



**Canadian Mental
Health Association**
Shuswap-Revelstoke
Mental health for all



ANNUAL REPORT

2017-2018

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**<http://shuswap-revelstoke.cmha.bc.ca>
www.facebook.com/CMHAsuswaprevelstoke/**

Our Vision

Mentally healthy people in a healthy society.

Our Mission

As the nation-wide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery from mental illness.

Our Core Functions

We will fulfill our mission by:

- Building capacity
- Influencing policy
- Providing services
- Developing resources

Our Key Values and Principles

- Embracing the voice of people with mental health issues
- Promoting inclusion
- Working collaboratively
- Influencing the social determinants of health
- Focusing on the mental health needs of all age groups
- Using evidence to inform our work
- Being transparent and accountable

Message from the Chair of the Board

Amazing that another year has passed and we are once again preparing for our AGM! Looking back on the past year I am so proud of CMHA Shuswap-Revelstoke for always striving to improve all our programs and initiatives. It has been a busy year with several accomplishments, we are now an accredited organization with Imagine Canada, in partnership with several organizations the Wellness Centre at Salmon Arm Secondary opened, and we are moving forward with transferring our housing society SILA into CMHA. The changes that have come over the past several years has created new growth for CMHA Shuswap-Revelstoke, and has created more opportunities to provide mental health support to members of our community in many ways; be it through our Clubhouse programs, Living Life to the Full, Suicide Prevention training, housing support programs, mental health workplace training programs and many other initiatives. On behalf of the Board of Directors, I thank all of the staff for being such positive contributors of the programs that they run and the excellent service they provide.

Thank you to the Board of Directors for the work that they do, and the contributions that they bring to our meetings and supporting the work done by CMHA Shuswap-Revelstoke branch.

A special thank you also goes out to our Executive Director, Dawn Dunlop for providing an incredible amount of knowledgeable guidance in her role and also for sharing her passion for being a mental health advocate for all members of our community.

Looking forward to another great year!

Marilee Hart– Chair

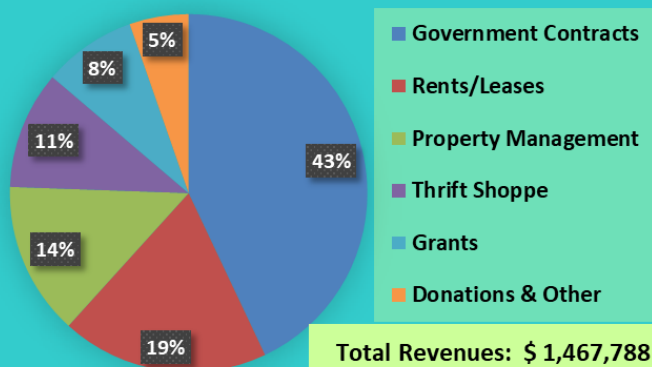
CMHA Shuswap-Revelstoke

Board of Directors

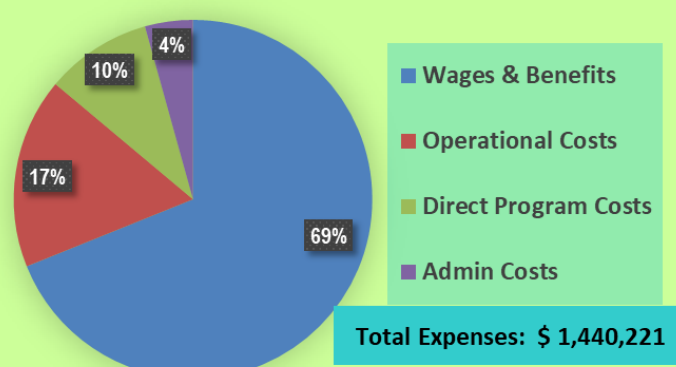
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| Director | Fiona Fleming |
| Director | Caroline Miede |
| Director | Christine Thiessen |
| Director | Susan Cawsey |

Finance Summary

2017-2018 CMHA Revenues



2017-2018 CMHA Expenses



Suicide Prevention

The Community Gatekeeper program has trained 430 people in Suicide Alertness training and Applied Suicide Intervention Skills in the Shuswap-Revelstoke catchment, and just over 900 regionally between April 2017 and March 2018. We are building capacity in communities to respond to people who are struggling with thoughts of suicide by training family members, friends, work colleagues, city council, WorkBC employees, RCMP, victims services, paramedics, hospice volunteers, dental clinic employees, teachers, doctors, elders, youth, and youth workers to name but a few.

CMHA Shuswap-Revelstoke has contributed \$16,220 to a provincial sustainability fund in this fiscal year and we have reduced the financial barrier to community members to receive training by securing grants from the Shuswap Community Foundation and the Shuswap/North Okanagan Division of Family Practice.

