



Canadian Mental  
Health Association  
Thunder Bay  
*Mental health for all*

# ANNUAL REPORT 2022 2023



CANADIAN MENTAL  
HEALTH ASSOCIATION  
THUNDER BAY

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**Canadian Mental  
Health Association**  
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**Ontario**

# BOARD OF DIRECTORS 2022-23

Jordan Vigliarolo – Chair  
Amanda Maranzan – Vice Chair  
Neil Ronald Irvine – Past Chair  
Marcel Gagnon – Treasurer  
Sarah Hamlin – Secretary  
Sandra Rejall – Member-at-Large  
Michaela Coulter – Director  
Matt Pascuzzo – Director  
Pamela Kaartinen – Director  
Brian Ross – Director  
Liam Fors – Director

## HOPE ~ *Holding Onto Positive Endings*

**Definition (verb):** Transition starts with an ending. As tempting as it is to jump straight to transition and new beginnings of normalcy after the pandemic, it is important to spend some time in the first step of endings, which really asks us to ‘end well’ with new understanding, new values, and new attitudes that when we come together, we create a refreshed identity and new meaning and outlook at CMHA Thunder Bay.



# MESSAGE FROM CHAIR OF THE BOARD

“Our Board collectively came together to find HOPE this year by embracing a deeper understanding, deepened values, and concentrated attitudes that, when coming together through governance, created a refreshed and refocused identity. Meaning, our Board and organization now has a new outlook as a Recovery organization delivering excellence in “mental health for all.”



Jordan Vigliarolo  
Board Chair



# MESSAGE FROM CEO

“The leadership of our Board of Directors along with the passion and commitment of all staff, delivered a year of excellence in services to improve mental health for all. The investment in wellbeing for our workforce, focused partnerships within Indigenous circles, the addictions sectors, and a renewal of commitment by CMHA Thunder Bay to RECOVERY through Mental Health Commission of Canada has offered hope and positive endings for those we serve, including our employees and partners. Reflecting on the past year, it is inspiring to see us ‘end well’ with deepened hope and focus on how we can continue to create new meaning all while holding on to our POSITIVE endings.”



Jennifer Hyslop  
CEO





# HIGHLIGHTS FROM THE YEAR / YEAR IN REVIEW

- Official launch of our 24/7 Crisis Phone line texting to chat service.
- IMPACT Research Report completed by Lakehead University.
- Safe Bed Capacity & Enhanced Pathway with Balmoral Centre
- Walk in/Talk in Partnership with Children's Centre Thunder Bay, Alpha Court & Dilico Anishnabek Family Care, Thunder Bay Counselling Centre, NOSP, Our Kids Count
- Staff trained as Facilitators & deliver training for ASIST, Mental Health First Aid, Talk Today & Mental Health Works
- New Partnership with SIJHL to deliver Talk Today to local junior hockey teams
- Renewed Accreditation with Accreditation Canada
- Ontario Health Centre of Excellence EPI Task Force participation
- Four Year Strategic Objectives and Action Plan for the organization for Recovery Champions working Group
- NAVIGATE Fidelity Assessment completed
- Board of Directors retreat March 2023
- Community Reintegration Pilot Project through PHSJCC
- NWCOR- regional situation Table Community of Practice, ECOR Strategic planning, Completion of annual work plan for HSJCC
- Back to Home partnership with Alpha Court, St. Joseph's Care Group and Dilico Anishnabek Family Care



# PROGRAMS AND SERVICES

## MENTAL HEALTH & WELLNESS PROMOTION:



**324**

people attended  
presentations and training  
sessions



**15**

community resource  
requests



**168**

people attended education  
and support groups



**7**

external community outreach  
events attended



**22**

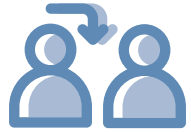
educational campaigns  
shared online

## CRISIS RESPONSE PROGRAM:



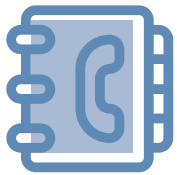
**237**

children and youth as  
unique individuals served



**7,869**

contacts  
face to face contacts



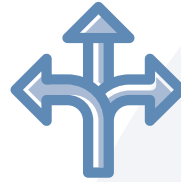
**1,138**

regional phone/text contacts



**3,157**

individuals served by  
Crisis Response



**610**

diversions from justice and/  
or hospital from IMPACT  
team



**455**

referrals/connections made  
from IMPACT to community  
partners in 7 months



**89**

individuals served through  
Safe Bed Program

## CASE MANAGEMENT PROGRAM:



**336**

clients served in Adult and  
Youth Mental Health Court  
Diversion

**64%**

of clients completed  
diversion and charges were  
withdrawn/diverted



**171**

clients served by Case  
Management



**144**

clients served in Housing  
First program

## FIRST PLACE CLINIC & FAMILY RESOURCE CENTRE:



**179**

individuals served



**44**

individuals living in region



**95**

new referrals



**503**

completed virtual sessions

## NEW FOUNDATIONS:



**392**

New Foundation Program  
Members



**520**

individuals served thru  
walk in program.



