

Canadian Mental Health Association Regina Branch

Annual General Meeting 2020-21

June 22, 2021

Presented by Zoom: 5:15 pm



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



TOGETHER WE'RE STRONGER!

Agenda

Welcome to the CMHA Regina Branch Annual General Meeting 2020-2021

5:15 pm Annual General Meeting

1.0 Introduction & Welcoming Remarks/Call to Order

2.0 Minutes of Previous Annual General Meeting –
November 17th, 2020

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

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 November 17th, 2020
Zoom Meeting
6:00 PM**

The meeting was called to order at: 5:55 pm

1.0 Introduction & Welcoming Remarks:

Presented by: Bill Gray

2.0 Minutes of the previous meeting, from June 17th, 2019:

M/S/C Sandy Devine / Gary Carlson

2.1 Adoption of Agenda:

M/S/C Jack Wozniak / Gary Carlson

That the minutes of the previous meeting from June 17th, 2019 be approved as circulated

3.0 Chair, Executive Director & Program Reports:

3.1 Chair Report, presented by Bill Gray – Read by Shannon Patton

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 Shannon Patton

M/S/C Colleen Molnar / Cathy Keenan-Arp

That the Chair Report be approved as circulated

M/S/C Jack Wozniak/ Bruce McKee

That the Executive Director Report be approved as circulated

M/S/C Bruce McKee / Jim Konecsni

That the Pre-Vocational Report be approved as circulated

M/S/C Sandy Devine / Jack Wozniak

That the Vocational report be approved as circulated

M/S/C Gary Carlson / Colleen Molnar

That the Community Engagement Report be approved as circulate

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

M/S/C Jim Konecsni / Bruce McKee
That the audited financial statements be approved as circulated

M/S/C Jim Konecsni / Jack Wozniak
That Robert Szautner, C.A., Prof. Corp be appointed as auditor for the 2020-2021 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 2022
Sandy Devine (2013)	June 2022
Jim Konecsni (2013)	June 2022
Colleen Molnar (2012)	June 2021
Bruce McKee (2015)	June 2021
Jordan Hardy (2015, September)	June 2022
Jack Wozniak 2017, January)	June 2020
Kyle Moffat (2017)	June 2020
Shannon Herschmiller (2017)	June 2020
Cathy Keenan-Arp (2018)	June 2021

Recommendation:

The Committee accepts the resignation of Board Member:

Shannon Herschmiller June 2017 – June 2020

The Committee recommends that the following Directors whose terms have expired will serve another term:

Jack Wozniak (2 nd Term)	Term expires: June 2020
Kyle Moffatt (2 nd Term)	June 2020

The Committee recommends that we welcome the following two new Board Members:

Barb Church-Staudt
Darin Offen

Term expires:
June 2023
June 2023

The Nominating Committee nominates the Four Candidates as listed above.

M/S/C Colleen Molnar / Jordan Hardy

Floor opened to questions and comments:

Gary Carlson asked for an update from the Building Committee. Bill Gray replied that they were waiting for a requested report (i.e.: electrical report).

The Committee has not yet discussed but will meet in early December or New Year.

Also, they are looking into windows. Building is pretty sound.

5.0 Closing Remarks:

Presented by: Bill Gray

6.0 Adjournment

Time: 6:43 pm

Motion to adjourn Bill Gray / Gary Carlson

Guest List

1. Leroy Berndt
2. Lorna Schmidt
3. Shannon Patton
4. Kim Zazula
5. Bill Gray
6. Darin Offen
7. Gary Carlson
8. Jim Konecsni
9. Barb Church-Staudt
10. Karmin Golding
11. Colleen Molnar
12. Cathy Keenan-Arp
13. Sandy Devine
14. Bruce McKee
15. Robert Szautner
16. Jack Wozniak
17. Shannon Herschmiller
18. Jordan Hardy
19. Jessie Carlson

2021 Annual General Meeting

Chairperson Report

Good afternoon everyone,

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

Unfortunately, I am in my final year of having the honor of being a Board Member for this wonderful organization. I remain 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 especially with the pandemic effecting every part of our lives. Every Board Member puts 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. Due to our Constitution, we regrettably say goodbye to Colleen Molnar, a nine-year member who worked many hours for our organization and she will be sorely missed. Along with Colleen, we are also saying goodbye to Sandy Devine, and Cathy Keen-Arp all of whom will also be very hard to replace.

