

# 2015/16 ANNUAL REPORT

CANADIAN MENTAL HEALTH ASSOCIATION  
VERNON & DISTRICT BRANCH



Canadian Mental  
Health Association  
Vernon & District  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Vernon & District  
*La santé mentale pour tous*

# CMHA-VERNON PRESIDENT'S REPORT

It has been my great pleasure to act as President and Board Chair for the last year. During the year we have continued to develop our programmes, which contribute to the health and quality of life of our participants. Our dedicated staff and board members have worked energetically to ensure that we offer the very best mental health services possible and to provide housing that caters to low-income tenants and to those who require specific mental health services.

We have continued to refine our business practices, develop performance measurement metrics and ensure that our board exercises a robust oversight role. We continue to strengthen our relationships with our partners, funding agencies and the community and have identified fundraising as a key area for development. We have recently received accreditation by Imagine Canada, a testament to our efforts in putting in a place processes and

procedures that meet accepted standards for organizations such as ours. Our management team spent seven months working on a programme that will enable us to develop a strategic plan that clearly defines our aims and goals and the resources that we need to achieve them.

Our reputation in the community is sound but we are working on ways to increase the awareness of what we do in support of mental health services in the community. We look forward to challenges in the years ahead, confident in our ability to cope with them.

I would like to thank our wonderful staff, board and members for their hard work and support in the last year.

Robert Scott  
President and Board Chair  
CMHA Vernon

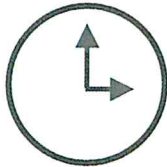
## INTENDED IMPACT

CMHA-Vernon supports the mental health of all citizens in our community. The people we serve develop the knowledge, skills, and confidence to understand and manage their mental health, and build healthy relationships and networks of support. Our work with partner agencies ensures appropriate and timely navigation and referrals in the health care system. Our public education programs develop the skills and knowledge of first responders and trust among the people they serve.

2015/16 **ANNUAL REPORT HIGHLIGHTS**



**57 Staff +  
178 Volunteers**  
Working Together



**23,430 Hours**  
of Volunteer Work



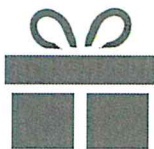
**7,265 Meals**  
Served from  
CMHA's Kitchen



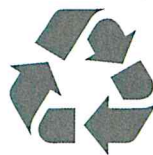
**263 Residents**  
in CMHA's 142  
Housing Units



**1,375 Registrants**  
in Education Classes



**132 Donations**  
Made to Support  
CMHA's Programs



**10,000 Tons**  
of Recycling Saved  
From the Landfill

**#GETLOUD** “ ”  
FOR MENTAL HEALTH  
In support of approximately  
7 million Canadians who live  
with compromised mental  
health, mental illness, or  
addiction.

**BE MIND FULL**  
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



## PROGRAMS & SERVICES

### SUBSIDIZED HOUSING

CMHA manages over 150 housing units in the Vernon area. Our broad range of housing meets the changing needs of individuals at each stage of their recovery.

Low income housing provides individuals and families support, security and an opportunity to move forward.

### PEER SUPPORT SERVICES

At Peer Support 25 volunteers are trained to offer support, friendship and empathy to their peers in the mental health community. This program provides support and education, one-on-one social activity, hospital visitation, advocacy, and leadership training.

Over 30 people receive our Peer Support services each month.

### THE GEORGETTE SHOP

Proceeds from the Georgette Thrift Store support CMHA's programs and services. The Georgette provides over 50 volunteer participants training in retail sales, experience in customer service, and an opportunity to develop occupational skills.

### BOUNCE BACK

This self-guided program is for individuals struggling with low mood, depression and/or anxiety who are referred by a physician.

This year our Bounce Back coaches helped over 650 people from across Canada.

### CRISIS LINE

Callers receive emotional support, referrals to appropriate agencies, and crisis intervention by trained volunteers. Individuals can call the crisis line 24/7.

For more information please visit [www.peopleinneed.ca](http://www.peopleinneed.ca)

You don't need to be in crisis to call **1-888-353-2273**

### THE GOOD MORNING PROGRAM

Trained volunteers make regular calls to individuals who live on their own, are isolated and/or at risk for health concerns. Each call is a non-intrusive, non-judgemental safety check that provides social interaction.

If you or someone you know may benefit from this service please call **250-545-8074**



# PROGRAMS & SERVICES

## NUTRITION AND WELLNESS

Each day the CMHA kitchen serves a well balanced lunch for approximately 35 people at \$2.50 each.

There are over 25 rotating volunteer participants involved in the operation of the kitchen program including lunch preparation, kitchen clean-up, baking, and coffee service.

## SOCIAL RECREATION

Our recreation programs are accessed by an average of 250 participants each month. We organize special outings such as camping, fishing, and boating as well as weekly activities including art and guitar lessons, swimming and floor hockey. These are just some of the activities!

## PARTICIPANT VOLUNTEER JOB OPPORTUNITIES

Volunteer work provides participants with a meaningful purpose, time to socialize, and a work ordered day.

- Clerical
- Coffee Room
- Janitorial
- Kitchen
- Lawns
- Recycling
- Shipping & Receiving

## EDUCATION AND SUPPORT

Our groups are accessed by over 150 individuals each month. We offer a variety of educational workshops and classes designed to enhance the quality of individuals' lives by encouraging peer interaction and socialization including:

- Anger Management
- Anxiety Management
- Boundaries
- Mindfulness
- Self-Care for Depression
- Self Esteem

## LIVING LIFE TO THE FULL

LLTTF is a new Ministry of Health Program designed to help people tackle everyday problems. This 8 week program teaches key skills to help participants feel better and have more control over their lives.

## SUPER SATURDAYS

An early intervention, prevention based program provided at no cost to children, ages 7-12 that have a parent or caregiver with a mental illness. Our group meets once a month for activities including crafts, food preparation, games, and sports.

## OUR MOST HEARTFELT THANK YOU TO...

### THE BOARD OF DIRECTORS

President | Robert Scott  
Vice President | Tom Christensen  
Secretary | Bryony Davis  
Treasurer | Matt Garcia  
Director | Tom Nolan  
Director | Dave Mackenzie  
Director | Twylla Genest  
Director | Richard Finn  
Director | Cliff Cross  
Director | Scott DeLong  
Director | Russ Balance  
Executive Director | Sue Rossi

### OUR FUNDERS & PARTNERS

Interior Health Authority  
BC Housing  
United Way - North Okanagan  
Columbia Shuswap  
Community Action Initiative  
Innoweave  
BC Gaming Corporation  
Telus  
Ford Foundation  
Kalamalka Rotary  
Okanagan Rawsome  
Local Businesses

## CONTACT CMHA-VERNON

3100 31 Ave, Vernon BC, V1T 1W3

Phone: (250) 542-3114

Fax: (250) 549-8446

Email: [vernon@cmha.bc.ca](mailto:vernon@cmha.bc.ca)

[www.vernon.cmha.bc.ca](http://www.vernon.cmha.bc.ca)

## HOW YOU CAN MAKE A DIFFERENCE TODAY

### Spread the word.

Talk to a friend, neighbour or co-worker about the work we do.

### Become a member.

A large membership gives strength to any organization.

### Volunteer.

Drop into our office to find out about the many volunteer opportunities.

### Donate.

All gifts, no matter what size, make a difference in your community.

### Support our thrift store.

Donate gently used items and shop in our thrift store.



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