



**Canadian Mental  
Health Association**  
Regina Branch  
*Mental health for all*



Annual Report

April 1, 2016 – March 31, 2017



## Message from our Board Chair

On behalf of your Board of Directors it is my pleasure to present the Chairperson's Report.

To start, it is with regret that we say fare-thee-well to two of our Board members this year. Wanda Falkowsky and Deborah Dyer. Wanda served the CMHA Board of Directors from June 14<sup>th</sup>, 2011 through to today and Deb served from June 19<sup>th</sup>, 2013 through to today. They will both be sorely missed.

I am personally very proud of the elected people of your Board of Directors for their outlook on the success of our organization so that we are able to strive to meet all of the needs for our members. All of them put their hearts and souls into our branch and are always looking for ways to further improve what we have offered in the past and what we can offer in the future.

It has been a year of potential cutbacks for our Branch as it is for all Non-Government Offices that rely on funding from other sources. Our Province is in financial difficulty and all organizations are being asked to help them out of this situation. Thanks to our Executive Director and our Provincial Board and Office we have a voice. We can relay to those who will listen what exactly in dollars the value of the services we offer versus the costs if we weren't filling the potential gaps in addressing those in need of those services. I don't want to preach doom and gloom but the state of our Province is certainly cause for concern. Please rest assured that your Board of Directors will do everything in our power to find a resolve and solution to the scenarios that we can control.

I mentioned our Executive Director earlier and I would like to expand those thoughts. I truly believe along with the Board of Directors that we chose the best of all the candidates in Stacey Carmichael. Stacey along with her staff work relentlessly on ensuring that the Regina Branch is second to none when it comes to addressing the needs of our membership. We cannot thank the staff enough for what they do individually and as a team. I know all too well where we would be as a Regina Branch without their help.

In closing, please enjoy the rest of the day and every day in the future.

May God Bless

Bill Gray  
Chairperson

### 2016 – 2017 Board of Directors

Bill Gray Chair

Sandy Devine Vice Chair

Jim Konecsni Treasurer

Wanda Falkowsky Secretary

Bruce McKee

Helen Finucane

Colleen Molnar

Deb Dyer

Jordan Hardy

## Message from our Executive Director

CMHA Regina Branch had an outstanding 2016 – 2017 fiscal year!

We continue to operate our Pre-Vocational and Vocational Programs and are proud to have them meet the needs of over 900 members in Regina who are living with a mental illness. We work using a lens of continuous improvement and responsiveness and it is paying off. Our annual members' survey identified that our programs help keep people well, out of the hospital and connected to the community. We were busy with 211 new applications, we served over 10,000 meals and we provided 83 individuals with an array of training and employment opportunities.



With the help of the Community Initiatives Fund we developed a new program called Community Engagement to meet an identified need for information and support in our community and to help raise our agency profile. This program started in December with a part time Director of Community Engagement. With help from the entire team this program is making a substantial and positive impact on our Branch and building compassion and understanding throughout the community.



One of the highlights of the year included hosting a very successful Ride Don't Hide. Ride Don't Hide is a community bike ride sponsored by The Co-operators. The event saw over 250 riders, significantly raised awareness and over \$52,000.00 for our Branch. I cannot extend enough gratitude to The Co-operators for their continued support of Ride Don't Hide. Thank-you for being so awesome!

Our building located at 1810 Albert Street is old, yet so full of love and hope. Thanks to Eastview Rotary Club for helping us keep it as welcoming as possible through painting our TV / activity room. Going forward, we look forward to a continued relationship with the Eastview Rotary Club. We also welcome the opportunity to work with Farm Credit Canada and Punchline Comedy Night to see further improvements to our little piece of paradise in Regina.

**CMHA Regina Branch  
Team**

**Stacey Carmichael**  
Executive Director

**Kim Zazula**  
Director of Finance

**Shannon Patton**  
Director of Community  
Engagement

**Sue Beug**  
Prevocational Team  
Lead

**Dillon Brown**  
Food Services

**Linda Dundas**  
Facility Manager

**Tracey Edwards**  
Vocational Team Lead

**Bob Hughes**  
Program Assistant

**Melissa Kirby**  
SETI Coordinator

**Risa Orell**  
Program Assistant

**Suzanne Quesnell**  
Program Assistant

**Lorna Schmidt**  
Administration

Going forward we will build on our successes. We will continue to respond to our member's needs with meaningful social and recreational programming. We will enhance our vocational training and orientation and provide more employment opportunities than ever before. We will strive to ensure we live in an all-inclusive healthy community through a robust Community Engagement program and we will work hard to sustain it all.

