

# Canadian Mental Health Regina Branch Annual General Meeting

June 6<sup>th</sup>, 2018



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



**We should enjoy all people, regardless of the situation!**  
(Anonymous Member)

# Agenda

## Welcome to the CMHA Regina Branch Annual General Meeting:

**11:30** Registration

**12:00** Welcome and invitation to Lunch

**12:05** Lunch

**12:35** Annual General Meeting

1.0 Introduction & Welcoming Remarks/Call to Order

2.0 Minutes of Previous Annual General Meeting –  
June 7<sup>th</sup>, 2017

3.0 Reports:

3.1 Chair's Report

3.2 Executive Director's Report

3.3 Pre-Vocational Report

3.4 Vocational Report

3.5 Audit and Finance Report

4.0 Nominating Committee Report

5.0 Ride Don't Hide Regina 2018

6.0 Closing Remarks

7.0 Adjournment



**CMHA Regina Branch Annual General Meeting  
Minutes of June 7th, 2017  
Meeting held at Tony Roma's Restaurant  
4450 Albert St., Regina, Saskatchewan**

The meeting was called to order at: 12:33 pm

1.0 Introduction & Welcoming Remarks:

Presented by: Bill Gray

2.0 Minutes of the previous meeting, from June 8th, 2016:

M/S/C Gary Carlson / Sandy Devine

*That the minutes of the previous meeting from June 8th, 2016 be approved as circulated*

3.0 Chair, Executive Director & Program Reports:

3.1 Chair Report, presented by Bill Gray

3.2 Executive Director Report, presented by Stacey Carmichael

3.3 Pre-Vocational Report, presented by Stacey Carmichael

3.4 Vocational Report, presented by Stacey Carmichael

M/S/C Jack Wozniak / Colleen Molnar

*That the Chair Report be approved as circulated*

M/S/C Jack Wozniak / Sandy Devine

*That the Executive Director Report be approved as circulated*

M/S/C Jack Wozniak / Sandy Devine

*That the Prevocational reports be approved as circulated*

M/S/C Jack Wozniak / Sandy Devine

*That the Vocational Report be approved as circulated.*

3.5 Audit & Finance Report, presented by Robert D. Szutner  
spoke to the Financial Statements.

M/S/C Jordan Hardy / Sandy Devine

*That the audited financial statements be approved as circulated*

M/S/C Jordan Hardy/Colleen Molnar

*That Robert D. Szautner , C.A., Prof. Corp be appointed as auditor for the 2017-2018 fiscal year.*

*All in Favour - Accepted*

#### 4.0 Nominating Committee Report:

Colleen Molnar spoke to the Nominating Committee Report.

<b>Current Board of Directors</b>	<b>Term Expires</b>
Bill Gray (2013)	June 2019
Sandy Devine (2013)	June 2019
Jim Konecni (2013)	June 2019
Helen Finucane (2009)	June 2018
Colleen Molnar (2012)	June 2018
Bruce McKee (2015)	June 2018
Jordon Hardy (2015, September)	June 2019
Jack Wozniak (2017, January)	June 2017 (seeking re-election)

M/S/C Colleen Molnar/Sandy Devine

The Committee recommends that the following Director whose term has expired will serve another term.

<b>Reappointed:</b>	<b>Term Expires</b>
Jack Wozniak	June 2020

Biography

M/S/C Sandy Devine/Jordan Hardy

All in Favour - Approved

## **Resignations**

Wanda Falkowsky -June 14<sup>th</sup>, 2011 – June 7<sup>th</sup>, 2017  
Deb Dyer – June 19<sup>th</sup>, 2013 -June 7<sup>th</sup>, 2017  
Shannon Patton – 2015-January 2017 (Now on staff)

All in Favour – Approved

## **Recommendation**

The Committee recommends the election of the following new Directors:

Nominated:

