

Executive Director | Canadian Mental Health Association, Alberta Division

*Outside of Alberta Health Services

A MESSAGE FROM

Board of Directors Chair Brent Korte

When our hard-working Board of Directors approved the Alberta Division strategic plan three years ago, we could not have anticipated how much of our work over the year would live in one specific strategic goal: "Be a Healthy and Adaptive Organization in a Dynamic Environment."



While community capacity building and the advancement of a mental health movement in Alberta remained central to our work, the third priority directed our adaptative process. This process retained and advanced mental health through innovation and new technologies amidst universal uncertainty.

The pandemic's uncertainty, and the new ways of working that followed, challenged individuals, groups, and communities throughout Alberta. We have seen firsthand that facing challenges as a collective builds resiliency. As the Board Chair for the Canadian Mental Health Association (CMHA), Alberta Division, I am proud of the resiliency and dedication of the organization.

Everyone experienced a difficult year, and CMHA was no different. CMHA, Alberta Division demonstrated that not only can communities work together to become mentally healthy, but so can governments, community organizations and all Albertans collectively.

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.

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.

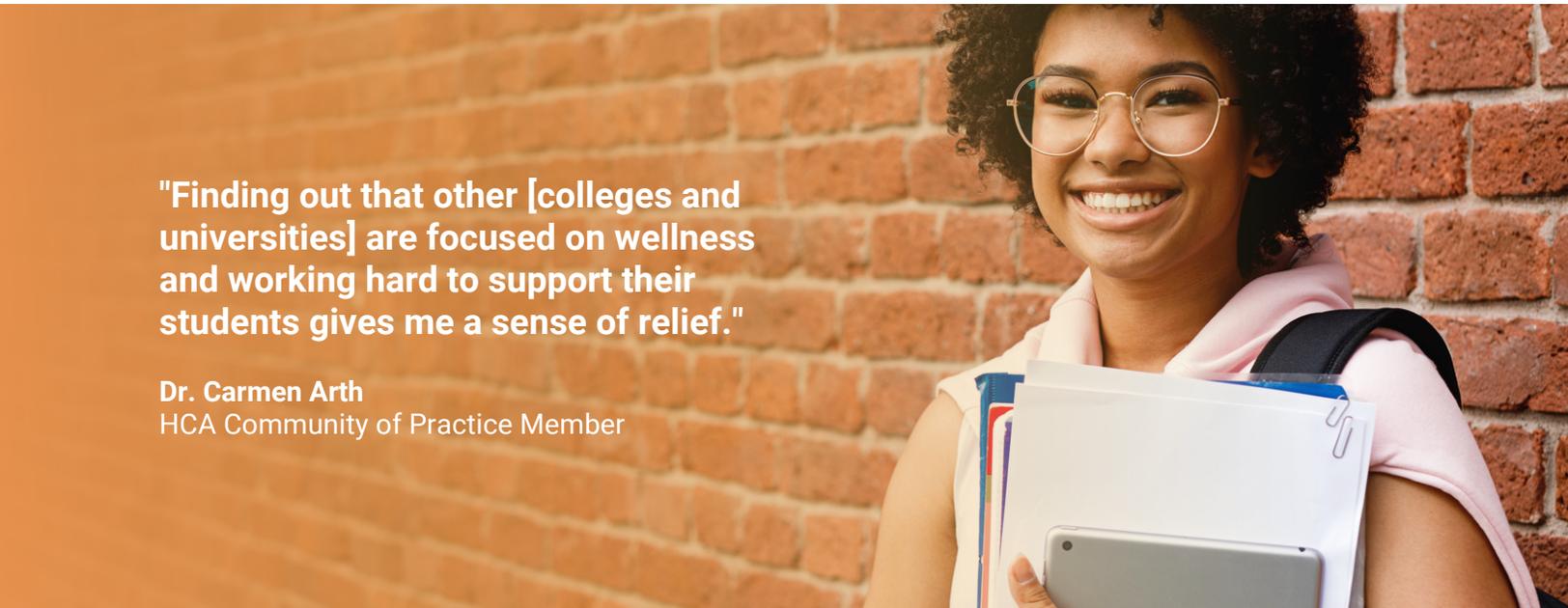
Over the course of this year, opportunities and projects of provincial scope were undertaken by CMHA, Alberta Division through active engagement with the Government of Alberta and other provincial partners. These partnerships demonstrate strong connections between CMHA in Alberta and the mental health needs represented by all Albertans.

On behalf of the entire CMHA, Alberta Division Board of Directors, thank you for sharing in our vision of mentally healthy people in a healthy society.

A handwritten signature in black ink, appearing to read 'B. Korte', written in a cursive style.

Brent Korte

Chair, Board of Directors | Canadian Mental Health Association, Alberta Division



"Finding out that other [colleges and universities] are focused on wellness and working hard to support their students gives me a sense of relief."

