

IMPACT REPORT

2017 - 2018



PROVIDING MENTAL HEALTH SUPPORT FOR VERNON & DISTRICT SINCE 1959



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



*years of
community*

Message from the President and Executive Director

As mental health awareness grows globally, CMHA Vernon & District continues to lead the way locally, providing education, employment and empowerment to individuals and their families across the mental health spectrum.



Richard Finn
Board President

In May 2017, we were thrilled to welcome Julia Payson as our new Executive Director. Julia brings more than 20 years of non-profit leadership to her role.

Under Julia's leadership, we have seen growth and expansion to our programs, services and staffing to address the urgent needs in our community, including youth mental health and a disturbing opioid crisis.

Our programs serve a diverse population in our community, from youth aged 7, to seniors 75+, providing affordable and supportive housing, social enterprise employment programs, peer support and mental wellness education.

CMHA has achieved impressive results over the past year, including providing and maintaining 144 units of affordable housing, nearly 14,000 hours towards our social enterprises, providing educational programs to more than 1,200 community members, answering more than 5,500 calls on the Crisis Line, and preparing and serving more than 6,400 meals in our nutrition programs.

I would like to thank our dedicated staff members, our program participants, members of the CMHA Board of Directors, and our generous partners and supporters who enrich the important work we do.

Our heartfelt appreciation goes out to everyone for joining us in providing mental health care for our community.



Richard Finn

Returning to my home town of Vernon last year, I was reminded of and heartened by the warm, welcoming spirit of our North Okanagan community.

While there has been exciting positive growth and change, there are also challenges to face.

Last March CMHA took part in British Columbia's first Poverty Reduction Strategy, organizing five Kitchen Table Discussions in Vernon and Lumby. By facilitating open dialogue with community members, we learned how mental health, poverty, and access to services affect population segments based on age, gender, geographic location and culture. Our findings will help guide the government as it introduces poverty reduction legislation.

In November, CMHA and our community partners hosted a Community Forum Panel Discussion on youth and addictions focusing on prevention through relationships. This event saw tremendous support throughout the community, and was heralded by many as a new approach to addressing and solution-finding for substance use in the North Okanagan.

Thanks to donations and funds raised from events such as Mixing it up for Mental Health, we were able to elevate the experiences of our youth participants in Super Saturday and add an additional program, Friday Night Live, for older youth. Our annual Ride Don't Hide event to end mental health stigma raised a record \$58,500.



Julia Payson
Executive Director

Through partnerships we will continue to build community. Through community, we will continue to build support systems for education, social connection and mental wellness across the mental health spectrum.

Together, we are leading the way.



Julia Payson

Our Values, Our Success

“Mentally healthy people in a healthy society.
- Our CMHA Vision”

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.

Branch Mandate

The Canadian Mental Health Association (Vernon & District Branch) is a voluntary association that exists to promote Mental Wellness in the community of Vernon, and surrounding areas in the North Okanagan. It is part of a provincial and national organization. We believe in enabling individuals, groups, and communities to increase control over and to enhance their mental health.



CMHA Vernon & District Service Area

2017-2018 At a Glance

SOCIAL ENTERPRISES



\$255,000 was raised to fund our programs.



DONATIONS

\$173,000 was gratefully received.



VOLUNTEERS

donated over **20,480** hours of their time to CMHA programs.

NUTRITIONAL PROGRAMS



6,409 meals were served in our Monday-Saturday breakfast & lunch program.



HOUSING

144 affordable & supportive units provided homes for **220** Vernon residents.

EDUCATIONAL PROGRAMS



1,277 participants took part from Vernon, Lumby & Armstrong.

RECYCLING PROGRAM



10,000 tonnes of waste was prevented from entering our landfills.



THE GEORGETTE THRIFT SHOP

53 volunteers donated **13,920** hours to sort, hang and sell **3,360** bags of clothing.

Special Events & Fundraisers

2017

APRIL - Vernon Doctors Hockey Tournament

donated \$2,500 in memory of Laura Taylor, a UBC medical student and former tournament participant who died by suicide in 2016.

MAY - Mental Health Awareness Week

Mixing it Up for Mental Health hosted by **Durali Villa**, raised \$8,645 for Super Saturday and Friday Night Live. These programs provide nutritional, recreational and peer supportive environments for youth aged 7 to 17 who have a parent or guardian living with mental illness.