Kyle Moffat  
Shannon Herschmiller

Biographies

M/S/C Sandy Devine/ Jordan Hardy

All in Favour- Approved

5.0 Closing Remarks:

Presented by: Bill Gray

6.0 Adjournment

Time: 1:05 pm

Motion to adjourn Gary Carlson/ Bruce Mckee

# Chairperson Report

Bill Gray

## 2018 Annual Meeting

Good afternoon everyone,

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

It is in our Constitution that your Board can only serve three consecutive terms. With that in mind, we have to say good bye and thank you so very much for your time and commitment spent at CMHA Regina Branch to one of our long-term Board Members. So, it is with regret that we must say fare-thee-well to Helen Finucane. Helen served the CMHA Board of Directors from 2009 through to today. She leaves some very big shoes to fill and will 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 historically 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 Offices, we have a strong voice for all of us at CMHA Regina Branch, to relay to those who will listen, to what exactly in dollars, the value of the services we offer is 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 a 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. Unfortunately, we have had to do another search for an Executive Director due to the resignation of Ms. Stacey Carmichael. Your Board selected a Committee to do the interviews and I truly believe along with the Board of Directors that we chose the best of all of the candidates in Mr. Leroy Berndt. Leroy comes with a wealth of knowledge and is learning the ways of CMHA Regina Branch, both members and staff each and every day. He along with his staff will work relentlessly on ensuring that the Regina Branch is second to none when it comes to addressing the needs of our membership.

I would be remiss in not reiterating that we cannot thank the Staff enough for what they do individually and as a team. I think we all know all too well where we would be as a Regina Branch without their tremendous and professional help.

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

May God Bless each and every one of you!

Bill Gray

Chairperson

CMHA Regina Branch

# Executive Director's Report

## Leroy Berndt

As the Executive Director of CMHA Regina Branch, I would like to welcome everyone to the Annual General Meeting for 2017.

During my short time in my role as Executive Director, I am amazed at the amount of work that gets done with so few resources but more importantly at the willingness of the staff to get things done.

CMHA Regina Branch continued to provide an array of pre-vocational and vocational programming in Regina last year. A newer addition to the activities has been the addition of the role of Community Engagement which has made a significant impact in the community we serve.

There have been many highlights in the past year and are touched on elsewhere in the annual report, but I would like to highlight the Punchline Comedy Night, Ride Don't Hide and the numerous presentations that have been done in workplaces, schools, etc.

To all our funders and supporters, what we achieve is the result of what you give us in so many ways. We are grateful and appreciative for each of you standing with us in helping our members who live with mental illness to make healthy choices about healthy living.

I would also like to thank all the churches, community organizations and groups and individuals for their kind donations. Whether it is food, fundraising or other contributions for the benefit of our members, it greatly helps us as an organization to share your kindness with our members knowing that they enjoy and appreciate what you have done for them.

Thank you to the Board of Directors, each staff, our membership and our volunteers who give so much of their time to the Branch.

I look forward to a year that is even better than this past one under review.

Thank you.

Leroy Berndt



# PreVocational Report

## Sue Beug

### Pre-Vocational Program AGM Report 2017-2018

The Pre-Vocational Program promotes healthy living. Our Drop-in center continues to be a busy hub of awesomeness. If you have been to the club you may have witnessed that this is a place to build social connections and many good things come from that. Each day our staff work to engage our members and visitors, support mental health awareness, address needs before they become a crisis, and promote inclusion.

Research indicates that building social connections is as important for your health as quitting smoking and that loneliness itself is as hazardous to your health as smoking ½ a pack of cigarettes a day. Loneliness is associated with many health problems both physical and cognitive. We have seen an increased prevalence of social anxiety too. Our drop-in center has a significant impact on people's well-being as people coping with mental health issues tend to isolate and are extremely prone to loneliness. Coming in through our doors, you are bound to receive a friendly welcome or a kind compliment, you may be cheered by someone singing, or join in the chatter of visiting friends, be told a joke or hear an opinion on current affairs spurring you to participate in the rhetoric, you may be inspired by one of the numerous positive affirmations or creations decorating the center, soothed by a furry companion, participate in an activity that helps build skills and knowledge or just helps you be calm and mindful, maybe the joy is to savor the smell of a hot meal that drifts from the kitchen or appreciate a communal meal while the clatter of pool balls and comradely echoes from the pool table.