Dr. Carmen Arth
HCA Community of Practice Member

Healthy Campus Alberta (HCA) continues to hold space for post-secondary communities to bring questions, generate solutions, find resources and collaborate as they have navigated the challenges and opportunities of the past year.

In 2020-21, HCA hosted fourteen webinars, four facilitated community conversations, a community of practice meeting and a multi-day virtual Wellness Summit. In addition to participating in regional, provincial and national meetings to support knowledge sharing and collaborative problem-solving, we started "Your Community of Practice," a story-telling project that highlights the diverse experiences and expertise of HCA members. Our staff team has included six Albertan post-secondary students who have played a key role in facilitating the life of the community of practice. In preparation for the upcoming year, **HCA continues to serve Alberta by creating space for conversations that matter** and supporting caring campuses across Alberta.

Learn more about the project at healthycampusalberta.ca.

"[A struggle in our rural community] is that we have good services but we have less means to advertise them. The goal is to break through because there are lots of ways [we can improve the community's mental health]."

Sonia Paquette
RMH Project Animator



The Rural Mental Health (RMH) Project wrapped up the second year of training and RMH Network growth, launching year three. The pandemic led the RMH team to adapt in-person training to online delivery methods, ensuring training could commence into the fall of 2020.

With support from the Advisory team and evaluators from PolicyWise for Children and Families, the training transition was a success. From April 2020 to March 2021, five additional cohorts of Animator trainings were conducted. A total of nine cohorts are completed, reaching 121 people from 83 rural communities. Along with onboarding three additional RMH staff, the Grant program was developed and hosted to equitably support the animation of rural mental health action plans and scale community and collaborative efforts. The RMH Project distributed \$490,000 to 25 projects across 29 communities.

The RMHP team developed the CMHA provincial survey 'Understanding the Mental Health Impact of COVID-19 in Alberta' with a final report with findings from 1700 Albertans released in January of 2021.

Learn more about the project at ruralmentalhealth.ca.



A new Working Stronger brand and website were launched to showcase CMHA's suite of workplace mental health resources and services.

WORKINGSTRONGER.CMHA.CA

Albertans faced widespread mental health challenges during the COVID-19 pandemic. **Working Stronger's** 'Overcoming Mental Health Challenges in a Global Pandemic' webinar focuses on five essential elements of care for individuals and communities exposed to disaster and emergency situations. The webinar explored building support systems around individuals, families and communities allowing for recovery. The webinar utilizes research-based tools and strategies to inform action, program development and community interventions.

The Working Stronger Network launched in 2020, making it CMHA, Alberta Division's official workplace mental health network. Through collaboration and training, the Network aims to empower organizations, employers and employees to enhance mental health practices in their workplace and beyond by providing learning opportunities, resources, worksheets, articles and connection to others. Over 400 members exist as part of the network and engage in a number of activities, including participating in webinars and sharing their voice to advance workplace mental health in organizations across the province.

CMHA, Alberta Division is thankful to our sponsors, keynote speakers, presenters, volunteers and attendees for a successful **2020 Working Stronger conference!** Over 450 participants shared strategies, data, tools and stories of lived experience through an engaging virtual platform. Keynote speakers captivated the audience, with Dr. Charl Els shifting our lens to post-traumatic growth, and Susan Biali Haas describing her lived experience of burn out and strategies to help stay mentally well. Working Stronger is inspired and supported by hundreds of Albertan workers who believe mental health is an integral part of successful business.



"You see people change through peer group support. It becomes a pseudo-family because we are bonded by similar experiences while we help each other get through life."

Craig Offin
OSI-CAN Peer Support Facilitator/Former EPS Member

As a project of CMHA, Alberta Division, **OSI-CAN** has been able to directly support and assist public safety personnel, first responders, veterans and their families to manage occupational stress injury (OSI) and post-traumatic stress injury (PSTI) -related issues.

OSI-CAN meets participants where they are at in their communities; continually building effective programs and processes to provide lived experience and wrap-around support to participants. This year OSI-CAN provided eight peer groups and three family groups, structured its service dog acquisition program to align with promising practices, and applied for funding to build demographic-specific equine programs. Further, OSI-CAN works diligently to create sustainability, improve capacity, increase fund development capabilities, develop strategic planning and continuously build relationships.

Learn more about the project at osicanab.ca.

"[Peer support allows you to] build a special relationship with someone who can understand what comes with watching someone you love in pain. It is important to recognize that your caregiving experience is unique, but you are not alone."

Angela Betts
Caregiver Connections Peer

Caregiver Connections provides peer support services to parents and caregivers of individuals living with mental illnesses or mental health concerns.

