



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

Annual Report 2021-2022

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.

433 Hudson Avenue NE, PO Box 3275, Salmon Arm, BC V1E 4S1

Phone: 250-832-8477 ~ Fax: 250-832-8410

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

A message from the Board Chair & Executive Director

Despite the continued pandemic we have been able to complete significant projects in 2021-2022. Larch Place, Birch Place and Cedar Place were all completed on schedule and are now fully operational.

Cedar Place is our first 24/7 supportive housing operation. While the learning curve has been steep, we are successfully navigating the world of shift work, around the clock staffing and coming alongside folks and meeting them where they are at. Like the rest of the world, we are navigating staffing shortages, and while we are actively recruiting we are working with great partners to provide supports to Cedar Place..

BC Housing reached out to CMHA early in 2022 requesting that we take on the management of Rotary Gardens. We were able to finalize the necessary contracts and have added Rotary Gardens to our housing portfolio at the end of the fiscal year. We are pleased to report that we were able to secure permanent funding for two much needed staff positions; to assist folks accessing housing and supports and support folks to maintain their housing, these two positions will provide support to minimize homelessness in our community.

The Board of Directors were able to engage in Governance Training this past year. This was very helpful in growing a strong governance board. Our board has been active in reviewing governance policies and are excited about developing our Strategic Plan in September. We had originally planned to begin the strategic planning in spring of this year, as we were wrapping up some major projects we postponed the creation of our new plan to the end of 2022. We look forward to sharing the plan with you in the next annual report.

Our team is our biggest asset, thank you to everyone for your dedication and commitment to CMHA.

Sylvia Siemens, Board Chair

Dawn Dunlop, Executive Director

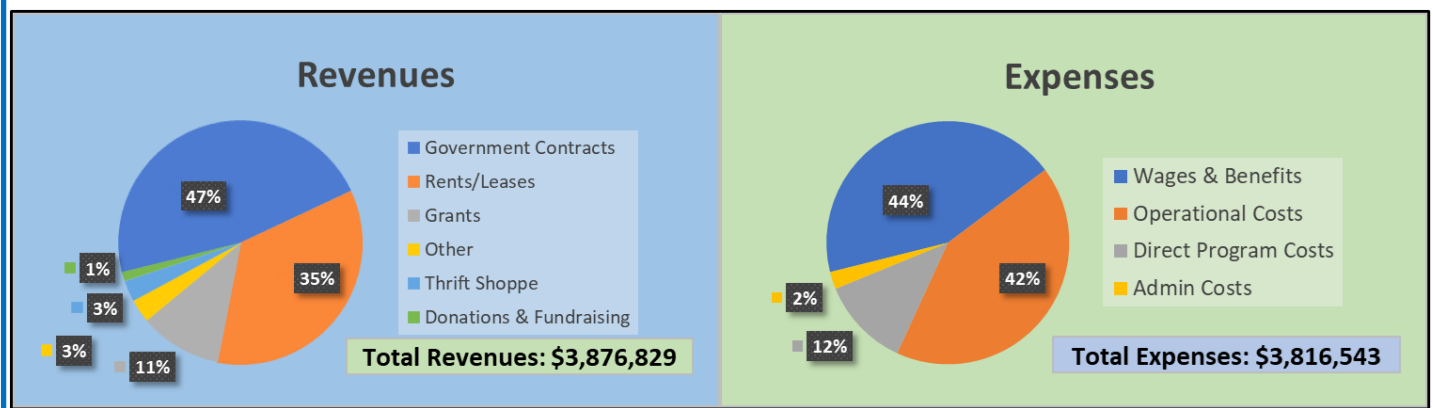
2021-2022 Board of Directors:

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

Treasurer – Leah Shaw **Secretary** – Gudrun Malmqvist

Directors – Cassandra Attfield, Susan Cawsey, Ryan Guilbeault, Kevin Shepherd

Financial Summary



Information and Education

Community Outreach

It has been fantastic to be able to move back into space and provide real-time service navigation and support for our community. Responding to the needs of our community without delay removes barriers, builds resilience and enables connections to be made so they receive the resources they need. Here are some highlights:

- Offered bi-weekly drop-in services in our studio space.
- 320 requests from the community to help navigate services.
- Over 132 hours spent helping folks get connected to support and services.
- 23 Family Support Group Sessions.
- Suicide prevention training resumed in person providing a much-needed skill set for our partnering agencies.
 - ◊ 4 Applied Suicide Intervention Trainings (ASIST)
 - ◊ 1 Suicide Alertness Training (SafeTalk).

DROP-IN SERVICES

Questions about mental health, substance use or housing? CMHA can help:

Service Navigation, education, self-care promotion, family support, build resilience & coping skills

Homeless Outreach, support finding & maintaining housing, supplements for rent & other housing related costs

Denise
Mondays 10am-12noon

Carly
Wednesdays 2pm-4pm



 Canadian Mental Health Association
Shopper's Warehouse
Mental health for all

CMHA Studios
@433 Hudson Avenue NE
(entrance off of 4th St. NE)
Tel: 250-832-8477

A new partnership formed with Child and Youth Mental Health to deliver Y-Minds. The Teen Mindfulness Group is a program that supports teens ages 13 to 18 who are experiencing symptoms of anxiety to learn and practice healthy coping strategies. This group provides an opportunity for teens to learn within a safe, comfortable, and fun environment, surrounded by other teens experiencing similar thoughts and feelings. CMHA and Child and Youth Mental Health delivered two 7-week sessions with youth in our CMHA Studio space. Feedback from youth was so encouraging that further groups have been planned and this program will continue. Our goal is to better bridge the gap for 18–20-year old's that move from a youth system to an adult serving system. The best way to do that is to create partnerships with health serving agencies and have young people know there is a safe space in the downtown core.