Our program supports people in their recovery journey which is different for every person. For some it is the structure and routine of our monthly activity calendar that helps keep them well, for others it is the social connections, a safe place in the community, or support that provides meaningful involvement and value to their day. Other Members only come from time to time or re-emerge after being away for a long period of time, others just appreciate the occasional support and independence to access the gym at the YMCA.

Our main program goal is to build capacity; both of our members and of our community. Traditionally the Pre-vocational program has done well at both empowering our Members to increase their individual capacity; strengthen their skills and abilities, and at providing opportunities to expand their connections in the community. This year we were pleased to expand our activities to include the growing number of new community partnerships thanks to the impact of our agency's Community Engagement initiatives. This influx of community interest has helped achieve projects like physical enhancements to the building and special social events that support the Regina Branch to function better as a community resource for our Members and the public seeking assistance. These community partnerships are mutually beneficial encounters as our Members feel cared about and have a chance to learn about others, while our community has opportunities to improve their understanding of mental illness and hence social barriers can be reduced. For example, in December Farm Credit Canada provided a fantastic fun afternoon of a Taco fiesta, cookie baking- decorating and consumption, patiently tutoring beautiful craft activities which Members took home or proudly gifted to others, there was lots of cheery caroling, dancing, and hot chocolate. Members gave this afternoon thumbs-up; said it was the best party ever!

2017 was a busy year! Our staff completed 277 Membership applications which is up almost 25% from last year's 211. Members visited the drop-in clubs 25,722 times over the year and this does not include visitors to the center. We are pleased to provide a growing number of informational tours of the Regina Branch, this includes the medical clerks from RGH Inpatient Psychiatry rotation every six weeks.

**Other highlights:**

- We were able to offer 8 sessions on "Your Recovery Journey with Wellness Recovery Action Plans" facilitated by the Schizophrenia Society and supported by the RMHC.
- United Way and FCC Pallet garden project in June. This started out as a lot of fun on the day of construction, planting, and BBQ; but over the summer as the weather persistently warmed, the beauty of the project withered.
- Annual Members Christmas Party was held at Wesley United Church and catered by Charlottes. The event featured gifts of warmth from the Eastview Rotarians and Sask Energy "Share the Warmth", candies from the Food Bank Reclamation program were packed by Greystone Managed Investments. FCC and CMHA Division contributed as well to make this a memorable celebration for many.
- St. Georges Orthodox Cathedral continues to be exceptionally generous with a monthly visit to the club providing a delicious hot meal and birthday cake, plus on Sundays they collect fresh

fruit at their parish and deliver it to us. Through the year they donate various items of need including 64 pairs of new winter boots and luncheon trays at Christmas.

- St. Martin's Crafter continues to provide a Chinese buffet at Christmas which has become a traditional feast and take-home leftovers for the day we are closed. These prolific crafters kindly donate their profits to numerous community organizations and we are grateful for their donation towards our monthly birthday parties and program supplies.

-The Social-B's donated Christmas gift bags for about 70, which are handed out on December 24<sup>th</sup>. Many Members take them home to open over the holidays when we are closed.

-The year never ends without someone reminiscing about the enjoyment they experience on a camping trip. Thanks to the ongoing support of the RMHC this year 14 Members went to Saskatoon and another 12 went to Kedleston Beach, others take pleasure in the day trips.

-The Reel Anti-Suppressant Popular Theatre Group made the front page of the Leader-Post weekend edition in February and was featured in a three full page claim to fame. "The group performs to entertain, but also to educate people about living with mental illness." Among many community performances in Regina they were honored to be the main attraction at a Hudson Bay, Sk., fundraiser in March.



