



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

Annual Report 2022-2023

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

2022-2023 has felt like a turbo charged year; fast paced, lots of activity, massive growth. While there was lots going on in the background, "shelter" was probably the most heard word throughout the year and continues to hold a prominent place in conversations. Operating the temporary shelter was a huge effort of which we can all be proud, thank you to our team. We are very proud to report that while the shelter location was far from ideal, we were able to execute the operation with no major incidents or community complaints. This bodes well for our future shelter involvement. We are working diligently with BC Housing and the City of Salmon Arm to open a 24/7 shelter in the winter. The location is being finalized and we are expecting an announcement in the very near future.

At the beginning of the year, Interior Health vacated the upper floor of our building on Hudson Street and after renovations staff that had been spread throughout our properties were able to claim space and get settled. It has been beneficial to team building to have everyone in closer proximity.

Strategic planning had been shelved for a few years due to major building projects and the pandemic. This year the Board of Directors spent a day digging into where we are and where we want to go as an organization. We are very excited about the future and pleased to be able to present you with our new strategic plan.

Our team and community is our biggest asset, thank you to everyone for making CMHA better.

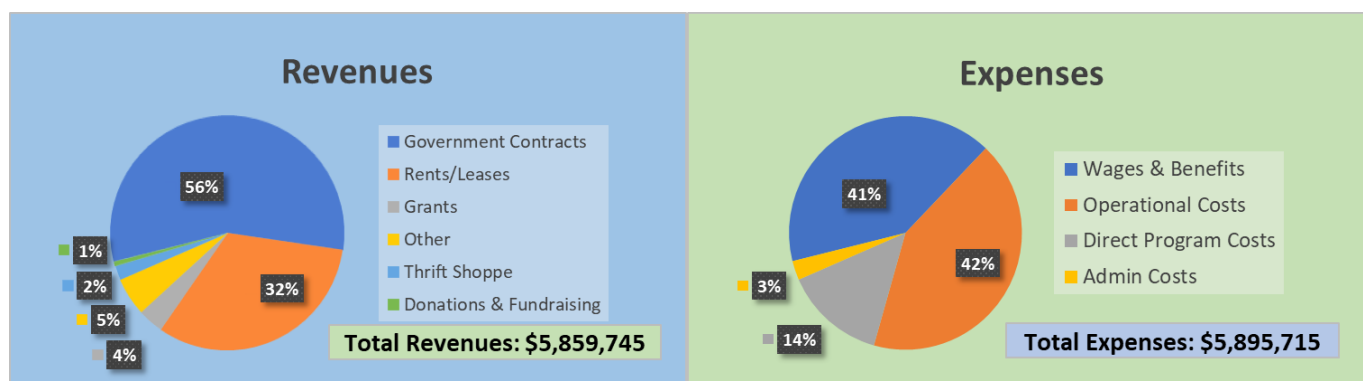
Sylvia Siemens, Board Chair

Dawn Dunlop, Executive Director

2022-2023 Board of Directors:

Chair – Sylvia Siemens **Vice-Chair** – Gudrun Malmqvist
Secretary/Treasurer – Leah Shaw **Directors** – Caroline Miede,
Cassandra Attfield, Susan Cawsey, Ryan Guilbeault, Kevin Shepherd

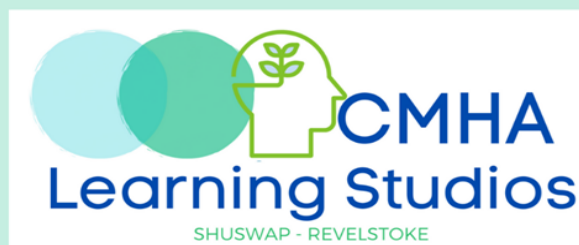
Financial Summary



Wellness Programs

April 1st 2022 -
March 31st 2023

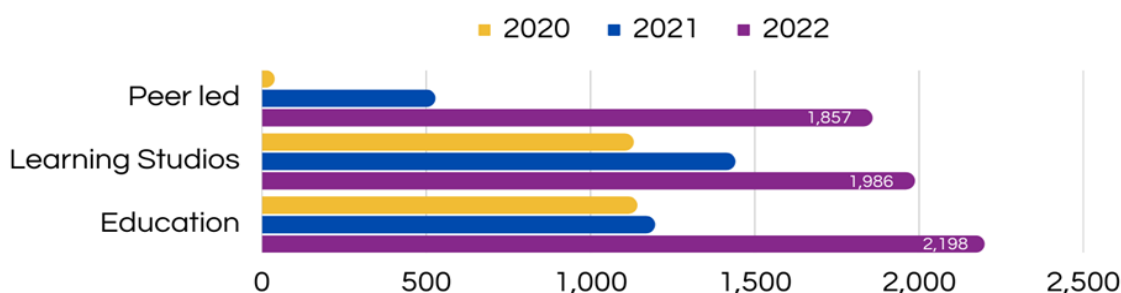
PERFORMANCE HIGHLIGHTS



About Our Year

The Wellness Programs engaged people in programs designed to further develop resourcefulness and awareness in order to support themselves or their loved one's recovery journey in a community mental health setting. Courses and activities are developed and delivered in partnership with people with lived or living experience of mental health. Activities and programming have diversified and evolved to meet changing peer needs in a post-covid environment.