I am extremely proud of our Administration and Staff and cannot thank them 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. They all took that extra step to serve even with the Covid19 barriers. They had on-line teaching opportunities and still managed to offer food to some of our members.

In the coming year, your Board will be working on the Building Committee Agenda and doing some housekeeping regarding the Constitution, Governance and Board Policies along with the various other duties of your Board.

Our Board of Directors would certainly like to thank the members for their understanding of the changes required because of Covid19 and hopes that everyone stays healthy and safe.

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

Thank you very much.

Bill Gray

Chairperson, CMHA Regina Branch

Annual General Meeting Executive Director Report 2020-2021

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 the period 1 April 2020 to 31 March 2021.

As the financial year was drawing to a close, on March 11, 2020, the World Health Organization characterized the outbreak of a strain of the novel coronavirus (COVID-19) as a pandemic which has resulted in a series of public health and emergency measures that have been put in place to combat the spread of the virus. The duration and impact of COVID-19 is unknown at this time, and it is not possible to reliably estimate the impact that the length and severity of these developments will have on the financial results and condition of CMHA Regina Branch in future periods.

Soon into the financial year, the Public Health measures introduced meant that the Branch was forced to close its doors to our members. Limited programming was introduced for our members beginning July 6, 2020, and change was the only constant. There were increased cleaning protocols that needed to be followed as well as social distancing that became common place. Due to rising numbers of the COVID-19 variants in the Regina area, our Branch was again required to close its doors to our members.

Pivot became the most used word, and we were all looking for the next normal. We continued to provide Pre-vocational and Vocational programming and the Community Engagement area continued to make a significant impact in the community we serve with numerous presentations done.

CMHA-Regina Branch relies on many community partnerships that help to sustain our operations; so, our thanks and appreciation to the following:

City of Regina: The Daily Lunch Program offered at CMHA Regina each day is made possible through the funding support of the City of Regina. Where our members used to enjoy a sit-down meal, the pandemic required us to change our procedure here too. All members who visited the Branch were given a takeout meal that they could reheat and eat at home. Despite having to make this change, this one meal means a lot to many people that we serve and advocate for. Many thanks to the City of Regina for their continued support of a program that addresses a vital need to a special segment of the Regina community.

Very soon into the pandemic, the City of Regina organized regular virtual meetings with all service providers. One of the aims of these meetings was to identify food insecurity and ways in which to keep people safe. The City shared its available PPEs with us when many of the needed supplies were unavailable.

United Way: The funding CMHA Regina receives from United Way Regina provides that much needed support with the Pre-Vocational program. The Pre-Vocational team works very hard to add variety with creativity to their monthly activities schedule to ensure our members and guests are engaged, active,

supported and provided opportunities to be independent, to make healthy choices and to have an improved quality of life. Thank-you for contributing towards the successes of CMHA Regina. Early on into the pandemic, United Way made it possible for us to be recipients of a donation of PPE. United Way Regina made it possible for the Branch to access funds from the COVID-19 Emergency Community Support Fund Round 2 and these funds were distributed as part of Employment and Social Development Canada's (ESDC) Emergency Community Support Fund (ECSF). Funds received enabled us to upgrade our telephone system and to provide our members with food security by making essential groceries available during the winter months.

Community: CMHA Regina Branch is privileged to enjoy the support of PunchLine Comedy Night who have been amazing supporters of the Branch over recent years. Their donation made it possible for us to purchase our supply of PPE and to have the building deep cleaned.

The members area of the Branch received a fresh coat of paint thanks to the support of Avanti Office Products and staff. This is a much-appreciated gesture from all at Avanti.

Our neighbours, Regina Auto Body made it possible that the branch could get new flooring in our members area, something that was much needed.

The Rotary Club of Regina Eastview has been a faithful supporter of the Branch and this year we missed out on attending in person the Annual Valentine's Gala.

The Saskatchewan Health Authority through whom we receive our major funding from Government, funnelled through the Regina Mental Health Clinic.

We are grateful and appreciative to all our funders and community supporters for standing with us in helping our members who live with mental illness to make healthy choices about healthy living. Thank-you.

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

Thank you.

Leroy Berndt

Prevocational 2020-2021

The year 2020 started out great! It was scheduled and routine. January to mid March we offered a full gamut of programming that encompassed social recreational activities at the club and in the community, and educational wellness sessions.

