

Annual General Report

2009 | 2010



CANADIAN MENTAL
HEALTH ASSOCIATION
L'ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

The Canadian Mental Health Association, Thunder Bay Branch, is part of a national non-profit organization that is dedicated to enhancing and promoting the mental health of individuals, families and community through advocacy, education and mental health services.

Supported by:



Ontario

North West Local Health
Integration Network



Annual General Report 2009 / 2010

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“It’s refreshing to
be reminded of
something positive
instead of focusing
on the bad things.”

1.0 ANNUAL REPORTS

1.1

1.1 MESSAGE FROM THE PRESIDENT AND EXECUTIVE DIRECTOR 2009-2010

Two major organizational projects have been central to our work over the past year.

Our Psychiatric Rehabilitation Training, delivered by the Boston University's Center for Psychiatric Rehabilitation, came to a close. Our shift has now focused to incorporating the skills we learned into everyday practice.

The training provided staff with practical experience and knowledge to help our clients choose valued community roles, to acquire the skills and supports to be successful.

Given our Vision of "an inclusive community where people are valued and opportunities in aspects of life are available to everyone", the training had a strong connection to CMHA's values and mission.

We are into our second year of working toward accreditation through Accreditation Canada. We continue to review and evaluate our performance in governance, mental health, and effective organization.

Already, we have observed improved approaches to areas related to client and staff health and safety, board evaluation and governance, and quality improvement within our services.

Any effective organization is only as good as its people. In our case, these are volunteers and staff, who govern, support, and deliver the services we provide.

Special recognition goes to two exiting Board Directors. Brian Brescia served a full term of 11 years, including two years as president. Sherry King served five years.

Finally, we wish to honour the staff, both within management and at the front line, for their hard work, compassion, and commitment to providing high quality services. They are simply the best.



Sandra Rejall, President

Sandra Rejall
President

Maurice Fortin
Executive Director

1.2 CRISIS RESPONSE SERVICES

1.2

September 2009, the Crisis Response team reached their ten year milestone. We are pleased to report that the stewardship assigned to Canadian Mental Health Association (CMHA) to transform a community vision: a 24/7 crisis telephone line, a 12-hour mobile response team and safe beds for individuals experiencing a mental health crisis were realized. Furthermore, we are proud to herald that family and individuals experiencing a mental health crisis have an effective crisis response system to assist them when experiencing a mental health crisis.

We would like to recognize the following agencies for their contributions in the development of a community crisis response system:

- Thunder Bay Community Housing
- Ontario Friends of Schizophrenics (Schizophrenia Society of Ontario)
- Lakehead Regional Family Centre (Children's Centre Thunder Bay)
- Alpha Court
- CMHA
- McKellar Hospital
- Salvation Army
- Lakehead Psychiatric Hospital
- Manic Depressive Support Group

Annually, we served eight hundred individuals in crisis. Service functions were provided in the following areas:

- Telephone support
- Referrals and information
- On-site mobile response assessment and interventions
- Advocacy and support at the hospital emergency department
- Crisis support residence

Your visionary leadership is now a reality. Thank you.

1.3 CASE MANAGEMENT SERVICES

This year the Court Diversion Program successfully diverted 50 percent of all referrals from the judicial system to the mental health system. The court case management program provided regular outreach service to the Thunder Bay District Jail and Thunder Bay Correctional Centre for inmates on remand.

The youth court program continues to work collaboratively with youth probation and youth criminal court providing needed mental health interventions and support to referred clients.

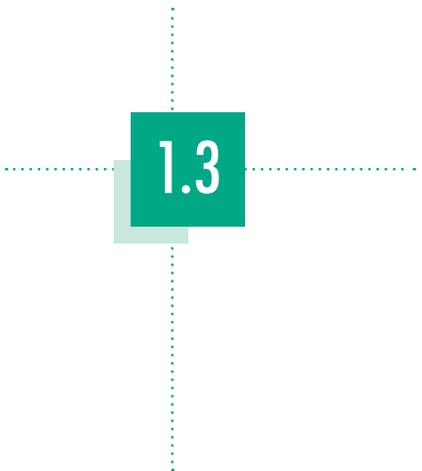
The homelessness programs, HIP II, HOPS and Court Rent Supplement, are providing rent supplement and case management support thereby ameliorating the problem of the mentally ill and homelessness.