The Pre-vocational program provides a wide range of services and supports that are making a positive difference in people's lives. The Annual Members Satisfaction Survey was conducted on line this years and we realize this was not as user-friendly as hoped. However, survey results did identify that we are on the right track which is important information to share with funders:

- 98.5% identified that our activities gave them a feeling of belonging in the community
- 85% identifies that we helped them participate in the community
- 85% identified that we helped them gain knowledge or skills to make healthier choices
- 91% identified that attending the Club helped keep them out of the hospital
- 100% identified that CMHA helped keep them well

Volunteers and practicum student placements were appreciated. Their positive energy and commitment to our agency provided additional support, resources, education, and knowledge that help enhance the health status of our members. The Pre-Vocational 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 Suzanne, Risa, and Bob, while acknowledging the rest of our CMHA Staff and Casuals for their ongoing support in managing the Club. Thank you to all the Members, their families and caregivers, our volunteers, our Board of Directors, our community partners, and our local community for their support over this year.

On behalf of the Pre-Vocational Team, we are thankful for this year's successes which included enhancing our community partnerships, plus offering more educational and skill building activities. For the upcoming year our program will focus on developing peer support programs as this is a recognized powerful recovery tool, we will also work on better ways to engage our younger population and minority groups. It's exciting to be part of the Regina Branch as we are gaining momentum as a sought-out partner for community investment projects and as a valuable resource for support. 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.

Submitted by

Susan Beug, Pre-Vocational Team Leader

# Vocational Report

Tracey Edwards

As the Vocational Team Lead it is my pleasure to report on what has taken place in my area of the branch.

We have 25 members working in 5 different areas we staff within CMHA Regina Branch. The areas are;

The Attendance Desk - where a member staff is at a desk at the front door. As our members come through the door, the person at the desk finds their name in the Attendance Sheets and marks the box for that specific day. This is done not only for our Branch statistics but also for Social Services. It is also a big part of our building safety Plan. The member staff work 2 to 3 hour shifts each day, 3 shifts per day and are from 9 am to 12 pm, 12 pm to 2 pm and 2 pm to 5 pm.

The Canteen - the window at the front of the building when coming in the front door. The Canteen sells pop, water, juice, cup of noodles, fruit cups, ice cream and much more. We are open from 9 am to 12:45 pm.

Housecleaning - At this point we have 2 people housecleaning with a supervisor. We are doing about 18 homes and 1 business. Depending on the place, it can be once a week, once every two weeks or once a month that cleaning is done.

Janitorial - a group of about 10-member staff come in the morning at 7:30 am to clean the member club area including the bathrooms. The janitorial team comes in from Monday to Friday. Only 2 to 3 work every day and most of the member staff have specific days on which they work. Once a week the second floor also gets vacuumed. We also have a member staff that cleans the bathrooms in the members' club at noon.

Kitchen - we have a staff of about 5 for the kitchen. Each morning 2-member staff and the supervisor prepare lunch from 9:30 and serve at 12 pm. They clean up, do dishes, sweep and mop the kitchen if needed and wipe down all the tables in the common area. A snack is served at 4 pm. During the past year a total of 351 lunches were served to an average of 880 members per month and a total of 252 snacks were served to an average of 260 members per month.

Thanks to the Fund Raising of Punchline Comedy Night, we have a brand new kitchen. It has been so wonderful to be able to prepare meals in the beautiful kitchen. Everyone that works in the kitchen seems to enjoy it because they view their jobs with respect and they start cleaning on their own without being told.

Tracey Edwards

# Community Engagement

Over the past fiscal year, the Community Engagement area has been kept extremely busy. Our presence in the community, helping to build the capacity around mental health through education and awareness has seen our branch experiencing more people getting in contact with us for presentations and support. Additionally, the branch has also seen an increase in the number of people attending our drop-in center. While currently, we don't have stats to support the correlation between our work in the community and the increase in membership to the drop-in center, we know from the number of inquiries, that many have heard about us through presentations and events we attended and/or media interviews. Going forward our pre-vocational area will be attempting to keep these stats.