During the pandemic, CMHA developed virtual support for caregivers, providing regular drop-in groups and one-on-one peer support. These simple but innovative solutions increased accessibility and allowed more people to participate in the program than in previous years. Education for caregivers was reimagined; across six CMHA regions in Alberta, Caregiver Connections provided webinars, hosted virtual presentations and launched social media campaigns to raise awareness and reduce stigma of caregiving and mental illness. Through the extension of the project into 2023, CMHA in Alberta looks forward to continuing to foster awareness and provide support for those caring for people with mental health concerns.

Learn more about the project at alberta.cmha.ca/caregiverconnections.

"People need to understand that [you shouldn't] have to be in crisis before you get some help."

Kathryn
MDD Project Survey Research Participant



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 (MDD)**.

Depressive disorders are among the most diagnosed mental illnesses in Canada, with one in every four Canadians experiencing depression at some point in their life. This research aims to understand the impacts of depression on everyday life and explore people's experiences with medication and other treatment options. In 2020-21, with additional funding, CMHA expanded this research across Canada and looks forward to publishing the research in winter 2021.

Learn more about the project at alberta.cmha.ca/mdd.

ANNUAL REPORT



STATEMENT OF FINANCIAL POSITION	2021	2020
ASSETS		
Current		
Cash	\$2,079,626	\$1,309,337
Accounts receivable	\$97,048	\$93,636
Prepays and deposits	\$21,616	\$21,547
	\$2,198,290	\$1,424,520
Investment	\$97,968	\$96,000
	\$2,296,258	\$1,520,520
LIABILITIES		
Current		
Accounts payable and accruals	\$835,063	\$63,538
Deferred contributions - operating	\$606,021	\$992,350
	\$1,441,084	\$1,055,888
NET ASSETS		
Unrestricted	\$836,540	\$445,998
Internally restricted - other	\$18,634	\$18,634
	\$855,174	\$464,632
	\$2,296,258	\$1,520,520
STATEMENT OF OPERATIONS	2021	2020
REVENUES		
Public support	\$416,419	\$397,903
Government support	\$2,876,216	\$1,193,234
Other revenue	\$156,186	\$173,027
Training and conferences	\$91,753	\$271,758
Rent and administration	\$17,250	\$29,080
	\$3,557,824	\$2,065,002
EXPENDITURES		
Building occupancy and office	\$213,439	\$179,181
Financial expenditures	\$8,059	\$6,981
Human resources and contract services	\$1,497,276	\$980,686
Information services	\$15,467	\$42,961
National membership	\$25,866	\$25,866
Travel and development	\$7,025	\$101,770
Psychologist fund	\$8,880	\$11,760
Fundraising	\$21,469	\$17,861
Training	\$6,026	\$62,771
Provincial conferences	\$61,626	\$99,028
Projects/programs	\$1,302,149	\$352,307
	\$3,167,282	\$1,881,172
EXCESS OF REVENUES OVER EXPENDITURES	\$390,542	\$183,830

"The level of community engagement from the young adults and youth in communities has been really rewarding. It's all about finding the right provider with the right service at the right time."

Paula Galenzoski
Youth Hubs Alberta Project Lead



UPCOMING PROJECT

In 2021, CMHA, Alberta Division, with support from the Government of Alberta and PolicyWise for Children & Families, assumed the backbone role to facilitate the scale, spread and sustainability of **Youth Hubs** in Albertan communities.

Building on the exceptional work of PolicyWise for Children and Families, eleven communities are well positioned to encourage transformational systems change by improving coordinated access to community mental health resources, services, and treatment for youth and young adults. The Youth Hubs Alberta team has grown, providing targeted coaching, community development and fund development support for Youth Hubs across the province. Equally as important, Youth Hubs is committed to aligning with the Truth and Reconciliation Commission's relevant calls to action, which will ensure safe, inclusive, culturally-based support for Indigenous youth and young adults in Alberta.

Learn more about the project at youthhubsalberta.cmha.ca.



"All of the Recovery College courses are co-developed between facilitators and community members. There are many opportunities to learn and share together through a peer-based model."

Ilya Ushakov
Recovery College Provincial Peer Lead

UPCOMING PROJECT

Recovery Colleges in Alberta offer a range and variety of recovery-focused courses designed for individuals, families, the workplace, and cultural and spiritual communities.

All Recovery College courses are co-developed and co-facilitated with community peers with lived experience of mental health and/or substance use. Since April 2021, CMHA Alberta has onboarded and begun training for three new CMHA regions to develop local Recovery Colleges, launched the development of a three-year evaluation with PolicyWise for Children and Families, and laid the foundation for a governance structure for the Project and Provincial Community of Practice. The upcoming year will see the continued growth and expansion of Recovery Colleges in Alberta as we look forward to supporting the launch of new colleges in Grande Prairie, Medicine Hat and Camrose in Fall 2021. A virtual Recovery College will launch in Winter 2022. The Recovery College team is inspired by the stories and experience of individuals and peers with lived experience who promote hope and recovery across the province.

Learn more about the project at alberta.cmha.ca/recoverycollege.