



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

Annual Report

2019-2020

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/

A message from the Board Chair & Executive Director

We are proud to share this annual report with you and all that was accomplished this past year. It could have not been achieved without the wonderful CMHA team and community who steadfastly believe in mental health for all. On behalf of CMHA Shuswap/Revelstoke, we wish to extend our heartfelt gratitude to our generous donors and funders, our dedicated people and partners who show up everyday, thank you.

This has been a year of working hard and getting ready to open our new 105 units of housing next year. This is a massive project for CMHA and our community, we are working hard to get ready to open its doors. We have also been active on working on our structure to streamline our services under one banner of CMHA. We have also been engaged in dialogue in regards to our response to the Truth and Reconciliation Calls to Action, and this necessary journey we need to engage in. And then Covid-19 came....

We have been stretched and pulled and have learnt numerous lessons. We have been open this whole time, connecting and delivering services in a new way. We are a resilient community, and we are all in this together.

Marilee Hart , Board Chair

Dawn Dunlop, Executive Director

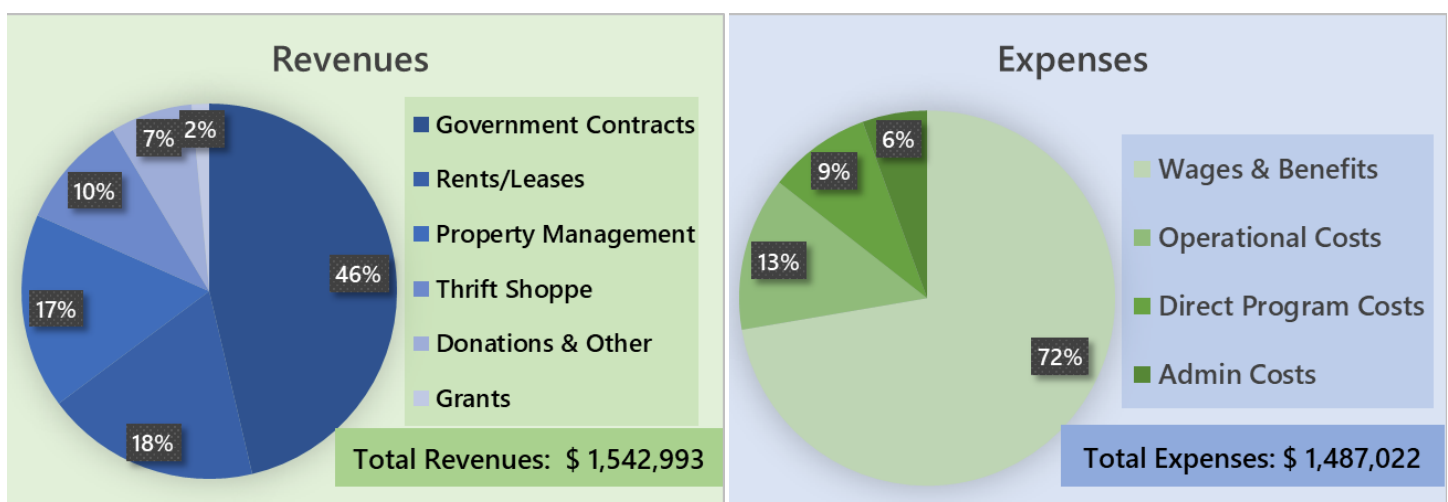
2019-2020 Board of Directors:

Chair – Marilee Hart **Vice-Chair** – Sylvia Siemens,

Treasurer – Wes Groen **Secretary** – Tracy Nash,

Directors – Caroline Miede, Susan Cawsey, Mary Masson, Deborah Sterritt

2019-2020 Financial Summary

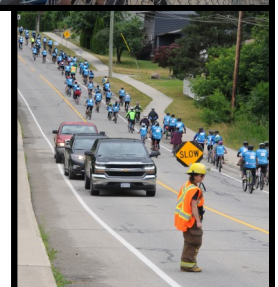


Community

2019 Salmon Arm Ride Don't Hide—June 23rd

Over 350 riders/walkers came out for our combined community bike rides at the Field of Dreams and at South Canoe Elementary School. These events got folks in our community out in nature-biking or walking and connecting with their own mental health. Nature, movement and connection are the staples of building and promoting mental wellness. Thanks to our fabulous community we reached our 30k fundraising goal to continue to provide essential mental health programs to promote the mental health of everyone in our community.