We were pleased to have the freedom and flexibility to do our best to meet the needs of all who came through our doors whether they were registered Members or others seeking support or information.

Life was not just good; it was really good! The club was finally renovated the beginning of February. With the new flooring and freshly painted walls, plus new tables and chairs, it looked great! We enjoyed a Valentine's dance and were planning for our traditional annual St. Patrick's Day tea provided by the Eastview Inner Wheel Group.

Well this last event never happened in 2020, nor in 2021!

April 2021 Members Club Newsletter, created by Karmin, eloquently captures this last year.

"With little warning the world as we knew it changed, bringing new challenges in the way we interact with each other and stay connected as Covid 19 entered our lives in March of 2020. When we closed our doors in March 2020, following the guidelines from the Health Authority, we were presented with the challenges change often brings. Phone calls to our members began in earnest and virtual meetings were created to enable us to stay connected until we were able to reopen the Members Club at the beginning of July.

Our reopening brought new protocols where patience was practiced in making appointments and waiting at a distance to enter the club one member at a time. Our members adapted effortlessly to the changes of being greeted by mask adorning staff, temperature checks, and the fragrant scent of hand sanitizer.

Our summer saw a drop in the number of Regina's Covid cases enabling an increase in the number of members entering the club and the introduction of a few new and modified activities. With this, our very first and ever popular X-Box bowling league was created.

The increase in cases as the colder weather began, brought a reduction of members entering the Club to ensure our members safety. Christmas was celebrated with care and caution as we welcomed members to a well-planned meal to go.

Easter passed with a temporary closure of the Members Club due to rising numbers of Variants within our community. We are confident however, that with the continued cooperation and the generous support of our members as we continue to adapt to the challenges of change, reopening, where we can meet again safely in person, is imminent. Until then, stay well, stay safe, and stay connected with us via phone, email and with our virtual programming."

*"Some changes look negative on the surface,
but you will soon realize that space is being created in your life
for something new to emerge."* Eckhart Tolle

The COVID 19 pandemic drastically changed our service delivery and our activities. We have continually adapted to health guidelines and have been creative to develop and deliver new programming.

Pivot to Safe Programing:



In the spring of 2020 we started to deliver virtual programming like Online Peer support, The Art of Friendship, Community Kitchen and continued to build on this in the following months. Unfortunately, our virtual programs have only tapped a very small fraction of our population as many of our members do not have access to computers or smart phones or may not have access to the internet. We did offer tutorials on using technology as a way to promote virtual programming.

→ **Safe in-house programming and visits started in July 2020:**



Bowling 2019



X-Box Bowling at the Club 2020



Mental Health Week Pancake Brunch pre-COVID



Take Home MHW Pancake Brunch 2021



Christmas Party Wesley United 2019



Christmas Party at the club 2020



Eastview Inner Wheel St. Patrick's Day Tea 2019



St. Patrick's Day at the Club 2021

I would like to give a resounding thank you to the “tech-savvy” Pre-Vocational Team of Suzanne and Karmin, and of course to the rest of our CMHA Staff for their ongoing support in managing the Club in fine “COVID-style”. Everyone has been so adaptive and flexible this last year as things shifted one way and then another. Thank you to all the Members, their families and caregivers, and our volunteers for your patience and your gracious words of support. Thank you to our Board of Directors, your contribution is appreciated. Thank you to our community partners and individuals from the public for their virtual and tangible support over this year, as this has truly kept us in a position to assist our Members in meaningful ways. Commodities like winter boots and warm gear, groceries, toiletries, care packages, Christmas hampers, and gift cards have been donated by St. George Orthodox Cathedral, The Social B’s, St. Martin’s Crafters, TD Asset Management, Saskatchewan College of Psychologist, Eastview Inner Wheel, Eastview Rotarians. The Pre-Vocational program is grateful for the ongoing support from the Regina Mental Health Clinic, United Way Regina, and Sask Parks and Recreational Association.

On behalf of the Pre-Vocational Team, we are pleased to be part of an organization that works to inspire hope for all. We are thankful for the strong connections we have continued to enjoy, nurture, and grow, even in the face of adversity. This last year we have gained insight into living a vulnerable life. This compassion and empathy will surely help us be better mental health advocates.

