

Canadian Mental Health Association Regina Branch Annual General Meeting

June 17th, 2019



Canadian Mental
Health Association
Mental health for all



Agenda

Welcome to the CMHA Regina Branch Annual General Meeting 2018-2019

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 6th, 2018

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 Community Engagement Report / Video

3.6 Audit and Finance Report

4.0 Nominating Committee Report

5.0 Closing Remarks

6.0 Adjournment



CMHA Regina Branch Annual General Meeting
Minutes of June 6th, 2018
Meeting held at Travelodge Hotel Regina
4177 Albert St., Regina, Saskatchewan

The meeting was called to order at: 12:34 pm

1.0 Introduction & Welcoming Remarks:
Presented by: Leroy Berndt

2.0 Minutes of the previous meeting, from June 7th, 2017:

M/S/C Gary Carlson / Colleen Molnar
That the minutes of the previous meeting from June 7th, 2017 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 Leroy Berndt
 - 3.3 Pre-Vocational Report, presented by Leroy Berndt
 - 3.4 Vocational Report, presented by Leroy Berndt
 - 3.5 Community Engagement Report, presented by Leroy Berndt

Floor opened to questions and comments:

M/S/C Jim Konescsni / Sandy Devine
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 program reports be approved as circulated

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

M/S/C Jim Konecsni / Gary Carlson
That the audited financial statements be approved as circulated

M/S/C Colleen Molnar / Shannon Herschmiller
That Robert Szautner, C.A., Prof. Corp be appointed as auditor for the 2018-2019 fiscal year.

4.0 Nominating Committee Report:

Colleen Molnar spoke to the Nominating Committee Report.

Current Board Members are:

Terms Expire:

Bill Gray (2013)	June 2019
Sandy Devine (2013)	June 2019
Jim Konecsni (2013)	June 2019
Helen Finucane (2009)	June 2018
Colleen Molnar (2012)	June 2018
Bruce McKee (2015)	June 2018
Jordan Hardy (2015, September)	June 2019
Jack Wozniak 2017, January)	June 2020
Kyle Moffat (2017)	June 2020
Shannon Herschmiller (2017)	June 2020

Resignation

The Committee accepts the resignation of Helen Finucane.

Helen Finucane

Term Expires: June 2018

Recommendation

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

Colleen Molnar
Bruce McKee
Biographies

Recommendation

The Committee recommends the election of the following new Directors:
Nominated:

Cathy Keenan-Arp
Biography

Accept the report and the Nomination Committee Report and the Slate put forward.

All in Favour-

M/S/C Sandy Devine/ Jack Wozniak

5.0 Presentation by Shannon Patton on Ride Don't Hide

Closing Remarks:

Presented by: Leroy Berndt

6.0 Adjournment

Time: 1:17 pm

Motion to adjourn Leroy Berndt / Helen Finucane



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Chairperson Report

Good afternoon everyone,

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

It is in our Constitution that a Board Member can only serve one term as your Chairperson. With that in mind, I have overstayed my life expectancy and must step aside and say thank you so very much for allowing me to serve as your Chairperson. All is not so bad though, because I am happy to say thank goodness the Constitution does allow me to stay as a Board Member for three more years.

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 can strive to meet all the needs for our members. Every one of them put their heart and soul 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.

This has been a year of historical landmarks beginning with the long-awaited signing of our Collective Agreement between the Management and the Union. I cannot express in words the dedication of everyone involved to find an amicable solution so that we can carry on with the day to day business of addressing the needs, wants and desires of our members.

It has been a true highlight to be able to say that we have seen an enormous growth in the Community Engagement portfolio which has certainly helped to reduce the stigma around mental health and mental wellness plus bringing our Branch into a position of acknowledgement in the hearts and minds of our community and community partnerships.

Personally, I am very excited with the gains we have seen in defining our Strategic Plan under the direction and guidance of Dr. Ken Thiessen in working with the Board, our Management and Staff. We are sure to see the working and ever-changing document shortly. Your Board won't stop there though because we are already addressing the required changes to our Board Governance Procedures to reflect the need to have that document current.

Many thanks to our Executive Director and our Provincial Board and Offices for ensuring that we have a strong united voice to talk to those who will listen regarding 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. Please rest assured that your Board of Directors will do everything within our power to find a resolve and solution to those funding scenarios.

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 everyone of you!

Thank you.

Bill Gray

Chairperson

CMHA Regina Branch



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Executive Director Report

As the Executive Director of CMHA Regina Branch, I would like to extend a warm welcome to you and thank you for joining us at the Annual General Meeting for 2018.

CMHA Regina Branch continued to provide Pre-vocational and Vocational programming in Regina last year. The Community Engagement area continued to make a significant impact in the community we serve with numerous presentations that have been done in workplaces, schools, etc.

