

IMPACT REPORT 2018 - 2019



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

MESSAGE FROM LEADERSHIP

Sixty years ago, a group of caring community members formed the Vernon Branch of the Canadian Mental Health Association.

They helped establish the psychiatric unit at Vernon Jubilee Hospital, funded treatments and supports for patients, and provided educational resources for mental health practices.

They created social enterprises, supportive housing, employment and volunteer opportunities, while standing up to stigma and breaking down barriers.

We are proud to continue in their footsteps as leaders in supporting everybody along the mental health spectrum.

This past year we have seen encouraging growth in the number of lives being profoundly changed.

Our Crisis Line team answered 6,529 calls, an 11% increase over the previous year.

Our meal program expanded to six days a week, allowing us to prepare and share 9,189 meals last year, an increase of 30% from last year!

We provided mental health education at workplaces, wellness courses, employment and life-skills development, and trained community members in mental health response.

This March, CMHA committed to continue the vital work pioneered by the Mental Illness Family Support Centre, taking on programs to ensure families of individuals diagnosed with a mental illness receive support, education and resources.

CMHA was the recipient of the Beach Radio Community Airtime Award in partnership with Lake City Casino and Hytec, receiving \$35,000 in airtime to bring awareness of local mental health.

Provincial funding of \$3 million was awarded to CMHA last year to renovate Albert Place. We are excited to move forward with this project that will provide 30 units of affordable housing for families and seniors.

We celebrate our founders, who paved the way for today's champions; our staff, volunteers, donors, partners, supporters... and our participants who bravely share their challenges and victories with dignity, strength and resilience.

BOARD OF DIRECTORS 2018 - 19

PRESIDENT
Richard Finn

VICE PRESIDENT
Tom Christensen

TREASURER
Matt Garcia

SECRETARY
Twylla Genest

DIRECTORS
Robert Carscadden
Scott DeLong
Jay Hack
Dave MacKenzie
Tom Nolan
David Penner
David Service
Tanya Wick