On September 13th, 2017 CMHA together with the community partners hosted the Second Annual World Suicide Prevention Lantern Walk (WSPD) in the community of Salmon Arm. It was an evening of remembering and acknowledging those we have lost to suicide as well as a strong community response to HOPE that we can do more together for our children, youth and their families struggling with suicide. There were over 150 people who walked with light and these folks ranged from toddlerhood to youth to parents and grandparents. An addition to this year's walk was a lantern making station before our walk that was very popular and created a special space to reflect and remember.

The Lantern Walk organizers were asked to present at the Canadian Association for Suicide Prevention in Toronto in September 2017, and the walk has acted as a template for other communities to create their own WSPD Lantern Walk. Revelstoke, Vernon, 100 Mile, and Kamloops have all collaborated with CMHA Shuswap-Revelstoke staff. A tool kit will be created in response to the growing demand of other communities looking to CMHA Shuswap-Revelstoke as leaders in the Community Responses to Suicide Prevention.

CMHA Shuswap-Revelstoke has done groundbreaking community development work in creating ways that removes shame and stigma and from conversations around suicide and the Nation has taken notice! We are most proud of the outreach component of the WSPD event. In the months leading up to September 13th, we reached out to children, youth, and mental health programs to raise awareness and education about suicide through the making of a lantern. We asked that a word or phrase of hope be chosen to combat despair, sadness and confusion that suicide can sometimes create. Words that showed up on lanterns included: Resilience, Family, Peace, Strength. Love...and many, many more symbols of moving forward together. Over 100 lanterns were created for the event by children, youth and families.

A Safer from Suicide Action Team was created that continues to meet on a monthly basis to take on initiatives with community partners that address hope, help, and healing around suicide. This committee is made up of anybody and everybody who wants to address suicide prevention in our communities.



[Clubhouse]

Clubhouse provides a safe and comfortable place for participants to come and engage in programs and with each other. Our offered programs range from health and wellness, to arts and recreation, and onto personal education and skill-building, as well as pre-employment training. The programs are based on the principals of Psychosocial Rehabilitation, which promotes personal recovery, community integration and improved quality of life. Embracing this philosophy ensures that our programs are person-centered and geared to supporting participants in their journey for optimal well-being.

We believe that all individuals have the capacity for learning and growth, and our focus is to help participants improve the quality of all aspects of their lives. We take a holistic approach to delivering our programs, with the understanding that all areas of life— emotional, intellectual, social, physical, spiritual, financial, residential, occupational, etc.— contribute to one's overall health and well-being. With this in mind, we strive for an environment that enhances hope, respect, citizenship, and personal responsibility.

During this last year, Clubhouse experienced many changes from fresh paint to improved programming and collaborations with the community. The Participant Services office, which helps build a voice for individuals who use Clubhouse services, also took a more active stand in directing and developing growth. Their new initiatives. Snow Day and Morning Coffee Talk, have been well-received. Coffee Talk serves as a forum for participants to share thoughts and ideas and discuss timely events both near and far. The office also produces a monthly newsletter with a comprehensive calendar.

Peer Support and Participant Funding are other Participant Services programs. The peer program underwent a transformation with the goal of it being more inclusive to our participants. The program had 10 active peer mentors this year; it also held a six-week training session in the fall with 12 participants. The funding program, provided financial assistance to 41 applicants to help with self-development and wellness through courses and activities, like yoga, music, and bookkeeping.

What people are saying...

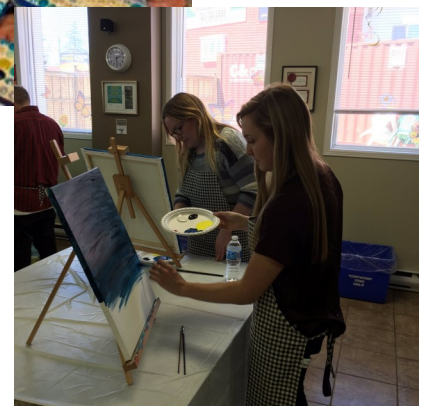
"I like everything about Clubhouse, but I especially like the socializing during drop-in nights."

"The reason I volunteer at CMHA is that it gives me a sense of purpose, it gives me routine and it is a safe environment."

"Words can never express just how grateful I am to each and every one of you, for helping me regain a life worth living."

"I find my volunteering at CMHA is of great help to my mental health and self-confidence and being a part of this fantastic team is a godsend."

"The Clubhouse is a safe place and a comfort zone."



Hudson Thrift Shoppe

Monday to Saturday from 10:00am to 4:30pm

The Hudson Thrift Shoppe is a very busy retail training program where participants learn the retail sales and interpersonal skills that will ultimately enrich their lives and create new opportunities for personal growth. We strive to promote a healthy environment where all feel valued and supported on their journey towards achieving personal wellness.