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 and Ride Don't Hide in particular. We have also hosted several special events for our members that were greatly enjoyed.

To all our funders and supporters, what we achieved is the result of what you gave 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, 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 member, our membership and our volunteers who gave so much of their time to the Branch.

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

Thank you.

Leroy Berndt
Executive Director



Pre-Vocational Report

There were a lot of new faces welcomed through our doors this last year. Our population continues to grow, as people from all walks of life are expressing interest in utilizing our services or wishing to get involved by volunteering or to support the Regina Branch in remarkable ways. Many people stop in at a critical point in their lives; having the courage to seek support or in search of guidance to address their complex psycho-social needs or to navigate the system (struggling to access mental health and addictions supports, secure housing and food, or advocacy, etc.). Other times people are just looking to connect with others, socialize in a non-judgemental environment, and find a place to get involved, or they may be interested in becoming more active and engaged in a community. Our staff have been dedicated in assisting to “meet people where they are at” i.e. treating all people with respect and dignity when they come through our doors; and from there our program goal is to support people to thrive in their own recovery journey.

In 2018 an average of 26 new applications for membership were completed each month and this is a 33% increase from last year. It has been a challenge to accurately track the increasing number of drop-in visitors and email/phone contacts for support that we address each day as often these occur fast and furiously during the noon meal which is the busiest time for the drop-in center. We have encountered Regina’s Crystal Meth crisis too and are working to ensure everyone’s safety and well-being while trying to support those individuals entrenched in this epidemic.

The Pre-Vocational program promotes inclusion, helps strengthen peoples’ capacity, and serves to reduce barriers. The impact of our program is demonstrated in the annual client survey that sheds light on the value and benefits of our programs and services from those who know us the best. In 2018:

- 81% of Members surveyed indicated that CMHA services/programs helped keep them out of the hospital.
- 81% identified that CMHA helped them gain knowledge and skills on how to make healthy choices.
- 87.5% shared that Club activities gave them a sense of belonging in the community.

It is significant to note that the drop-in center -aka “the Members Club”, a hub of ongoing peer interaction and engagement, was still rated on the annual members survey as the most important service to our clients, with the lunch program coming in second.

In addition, this last year our program staff, practicum students, and volunteers offered an increased number of activities in three measurable categories (in house, in the community, and educational/wellness sessions). The monthly activity calendar, which can be viewed online, illustrates the array these activities, with an average of 200 structured activities offered each month (up 18.5% from last year). Our program statistics indicate that participation increased by 31% from last year which equates to members being involved on average of 2,163 times each month. The members survey ranked activity importance's as follows: monthly birthday parties, 1-1 time with staff, coffee groups, YMCA access, bingos, daytrips, community outings, music group, Wi-Fi access, Lawson, crafts, dances, camp, open art studio, and yoga, etc.



We are so thankful to the many dedicated supports and our fundraiser partnerships for their contributions to enhancing our facility. It has been a fantastic year of much generosity from our community partners and the volunteers who truly help make it possible to provide the extras for our Members throughout the year. For example: St. Georges continues to grace us with a special meal one Saturday a month and fresh fruit every Sunday, along with new winter boots, socks, and other winter attire to hand out to those in need. St. Martin's Crafters provided a Chinese Buffet on Christmas Eve and money for additional program supplies and outings. The East View Rotarians for gifts of warmth, the Inner Wheel group for the St. Patrick's Day Tea. The Regina Downtown Business Improvement District raised money for our program and their summer staff receive training from CMHA and hence are an additional resource for our members when downtown and at the club. Crocus and Ivy generously provided for the New Year's Eve party, Punchline Comedy group for Club furniture, pool table, and the Indigenous Drums. The SaskTel Pioneers helped provide new equipment and instruments for the music group and guitar lessons, as well as new gear for the Theatre group. Over the Christmas season many other community groups have donated to support our members. It is because of this amazing generosity and the caring people, that we really can make a difference in someone's life and promote positive mental health for all.



St. Patrick's Day Tea

I would like to give a resounding thank you to the Pre-Vocational Team of Melissa and Suzanne, and of course to the rest of our CMHA Staff and Casuals for their ongoing support in managing the Club. Regrettably we had some changes to our Pre -Voc team last year, Risa returned to a casual position and Bob Hughes retired after over 30 years of dedicated service to the Regina Branch. We are pleased to have both Linda and Dillon assigned one day a week to the Pre Voc team in the absence of Bob's half-time position. 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.



Halloween at the Club

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 continue to 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. 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



CMHA Regina Branch Staff



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Vocational Report

As the Vocational Team Leader at Regina Branch, I would like to take this opportunity to express on behalf of our organization how pleased I am with our Vocational Team. The Vocational Program through CMHA Regina Branch offers a unique opportunity for persons wanting to enhance or change their skills.