Since April 1, 2017 to March 31, 2018, we have provided 41 presentations to schools, post-secondary institutions, workplaces, service industries as well as other community-based organizations. After getting three staff members trained to offer safeTALK training (which is a suicide alertness educational program), we have gone on to provide four (4) sessions to the public. Our partnerships through the CMHA Talk Today program and the Canadian Hockey League, we have been able to provide all the Regina Pats Hockey team with safeTALK training on a yearly basis. We have also been able to provide it to one employer organization and two high school wellness classes. Additionally, we have been able to hold two (2) unveiling events (new kitchen and launch of the Buddy Bench and Teacher Guide) as well as two (2) large and very successful fundraising events.

We are very pleased with the work we have done this past year and certainly look forward to the work ahead of us. As an idea of the year to come, in the months of April and May 2018, we have already had thirteen speaking/ promotional events, two media appearances plus three very successful fundraising events.

We would like to thank the community for their desire to learn and become more familiar with difference between mental health and mental illness as well as the various signs and symptoms of when someone may be struggling. Our community has truly come together in support of better mental health for all and with each opportunity presented, we are slowly decreasing the stigma that surrounds mental illness. This could not be done without the citizens of this community.

We have been very appreciative of the phenomenal financial support of our fundraising partners, sponsors, funders and donors who believe in the work we are doing and the need therein.

This truly begins with the Canadian Initiatives Fund (CIF) who have provided us with a grant to help partially fund the Community Engagement Area starting in 2017 and continuing to present day. Without this, the Community Engagement area would not have been able to proceed forward. We are forever grateful and appreciative.

Our branch has been significantly impacted by "4 Women for Mental Health" (founders and organizers of Punchline Comedy Night). Their endless hours of selfless dedication and arduous



work has been so incredible. From raising monies for our newly renovated kitchen to funding the creation of an elementary school Buddy Bench pilot program and teacher guide, they have truly helped create change within our community and ensure mental health for all.



The Co-operators has also been a phenomenal supporter and sponsor of our branch - in particular, of our Ride Don't Hide event which they have continually sponsored each year for four years. Again, their support has allowed us to continue our efforts in creating awareness about mental health and through the ride, they have given strength to all living with or impacted by a mental illness to feel supported, cared for and empowered not to hide any longer. Without the support and sponsorship of The Co-operators this event would not be as successful as it has been.

Farm Credit Canada is another organization that has had a significant impact on our branch. Not only were they the presenting sponsor for the Punchline Comedy Night 2018, but they have continually provided their staff opportunities throughout the 2017/2018 year, to come into our center to volunteer and help change the lives of so many of our members.

With all this, we know that support begins with just one person - a person who may have been affected by a mental illness or possibly even a family member or friend. We know that it only takes that one person to create change and we are so very appreciative of all the voices out there who are getting loud in support of what we do but also in support of all those who live each day with a mental illness or addiction.

People are the heart of every community and we are so thankful to each and every one who has supported us this past year.

***"Each one of us can make a difference. Together we can make a change"*** – Barbara Mikulski

Respectfully Submitted by:

Shannon Patton



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

*Regina Branch*

**Nomination Committee Report – 2017-2018**

To vote at the Annual General Meeting or sit on the Board of Directors, you must be a member in good standing.

- By-Laws state that the Board of Directors will consist of no less than 6 members and no more than 15.
- Quorum must meet 50% of elected Board members.

**Members of the Nominating Committee:**

Colleen Molnar (Chair), Sandy Devine, Helen Finucane

**Current Board of Directors**

Bill Gray (2013)

**Term Expires**

June 2019

Sandy Devine (2013)

June 2019

Jim Konecsni (2013)

June 2019

Helen Finucane (2009)

June 2018 – Not eligible for re-election.

Colleen Molnar (2012)

June 2018 – Seeking re-election for 3<sup>rd</sup> Term.