I would like to take this opportunity to thank a very dedicated Board of Directors for their guidance, leadership and support. There are countless other volunteers that also deserve a resounding applause.

I need to acknowledge a hardworking and dedicated team of staff. The impact we are making is significant- you are all agents of hope and I am so proud to work with you all!

We may be small but we are mighty!

Respectfully Submitted

Stacey Carmichael  
Executive Director



## Vocational Program Report

This past year has been busy. We have invested in training, refined procedures and always work with continuous improvement in mind. We strive to ensure we are providing the most meaningful opportunities possible for the over 80 members working with us in one of our three vocational areas.

Linda supervises the janitorial and housekeeping teams. The janitorial crew comes in early during the week to clean our facility and then they will head out to do one of over twenty housekeeping/janitorial contracts which include both businesses and dwellings.



Dillon supervises food services, canteen and the front desk providing employment and training to our members. This group makes sure to welcome individuals as they come in and they also helped prepare over 10,000 nutritious meals last fiscal year.

Melissa oversees what we have fondly come to call “work crews”. Last year the crews did over 100 “odd jobs” ranging from lawn care and snow removal to cleaning up after events at Mosaic Stadium.

We are working on securing new training and employment opportunities for our members and have been refining our official orientation to the Vocational Program. This includes OH&S information, life skills and WHIMIS training, just as highlights. We are seeing people’s confidence rise as their skills increase. This program provides meaningful work and skill development and it is making a positive difference in people’s lives.

Thank you so much to the staff and program participants for all you do!

Respectfully Submitted

Tracey Edwards  
Vocational Team Lead



## Prevocational Report

The Pre Vocational Program focuses on providing a welcoming environment of acceptance and support with numerous opportunities that foster personal recovery and growth. Our Drop-in center and programs follow evidence-based research, which indicates that a supportive engaging community is the most helpful for people managing a mental illness. We validate people; acknowledge their resilience and promote their strengths, while encouraging their involvement.



2016 was another busy year! Request for intake applications has increased, 211 were done between April 1, 2016 to March 31, 2017. We are pleased to now welcome our new intakes with “comfort and care bags” which offer gifts of comfort and a variety of resources for individuals.

In our endeavors to meet the needs of all who walk through our doors, we can lose sight of our achievements over the year. Comments from our Members remind us that we are on the right track. Quotes such as: “I feel welcome and I don’t often feel this way in crowds”; “Helps me open up and be myself”; “Keep motivating me and stand up for me”; “Listening to me on what I want, finding out information”

There have been many new initiatives this last year like the 50 care packages we created and delivered to the hospital on Giving Tuesday. This year’s annual Christmas Party sponsored by Eastview Rotary Club, CMHA Sask Division and Sask Energy was held on site and a great success.

We are very proud of The Reel Anti-Suppressants Popular Theatre Group who continue to put themselves out there to educate the public and raise hope; working to debunk the stigma associated with mental illness. Feature performances this year included the Hudson Bay fundraiser for an x-ray machine and a photo documentary in the Leader Post.



A summary of the annual client survey 2016 can shed light on the value and benefits of our programs and services from those who know us the best. According to our Members, our services have had the following impact on their sense of well-being; rating socialization with others as top value, followed by improved quality of life, reduced isolation, enjoyment of leisure and fun activities, feeling connected to others, support,

sense of safety and security, fitness and being active, and increased self-esteem. A total of 98% indicated that the Club helped keep them well.

Our program focuses on the recovery oriented goals of hope, empowerment, self-determination, choice; building personal capacity and building community capacity.

- 84% of Members surveyed indicated that CMHA services/programs helped keep them out of the hospital. This is a 15% increase from last year.
- 90% of Members responded that they can identify personal goals for themselves and 66% indicated that they achieved one or more of their goals last year.
- 84% identified that CMHA helped them gain knowledge and skills on how to make healthy choices.
- 91% shared that Club activities gave them a sense of belonging in the community.



