



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

Annual Report 2020-2021

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

2020-2021 has been a year like no other. We are a strong and resilient community and we have navigated this past year together. We are so appreciative of our people; the people that come alongside the work that we do everyday, thank you to the CMHA family.

During a pandemic we were able to move forward on several significant projects. We have opened our first of three new housing buildings, Larch Place in February 2021, and are on track to open Birch Place in spring 2021 and Cedar Place in fall of 2021.

We are transitioning our Clubhouse program model to a new fresh and exciting CMHA Studios; focusing on engagement and co-creation.

We have incorporated all of our housing under CMHA – Shuswap/Revelstoke and will be operating 250 units of housing soon. And after 10 years of advocating we now have interim Homeless Outreach Services in our community and we are working hard to have this service permanently established in our community.

We have been pulled and stretched in numerous ways. There has also been significant learnings that we need to do better. We need to focus on action towards truth and reconciliation and understand how we need to change to be inclusive and diverse.

This next year, we will be developing our Strategic Plan. A process of reviewing where we have come and what we have achieved over the past five years, and setting our path forward.

Sylvia Siemens, Board Chair

Dawn Dunlop, Executive Director

2020-2021 Board of Directors:

Chair – Sylvia Siemens **Vice-Chair** – Caroline Miege

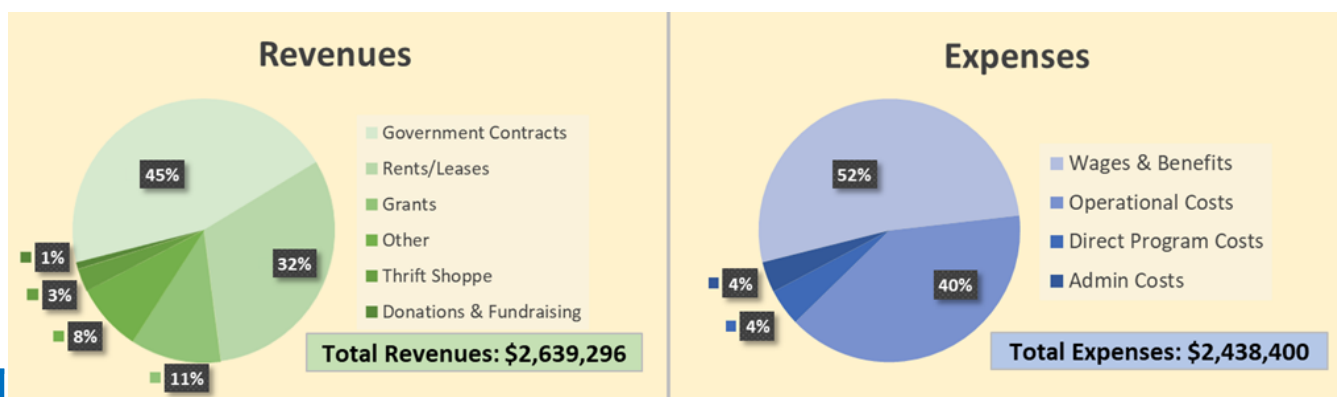
Treasurer – Wes Groen **Secretary** – Tracy Nash

Directors – Susan Cawsey, Gudrun Malmqvist, Kevin Shepherd

Thank you to Deborah Sterritt for her service on the board this year.

Kevin & Gudrun joined the board mid-year.

Financial Summary



Information and Education

Community Outreach

Over the past year, CMHA has continued to support those in need through the pandemic. CMHA Shuswap-Revelstoke staff have been quick to pivot and we have been able to continue to offer our programs and services – helping those who need mental health support. Here are some highlights:

- Provided a weekly virtual mindfulness session so folks in the community could build upon their resilience.
- Offered wellness planning, service navigation and family support using phone and online platforms.
- 317 requests from the community to help navigate services.
- Over 75 hours spent helping folks get connect to support and services.
- 16 Family Support Group Sessions. The Family Support Group is a platform to gather and support one another to thrive through resilience and self-compassion whilst supporting our families and friends in their mental health/ substance use journey.

We have used social media platforms to continue to bring awareness, connection and support to our CMHA community and region. This included uplifting posts and mental health tips like the 12 days of wellness videos leading up to the winter holiday season and the mental health article featured monthly in the monthly FridayAM.

Hudson Thrift Shoppe

The Thrift Shoppe is our social enterprise. While it is an ethical marketplace, it is also a safe place for many in our community to come and connect and contribute to society.

The store offers skill-building opportunities from till training and customer service, onto the art of relationships, conflict management, and beyond.

During this past year, we focussed on wellness – that of our customers and volunteers. We also kept providing supports to individuals who could not make it to the store in person.



Hudson Thrift Shoppe-
Canadian Mental Health Association



hudsonthriftshoppe

Information and Education

Living Life To the Full

Mental health education moved to online learning with the flagship virtual Living Life to the Full course. Sponsored in part by the BC government our branch was able to deliver this course 5 times over the past year (1 youth, 2 adult and 2 community partnership courses with Rapattack and Shuswap Immigrant Services). Living Life to the Full is a mental health promotion course that offers practical skills to help boost wellness and manage stress. Have a look at some of the great feedback.

"This course was the gentle push I needed to continue with personal growth. A great reminder about the importance of boundaries. Also it was an introduction to mindfulness techniques. Excellent! I have recommended it to family and friends."