The program is fortunate to have consulting psychiatrists to support clients. We have established an agreement with Sick Kids Tele-Link Psychiatry for forensic psychiatric consultation for transitional aged youth. Monthly psychiatric consultations for the court programs have been extended to include an hour long education and client review component. These consultations have resulted in improved treatment recommendations, assisted clients in addressing a range of medical and psychiatric issues, and have improved the skill set of staff.

CMHA, Thunder Bay, established a partnership with the Center for Rights in Accommodation (CERA), to operate a tenant rights clinic to support clients experiencing discrimination in housing. The program will provide legal consultation and advice for referred individuals.

Finally, January of 2010, the program relocated to a satellite space on Cumberland Street close to the main building.

Congratulations to staff for their commitment to quality service within the judicial and housing sectors.



1.3



“Thank you for the freedom of exploration. (These sessions) have shed a bright light in the darkness. It opened a door for me...I feel new.”

1.4 SKILLS DEVELOPMENT SERVICES

1.4

Skills Development Services offered a range of services and events this year including a five day camping excursion to Camp Aurora, holiday celebration dinners, a Christmas Day Open House, Reaching for the Stars, a winter sleigh ride and summer picnics. Many new initiatives were also introduced including a Community Kitchen and writing and crocheting group.

On site education in partnership with the Lakehead Adult Education Centre has expanded to two mornings a week, housing support continues to be provided, and a new Transitional Employment Placement opportunity was established with the Children's Centre.

Most exciting are the two special projects that were launched this year: Minding our Bodies and the Ontario Arts Council Project. Skills Development was selected to take part in an initiative of CMHA Ontario Division entitled "Minding Our Bodies". This project afforded our membership opportunities to be actively involved



in various physical health activities and educational sessions. Some of the highlights included bowling, aquabics, curling, horseshoes, walking, baseball and yoga as well as education sessions on smoking cessation, diabetes health and nutrition. Members also participated in Peer Leadership training and assumed joint leadership in this project.

A proposal submitted to the Ontario Arts Council in partnership with Skills Development and Education and Training was approved and launched. Members will participate in activities that will develop skills associated with three art mediums, which will be followed by a community celebration in October 2010.

Congratulations to staff and members for their contributions to a successful year of service delivery!

1.5 REGIONAL EARLY PSYCHOSIS INTERVENTION SERVICES

1.5

Therapeutic Partnerships Foster Recovery

First Place Clinic & Regional Resource Centre celebrated a number of successes this past year. The program is in its fourth year of operation and continues to expand its reach into the region through videoconferencing and now direct outreach. Fort Frances CMHA has generously extended the use of their facilities, and team members can now easily travel to Fort Frances to see youth and families from the Kenora/Rainy River District. Community connections have thrived as the partnership with Dilico Anishnabek Family Care continues in Thunder Bay District communities, and as our psychiatrist works closely with family physicians across the region.

Most important has been the movement of youth towards recovery. Many are free from distressing symptoms of psychosis and moving forward in life through secondary or post-secondary education and part or full- time employment. First Place's community based rehabilitation programming – based on Recovery principles using the Psychiatric Rehabilitation Approach (PRA) – has not only supported goals in living, learning and working environments, but social progress as well. The addition of a dedicated Family Care Coordinator has enabled First Place to provide support to families regardless of geography. Through inclusion, education and support, parents are coping better and playing a significant role in supporting the recovery of their child. Positive results towards recovery are occurring as a result of combining interdisciplinary teamwork, partnerships with local service providers, and the personal resources and commitment of young people and families.