Teamwork and collaboration are among the valuable skills that are fostered within the thrift store program, and all volunteers are given a chance to bring ideas and issues to bi-monthly store meetings where everyone is encouraged to assist with problem solving, in addition to celebrating our many successes.

Our great team of volunteers use their skills in numerous ways: sorting, laundry, customer service, cashier, marketing, promotion and more. Senior volunteers are given the opportunity to mentor new volunteers in certain areas of their expertise.

Together with our community volunteers, participants endeavour to provide the outstanding customer service and quality merchandise you have come to expect from our thrift boutique. This year the thrift store embraced the opportunity to better serve our customers and leap into the 21st century—we introduced a debit machine! In addition, we also rearranged the store front to create a fresh, new, sparkling look to be enjoyed by both the customers and volunteers that work here.

A great big thank you to the community for supporting us with your purchases and donations, and to our volunteers for the precious gift of your time and commitment.

Donations

We are always looking for donations of good quality clothes, shoes, books, CDs, DVDs, and small household goods to re-sell. Our donation bin, located in the CMHA lobby, is open Monday to Saturday from 10:00am to 4:30pm.



Housing

There is no health without mental health, and there is no mental health without safe, secure, and affordable housing. With 6 buildings and over 130 units, we are a major non-profit housing provider in our community. Over the past years we have expanded our housing programs to ensure we offer a continuum of care to address the changing needs of individuals and families.

Through partnerships with Interior Health and BC Housing, we work together to provide safe and affordable housing to many people in the community.

4th Avenue Housing Program 8-bedroom supportive housing program addresses the changing needs of individuals and provides day-to-day supports to meet individual's mental health challenges.

Foxridge Housing Program 28 units of affordable rentals with on-site management provided by CMHA. The Interior Health Mental Health and Substance Use (IH-MHSU) team provides on-site support to tenants.

The Maples Housing Program 8 units of low cost housing in a safe and secure environment. IH-MHSU team provides outreach support to all tenants.

Shuswap Independent Living Association (SILA) (Clover Court, 680 Shuswap and The Terrace) 88 units of affordable housing for singles and families.

Information & Education

Family Support

This was an exciting year for families as we went through an environmental scan to highlight what services have been helpful for families and to identify any gaps in services. The ultimate purpose to create meaningful services for families. Six working groups (families and community partners) were identified and approached for input over the course of 3-months. From here, in collaboration with families, a draft of services were outlined and put into print in the form of a double-sided postcard. This postcard went public January 2018 and serves a three-fold purpose:

1. To promote awareness that there are family support services to families and community partners
2. To outline what family support services are available for families, and that they can self-refer
3. To increase referrals from other service providers who come in contact with families who may benefit from these supports, and that they can refer a family on their behalf to support a together-centred approach

To date: over 500 Family Support Services postcards have been distributed in the community; 57 families are registered in the Family Support Group to attend the monthly meeting, totaling 92 visits to the group this past fiscal year; 235 people were supported through navigation of services through education, information, connecting to community services and supports (includes walk-ins, phone calls, emails, and 1:1 appointments)

Community Outreach Highlights



Community development and outreach, and working in partnership is a priority for our branch in order to support our vision “mentally healthy people in a healthy society”. We are active and engaged in numerous community initiatives in Revelstoke, Sicamous, Enderby, and Salmon Arm. Some examples are:

- In 2018, the Wellness Centre at Salmon Arm Secondary opened after community groups worked together in partnership for several years.
- Revelstoke Wellness Fair at Revelstoke Secondary School and the Health Expo at Salmon Arm Secondary School; a day event for all students to get a snapshot of what resources there are in the community, whereby each resource hosts an interactive booth to engage students.
- Mental Health in the Workplace Workshops to a number of community organizations.
- Monthly Mental Health column for the Friday AM.
- Making wellness themed buttons with the community at the pride picnic, early years fairs, and at the college to name a few.
- Telling our story; the great things that are happening for mental health in the Shuswap here at CMHA Shuswap-Revelstoke.



Information & Education

Ride Don't Hide – June 25th, 2017

Riders in communities from BC to Newfoundland came together to celebrate mental health. Together we raised over \$1.5 million for the Canadian Mental Health Association to improve mental health for all Canadians. Here in Salmon Arm, our Shuswap-Revelstoke Ride was a huge success. It was a glorious sunny day for our 128 riders to cycle 1 of 3 routes (10km, 32km, or 54km). Our ride raised over \$10,000 to support local mental health programs here in the Shuswap.