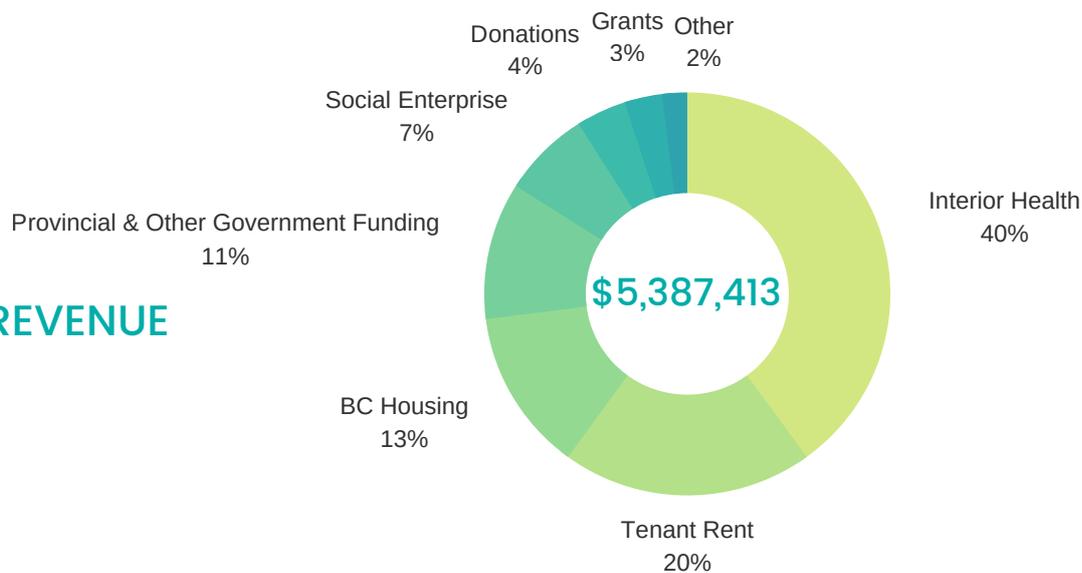
Julia Payson
Executive Director



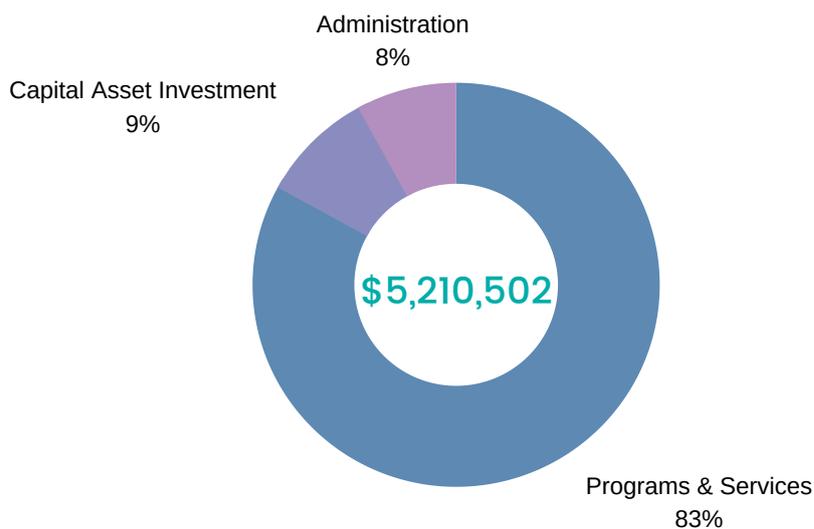
Richard Finn
President

FINANCIAL STEWARDSHIP

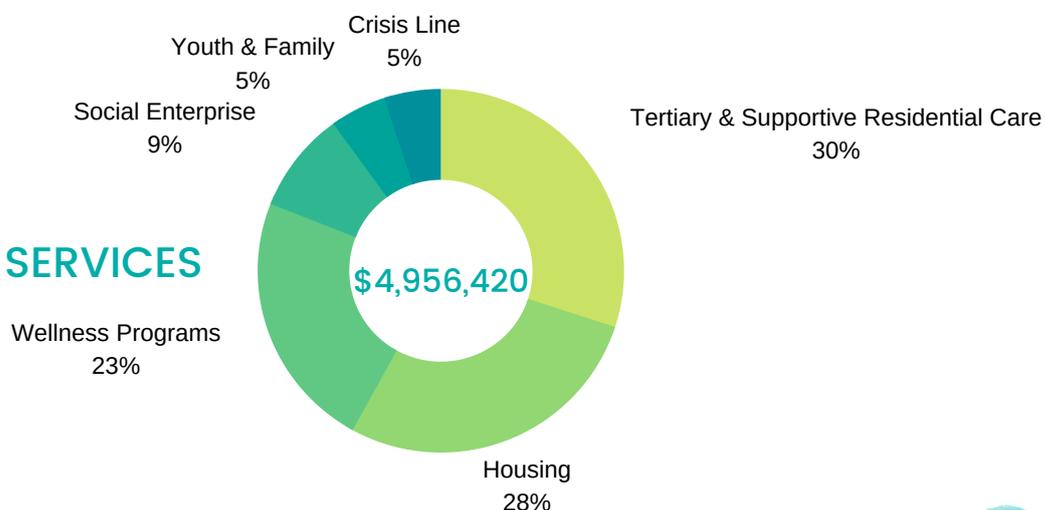
REVENUE



EXPENSES



PROGRAMS & SERVICES



when you
EDUCATE
INDIVIDUALS
you
EMPOWER
COMMUNITIES

24th Street residential care home for adults recovering from mental illness.

Elisheva was provided with 'round-the-clock care and the compassionate support she so desperately needed to begin re-building the fulfilling, independent life that had been ravaged by her mental illness.

"I was rejected by family and friends due to schizophrenia. I was divorced and alone. CMHA was my main connection to new people."

At CMHA, Elisheva found not only education and support for her mental health challenges, she also found a helpful family and friends.

The staff and volunteers at CMHA found a wonderful, caring, capable individual who flourishes as a valued volunteer.

Over the years, Elisheva has dedicated herself to supporting the recycling program, office reception, kitchen and nutrition program, peer support services and assisting with depression screening.

"I struggled for over 10 years with my mental illness. CMHA has provided me a safe, supportive community where I got the help I needed."

Using her lived experience to help others, Elisheva volunteers in the Peer Support Program three times a week, helping others with their mental health issues by lending an understanding, supportive ear.

"Some of my closest friends are at CMHA. It's where I learned about unconditional love. That's why I am still here."



ELISHEVA'S STORY

Elisheva was on a productive path... married with a young son, and a satisfying career when the life she knew began to rapidly unravel.

Elisheva began experiencing unimaginable anxiety and hallucinations. Her worst fears came true when she was diagnosed with schizophrenia.

The beginning of Elisheva's 20-year journey with Canadian Mental Health Association, Vernon & District was at our

FAMILY SUPPORT

Partners in Care

Caring for a family member who has a mental illness can be stressful and challenging.

Families are the backbone of mental health support, providing the majority of support to those living with mental illness.

In March, CMHA Vernon committed to continue the vital work of Mental Illness Family Support Centre who, after 20 years of serving our community, handed over their programs.