Bruce McKee (2015)

June 2018 – Seeking re-election for 2<sup>nd</sup> Term.

Jordan Hardy (2015, September)

June 2019

Jack Wozniak 2017, January)

June 2020

Kyle Moffat (2017)

June 2020

Shannon Herschmiller (2017)

June 2020

**Resignations**

**Helen Finucane (2009 – 2018)**

Helen joined the CMHA Regina Branch Board in June of 2009 and concluded her 3<sup>rd</sup> consecutive three-year term as of 2018. She has made valuable contributions to the organization, serving as Board Chair (2009-2010), Member of the ED Hiring Committee (2010, 2012), Chair of the Nominating Committee (2012), Chair of the Laundromat Review Committee (2014) and Member of the Nominating Committee (2018).

Helen has been generous with her time and talents and it is with regret and gratitude that we bid her farewell as she concludes her Board involvement with the Regina Branch of CMHA. We anticipate that she will always remain a “friend” and look forward to her continuing support as an advocate for mental health for all.



## **Recommendation**

The committee recommends that the following Directors whose term has expired will serve another term:

<b>Reappointed:</b>	<b>Terms Expire:</b>
Colleen Molnar	June 2021
Bruce McKee	June 2021

## **Biographies:**

### **Colleen Molnar, MSW**

- Retired from the Regina Qu'Appelle Health Region-Mental Health Clinic. (1990-2010).
- Prior Board Experience with the Youth Ballet and Contemporary Dance of Saskatchewan, Phoenix Residential Society and Big Brothers of Regina.
- Has served as a member of the CMHA Regina Board since June 2012. Served as a member of the Nominating Committee (2013), member of the ED Hiring Committee (2015 and 2017), Chair Nominating Committee (2015-2018)
- Seeking a Three-year term to expire in June 2021 – Re-election for third and final term.

### **Bruce McKee, MA Ed. Psych.**

- Retired from the Ministry of Health, where he was employed for 25 years as a Program Consultant in mental health.
- Prior work involvement as Program Director (1980-1984) of CMHA Regina.
- Has served on the CMHA -Regina Branch Board since 2015 participating on the ED Hiring Committee (2017), Space Utilization Committee and Building Review Committee.
- Seeking Re-election for his second Consecutive three-year term ending in June 2021.

## **New Board Member:**

<b>Nominated:</b>	<b>Term Expires:</b>
<ul style="list-style-type: none"><li>• Cathy Keenan-Arp</li></ul>	June 2021

### **Cathy Keenan-Arp:**

Cathy Keenan-Arp was born in Charlottetown, Prince Edward Island. She completed her Bachelor of Arts from UPEI in 1978 and her degree in Social Work from the Maritime School of Social Work, Dalhousie University in 1982. Cathy moved to Regina in 1983 and worked for nine years at the Merici Centre for Infant Development. Cathy began working at the Regina Mental Health Clinic in 1992. In 2002, she took over as Program Manager of the Rehabilitation Program, (Community Recovery Services). In this role, Cathy was committed to ensuring that those individuals with a diagnosis of a severe and persistent mental illness, and their families, had access to the supports and services required in their recovery journey. Cathy worked closely with the CMHA Regina Branch during her time at the RMHC and believes that the work done by CMHA supports the recovery and enriches the lives, of its members. She is committed to supporting the existing services and programs and is excited to participate in the development of future recovery-oriented services.

Cathy retired in 2017 and is still adjusting to retirement. She enjoys horseback riding with her husband and grandchildren and travels back to PEI regularly.

The Nominating Committee nominates the Three Candidates as listed above.

Respectfully Submitted:

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Colleen Molnar

Chair, Nominating Committee





Special Thanks to The Co-operators, our Platinum Sponsor, and all our sponsors who made Ride Don't Hide 2017 a great success!



ridedon'thide



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Thank You to the Punchline Comedy Night Committee & to the many Sponsors who made this evening a great success!



**CMHA Regina wishes to recognize the generosity of our Funders!**  
**We appreciate your support!**