This year our ride focused on workplace mental health in knowing that every day 1/2 million Canadians will call in sick to work due to mental health concerns. We want to take Ride Don't Hide as the opportunity to continue to speak about the importance of mental health in order to affect policy change in our government at all levels. However, most importantly, share as individuals that we can make a difference to our own mental health and those that we are connected to by listening, supporting, and not judging.

Thank you to all our riders, donors, sponsors, and volunteers for an amazing Ride Don't Hide 2017. We can't wait to see you for the next Ride Don't Hide in just a few days on June 24th, 2018. It's not too late to register as we celebrate 100 years that CMHA has been supporting Canadians and their mental health.

2017 Sponsors: The Salmon Arm Observer; EZ Rock 91.5; Tim Hortons; Dynamic Path Acupressure; Skookum Cycle and Ski; Shoppers Drug Mart; Shuswap Event.com; Mill Tech Industries; Staples; Word Art Web Artistry; and Sterling Land Wealth Advisory Group of RBC Dominion Securities.



Living Life to the Full

Living Life to the Full, is a 12-hour, 8-week course. Is stress, worry, or low mood taking its toll? Does this sound like you..."I can't be bothered. What's the point? I don't enjoy doing that anymore." If so, you may want to attend this relaxed and friendly life skills class to help you get your spark back. Life will always have ups and downs, however, how you respond can make all the difference to your life satisfaction. There are 8 sessions, 90 minutes each, once a week. Trained and certified facilitators will teach materials and lead group activities to help you practice the different skills or strategies. Here is what some of the folks from, our community have said about taking this course:

- "Simple, straightforward ideas for creating a better more positive life."
- "I was feeling down and decided to sign up for the 'Living Life to the Full' course. The poster said, "12 Hours That Can Change Your Life". I must say I was very skeptical, but the facilitator guaranteed that 'something' would shift for me. Living Life to the Full included a great mix of instructor facilitating, group discussion, written materials, and time to do some individual reflection. Living Life to the Full did indeed start to reverse my downward slide in to the deep, dark hole of depression. I give this course 5/5 stars."

CMHA-NATIONAL, BC DIVISION

We work collaboratively to fulfill our mission and vision

Supporting Our Families: Family Navigator — are you caring for a child/youth or dependent adult up to age 25? Are you feeling overwhelmed as a result of mental health and/or substance use issues of your loved one? CMHA's Interior Region Family Navigator works collaboratively with partners in your community to help Parents/Caregivers access relevant programs and services based on their individual needs. Receive help at the right time, in the right place, from the right people. Telephone: 1-844-234-6663 or Email: family.navigator@cmha.bc.ca / www.bcfamilynavigator.com

Bounce Back — is a free skill building program for adults experiencing low mood or stress, with or without anxiety. Bounce Back is offered throughout BC (1-866-639-0522) by the CMHA-BC Division and funded by the Ministry of Health. Resources and referrals are accessible via BC Family Physicians. See website @ www.bouncebackbc.ca

Confident Parents: Thriving kids — is a family focused coaching service effective in reducing mild to moderate behavioural problems and promoting health child development in children ages 3-12. The program is grounded in the Parent Management Training - Oregon Model developed by Implementation Sciences International Inc. Confident Parents: Thriving Kids is delivered via telephone by trained coaches whose role is to empower parents and/or caregivers to serve as the primary change agent for their children, and at no cost. Parents learn effective family management practices that promote social skills and cooperation in their child. For more information, visit our website: www.confidentparents.ca

Interior Crisis Line Network — the Interior Crisis Line Network was created with the assistance of the BC Crisis Line Association and the five Interior crisis line providers: CMHA-Kootenays, CMHA-Cariboo, CMHA-Vernon, Chilcotin Crisis Line, West Boundary Regional Crisis Line, and Kelowna Community Resource Centre. The Crisis Line is available 7 days a week 24 hours per day 1-888-353-CARE (2273).

To learn more about these programs and services please contact CMHA Shuswap-Revelstoke www.shuswap-revelstoke.cmha.bc.ca

GET INVOLVED!

- Become A Member
- Support the Hudson Thrift Shoppe
- Make a Donation
- Shuswap Community Foundation —donate to the Al Neale & Beryl Herdan Endowment Fund
- Volunteer
- Leave A Planned Gift
- Tell People What We Do!

Thank You!

We would like to extend our sincerest thanks to all of the volunteers, staff, local organizations, board members and businesses that have made this past year such a success.

CMHA Shuswap-Revelstoke achieved prestigious accreditation from Imagine Canada's Standards Program in 2017.

The Standards Program is a Canada-wide set of shared standards for charities and non-profits designed to strengthen practices in five fundamental areas: board governance; financial accountability and transparency; fundraising; staff management; and volunteer involvement.

