



Canadian Mental
Health Association
Shuswap-Revelstoke
Mental health for all

ANNUAL REPORT

2023 - 2024

OUR MISSION

To ensure that all people in
Canada experience good
mental health and well-
being

OUR VISION

A Canada where mental
health is a universal human
right

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www.facebook.com/CMHAsuswaprevelstoke/

A Message From Our Board Chair & Executive Director

2023/2024 has continued like previous years, with numerous projects and significant growth at CMHA – Shuswap/Revelstoke. Some of the highlights of the 2023/2024 year are the following initiatives and projects:

- We were selected as a recipient of the Community Housing Fund with BC Housing and the Province of BC. We will be building 40 new townhomes in our community.
- In December of 2024, we opened the Marshlands shelter, this is a shelter for our unhoused citizens of our community Marshlands is open 365 days, 24/7. We have worked extremely closely with the City of Salmon Arm, Interior Health, RCMP and of course BC Housing to make this shelter an asset for our community.
- We completed our first Equity, Diversity, and Inclusion (EDI) survey. The information we gathered will assist us in creating a Psychologically Healthy and Safe workplace that celebrates and welcomes all.
- During the unfortunate events of the 2023 wildfire season, we were able to provide services to Emergency Support Services centers in our community. We are continuing to work with the community of North Shuswap in relation to recovery efforts.
- We continue to provide the every day work of providing Wellness Services, Affordable Housing, Supportive Housing and Shelter and Outreach services.

We are also extremely pleased to present our new Strategic Plan. We engaged partners and community in the creation of this plan. We identified 4 Strategic Priorities : Strengthen our Teams & Culture, Build Capacity in our Systems and Infrastructure, Create a Healthy and Resilient Community through Collaboration, Partnerships and Programs, and Take Action and Meaningfully Advance Truth and Reconciliation. Over the next several years we will be focusing on our priorities and doing all of this with a commitment to the values of Equity, Diversity, Inclusion and Belonging (EDIB). These values will be embedded in our actions to achieve our strategic plan.

We are excited about 2024/2025 and the road ahead. We are forever grateful to our team, for showing up every day and making us better. Thank you to our partners and allies; it really takes a village. In gratitude.

Sylvia Siemens, Board Chair & Dawn Dunlop, Executive Director

2023-2024 BOARD OF DIRECTORS

Chair- Sylvia Siemens

Vice Chair- Gudrun Malmqvist

Secretary/Treasurer- Leah Shaw

DIRECTORS:

