



Canadian Mental
Health Association
Alberta
Mental health for all

2022/23

ANNUAL REPORT

ENVISIONING POSSIBILITIES
EMBRACING OPPORTUNITIES

A MESSAGE FROM **OUR BOARD PRESIDENT, BRENT KORTE AND CEO (INTERIM), MARA GRUNAU**



For years now, the Canadian Mental Health Association (CMHA) has made it known that one-in-five people in Canada, at any given time, is experiencing poor mental health. That leaves four-in-five of us to help support the people around us. How do we do that? And how do we create safe spaces for people to reveal their struggles?

Education, training, advocacy, community supports, peer support, crisis support – these are the building blocks of community mental health care: supporting people with the appropriate level of care in the community where they live, helping people be well and stay well, catching them when they're unwell and supporting their caregivers, too. Working in complement with the formal medical system, community mental health works to keep people out of hospital, empowers and equips people through their recovery, and ultimately builds strong communities.

CMHA, Alberta Division (CMHA, AB) is the umbrella CMHA office in Alberta, working on behalf of the eight (8) Regions and Centre for Suicide Prevention to increase the impact of CMHA province-wide. This includes supporting the scaling of local programs and services and working with the Government of Alberta to amplify community mental health care. CMHA, AB's current projects, outlined in this Annual Report, also have a broad reach throughout the province.

Collaboratively, we are working to build a compassionate and empathetic Alberta, an Alberta where people's wellbeing is supported in the community where they live – by a friend, a peer, a support group, their local CMHA office or the medical system. Together, we can envision the possibilities and embrace the opportunities to ensure Albertans receive the mental health care they need.

A handwritten signature in black ink, appearing to read 'B. Korte'.

Brent Korte
Board President
CMHA, Alberta Division

A handwritten signature in black ink, appearing to read 'Mara Grunau'.

Mara Grunau
Chief Executive Officer (*Interim*)
CMHA, Alberta Division



The Rural Mental Health Project's support and grant funding allowed us to open our youth centre. The Rural Mental Health Project provided us with the tools to identify our community's needs.

Sari | Rural Mental Health Project Sundre Community Animator



About

The Rural Mental Health Project and Network (RMH) supports rural community mental health and recovery across Alberta. RMH strives to strengthen community capacity for better mental health in rural and remote communities through ongoing training, network collaboration, and community micro grants. RMH enables each participating community to create unique mental health action plans that build on their strengths while meeting their needs. Ongoing support for participating communities is provided from the greater RMH Network.

Highlights

This year, RMH dispersed over \$898,000 in micro grants to 43 rural communities, supporting local mental health initiatives. A total of 242 rural citizens across Alberta have been trained to animate local collaborative mental health action plans. Among the 145 rural communities participating, over 80% have remained active in the RMH Network since 2019.

RMH has also continued hosting online and in-person events to build mental health capacity and awareness, reaching over 600 rural Albertans this year. The RMH Project has also participated in provincial and national conferences, with outreach to over 5,000 attendees. Participation in these gatherings has increased awareness of the realities and potential solutions to rural mental health challenges.

What's next

Thanks to the ongoing support and commitment from the Government of Alberta, mandate and funding for RMH have been renewed. The team is poised to continue its work and reach across Alberta from 2023-2026.

Learn more about RMH at ruralmentalhealth.ca.



Healthy Campus Alberta is an amazing provincial network. Being part of a community so passionate and dedicated to student wellness is incredible!

Community of Practice Member | Healthy Campus Alberta



About

Healthy Campus Alberta (HCA) is a community of practice that transforms campus culture and creates caring campus communities. It provides a space for post-secondary communities across Alberta to gather and participate in meaningful conversation, connection, and resource-sharing to promote campus and student mental health.

Highlights

This year, HCA hosted nine webinars, including a Wellness Webinar series with Alberta-based expertise and practical tools for self-care and sessions focused on challenges students face while living in precarity. HCA also facilitated three provincial discussion groups aimed at supporting the implementation of the National Standard of Canada for Mental Health and Well-being for Post-secondary Students.

HCA's community of practice was active all year long. HCA organized two in-person Regional Gatherings and a third online. All three events provided a platform for the community of practice to connect, collectively solve problems, and share feedback. Finally, the annual Wellness Summit successfully returned as an in-person gathering of students, staff, faculty and community members from across the province.

What's next

This next year is the final year under the current grant from Alberta Advanced Education. HCA is grateful to the Government of Alberta for their continued support and endorsement of this critical campus mental health work and looks forward to renewing this collaborative work with them.