One of our staff oversees the Janitorial Team and Housecleaning Team. The Janitorial Team cleans our own building five days a week. A total of 13 members work in this team. The Housecleaning Team will, during the space of one month, go out and clean approximately 20 houses.

Another member of staff oversees the area where members work either at the front desk, in the canteen or in the kitchen. This staff is responsible for menu planning and oversees the kitchen area, working with our members in preparing the meal of the day. Munch Catering has trained seven of our members in Food Safe this past year and more members will be trained in the coming year. Members who have their Food Safe certification can then work in the kitchen, helping to prepare the meal for the day, serve the lunch and help tidy up the kitchen area. Punchline Comedy Night has made this investment in our members possible through funding the Food Safe training costs.

We have seen growth in the Community Kitchen Program thanks to Punchline Comedy Night. A barrier to participating in Community Kitchen was the \$ 5 that members paid and is then used to purchase the ingredients that may be needed for the meal. Punchline Comedy Night has generously provided the money to buy what is needed for the weekly Community kitchen Program thereby removing the barrier to members participating in the program. It is not uncommon to have too many members wanting to take part in this program now.

Our front door staff mark the attendance register for the day. A total of 8 members do shifts manning the door. The canteen area has a total of five members who do a morning shift selling a variety of items.

We are excited about the future and appreciate the work of Punchline Comedy Night and Ride Don't Hide.

Respectfully Submitted by Tracey Edwards
Vocational Leader



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Community Engagement

The Community Engagement area continues to be extremely busy with numerous presentations to elementary, high-school, post-secondary institutions, as well as workplaces, service groups and various other organizations. Thanks to the generous fundraising event “Punchline Comedy Night” (PLCN) we were able to offer free safeTALK training sessions to various university areas as well as the community sector this past year.

This past year we were also able to have two staff trained as facilitators of “The ASK Program” which is Assessing Suicide in Kids (those working with children 14 years of age). We look forward to assisting the teachers, community and health care professionals working with children of this age to gain a better understanding and alertness to young children who may be exhibiting signs of suicide.

The PLCN fundraiser has had such an impact on our branch and in the community – a few additional things that this past year’s event has done for us are; provided the members club area with brand new medical grade club chairs, a pool table, tv, Wii fit, new board games, and new tables and chairs for our eating area. One of the most special opportunities came when we were able to hire one of our own members to make 8 traditional drums so we could start a drumming circle for our members. The member ordered the buffalo skin, drum rings and ties and made them in his kitchen. The impact to him was phenomenal as he took much pride in being able to give back to the branch which had given him so much over the years, in addition to allowing him to connect spiritually which was very important to him. He now leads a drumming circle twice a month for anyone who wants to participate. The drums, while significant to our indigenous members, are also another tool in the toolbox for all our members as the beating of a drum is seen therapeutically to assist people with anxiety.



Our Ride Don't Hide event this past year was another phenomenal success where we were able to join a community together to help decrease the stigma surrounding mental illness while also helping them recognize the importance of taking care of their mental health and mental well-being. This event would not be as successful if it weren't for the wonderful sponsors, participants, fundraisers and of course the 60 plus volunteers. The Co-operators has been our platinum sponsor since our very first ride in 2013. With only one year (2014) where we didn't have the ride, this event has seen both growth in numbers as well as in fundraising dollars.



RIDE DON'T HIDE 2018

We have also had numerous other smaller, but not less important, fundraising opportunities this past year such as Crocus & Ivy – Here Comes the Sun Fashion Show, Hope, Honour, Heroes Walk, More Joy Regina, Rotary Club of Regina Eastview Valentines Gala, Jam Jar (The Giving Back Team) just to name a few.

We have had a very busy year but one full of support, generosity and understanding. We look forward to building our relationships in the community and doing our part to educate and reduce the stigma.

A special word of thanks to all our donors, sponsor and funders who have made much possible this past year.

Please visit our website at cmharegina.com and like or follow us on twitter and Facebook to stay up to date on the great thigs we are doing in Regina.

Respectfully Submitted by Shannon Patton
Director of Community Engagement



Our freshly painted foyer and new flooring thanks to Crocus & Ivy.

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



CMHA Regina wishes to recognize the generosity of additional financial support provided to us throughout the past fiscal year.

Grants

G. Murray and Edna Forbes Foundation Fund



Fundraising Opportunities

PunchLine Comedy

Ride Don't Hide

Jam Jar (The Giving Back Team)

Rotary Club of Regina Eastview Valentines Gala

Crocus & Ivy - Here Comes the Sun Fashion Show

Hope, Honour, Heroes Walk

More Joy Regina

In addition we would like to thank all the many organizations, service groups, and those who provided personal donations throughout this past year!

We appreciate your support!