Cassandra (Cassy) Attfield

Susan Cawsey

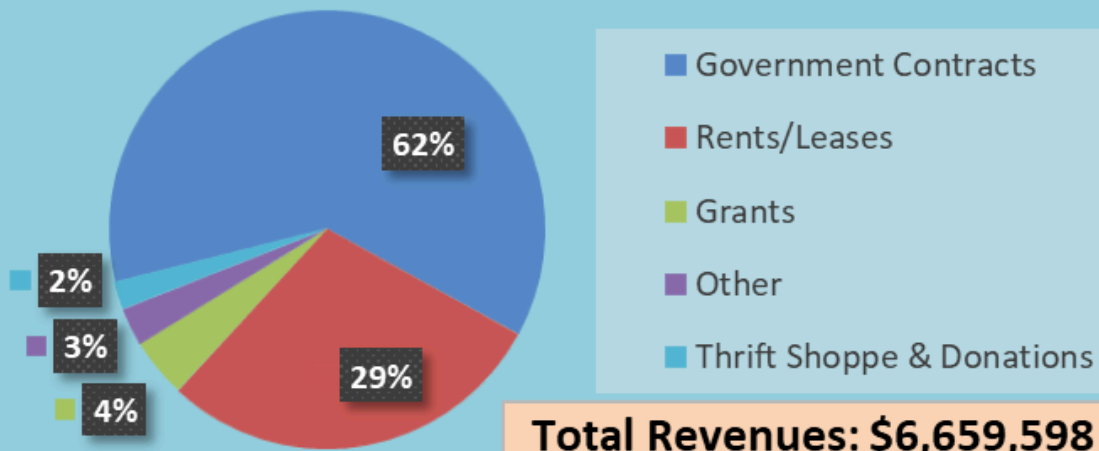
Tracy Nash

Debbie Braby

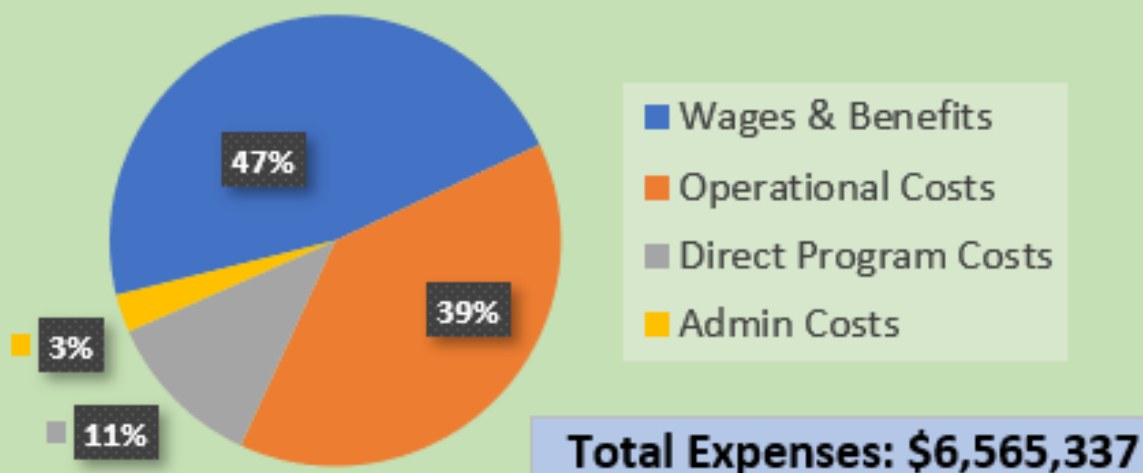
Mellissa Jameson

2023-2024 FINANCIAL SUMMARY

Revenues



Expenses



April 1st 2023 -
March 31st 2024

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.

Key Areas of Impact



644 hours of Peer Navigation Support to community



1,459 free or low cost meals to support food security

1,857



562 people supported in finding health and community resources



71 individuals family support sessions

2,198



600 printed copies of the Shuswap Survival Guide given out



40 community education and 167 community outreach events

Increased referrals

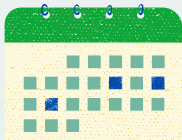
- 14 in 2020/2021
- 26 in 2021/2022
- 38 in 2022/2023
- 42 in 2023/2024



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



Regular Community Partner Events:



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

Peer Testimonial:



"I Love CMHA. Super great and helpful."



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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.

New Community Housing Fund-We were successful in our application to the CHF, we will be working with partners to develop 40 affordable town home units in our community.

Rotary Gardens: We offer 69 units of affordable housing geared towards seniors and people with disabilities.



Supporting Homefulness

Point in Time Count

One of the first things we did as a team in the new fiscal year was coordinate Salmon Arm's first ever Point in Time count with BC Housing. With the support of service providers throughout the community and representatives from BC Housing, we took to the streets together to get a sense of how many people in our community are living without a home. While we know that Point in Time counts are always an under-count, there were 69 folks who were counted as not having a home. For more details, check out stats on the BC Housing site: <https://www.bchousing.org/research-centre/housing-data/homeless-counts>

[Homeless Counts](#) | [BC Housing](#)

Community profiles were created as a result of Homeless Counts conducted in 20 communities across British Columbia in 2023.

Marshlands Shelter

New this year is Marshlands Shelter – a 25 bed, year round shelter. With a timeline of 3 months, the shelter was built and staff were hired. December 2023 the doors were open and the first guests were arriving. Special thanks to Rise Up Indigenous Wellness for their guidance and support in creating a welcoming entrance way. Marshlands beds were quick to fill up and nightly every bed was full. During extreme weather, four additional beds were made available. More than 50 unique guests have stayed at Marshlands since opening day!

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 rent supplements which provides funding to help people access and/or maintain housing. In the past year, \$40,000 in rent supplements were provided. In addition to rent supplements, the Homeless Outreach program provide 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. Over the course of the year, the Homeless Outreach Coordinators regularly connected with 70 individuals, making over 600 supportive visits to folks every month.

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.

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.

The logo for Hudson Thrift Shoppe is a light blue circle containing the text "hudson thrift shoppe." in a bold, green, lowercase sans-serif font.

hudson
thrift
shoppe.

Hudson Thrift Shoppe

Hudson Thrift is a social enterprise that exists to help build healthy communities. We are a hub for connection and contribution. Our dual purpose includes managing a second-hand retail outlet and addressing social needs. All profits from the store help to improve the quality of life of fellow community members through our mental health programs.

This year we are living our values of Re-use, Re-purpose, Re- imagine and establishing ourselves as a business that promotes sustainable practices by reducing the demand for new products, encouraging our customers to lower their carbon footprint and supporting the local economy. This guides our social media and marketing strategy moving forward into the New Year and we are excited about what's to come!!

Check out



<https://www.instagram.com/hudsonthriftshoppe/>



<https://www.facebook.com/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
Endowment funds:**

- Beryl Herdan and Al Neale
- Canadian Mental Health Association-
Shuswap/Revelstoke

Canada Helps:

- Canadian Mental Health Association-
Shuswap/Revelstoke Branch

Paypal Giving Fund:

- CMHA-Shuswap/Revelstoke

In person:

- 433 Hudson Avenue NE



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