Learn more about HCA at healthycampusalberta.ca.



Participating in OSI-CAN's peer group has shown me that I am so much more than just the identity of the uniform I wore. I can be the father, brother, and loved one to support others.

Johnathan | OSI-CAN Peer Group Participant



About

OSI-CAN Alberta is a community-based peer initiative that supports military, first responders and public safety personnel affected by psychological injuries and accompanying mental health impacts. It delivers a 'wrap-around support model' for its participants and operates with no barriers to entry for offered services. Programs and services include peer support groups, peer support groups for family and friends of responders, equine assisted-learning events, 1:1 peer support and the Resilient Minds training.

Highlights

This year, OSI-CAN Alberta enhanced its support offerings through strengthened partnerships and continuous collaborative efforts with many organizations, including Resilient Minds, Prospect Human Services, Transition Center (Canadian Armed Forces (CAF), Canadian Forces Base (CFB) Edmonton), EaseCare, and Heroes in Mind, Advocacy and Research Consortium (HiMARC).

Thanks to an investment and endorsement from the Government of Alberta received this year, OSI-CAN Alberta worked with PolicyWise for Children & Families to develop an Evaluation Framework. Richer data collection and analysis of programming will help illustrate the difference OSI-CAN makes in the lives of first responders and public safety personnel – the very people we rely on to serve us in emergencies and natural disasters. Currently, OSI-CAN operates 7 peer support groups and 3 caregiver peer support groups province-wide.

What's next

This next year, OSI-CAN will continue its work with the Government of Alberta and other funders to spread and scale peer groups and with CMHA-National to assume a leadership role in the provision of Resilient Minds training.

Learn more about OSI-CAN Alberta at osicanab.ca.



Caregiver Connections provides me with a safe space to share, connect with other caregivers, feel supported, and learn valuable coping skills.

Peer Participant | Caregiver Connections



About

Caregiver Connections supports caregivers through one-on-one peer support, group support, educational programming, and community outreach. Caregiver Connections provides peer support for parents and caregivers of people with mental health concerns in CMHA Regions across the province. Based on local caregiver needs, each Region integrates educational content, learning opportunities, resource sharing, and meaningful connection-building activities, fostering an interpersonal network of Caregivers. Peer-based programming for Caregivers allows for an opportunity for individuals to feel seen and heard by a trained supporter who has lived- experience of caregiving.

Highlights

Caregiver Connections operates across six CMHA Regions: Edmonton, Red Deer (Central), Wood Buffalo (Northeast), Grande Prairie (Northwest), Medicine Hat (Southeast), and Camrose (East Central as well as The Family Centre Society of Southern Alberta in Lethbridge).

Program evaluation data gathered during the 2022/23 fiscal year produced overwhelmingly positive results across key outcomes. These include increased feelings of self-efficacy (93.75%), support of participants' needs as a caregiver (100%), social and emotional support (97.05%), and knowledge of community resources (93.34%).

What's next

Thanks to the support and endorsement of the Government of Alberta, the Caregiver Connections grant has been renewed for another 2-year term.

Learn more about Caregiver Connections at alberta.cmha.ca/caregiverconnections.



Recovery College is accessible, welcoming and accepting of everyone, no matter where participants are on their mental health and wellness journey.

Peer Participant | Recovery College



About

Recovery Colleges in Alberta offer free wellness and mental health recovery-focused courses for individuals, families, workplaces and cultural and spiritual communities. No matter where someone is on their mental health journey, Recovery College is for them.

Highlights

Recovery College Alberta has engaged in collaborative relationship-building across the province to foster a connected and strong collective of Regional Recovery Colleges operating in seven CMHA Regions: Edmonton, Lethbridge (South), Red Deer (Central), Wood Buffalo (Northeast), Grande Prairie (Northwest), Medicine Hat (Southeast), and Camrose (East Central).

Many of these Regions continue to offer online courses, which facilitate access for rural and remote communities. Some Regions have reintroduced in-person offerings, too. Course content continues to be co-developed to reflect communities' unique needs, harnessing the perspectives of lived experience.

Project evaluation data has indicated significant positive impacts on personal, community, and system-level outcomes. The Facilitator Community of Practice and Peer Mentorship Network has offered opportunities for facilitation staff to connect, engage, and learn from one another.

What's next

The current Recovery College grant, funded by the Government of Alberta, concludes this upcoming fiscal year. In preparation for this, significant energy will be spent building a collaborative grant renewal process with the Government of Alberta, CMHA Regions and CMHA Alberta Division.