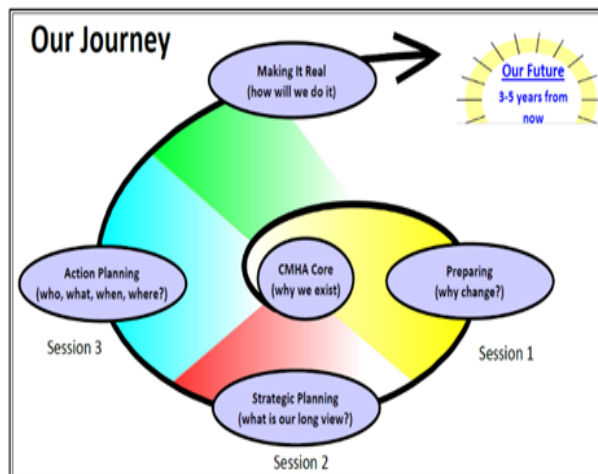
"I am new to Canada and I want to learn about living here. The course helped my confidence, helped me solve problems and helped me enjoy living here without stress. This is an exceptionally good course for everyone who has difficulties in their life or someone who is having stress in their life. This course helps one face problems, solve them, and lets them lead a happy life."

"I took it because the title caught my attention in view of the stressful times that we are living in with the current pandemic. It seems that any "unsolved issue" that we have, has been magnified with quarantine and restrictions, and the other uncertainties that these times have presented. I feel that the information that the course provided is not unknown, but it helped me to see how to apply it to my personal life. It helped me to organize ideas and priorities. It was like a nice map to conduct me to a place that I was looking for, that place where I feel in balance. I definitely recommend the course to others"



This course offers practical skills to help boost wellness and manage stress.

Wellness Programming



The 2020-21 operating year was like no other. When we had to close our doors to the participants, we quickly transitioned to online offerings with programs like art, song club, social house, birding and journaling. When the pandemic restrictions allowed it, our programs were in-person, outdoors. Throughout the year we supported participants through emails, text messages and phone calls.

As well, we continued keeping participants informed via the monthly newsletter which is written by and for participants with staff input.

We also continued exploring the future of our services, especially the recovery college-model, which takes an educational approach to improving mental wellness. Part of the process was strategic planning with Aloka Consulting.



Participant Testimonials:

"I miss CMHA and coming to the programs downstairs. I like the people there."

"CMHA is a place I can go to. It's safe and welcoming. If there was no CMHA, I would be lost."

"I come to volunteer at CMHA, because I like the people here. I like the diversity of people and I feel accepted."

"I don't like Covid and staying alone all the time. I'm so grateful for staff at CMHA who have been keeping in contact with me and helping me learn new things, like zoom. I don't know how I would have coped without CMHA. They are my lifeline."

Housing

Affordable Housing Programs

CMHA Shuswap-Revelstoke, in partnership with BC Housing and Interior Health, offers a number of housing programs supporting Salmon Arm and the surrounding areas. Our programs provide safe and affordable housing for low to moderate income families, seniors and vulnerable populations.

Foxridge: In Partnership with BC Housing and Interior Health's Mental Health and Substance Use team, this property offers 28 units of affordable housing for vulnerable individuals who may be at risk of homelessness.

The Maples: Interior Health's Mental Health and Substance Use team offers support to all the tenants in this program. 8 units are available and provide affordable and safe housing.

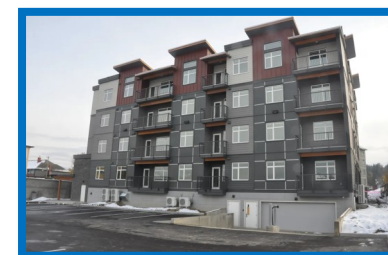
Clover Court: Formerly a SILA property, offers 38 units of affordable housing in apartment and townhome formats.

The Terrace on Broadview: Formerly a SILA property, offers 31 units of affordable housing.

680 Shuswap: Formerly a SILA property, offers 18 units of affordable housing close to downtown Salmon Arm.

Larch Place: Our newest development! Larch Place is part of a larger development with BC Housing that will offer 32 units of affordable housing for families, seniors and other individuals with low to moderate incomes.

Coming Soon: Birch Place! Once complete, this building will offer 35 more units of affordable housing for singles, families and seniors.



Supportive Housing

4th Ave.

In partnership with Interior Health, 4th Ave. provides a supportive home environment focusing on wellness and connections to the community. If you are interested in learning more please contact our office. We accept referrals from IHA—Mental Health and Substance Use.

Homeless Outreach

In partnership with BC Housing, we have received interim funding to deliver the Homeless Prevention Program. This is an initiative aimed at providing individuals with support services & supplemental funding to help them access and maintain housing, Supplements are provided as a flexible option for individuals who are experiencing or are at risk of homelessness and do not have sufficient funds.

In the short time since this program has been developed, we have been working hard to build strong community partnerships in an effort to support as many folks in the community as possible. We were able to distribute a total of 23 rent supplements, 17 individuals were supported to maintain their existing rentals and 5 individuals were housed from absolute homelessness. We have developed excellent working relationships with our partners and connecting to individuals to provide them access to services and supports.

Cedar Place

During the past year, we have continued to work with our partners to open Cedar Place in the fall of 2021. Cedar Place will be a 38 unit, supportive housing building. It is located on the same property as Larch Place and Birch Place. We are working in partnership with BC Housing and community partners. Supports will include outreach workers, wellness checks, life skills training, employment assistance, connection and referral to community services and support groups.



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 / 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

Ways to get involved:

Become A Member • Volunteer • Join the Board • Support the Hudson Thrift Shoppe

Make a Donation

Shuswap Community Foundation:

- Beryl Herdan & Al Neale Endowment Fund
- Canadian Mental Health Association, Shuswap/Revelstoke Endowment Fund

In person

Canada Helps:

- Canadian Mental Health Association, Shuswap/Revelstoke BR

PayPal Giving Fund:

- CMHA-Shuswap/Revelstoke

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!