**12,598**

Total Attendance Days  
by members



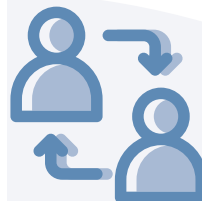
**1,700**

hours worked through  
Transitional Employment  
program = 30 members  
employed



**72**

New Members



**3,791**

direct client interactions  
by the GAPPS Program  
(includes face to face and  
phones)



**5,125**

individuals served with  
healthy meals and  
programming.



NW COR & SITUATION TABLE:



15

Discussions received by the Thunder Bay Situation Table



4

new agency partners to the Thunder Bay Situation Table

100%

of these discussions met the threshold for Acutely Elevated Risk



5

Orientation Sessions were held for new Situation Table members with 50 new members trained across the NW region

47%

of the discussions resulted in Overall Risk Lowered



# FUNDRAISING AND DONATIONS

Fundraising is a necessity for our Mental Health & Wellness Promotion program to operate as 100% of your proceeds, stay local and support the program. Individuals, groups, families, organizations, service clubs who coordinate and host their own fundraising events to support and promote awareness of CMHA Thunder Bay are invaluable. We are consistently inspired by our community partners' creativity to host unique events that help us to provide mental health for all in our community and region.

Individual contributions, corporate donations and legacy gifts help to make mental health and recovery matter. These philanthropic donations impact the lives of thousands in our community ensuring available and accessible mental health programs are available.

## Examples of how your \$ helps provide mental health for all in our community:

- \$100 provides a seat to one of our workshops or training session.
- \$400 provides training for a community member to learn more about suicide intervention.
- \$500 provides community group training to help strengthen a not for profit to be a psychologically healthy and safe workplace.

## THANKS TO OUR DONORS



Project Purpose





Matt Christie, stepped 30,000 steps indoors in just 10 hours setting the Guinness World Record for stairclimbing. In addition, a donation of \$5,300.00 from the world record breaking initiative went to Canadian Mental Health Association Thunder Bay Branch.



Thank you @projectpurposetbay for your on-going commitment to helping us at CMHA TBay provide #mentalhealthforall. Cooper and Nelson donated 2k from their 2nd annual golf tournament for a total of \$5,000 donated to date.

# YEARS OF SERVICE

## Recognizing our staff for all their contributions this year.

### 25 plus

Chantal V.  
Mike S.

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### 20 - 25

Brant W.  
Carol M.  
Dana O.  
Joan R.  
Robert S.  
Tiffany S.

---

### 15 - 20

Kathy G.  
Laura M.  
Ryan S.

---

### 10 - 15

Jason A.  
Jenny L.  
Shawna-Lee K.

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### 5 - 10

Alana K.  
Alysha T.  
Beckett H.  
David C.  
Emily J.  
Ginny W.  
Jordan T.  
Joseph G.  
Joy K.  
Karen M.  
Karen P.  
Kerri L.  
Maggie H.

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Mathew D.  
Patrick R.  
Rehka K.  
Sandra R.  
Vanessa M.  
Jennifer H.

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### 0 - 5

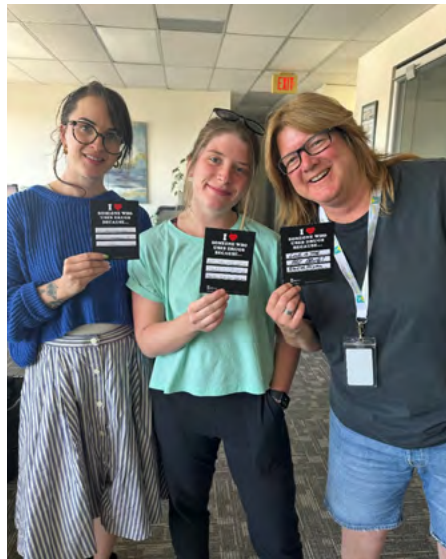
Alannah W.  
Alexandra B.  
Ammu J.  
Andrea M.  
Anton V.  
Brianna M.  
Brittany B.  
Bronte B.  
Chelsea Z.  
Chris R.  
Cole M.  
Corrine B.  
Courtney L.  
Curtis M.  
Daniel S.  
Derek M.  
Emily N.  
Hannah B.  
Holly G.  
Jacqueline B.  
Jeffery I.  
Jessica D.  
Kaitlyn C.  
Katelyn M.