CMHA Community Block Party - The CMHA Parking Lot was rockin' around the block with music, dancing and a barbecue.

The Power of the Purse, hosted by **Miracle Bucket Society** was held May 25 at Vernon Lodge & Conference Centre raising \$10,000 for gift cards for local families in need.

JUNE

Ride Don't Hide held at Creekside Park on June 25 broke a local fundraising record with 191 riders raising \$58,500 for local community mental health programs.

AUGUST

The **JCI Lawn Days of Summer** tournament, delivered by **BDO**, donated \$5,215.66 of proceeds for our Workplace Wellness Programs.

SEPTEMBER

The 14th annual **Awakening the Spirit Art Show** took place September to October showcasing the power of art as a therapeutic activity benefiting individuals and communities.

Be the Light – World Suicide Prevention Day took place September 10 in Polson Park as an opportunity to join together as a community in acknowledging those we have lost and for whom we carry hope forward.

DECEMBER

Gift of Hope helped us provide more than 200 gift packages, donated by local businesses and churches, to our seniors, families and youth with mental health issues in our group homes, housing facilities and for those in the Inpatient Psychiatric Unit at Vernon Jubilee Hospital.

2018

FEBRUARY

During their February meeting, **100 Women Who Care** voted to support CMHA in our work for suicide prevention. The group meets four times a year with each member donating \$50 to the chosen non-profit. \$8,150 was generously donated to CMHA for suicide prevention.

MARCH

Beat the Blues at The Kal March 15, 2018 featured live music by The Good, The Bad and The Blues, an award-winning blues band from Chicago raising \$549.



Workplace Wellness programs got a big boost of more than \$5,200 from JCI Lawn Days of Summer tournament, delivered by BDO.



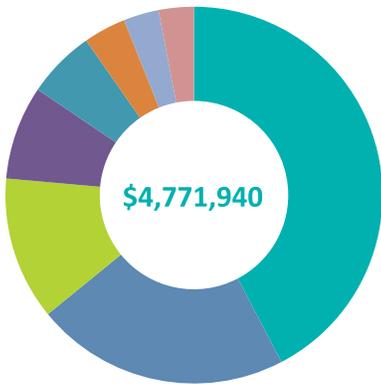
World Suicide Prevention Day at Polson Park helped bring healing and hope.

Photo credit Prime Light Media



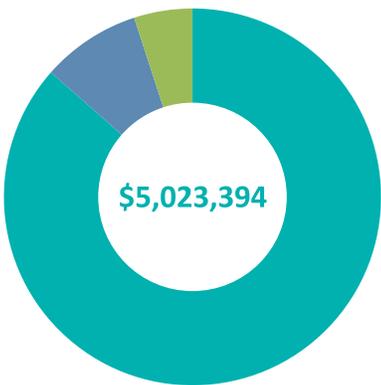
100 Women Who Care donated more than \$8,000 towards suicide prevention.

Stewardship



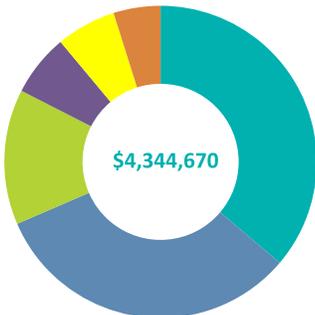
REVENUE

Interior Health Authority	42%
Tenant Rent	22%
BC Housing	12%
Provincial & Other Government Funding	8%
Social Enterprise	6%
Donations	4%
Other	3%
Grant	3%



EXPENSES

Programs & Services	86%
Administration	9%
Capital Asset Investment	5%



BREAKDOWN OF PROGRAMS & SERVICES

Tertiary & Supportive Residential Care	36%
Housing	32%
Wellness Programs	14%
Social Enterprise	7%
Early Intervention & Youth Services	6%
Crisis Line	5%



The Frank Flaman Foundation donated \$5,000 for mental health programs and services.



A grant of \$10,000 from Canada Post was awarded to CMHA for youth mental health programs.



The Vernon Doctors Hockey Tournament Society donated \$2,500 in memory of medical student Laura Taylor.

Changing Lives

Janice - A Shining Star

Janice has overcome a multitude of challenges in her 67 years. Since connecting with CMHA in 2009, she has found a welcome place to use her many talents to benefit the community.