2009 EPI Team



An example of client artwork created during art groups/social programming.

1.6 EDUCATION AND TRAINING SERVICES

1.6

Our program offers education and training services in the community on the topics of mental health and recovery.

This year we continued to receive a large number of requests in the community for Photovoice: Exposing our Path to Wellness. December 2009, the Mental Health Commission of Canada selected our training tool as part of their anti-discrimination initiative. We will be conducting a series of Photovoice workshops in the community, evaluating their effectiveness in increasing awareness and reducing stigma. The overall aim is to develop and document best practices in the field of education and anti-discrimination.

November 2009, the Ontario Arts Council awarded CMHA, Thunder Bay Branch, funding to integrate creative arts into CMHA's Skills Development programming. This partnership with Education and Training brought in three professional artists from the community. They shared their creative skills with our members.

Skills Development will offer two 12- week sessions in writing, dance and visual arts. Wonderful things are happening as a result! The program allows participants to focus on the positive aspects of their lives:

"It's refreshing to be reminded of something positive instead of focusing on the bad things."

"Thank you for the freedom of exploration. (These sessions) have shed a bright light in the darkness. It opened a door for me...I feel new."

At the completion of these sessions, the artists will be working together with our members to develop a community presentation celebrating our strengths and creativity.



We look forward to sharing our work with the community in the upcoming year.



The Society of Excellent Men consisted of 40 men chosen to participate in the Styles and Smiles event as result of their ongoing commitment to making a difference in their community. The Society's members reached out to over 500 donors and as a result, they raised more than \$35,000 for CMHA , Children's Centre and the United Way.

*Styles
&
Smiles*

A tribute to the late Howard King
and the Society of Excellent Men

1.7 RESOURCE DEVELOPMENT SERVICES

1.7

October 2009, the CMHA & the Children's Centre Foundation's Styles & Smiles event promoted mental wellness and enhanced public awareness of mental health issues and, also, raised funds for their agencies.

The Society of Excellent Men consisted of 40 men chosen to participate in the Styles and Smiles event as result of their ongoing commitment to making a difference in their community. The Society's members reached out to over 500 donors and as a result, they raised more than \$35,000 for CMHA , Children's Centre and the United Way.

Styles & Smiles

This tribute event to Howard King and the Society of Excellent Men, raised awareness to over 300 people about stigma and the knowledge that mental illness challenges so many individuals. The Society of Excellent Men acted as ambassadors at Styles & Smiles. The evening program included a statement by each man about their perspective on mental health. The event included an art sale, a luxury raffle, a fashion show and comedy entertainment by Big Daddy Tazz, who through the medium of comedy, shared his experience with mental illness.

Annual Thunder Bay Dragon Boat Race Festival

Since 1999, the Dragon Boat Festival has raised more than \$880,000 through sponsorships, fundraising by teams and community support for CMHA, Catholic Family Development Centre and St. Joseph's Foundation.

The dates for 12th Annual Thunder Bay Dragon Boat Race Festival are July 16-17, 2010.

CMHA's team was one of the top fundraising teams at the Dragon Boat Festival July 2009.

2.0 MISSION, VISION & VALUES

2.0

Our Mission

The Canadian Mental Health Association, Thunder Bay Branch, is committed to supporting individual recovery and promoting mental wellness within families and communities.

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

Our Vision

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.

Our Values

We value a recovery-centred approach that focuses on building fulfilling, productive lives. We emphasize hope and believe that when individuals have access to effective resources they will develop the confidence to take the lead in their own recovery.

We value a person-centred approach to services that supports self-determination and self-sufficiency.

We value respect for individual rights of freedom-of-choice and privacy.

We value the leadership role of individuals and families living with mental illness and believe their participation is integral to the pursuit of the mission.

We value a holistic approach to the individual based on wellness rather than illness and enhancing the individual's well being through coordinated access to resources.