Learn more about Recovery College at alberta.cmha.ca/recoverycollege.



Working Stronger's workplace mental health training gave me the confidence to know I was providing the best, most up-to-date and practical knowledge.

Lindsay Recknell | Working Stronger Training Participant



About

Working Stronger is a collection of workplace mental health workshops and trainings, including Psychological Health and Safety training. Workplaces from all sectors access these relevant offerings to promote the psychological wellbeing of their teams. The Psychological Health and Safety training certifies participants to implement the National Standard for Psychological Health and Safety in their own workplace.

Highlights

This year, CMHA, Alberta Division facilitated 56 mental health training workshops and 6 Psychological Health and Safety cohort trainings, accommodating both in-person and virtual formats. In all, 55 people were trained in Psychological Health and Safety.

The highlight of the year was reconvening the Working Stronger Conference in person. After several years of hosting this conference virtually, it was exciting to welcome over 350 delegates in Edmonton. This event reaffirmed Working Stronger's commitment to collaboration, knowledge sharing, and driving advancements in workplace mental health.

What's next

This upcoming year will see content refreshes of all the training workshops, particularly the Psychological Health and Safety training. Additionally, look for the next Working Stronger Conference in Fall 2024.

Learn more about Working Stronger at workingstronger.cmha.ca.



Youth Hubs Alberta is a space where I can be myself and meet new people. When I feel connected and safe, I am more happy and willing to do the things I love.

Community Youth Hub Member | Youth Hubs Alberta



About

The Integrated Youth Services (IYS) initiative, known as Youth Hubs Alberta, is a youth-centred, community-designed and provincially aligned approach aimed at enhancing access to and navigation of existing mental health resources for youth and young adults aged 11-24 years.

Highlights

This year, 11 active community hubs provided services to youth. Demand for services increased by more than 40% compared to the same period in the previous year. All hubs involved youth in decision-making; youth reported positive experiences of the hubs overall, emphasizing ease of access and appreciation for their community hubs.

What's next

At the end of this year (March 2023), CMHA, Alberta Division was notified that Kickstand would be shepherding the IYS initiative into its next phase. The grant was thoughtfully transitioned to the new team.

STATEMENT OF FINANCIAL POSITION		2023	2022
ASSETS			
Current			
Cash	\$	2,994,128	\$ 3,370,668
Accounts receivable	\$	34,973	\$ 119,606
Prepays and deposits	\$	6,439	\$ 13,347
	\$	3,035,540	\$ 3,503,621
LIABILITIES			
Current			
Accounts payable and accruals	\$	382,801	\$ 733,426
Deferred contributions - operating	\$	1,412,983	\$ 1,430,333
	\$	1,795,784	\$ 2,163,759
NET ASSETS			
Unrestricted	\$	939,756	\$ 1,339,862
Internally restricted - other	\$	300,000	\$ -
	\$	1,239,756	\$ 1,339,862
	\$	3,035,540	\$ 3,503,621
STATEMENT OF OPERATIONS		2023	2022
REVENUES			
Public support	\$	602,354	\$ 480,163
Government support	\$	6,971,463	\$ 6,432,161
Other revenue	\$	229,179	\$ 158,295
Training and conferences	\$	363,819	\$ 173,099
Rent and administration	\$	16,500	\$ 18,000
	\$	8,183,315	\$ 7,261,718
EXPENDITURES			
Building occupancy and office	\$	275,037	\$ 311,879
Financial expenditures	\$	11,018	\$ 7,314
Human resources and contract services	\$	3,193,510	\$ 2,432,439
Information services	\$	81,879	\$ 19,916
National membership	\$	25,866	\$ 25,866
Travel and development	\$	145,431	\$ 28,434
Psychologist fund	\$	13,195	\$ 13,675
Fundraising	\$	22,915	\$ 15,497
Training	\$	80,581	\$ 39,657
Provincial conferences	\$	204,244	\$ 52,725
Projects/programs	\$	4,229,745	\$ 3,829,628
	\$	8,283,421	\$ 6,777,030
(DEFICIENCY) EXCESS OF REVENUES OVER EXPENDITURES	\$	(100,106)	\$ 484,688



MAKE MENTAL HEALTH MATTER IN ALBERTA

BECOME A MEMBER



JOIN A COMMUNITY THAT CARES

REGISTER FOR A CMHA, ALBERTA DIVISION MEMBERSHIP
[ALBERTA.CMHA.CA/MEMBERSHIP](https://alberta.cmha.ca/membership)



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