



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

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# Annual Report

## 2018-2019

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### 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.

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<http://shuswap-revelstoke.cmha.bc.ca>  
[www.facebook.com/CMHAsuswaprevelstoke/](http://www.facebook.com/CMHAsuswaprevelstoke/)

# A message from the Board Chair & Executive Director

This past year was one of exciting opportunities to fulfill our vision of “mentally healthy people in a healthy society”. As we reflect on our achievements, we note that we laid the groundwork for these achievements several years ago. We do this through strategic partnerships and relationships and with the knowledge that complex issues requires collaborative teamwork, and creative thinking.

This has been a year of change at our organization and preparing for future growth. Change is an interesting process that involves letting go how things have been as well as creating space for something new to emerge; as an organization we are being mindful as we navigate change. Affordable housing is a priority in our community and we have been responsive in working with community to create solutions. All this work could not have been done without our champions.

Thank you to our Board of Directors, staff and participants who are the fabric of our organization, we are better because of each of you. We do not do this work alone, we live and work in community. A special note of gratitude to our funders, partners, donors and community who helps us to make our ideas come to life.

*Marilee Hart* , Board Chair

*Dawn Dunlop*, Executive Director

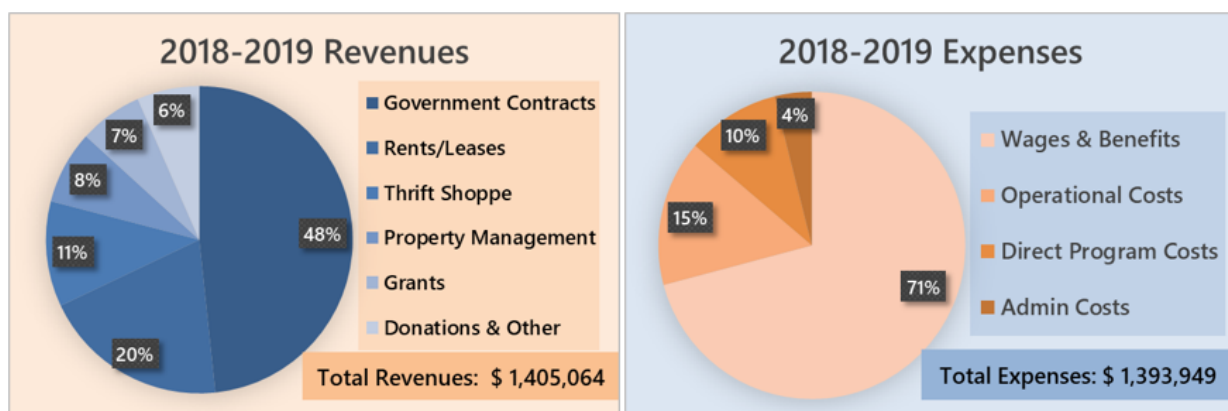
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## 2018-2019 Board of Directors:

**Chair** – Marilee Hart **Vice-Chair** – Caroline Miege **Treasurer** – Wes Groen **Secretary** – Tracy Nash  
**Directors** – Christine Thiessen, Susan Cawsey, Mary Masson, Sylvia Siemens

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## Financial Summary



# Wellness Programming

## Clubhouse activities

Several programs are run out of the clubhouse. Art and music programs and social rec, coffee talk, stretching body awareness, mindfulness activities, kitchen, and peer mentorship. Additionally we have evening drop in groups that offer people time to connect and experience things in the community. Another program that the clubhouse offers is a funding program. This provides financial assistance for self-development and wellness for people to use. For example swim passes at the recreational center, yoga, golfing or music lessons.



## Participant Testimonials:

**Clubhouse motivates me...When I get up in the morning I know I have somewhere to go and something to accomplish. I do volunteering and I visit with people. I often walk here for the exercise. It all helps with my mental health. If there was no Clubhouse I don't know where else I would go.**

*If you are not well and come to Clubhouse, people don't bug you, they understand and support you.*

**Clubhouse is a place where I don't feel judged.**

## Hudson Thrift Shoppe

The Thrift Shoppe is a thriving community store! The store offers a retail training program in which participant volunteers learn valuable retail skills alongside community volunteers. Some of these tasks would include cashier training, customer service, marketing, promotion, customer service, and more. Each year we are fortunate to receive many donations such as good quality clothing, shoes, books, CD's and DVD's, and small household goods to re-sell.

For more information on CMHA's wellness programs please contact  
Paivi Sarre at 250-832-8477 ext 109.

# Housing

Having a safe and affordable roof over your head is something everyone should have access to. 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. We strive to break the cycle of homelessness by supporting people to maintain their housing and helping them to find a place to call home. With six properties and over 130 units, we are able to offer low income housing to individuals and families providing support, security and an opportunity to move forward with their lives.

Through partnerships with Interior Health and BC Housing we are able to provide much needed housing to many people in our community.

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

**The Maples Housing Program:** 8 units of low cost housing in a safe and secure environment. Interior Health Mental Health and Substance Use team provides outreach support to all tenants.

**Shuswap Independent Living Association (SILA):** 88 units of affordable housing for individuals and families provided at 3 properties: Clover Court, 680 Shuswap & The Terrace.



## Information and Education

### Community Outreach

Mental health is being acknowledged and talked about. Here at CMHA we are seeing increased numbers for information, resources and family support. Navigating services for our folks in our community, promoting mental health in practical ways to build resilience and foster wellbeing and connecting with families, businesses, agencies and schools is on the rise. This is how we are building a community that is mentally healthy.

We offer the following programs: Living Life to the Full, ASIST, and SafeTalk.  
For more information contact Denise Butler at 250-832-8477 ext 102.



# Information and Education

## Ride Don't Hide

Salmon Arm had our biggest ride/walk ever with 234 people participating! We raised over \$26,000 to continue to provide essential programs to promote the mental health of everyone in our community. This year we funded programs like Living Life to the Full and our new Wellness Center for youth based out of Salmon Arm Secondary School. We wanted youth to have access to health services including mental health so this generation of young people and future generations can thrive in our community.

Thank you to our 2018 Ride Don't Hide Sponsors: The Observer , EZ Rock, Shuswap Event, Mill Tech Industries, SASCU, HUB Insurance, Shoppers Drug Mart, Tim Hortons, Skookum Cycle and Ski and Dynamic Path Acupressure, Cardio Connection, Ranchero Deep Creek Fire Department as well as:



# CMHA-BC Division

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. Call: 1-844-234-6663 or Email: [family.navigators@cmha.bc.ca](mailto:family.navigators@cmha.bc.ca) / [www.bcfamilynavigator.com](http://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](http://www.bouncebackbc.ca)

Confident Parents: Thriving kids — is a family focused coaching service effective in reducing mild to moderate behavioral 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 their website: [www.confidentparents.ca](http://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 six 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. The number to call is 1-888-353-CARE (2273).

To learn more about these programs and services please contact CMHA Shuswap-Revelstoke at 250-832-8477 or visit our website at: [www.shuswap-revelstoke.cmha.bc.ca](http://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**



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. **Thank You!**