We value a collaborative, multi-disciplinary approach to care that focuses on meeting the needs of the people we serve.

We value quality services that are founded on evidence-based practice, being mindful of the need to do no harm.

We value the contributions of staff and volunteers by creating a safe, healthy, friendly and productive environment that encourages respect, initiative, innovation and personal and professional growth. We recognize that our greatest resource is our people.

We value leadership and creativity to encourage individuals living with mental illness, families, staff and volunteers to work together as a team in the pursuit of our mission.

3.0 BOARD OF DIRECTORS 2009 - 2010

3.0

Past President

Brian Brescia

President

Sandra Rejall

Vice-President

Linda Stewardson

Treasurer

John Ramage

Secretary

Sue Kaucharik

Member-at-Large

Susan Tilson

Honourary Chairperson

Shirley King

Directors

Jeanne Kahara

Jonathon Stephens

Nicole Spivak-Nigro

Sharon Bak

Sherry King

Stan Polowski

Yvonne Wodell

James Wilcox

Peter Evans



4.0 DONOR & VOLUNTEER SPOTLIGHT: SHIRLEY KING

4.0

For almost 25 years Shirley has been passionate about helping CMHA to fulfill its mission.

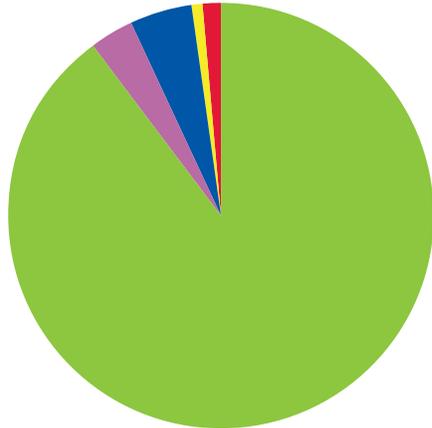


Shirley King

“When you become aware that 4 out of 5 people have friends or family that has been touched by mental illness, it is really important that we can steer them to organizations like CMHA and the programs that they offer. It may help to save a life at some point. CMHA is a strong thread in the fabric of our community. It touches the lives of many individuals. CMHA has an exceptional, diversified and committed Board of Directors, highly qualified, professional, motivated, caring and devoted staff. CMHA is an organization with a very definite vision; a vision that means improved quality of life, respect and recovery for the people we serve. I am proud to support them and we must all come together to show our support in the future.”

5.0 FINANCIAL SUMMARY

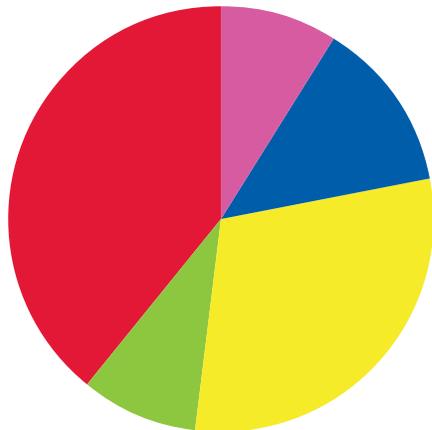
5.0



Revenue by Source
(less amortization)

\$4,806,745

- (90%) Ministry of Health and Long Term Care & Housing
- (3.5%) Donations / Fundraising / Grants / Other
- (4.5%) Ministry of Children's and Social Services
- (1.0%) GAPPS & Other
- (1.2%) District Services Administration Board



Fundraising, Workshops, Donations,
Dragon Boat, Gaming & Events

\$117,160

- (9%) Workshops
- (13%) Donations
- (30%) Dragon Boat
- (9%) Gaming
- (39%) Other - Events

Statement of Revenue & Expenditures April 1, 2009 to March 31, 2010

Full Audited statements are available upon request.



CMHA Volunteers make mental health matter

CMHA thanks all our volunteers
and donors for their dedication
and tremendous support in 2010.



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*Ride For
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