All programs and services will continue to operate under CMHA, including Kids in

Control, Farm Friends, group and educational sessions, and one on one family support.

Family support is about building and growing a community where families affected by mental health have knowledge about mental illness and the mental health system, including timely access to services and support.

Family members are partners in care and CMHA helps provide empowerment to them through support, education and advocacy.

BOUNCE BACK

Reclaim Your Life

One in four adults and one in seven youth will experience a mental health issue. Bounce Back and Bounce Back for Youth offers telephone and online coaching for youth and adults experiencing mild to moderate depression or anxiety.

Last year our team of six coaches received 1,038 referrals from family physicians and nurse practitioners in our region, delivering the tools needed for support on the path to mental wellness.

Generous donations from **Byram Family Foundation** funded specialized training for coaches to reach rural and marginalized communities with barriers to accessing mental health help.

Bounce Back is free, confidential and available by referral from a doctor or school counsellor.

BOUNCEBACK PARTICIPANTS SAY

"Thanks for letting me learn in a safe environment."

"You're not alone, and you don't have to be."

"Wonderful program... wish I had this sooner when I was first diagnosed."

Bounce Back® is led by CMHA BC with funding provided by the Provincial Health Services Authority - bouncebackbc.ca.

when you
EMPOWER
COMMUNITIES
AMAZING
THINGS
HAPPEN

COMMUNITY IMPACT

Mental health begins where we work, live and play. Together, we empower each other to live better lives by addressing mental health and wellness in the workplace, at home and in our communities.



APRIL 2018

- O'Haira's The Salon hosted a Wellness Month event raising \$3,271.

MAY 2018

- Mixing It Up for Mental Health at Durali Villa raised \$11,392.
- CMHA hosted its annual Community Block Party to celebrate Mental Health Week.
- The Power of the Purse hosted by Miracle Bucket Society raised \$18,600 for families in need.



JUNE 2018

- Ride Don't Hide saw more than 200 riders cycling in the 7th annual event at Creekside Park, raising more than \$62,000.
- Awakening the Spirit Art Show and Sale demonstrated the power of art as a therapeutic activity.

JULY 2018

- The Greater Vernon Charity Bocce Tournament raised \$500 to support Ride Don't Hide.



AUGUST 2018

- Nadine Laraway-Toop presented the Andrew Allen Backyard Concert which raised \$3,500 for youth mental health in memory of Jordan Mooney.

SEPTEMBER 2018

- Kal Tire donated \$425 from their Annual Charity Garage Sale.



COMMUNITY SUPPORT

Thank you to our community who generously supported CMHA in our mission to promote Mental Health for All!

SEPTEMBER 2018

- World Suicide Prevention Day 'Be the Light' ceremony took place at Polson Park.
- Vernon Doctors Hockey Tournament Society donated \$2,500 in memory of Laura Taylor.

OCTOBER 2018

- The Robb Nash Project presented by CMHA Vernon delivered a powerful message of pursuing strength and resilience.

DECEMBER 2018

- Donations from businesses and churches to our Gift of Hope campaign provided 200 gift packages to seniors, families and youth with mental health challenges.
- Simply Delicious 'Families Helping Families Customer Appreciation Day' raised \$1,000.

JANUARY 2019

- "The Jungle" Art Exhibit for Mental Health by Carley Kitagawa and The Fig raised \$2,500.
- Essential Emotions raised \$290 for Let's Talk Day to support youth mental health.

MARCH 2019

- "Lumby Cowboy" band Local Smoke raised \$650 from their concert at Record City.
- North Star Martial Arts Academy hosted a fundraiser in memory of Liam Hack, raising \$150.



LAST YEAR AT A GLANCE

\$276,640 raised
from Social
Enterprises

\$300,000 in
donations
received

24,322 hours of
CMHA volunteer
time

9,189 meals
prepared and
served

987 participants
in Wellness
programs

144 affordable
homes
for 261 residents

12,750 hours
volunteered at
Georgette Shop

10,000 tonnes of
waste recycled

The Crisis Line
team answered
6,529 calls

Good Morning
program made
8,877 safety calls



Canadian Mental
Health Association
Vernon & District
Mental health for all



Canadian Mental Health Association
Vernon & District

3100-28 Avenue | Vernon, BC | V1T 1W3
Phone: 250.542.3114 | Fax: 250.549.8446
Web: cmhavernon.ca

Charitable Registration # 10686 3731 RR0001



The Standards Program Trustmark is a mark of
Imagine Canada used under license by
Canadian Mental Health Association,
Vernon & District