During the COVID-19 disruption our Members have often shared how much they miss the companionship that the Club provided for them and they are eager to enjoy the drop-in center again. The friendships formed at CMHA are indeed a gift; one that has helped people stay well

during a challenging year. We hold in our heart's the fond memories of our Members who passed away in 2020 and continue to honor them with our memorial display.

As we move forward in 2021, we are optimistic and dedicated to re-designing our programming in keeping with the post pandemic times to enrich the lives of others in innovative ways. ' With open minds, open hearts, and hopefully open doors ' we will pursue guidance and direction from the Mental Health Commission of Canada and CMHA National to help us ' inquire, inspire, and improve our response to answering the call ' to provide mental health service for our community.

Submitted by

Susan Beug
Pre-Vocational Team Leader

Vocational 2020-2021

This past fiscal year has posed many challenges, and a need to adapt to live amidst the COVID-19 pandemic. Here at CMHA Regina Branch we have adapted to become more virtual; continuing to provide invaluable services to our members. As the Vocational Coordinator, I would like to welcome everyone and extend our immense gratitude to all our funders and sponsors for their support over the past year. I would also like to thank everyone for their warm welcome to CMHA Regina Branch.

With the Vocational funding provided by CMHA Saskatchewan Division office, the Janitorial, Kitchen, and seasonal work training programs continued to operate and employ a total of 18 members (several of which worked in more than one program). The Attendance, Canteen, and Housecleaning programs were unable to be offered due to COVID-19 restrictions. 13 members were employed in the Janitorial program at the branch, 2 members in the Janitorial program at CMHA Saskatchewan Division office, 4 members in the Kitchen, and 4 members doing seasonal work. Work placements at CMHA Regina Branch offer members a unique opportunity to learn new skills, as well as have access to other supports in a safe and welcoming environment. One member took the skills they learned working in the janitorial program and obtained competitive employment in the community.

"I am so thankful for the work I have been given. Especially with COVID I don't know where my mental health would be without this place!"

In collaboration with SHA Adult Mental Health Services Staff, Individual Program Plans are being developed for all members requesting vocational services. These Individual Program plans will be ongoing and reviewed annually with CMHA staff, SHA Case Manager, and other applicable individuals. Vocational support services are offered to support and guide individuals on their journey to competitive employment. We offer these services from a client-centred approach, meeting members where they are at. Supports include vocational counselling, job coaching, resume building, assistance with job searching, referral to community agencies and advocacy. Demands for these services remained consistent over the past year, obtaining on average 1-2 referrals a month. Vocational supports have been utilized a total of 96 times the last fiscal year.

Of the 96 times supports were utilized:

- 71% received vocational counselling
- 12% received assistance with resume building
- 10% received help with job searching
- 5% received job coaching
- 2% received a referral to community agency and advocacy

"The opportunity to work and learn in the vocational program is an amazing opportunity! All staff at the Branch genuinely care and make us feel like a part of a community and provide so much support. Just everything the Branch does is so amazing! I appreciate everything that has been done for me".



Our Food Services Supervisor has been busy cooking nutrient dense takeout style meals for our members. Last year we provided 1696 meals using the generous funding from the City of Regina. Food security for many of our members is scarce. These meals are created based on recommendations from Canada's Food Guide and incorporating more plant-based proteins!

Community Kitchen program continues to be a huge success! Prior to COVID-19 our community kitchen program was an in-person activity for members to gather, cook and learn new skills. Adaptations to a virtual version started in August 2020 where an instructional video and printed recipe are provided along with the fresh ingredients to meet different learning styles. Community Kitchen participants have access to this opportunity free of charge through funding from Punchline Comedy Night. Removing this financial barrier allows members to participate and learn new culinary skills. A total of 50 members participated last year, many of which participated every week.



"It helps a lot to learn different cooking methods and dishes to make. There is a wide variety of foods we made over the past year and they were all good meals. It helps out the pocketbook to have a good meal once a week, as it's not every day we eat healthy. [...] Also, learning how food can help our mental health."

On several occasions, members employed here at the branch have mentioned how much the opportunity to work and other services we provide mean to them. We are so grateful to all our funders, sponsors and supporters that allow us to continue to provide these valuable services to our members. Starting with CMHA Regina Branch in June 2020 during COVID-19 has been challenging, but also very rewarding. The opportunity to meet members, build strong rapport, and help them achieve their goals has truly been amazing. I look forward to another year, whatever it may bring! Thank you and stay safe.