Total Peer Participation By Event Type & Year



Key Areas of Impact



41 Peer led or co-created events



470 people supported in finding health and community resources



1,673 free or low cost meals to support food security



123 Peers supported with Job skills development



1200 + Make My Day Cards created and given to community members



76 community education and 86 community outreach events



New for Next Year: Regular Community Partner Events

- Legal Advocate Drop-in. Every first Wednesday Of the Month
- Therapy Dog Drop-in. Every Wednesday
- Ministry of Social Development & Poverty Reduction Drop-in. Every other Monday



Increased Referrals

- 14 in 2020/2021
- 26 in 2021/2022
- 38 in 2022/2023



Peer Testimonial



"I Love CMHA. I call it my second home."



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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.

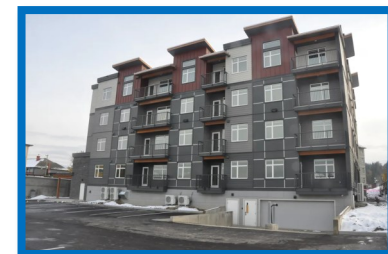
Clover Court: Offers 38 units of affordable housing in apartment and townhome formats.

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.

Rotary Gardens: CMHA took over management of this property in April 2022. There are 69 affordable units geared towards seniors and people with disabilities.



Supporting Homefulness

4th Ave Supportive Housing

4th Ave works in partnership with Interior Health to provide a supportive home environment for up to 8 participants. Staff come alongside participants as they focus on their wellness, connect to community and learn to communally run a household. Referrals to this program come from IH.

Homeless Outreach

The Homeless Outreach program supports folks who are at risk of homelessness and those who are currently unhoused. One of the ways the program supports people is through the BC Housing funded Homeless Prevention Program, which provides supplemental funding to help people access and/or maintain housing. Supplements are a flexible option for individuals who are experiencing or are at risk of homelessness. In the past year, \$75,398 in rent supplements were provided. In addition to rent supplements, the Homeless Outreach program provides outreach services to people who are living without a home including providing water, snacks, items to protect them from the elements (ex: cooling towels in the summer, warm socks in the winter), connecting individuals to other resources, and assisting in completing the application process for housing programs. Late this year, in response to not having a full-time shelter, a second temporary outreach worker was funded through BC Housing.

Cedar Place

Cedar Place is a supportive housing program that opened in the 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. There are 38 homes within Cedar Place. Participants receive breakfast and dinner daily. Support Workers assist with connecting to community resources and partner agencies who provide outreach services at Cedar Place. The sense of community of Cedar Place continues to grow with Bingo nights, play-off watch parties complete with popcorn and occasionally banana splits, lots of crib tournaments and sharing of musical talents.

Emergency Winter Shelter

New to CMHA Shuswap/Revelstoke this year was the addition of Emergency Winter Shelter beginning in mid January 2023 and closing April 30, 2023. With three weeks to set up, the Downtown Activity Centre gym in Salmon Arm was modified into a temporary emergency shelter space and new staff were hired to take on the task of running the shelter. The shelter operated from 8pm to 6am daily. Guests received a warm meal at night and a bagged breakfast to go in the morning. There were several regular guests who spent nearly every night with us. While there were up to 20 guests on some nights, on average there were 14 guests per night with over 50 unique individuals accessing the service throughout its duration, we even had a couple of pets stay with us! Staff were able to assist guests with connecting to community resources, complete housing applications and create wellness plans. We learned that popcorn and movies are important!

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, to the art of relationships, conflict management, and beyond. During this past year, we focused on quality donation sources, volunteer engagement and our social media strategies to engage our community. We have more than 600 followers on Instagram!!

Check out our socials!



Hudson Thrift Shoppe-
Canadian Mental Health Association



hudsonthriftshoppe

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!

Ways to get involved:

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

Ways to Donate:

Shuswap Community Foundation:

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

Canada Helps:

- Canadian Mental Health Association, Shuswap/Revelstoke BR

PayPal Giving Fund:

- CMHA-Shuswap/Revelstoke
- In person**