



SUPPORTING RECOVERY

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MISSION

Our mission is accomplished through participation of individuals living with mental illness, clinical and rehabilitation services, public education, social change and advocacy, and community collaboration.

VISION

Our vision is of an inclusive community that promotes emotional well being, human dignity and social justice, where people are valued and opportunities in all aspects of life are available to everyone.

VALUES

- We value a recovery-centred approach
- We value a person-centred approach to services
- We value respect for individual rights
- We value the leadership role of individuals and families living with mental illness
- We value a holistic approach to the individual
- We value collaborative, multi-disciplinary approach to care
- We value quality services that are founded on evidence-based practice
- We value the contribution of staff and volunteers
- We value leadership and creativity

Photovoice - Selected as a Demonstration Project by the Mental Health Commission of Canada

CMHA's Education and Training Program's Photovoice Project has been selected by the Mental Health Commission to become a demonstration site for their Anti-stigma/Anti-discrimination initiative. The Commission will work with the mental health community, consumers and stakeholders to carry out a carefully targeted plan which will include an evaluation component.

As part of phase one of the Initiative, they had identified a group of established projects

such as Photovoice which uses "Contact-based" Education to reduce stigma and discrimination. Joanne Books, Manager of Education and Training will be meeting other selected programs in the early fall to share successful education projects and create appropriate evaluation tools to measure their effectiveness.

The Commission will serve as a catalyst, mobilizing and focusing the actions of others to make a real difference in the area of anti-stigma/discrimination.



Human Lives Uprooted by Mental Illness - Empowered to grow

Psychiatric Rehabilitation Training

CMHA Thunder Bay has contracted Boston University's renowned Centre for Psychiatric Rehabilitation to train and mentor the organization's staff and management in the Psychiatric Rehabilitation Approach (PRA). This is a significant strategic investment on an organization and program level that will transform our practices and strengthen our identity as the community leader in recovery oriented mental health services.

Once completed in the spring of 2010, over 40 staff will be well on their way to becoming Psychiatric Rehabilitation Practitioners.

Our goal is to strengthen our ability across all programs to support the recovery of program participants in acquiring their goals in the living, learning, working and social aspects of their life.

Thunder Bay Youth Suicide Task Force Memorandum of Agreement

Youth Suicide is a hidden and complex issue. However, we recognize the ripple effects of suicide; the emotional pain, guilt and numbness it leaves behind on families, friends, and community. CMHA, a member of the Thunder Bay Youth Suicide Prevention Task Force has been working with the partner agencies to prevent youth from taking their own lives and to effectively deal with the aftermath of a youth suicide.

The mandate of the Youth Task Force is to prevent youth suicide and increase awareness of youth suicide.

A Memorandum of Agreement between the partner agencies was signed April 20th, 2009. The agreement is a commitment among the Community Agencies to provide human resources and clinical expertise when a suicide has occurred in our school community.

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CMHA Joins One Mail Partnered

Ontario continues to move forward to establish the exchange of personal health information in a timely and secure measure.

CMHA is pleased to have joined the Ontario Network for E-Health by subscribing to One Mail Partnered.

One Mail Partnered allows participants to exchange e-mail messages within their participant organizations.

Our involvement in One Mail Partnered supports our goal to work collaboratively with other involved health care providers to ensure clients are able to achieve their optimum health outcome.



Seeking Accreditation Through Accreditation Canada

Accreditation Canada is a non-government organization which sets national standards and accreditation programs for all health care sectors. They help organizations and systems across Canada examine the programs and services they provide.

CMHA - Thunder Bay chose to participate in the accreditation process in order to improve the quality of programs and services offered, and to demonstrate that commitment to the people who use our services, employees, volunteers and community partners.

CMHA - Thunder Bay began the first leg of the accreditation journey in October 2007. The first phase, the "Primer" involved the completion of questionnaires by both employees and people using services. Following the completion of the Primer phase of accreditation which included an onsite visit by Accreditation Canada surveyors, a Report issued by Accreditation Canada identified that CMHA had met the requirements for the first phase of the accreditation process.

CMHA - Thunder Bay will undergo another on-site survey visit by Accreditation Canada in November 2010. In preparation for this survey visit, various working groups have been established to conduct focused reviews and evaluations of how the organization compares to relevant standards. The identification of both strengths and areas requiring attention has provided the foundation for the development of action plans for improvement. Notably the organization has developed a comprehensive and integrated policy and procedures manual; addressed emergency preparedness and other safety related areas; enhanced service delivery; developed processes for Board Evaluation and begun the process of streamlining information management across the organization.



Minding Our Bodies

physical activity for mental health

Members of Skills Development Services are currently involved in Minding Our Bodies, (MOB). CMHA, Ontario Division, in partnership with YMCA Ontario, York University and Ontario Ministry of Health Promotion – Communities in Action Fund initiated the project. CMHA, Thunder Bay Branch, is offering members a variety of physical activities and educational sessions on health and wellness throughout the MOB project. The goal of this project is to increase capacity within the mental health system, to promote active living, to create new opportunities and to reduce barriers for inclusion in the community. Consumer leadership involvement and partnership with Thunder Bay District Health Unit, Diabetes Health and City of Thunder Bay Parks/Recreation, has been key to the project's positive outcomes thus far. After two months into the project, 35 registered participants have taken part in a variety of physical programs such as yoga, bowling, walking and team sports. In addition to physical programming, these participants have also had the opportunity to attend educational sessions on Diabetes and eating nutritionally. Participants are actively evaluating programs and are completing personal wellness tracking records. Currently, the Minding Our Bodies project team is looking to develop a sustainability plan when the project ends in October 2009, with the goal of maintaining opportunities for members of CMHA, Thunder Bay Branch.