Submitted by

Kaitlin Shannon
Vocational Coordinator

COMMUNITY ENGAGEMENT 2020-2021

Throughout this past fiscal year, we have seen the impact of Covid-19 on everyone's mental wellbeing and how physical distancing and isolation has profoundly affected one's mental health but, we have also seen a community come together and support each other as best as possible. The Community Engagement area is no exception.

While faced with branch closures off and on throughout the past fiscal year, the Community Engagement area was able to pivot to an on-line/virtual program platform. Educational presentations to workplaces, elementary and high schools, post-secondary institutions, community agencies and organizations, while initially cancelled, began to be rebooked and offered once the virtual platform became a common everyday tool. Unfortunately, the one area of offering that has not been able to continue at this time is our safeTALK training, as the training is required to be done in person.

In addition to the virtual educational presentations, we have been contacted by numerous people within the Regina and surrounding communities for support, a friendly ear to listen or assistance with system navigation- often because they had attended a session, event or one of their family /friends had. Most commonly, people are just looking for someone to listen.

In April 2020, we made the quick decision to take our very popular CMHA Ride Don't Hide Regina event and turn it into a virtual event. While the event certainly was not as financially lucrative, we were very proud and thankful to have raised the amount we did. Our community continued to support us as we made this big change and between the phenomenal sponsors, participants, and supporters, we were able to hold a wonderful and successful event.

Another amazing fundraiser we have been fortunate to be the recipients of over the past number of years is, Punchline Comedy Night. This comedy evening is usually held in April but again, due to COVID 19, it had to be postponed. The organizing committee were not going to let a year go by without ensuring monies were raised for our branch, so they creatively organized a virtual comedy night in Sept. With provincial health restrictions limiting the number of people to 30 for any gathering, the comedians presented live with the show being streamed to hundreds around all parts of Canada and even into the US and Europe. This event was hugely successful, and we were extremely grateful.

We were very fortunate to be one of three charities chosen as the recipients of the Tim Horton's Smile Cookie Campaign this past year. The other two charities we were honoured to partner with were United Way Regina and Family Services Regina. Not only did this bring a smile to our face but we were able to share the smiles with many in the community all while raising much needed funds.

Our community engagement area continues to be our only non-funded programming area at our branch. However, we continue to strive to carry out the support and education that our community is in much need of. We believe our service requests will only escalate over the next year and through the unbelievable support given to our branch and the community engagement area, we will continue to grow and expand our support, ensuring that those who are in need of our services will continue to receive them.

“We don’t grow when things are easy, we grow when we face challenges” author unknown.

Thank you to all our wonderful sponsors, donors, and supporters. We are truly appreciative and greatly humbled.

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

Respectfully submitted.

Shannon Patton BA., BSW., RSW., ALHC., ACS
Director of Community Engagement

Tim Horton’s Smile Cookie



Ride Don't Hide Participants



Punchline Comedy Night 2020



Virtual Presentation



Mental Health Association Regina Branch Inc.
Financial Statements
March 31, 2021

Independent Auditors' Report

To the Members of Mental Health Association - Regina Branch Inc.:

Qualified Opinion

I have audited the financial statements of Mental Health Association - Regina Branch Inc. (the Entity), which comprise the statement of financial position as at March 31, 2021, and the statement of operations, statement of changes in net assets and cash flow statement for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In my opinion, except for the possible effects of the matter described in the *Basis for Qualified Opinion* section of my report, the accompanying financial statements present fairly, in all material respects, the financial position of the Entity as at March 31, 2021 and the results of its operations and its cash flows for the year then ended in accordance with Canadian Accounting Standards for Not-for-Profit Organizations.

Basis for Qualified Opinion

In common with many not-for-profit organizations, the Entity derives revenue from donations and fundraising the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of the Entity. Therefore, I was not able to determine whether any adjustments might be necessary to donation revenue, increase (decrease) in net assets, and cash flows from operations for the years ended March 31, 2021 and 2020, current assets as at March 31, 2021 and 2020 and net assets as at April 1 and March 31 for both the 2021 and 2020 years. My audit opinion on the financial statements for the year ended March 31, 2021 was modified accordingly because of the effects of this limitation in scope.