Janice has lived with depression for most of her life. Like many people of her time, she was not diagnosed until her later years. "Nobody was willing to talk about it back then," she confides. "It was hush-hush and you never got help." When Janice finally received a medical diagnosis for chronic depression, she was able to receive treatment for her condition.

Born in Kamloops, Janice was frequently uprooted by her family's many moves throughout the province. Her home life was fraught with turmoil and abuse, causing her to leave at the young age of 15.

Janice lived with relatives while working a variety of jobs. Eventually, she married and had a daughter and son. When her husband died, she became the sole breadwinner for the family.

Always industrious, Janice worked in restaurants, as a house cleaner, for a restoration company, and even painted ships for the Department of National Defense, before starting her own painting business. She often took on two or more jobs at once to make ends meet.

"Working full-time while raising two children was tough," she says. "But I also wanted to do fun things with my kids so they could have a good life. One year I took them for a trip on the West Coast Trail."

Years of physical labour had begun to take its toll on Janice's health. She took a bookkeeping course, adding to her varied set of skills.

When her deteriorating health caused her to lose employment, Janice faced financial trouble, which caused her to lose her home.

"That was hard, losing my condo," she says. "I had to stay in a small bachelor's suite. I didn't even have room for a bed and had to eat at the mission."

Through a referral from Interior Health, Janice became involved with CMHA. CMHA provides a variety of housing and employment options for those with mental health challenges to take part in community.

Janice was able to receive affordable housing through CMHA. "I was reluctant to ask for help. I didn't want to be dependent, but having the new home made me feel better. I had a bedroom and a kitchen so I could eat in my own home."

Janice's multiple talents have made her a much appreciated and important member of the CMHA team.

She prepares the invoicing for the Recycling Program, edits and distributes the CMHA monthly Grapevine newsletter, and has painted many of the rooms at the CMHA programming office.

On Saturdays she drives the CMHA truck to pick up bread at Starbucks and Cobbs for CMHA nutrition programs.

"I feel respected here. I feel like I have accomplished something. If not for CMHA, I would not be around," she says. "I would have found a way to go... that's a fact."

Janice's other talents include writing poetry and drawing. "When I was young I used to draw on paper shopping bags because we couldn't afford a sketch pad."



Janice has been working with CMHA Vernon since 2009 as a bookkeeping assistant, newsletter editor, interior painter and artist.

"I called my drawings 'doodles', but my art got lost through the years because I was too busy."

When a CMHA staff member saw one of her drawings, she encouraged Janice to take part in the Awakening the Spirit Art Show.

Janice sold several of her pieces at the show. She also took watercolour lessons through CMHA's recreation programs. "Art is like therapy," she says.

Janice says she will carry on working as long as she can do the job. "I am a bit of a perfectionist," she says.

"I may not always be the brightest star in the sky, but there are times when I can really shine."

Connecting with Community

Featured Programs

The Crisis Line - Answering the Call

It is not easy to hear someone in distress; to engage the voice that aches with desperation, and to know you are that person's only hope right now. Our Crisis Line volunteers willingly take up the challenge with immense compassion and an enduring spirit of caring.

Calls are confidential, non-judgmental and provide emotional support, effective crisis de-escalation and skilled assessments and interventions.

Callers receive an empathetic ear from someone who has the time to hear their story and has the tools and resources to find the help they need; this is a unique, empowering service.

Reflecting on the lives of the more than 5,500 community members who called the Crisis Line last year, it is unsettling to think about what might have happened if the Crisis Line was not here to help change and save those lives.

Good Morning Program - A Safer Independence

The Good Morning program is a telephone service offered to individuals who are living alone or feeling isolated in the community.

Each call is a non-intrusive, non-judgmental safety check that provides social interaction. Our volunteers listen, provide support and offer referrals when needed.

Calls are made by trained volunteers 365 days a year at no cost to those enrolled in the program.

The Good Morning Program is generously funded by The United Way - North Okanagan Columbia Shuswap.



Last year the **CRISIS LINE** received **5,588 calls**, with an average call length of **12.4 minutes**.



CRISIS LINE workers spent **65,446 minutes** providing empowering emotional support, effective crisis de-escalation, skilled assessment and intervention.



Our recreation programming allows participants to earn and enjoy new activities such as hula dancing.



Youth learn to plan and prepare healthy meals in our nutrition program.



Super Saturday youth take part in educational and recreational activities throughout the North Okanagan.



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*years of
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Canadian Mental Health Association | Vernon & District

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