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Kathy H.  
Kristina B.  
Laura A.  
Laura K.  
Liberty M.  
Maria B.  
Matthew C.  
Mekenzie M.  
Michelle G.  
Molly Mi.  
Molly M.  
Nathan B.  
Nicole S.  
Preston M.  
Rachel C.  
Rachelle S.  
Ruby C.  
Samara W.  
Shannon H.  
Sharron D.  
Stephanie B.  
Tara F.  
Tessa D.  
Victoria L.

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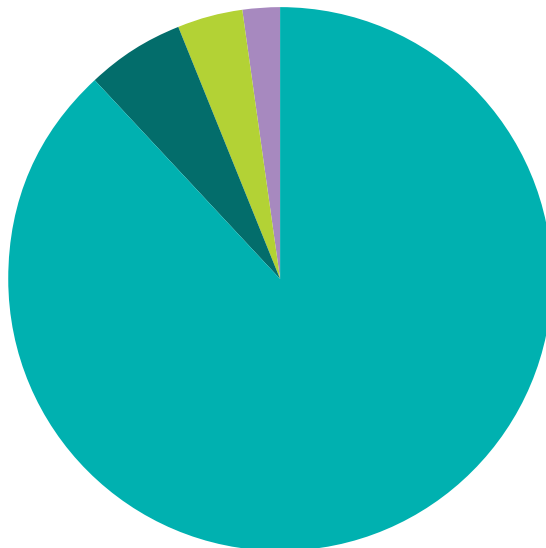


# FINANCIAL REPORT

## Revenue

total: \$ 8,631,955.00

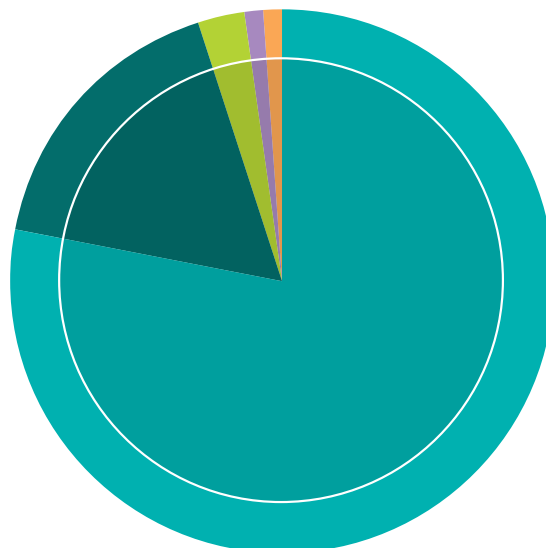
Ontario Health and Housing	7,704,956.00
Partnerships, programs and donations	545,681.00
MCCSS and MCYS Funding	325,514.00
Amortization of deferred capital contributions	199,950.00
Transfer of deferred capital contributions	(144,146.00)



## Expenses

total: \$ 8,500,925.00

Salaries	6,726,328.00
Direct program and administration costs	1,465,932.00
Amortization of capital assets	218,939.00
One-time expenses	53,274.00
Other expenses	36,452.00





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## CANADIAN MENTAL HEALTH ASSOCIATION THUNDER BAY

200 Van Norman Street  
Thunder Bay, ON P7A 4B8  
Phone: (807) 345-5564  
Fax: (807) 345-4458

[www.thunderbay.cmha.ca](http://www.thunderbay.cmha.ca)  
E-mail: [cmhatb@cmha-tb.on.ca](mailto:cmhatb@cmha-tb.on.ca)  
Branch Hours: Monday-Friday, 8:30 am-4:30 pm

If you are in crisis or experiencing a mental health crisis, call or text the crisis line at 807-346-8282  
District/Toll Free: **1-866-888-8988**

24 hours a day, 7 days a week, 365 days a year.

 @cmhatbay

 @cmhatb

Charitable Registration Number: 13029 3327 RR 001



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