Thank you to our 2019 Ride Don't Hide Sponsors: The Observer , EZ Rock, Hilltop Toyota, Mill Tech Industries, SASCU, HUB Insurance, Shoppers Drug Mart, Tim Hortons, Skookum Cycle and Ski, Hammerberg Lawyers, Dynamic Path Acupressure, Okanagan Rawsome, Shuswap Veterinary Clinic, Cardio Connection, Ranchero-Deep Creek Fire Department and Salmon Arm Fire Department as well as:



Wellness Programming

This operating year Clubhouse started to explore different ways to deliver wellness programming. CMHA's across the Nation have shifted their service model from a Clubhouse model into Recovery Colleges with a wellness center component. By having social and recreational opportunities and education options co-created and delivered by and for people with living and lived experience aligns us with what we value: collaboration, community engagement, education and wellbeing. Clubhouse continued with its outstanding programming. Here is a synopsis:

- Art – different mediums, visiting artist workshops, participating in art shows
- Kitchen – daily meal program
- Music – singing and playing instruments, drumming workshop
- Participant Funding – financial assistance for self-development and wellness
- Peer Support
- Social Rec – swimming, bowling, walking, various outings
- Woodshop – individual and group projects
- Men's Group

Throughout the year, we offered skills training and workshops, like Food Safe, Healthy Communication and Boundaries. Additionally, we engaged in community courses and programs that increased our knowledge on topics such as grief and loss through the Hospice.

Clubhouse also puts out a comprehensive monthly newsletter and calendar, prepared by our Participant Services.

Participant Testimonials:

"It's a place to meet friends and socialize."

"It's a place where I come to volunteer and learn new skills."

"I like coming for the meals and seeing everybody."

"I like the Social Rec outings. especially going on out-of-town trips or having campfire nights."

"I love CMHA and the Clubhouse. Everyone is friendly and you can be yourself."

It's a safe place to come to."

Hudson Thrift Shoppe

Hudson Thrift Shoppe is our social enterprise with the notion to help build healthy communities. Besides operating as a retail outlet, the store addresses social needs. It's a hub for connections and contributions. Over 40 participant and community members volunteer their time and talents to the store and its success. Some people use their volunteering as a skill-building opportunity. The store offers cashier training, customer service and various other employment related skills training.

During the past year, the focus in the store was to transform it to a wellness place. Daily check-ins with volunteers and offering a light snack became part of the daily routine.

Check us out on social media @



Hudsonthriftshoppe & Hudson Thrift Shoppe- Canadian Mental Health Association



Housing



CMHA Shuswap - Revelstoke provides safe and affordable housing for low to moderate income families, seniors and vulnerable populations. Our housing programs offer a continuum of care to address the changing needs of individuals and families. In partnership with BC Housing and Interior Health, we have a number of housing programs offering different levels of support to our tenants.

4th Ave Housing Program - An 8 bedroom residential program that offers daily staff support to assist residents to build skills to work towards independent living.

Foxridge Housing Program – Partnering with BC Housing and Interior Health – Mental Health and Substance Use team, 28 units of affordable housing for vulnerable individuals who may be at risk of homelessness.

The Maples – 8 units of low cost housing provides tenants safe and secure housing. Interior Health Mental Health and Substance Use team provides support to all tenants.

Clover Court, The Terrace on Broadview and 680 Shuswap – 88 units of affordable housing for individuals and families.

April 1st, 2020, CMHA Shuswap Revelstoke Branch now owns and operates what was previously called SILA (Shuswap Independent Living Association). Clover Court, The Terrace on Broadview and 680 Shuswap are now under the CMHA Shuswap Revelstoke umbrella.

Information and Education

Community Outreach

CMHA Shuswap-Revelstoke is excited to be part of a community that is building healthy minds and talking about mental health. Reaching out for information, resources and family support is a part of this. We offer practical ways to build resilience and foster wellbeing by navigating services and equipping folks in our community with the tools to promote their own mental health. CMHA sees the value and is committed to community partnerships; we are connecting with families, businesses, agencies and schools.

We offer the following workshops: Workplace Wellness, Community Resiliency Series, Living Life to the Full, ASIST and SafeTalk

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 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/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 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

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

GET INVOLVED!

- Become A Member
- Support the Hudson Thrift Shoppe
- Make a Donation
- Shuswap Community Foundation — donate to the Beryl Herdan & Al Neale 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!