Volunteers and practicum student placements increased this year as well. We appreciate their positive energy and commitment to our agency, providing additional support, resources, education, and knowledge that help enhance the health status of our members. The Pre Voc program is a fantastic place for learning and the students strive to give back to show their appreciation of this opportunity.

I would like to give a resounding thank you to the Pre-Vocational Team of Risa, Suzanne, and Bob, while acknowledging the rest of our CMHA Staff and Casuals for their ongoing support in managing the Club. Thank you to all our Members for your daily help and the amazing peer support you give each other. We have appreciated the contributions from the Member's families and caregivers, volunteers, Board of Directors, community partners, and our local community for their support over this year. (including but not limited to St. Georges Orthodox Cathedral, St. Martin's Crafters, the Social "B's", the YMCA, Inner Wheel Group, Regina Food Bank Reclamation, SaskTel Pioneers)

On behalf of the Pre-Vocational Team, we are thankful for this years' successes. In the upcoming year, we will offer more educational and skill building activities. Our program objective will focus on better ways to engage our younger population and minority groups. It's encouraging and exciting to be part of the Regina Branch as we evolve and progress in adapting to changing times. We look forward to a promising year and working collaboratively with the Vocational team and Community Engagement program to meet the needs of our Members and our community.

Respectfully Submitted

Susan Beug  
Prevocational Team Lead

## Community Engagement

The Community Engagement area was developed at the beginning of December 2016 with the intent of helping to build capacity through education and awareness in all sorts of venues throughout our community. To do this, a Director of Community Engagement was contracted on a part-time basis.

This area has been quite busy and the more we are out in the community the more we are visible creating numerous requests and opportunities. Since December 2016 up to and including March 31st, we delivered personalized presentations at the following places.



Public Service Alliance of Canada – approx. 15 attendees

U of R – Stand up for Mental Health – approx. 150 attendees

Creative Options - approx. 20 attendees

Service Canada – Mental Health - approx. 25 attendees

Service Canada – Stigma - approx. 26 attendees

WF Johnson Collegiate – 4 presentations – each with approx. 15-20 students at each presentation

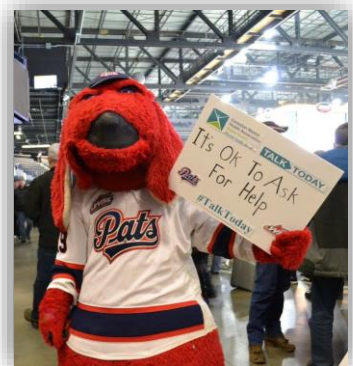
YWCA - approx. 24 attendees

In addition to presentations, we attended various community, job/mental health & wellness fairs (3), and were interviewed on three different media outlets (Global Morning Show, CBC, Access Communication)

In February, through our partnership with the WHL Regina Pat's Organization and TalkToday program, we were given the opportunity to host an awareness night at a home game. Here we created social media messaging and videos with messages starring various Pat hockey players. In addition, all fans were provided with education and awareness pamphlets and an opportunity to send messages in support of mental health which were then later posted on our website for all to see.

Near the end of the fiscal year we were extremely fortunate to have been chosen as the beneficiary of Punchline Comedy Night which took place on April 28<sup>th</sup> 2017. The opportunity is phenomenal and we have thoroughly enjoyed working with the organizing committee. We cannot wait to update everyone on its success in our next annual report!

Planning for Ride Don't Hide 2017 – is well underway and we are pleased that The Co-operators has once again come on as our Platinum sponsor. We are looking forward to an excellent event again this year.



Respectfully Submitted

Shannon Patton

Director of Community Engagement



THANK YOU TO OUR SPONSORS!



PLATINUM SPONSOR



DIAMOND SPONSOR



GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS



MEDIA SPONSORS



PRINT SPONSOR



BREAKFAST SPONSOR



VENUE SPONSOR



WATER SPONSOR



# Funders



# Supporters

Eastview Rotary Club

Saskatchewan Lotteries

South Saskatchewan Community Foundation

CMHA Saskatchewan Division

Sask Energy

# Thank You All!



## **Canadian Mental Health Association Regina Branch**

1810 Albert Street

Phone: 306 525-9543

Fax: 306-525-9579

Email: [info@cmharegina.com](mailto:info@cmharegina.com)

[www.cmharegina.com](http://www.cmharegina.com)



@CMHAinRegina



@CMHARegina