I conducted my audit in accordance with Canadian generally accepted auditing standards. My responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of my report. I am independent of the Entity in accordance with the ethical requirements that are relevant to my audit of the financial statements in Canada, and I have fulfilled my other responsibilities in accordance with these requirements. I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my qualified audit opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with Canadian Accounting Standards for Not-for-Profit Organizations and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Entity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Entity or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Entity's financial reporting process.


Auditor's Responsibilities for the Audit of the Financial Statements

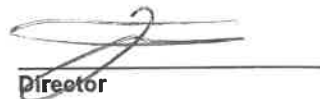
My objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes my opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements. As part of an audit in accordance with Canadian generally accepted auditing standards, I exercise professional judgement and maintain professional skepticism throughout the audit. I also:

Mental Health Association – Regina Branch Inc.
Statement of Financial Position
As at March 31, 2021

	2021	2020
Assets		
Current		
Cash	312,460	214,984
Accounts receivable	1,513	6,361
Inventory	-	311
Prepaid expenses	620	11,531
	314,593	233,187
Investments (Note 3)	181,470	161,229
Capital assets (Note 4)	329,619	347,191
	825,682	741,607
Liabilities		
Current		
Accounts payable	1,449	6,777
Government remittances payable	-	16,514
Deferred contributions (Note 5)	320,281	214,242
	321,730	237,533
Net Assets		
Unappropriated	255,632	241,868
Invested in capital assets	248,320	262,206
	503,952	504,074
	825,682	741,607

Approved on behalf of the Board


 Director

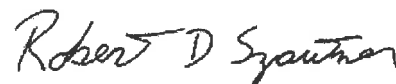

 Director

The accompanying notes are an integral part of these financial statements

INDEPENDENT AUDITORS' REPORT *(continued)*

- Identify and assess the risks of material misstatement of the financial statements (whether due to fraud or error), design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for my opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Entity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going-concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Entity's ability to continue as a going concern. If I conclude that a material uncertainty exists, I am required to draw attention in my auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify my opinion. My conclusions are based on the audit evidence obtained up to the date of my auditor's report. However, future events or conditions may cause the Entity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements (including the disclosures), and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

I communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that I identify during my audit.



Regina, Saskatchewan
June 17, 2021

Robert D. Szautner
Chartered Professional Accountant

Mental Health Association – Regina Branch Inc.
Statement of Operations
For the year ended March 31, 2021

	2021	2020
Revenue		
Funding Agencies		
Regina Qu'Appelle Health Region	484,019	471,892
CMHA – Saskatchewan Division	16,833	3,100
Ministry of Immigration and Career Training	-	11,113
Saskatchewan Lotteries	5,132	9,259
United Way	82,487	75,939
Summer student grant	-	3,551
Funding – City of Regina	6,780	25,000
Camp race	-	10,350
Fundraising	71,646	207,978
Donations	84,893	84,987
Fee for service	5,310	41,850
Office space rent	13,200	13,200
Investment income	20,259	(5,943)
Miscellaneous	18,679	10,552
Programs	15,374	72,057
	824,612	1,034,885
Expenses		
Administration	54,069	74,819
Building maintenance	35,831	43,443
Fundraising	32,125	50,603
Office	35,905	39,831
Payroll - members	19,233	60,274
Payroll - program	306	39,430
Payroll - staff	515,795	530,267
Payroll – employee benefits	78,537	86,706
Vocational programming	37,340	63,044
Pre-vocational programing	7,151	32,370
Transportation	8,442	10,175
	824,734	1,030,962
Excess (deficiency) of revenues over expenses	(122)	3,923

The accompanying notes are an integral part of these financial statements

Mental Health Association – Regina Branch Inc.
Statement of Changes in Net Assets
For the year ended March 31, 2021

	<i>Invested in Capital Assets</i>	<i>Unappropriated Surplus</i>	2021	2020
Unappropriated surplus, beginning of year	262,206	241,868	504,074	500,151
Excess (deficiency) of revenues over expenses	(15,106)	14,984	(122)	3,923
Purchase of capital assets	12,662	(12,662)	-	-
Capital deferred contributions acquired	(4,130)	4,130	-	-
Unappropriated surplus, end of year	255,632	248,320	503,952	504,074

The accompanying notes are an integral part of these financial statements

Mental Health Association – Regina Branch Inc.