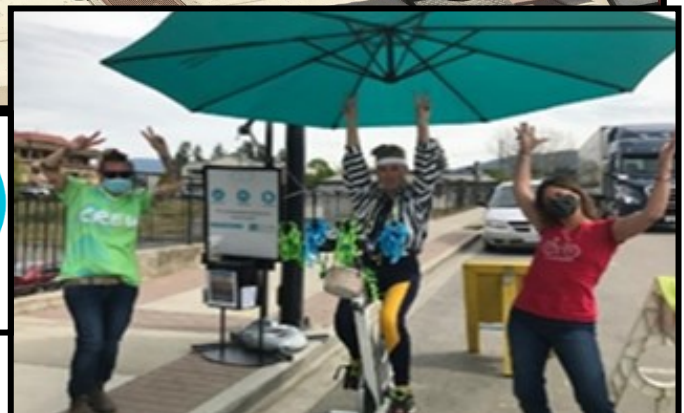
Another fabulous partnership occurred with the Salmon Arm Pride Project. CMHA was involved with the pride trail walks, rainbow shopping hour at Hudson Thrift Shoppe, Pride Palace service navigation pop-up and CMHA Studio Meet and Greet.

Ride Don't Hide 2021

It was a different year for Ride Don't Hide in June 2021. Instead of a one-day bike event, we went virtual which expanded our audience beyond walkers and riders to include ALL activities for mental health – walk, garden, yoga, tennis, read, bike etc. Whatever you do for wellness was your Ride Don't Hide Adventure!

CMHA Shuswap-Revelstoke created a stationary bike challenge outside of our CMHA building. Every weekday in June we brought people together in conversation about mental health and wellness in a small but mighty way.

Collectively, Shuswap-Revelstoke had 178 participants who logged over 67,640 minutes of wellness virtually and over 9,000 minutes on the stationary bikes outside of our CMHA Building! The awareness and community outreach achieved from having a visual and interactive presence in our community went way beyond our expectations. We thank our community of riders, sponsors, donors and the public for their smiles and encouragement. Our community has raised over \$27k to support mental health initiatives in our region.



Wellness Programming

We continued to innovate and adapt in 2021/2022. We kept up with online offerings, like song club and journaling, and as pandemic restrictions lifted, programs shifted to in-person, either at CMHA Studios or out in the community.

With the goal of moving to semester-based programming, we ran a series of offerings with our social rec program. We did a 6-week yoga session and a 4-week disc golf and bocce activity to have people feel connected to community and their own sense of trying new things.

Throughout the year we encouraged peer engagement and offered a series of educational opportunities for peers and our community collaborators. Our programming will continue to move towards a more inclusive and equitable model of having peers steer our programming.

We re-branded and committed our focus to collaboration and connection and are gearing up to launch CMHA Learning Studios. The Learning Studios is based on a recovery college model, which takes an educational approach to improving mental wellness. It is a place where people come together to learn from each other, share experiences & gain new skills and understandings of mental health.



Check us out at: <https://cmhalearningstudios.ca/>

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 focused on wellness – that of our customers and volunteers. We also added a further goal of continuing downtown business partnerships. As well, we stepped up our marketing and social media game.

Check out our socials!



Hudson Thrift Shoppe-
Canadian Mental Health Association



hudsonthriftshoppe

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.

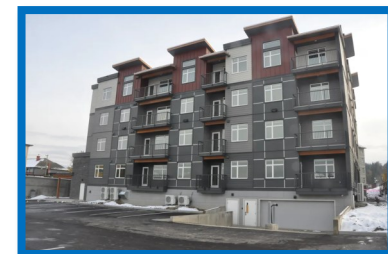
The Maples: Interior Health's Mental Health and Substance Use team offers support to all the tenants in this program. 8 units are available and provide affordable and safe housing.

Clover Court: Offers 38 units of affordable housing in apartment and townhome formats.

The Terrace on Broadview: Offers 31 units of affordable housing.

680 Shuswap: Offers 18 units of affordable housing close to downtown Salmon Arm.

Larch Place & Birch Place: Between the two buildings, these offer 67 units of affordable housing for families, seniors and other individuals with low to moderate incomes.



Supportive Housing

4th Ave Supportive Housing

4th Ave works in partnership with Interior Health to provide a supportive home environment for up to 8 participants at a time. Staff come alongside residents as they focus on their wellness, connecting to community, and communally running a household. Referrals to this program come from IH – Mental Health & 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. We have built strong community partnerships in an effort to support as many folks in the community as possible. This past year we were able to provide over \$100,000 in rental supplements by supporting 15 folks in moving from absolute homelessness into housing and assisting 21 people in maintaining their housing.

The Homeless Outreach program also worked with community partners to offer outreach services at satellite locations and started up a Shower and Laundry program for people living without homes. The Outreach Worker provides additional support to people living rough by connecting them to resources, delivering food when possible and working with the Thrift Shoppe to be able to provide clothing and warm blankets. The Outreach Worker also worked with many individuals to support them in completing their applications to get into housing at Cedar Place.

Cedar Place

Cedar Place is a supportive housing program that opened in that fall of 2021! This program is a result of many years of work with BC Housing and continued engagement with many community partners to provide supports to residents. It has been an exciting few months as people have been welcomed to their new homes. For some people this is the first time that they have slept inside in many years. With a new building, a new program, new staff team and new residents, there have been a lot of learnings.

There are 38 homes within Cedar Place. Residents receive breakfast and dinner daily. Resident Support Workers assist with connecting to community resources, partner agencies are connected with some providing outreach services at Cedar Place and residents are starting to share their own interests and talents amongst each other – watching sports, jam sessions, crib tournaments, beading and more.

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!