Statement of Cash Flows

For the year ended March 31, 2021

	2021	2020
Cash provided by (used for) the following activities		
Operating activities		
Excess (deficiency) of revenues over expenses	(122)	3,923
Amortization	30,234	32,715
Loss on disposal of capital assets	-	2,883
Unrealized loss (gain) on investments	(20,241)	6,011
(Increase) decrease in:		
Accounts receivable	4,848	4,055
Grants receivable	-	27,225
Inventory	311	48
Prepaid expenses	10,911	(1,423)
Increase (decrease)		
Accounts payable	(5,328)	4,739
Government remittances payable	(16,514)	16,514
Deferred contributions	106,039	143,430
	110,138	240,120
Investing activities		
Purchase of capital assets	(12,662)	(98,994)
	(12,662)	(98,994)
Increase in cash resources	97,476	141,126
Cash resources, beginning of year	214,984	73,858
Cash resources, end of year	312,460	214,984

The accompanying notes are an integral part of these financial statements

Mental Health Association – Regina Branch Inc.

Notes to the Financial Statements

For the year ended March 31, 2021

1. Incorporation and commencement of operations

The Mental Health Association – Regina Branch Inc. (the “association”) was incorporated on March 11, 1982 under the Non-Profit Corporations Act of Saskatchewan. The principal activity is to provide social and vocational programs via structured recreation, socialization, employment, and training activities for persons with mental health impairments.

2. Significant accounting policies

The financial statements have been prepared in accordance with Canadian Accounting Standards for Not-for-Profit Organizations using the following significant accounting policies:

Cash and cash equivalents

Cash and cash equivalents are made up of unrestricted cash and short-term investments with original maturity of three months or less from the date of acquisition.

Inventory

Inventory is recorded at the lower of cost and net realizable value.

Capital assets

Capital assets are recorded at cost.

Amortization is provided using the following methods and rates intended to amortize the cost of assets over their estimated useful lives. Land is recorded at cost and not amortized.

	Method	Rate
Building	declining balance	4 %
Vehicles	declining balance	20 %
Computer	declining balance	20 %
Furniture and fixtures	declining balance	20 %

Revenue recognition

The association follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions, fundraising and sponsorships are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Measurement uncertainty

The preparation of financial statements in conformity with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the date of the financial statements, and the reported amounts of revenues and expenses during the reporting period.

Amortization of capital assets is provided based on the association’s estimate of useful lives of those assets.

These estimates and assumptions are reviewed periodically and, as adjustments become necessary they are reported in excess of revenues and expenses in the periods in which they become known.

Income taxes

The association is registered as a charitable organization under the *Income Tax Act* (the “Act”) and as such is exempt from income taxes and is able to issue donation receipts for income tax purposes. In order to maintain its status as a registered charity under the Act, the association must meet certain requirements within the Act. In the opinion of management, these requirements have been met.

Mental Health Association – Regina Branch Inc.
Notes to the Financial Statements
For the year ended March 31, 2021

2. Significant accounting policies (continued)

Financial instruments

The association initially measures its financial assets and financial liabilities at fair value. It subsequently measures all its financial assets and financial liabilities at amortized cost.

Financial assets subsequently measured at amortized cost include cash, accounts receivable and inventory. Financial liabilities subsequently measured at amortized cost include accounts payable.

Financial asset impairment:

The association assesses impairment of all of its financial assets measured at cost or amortized cost. When there is an indication of impairment, the association determines whether it has resulted in a significant adverse change in the expected timing or amount of future cash flows during the period. If so, the association reduces the carrying amount of any impaired financial assets to the highest of: the present value of cash flows expected to be generated by holding the assets; the amount that could be realized by selling the assets; and the amount expected to be realized by exercising any rights to collateral held against those assets. Any impairment, which is not considered temporary, is included in current period excess (deficiency) of revenues over expenses.

3. Investments

Investments consist of mutual funds held with IG Wealth Management.

4. Capital assets

	Cost	Accumulated amortization	2021 Net book value	2020 Net book value
Land	25,000	-	25,000	25,000
Building	376,562	156,146	220,416	229,599
Vehicles	56,366	23,679	32,687	40,859
Computer	45,628	30,009	15,619	11,409
Furniture and fixtures	100,810	64,913	35,897	40,324
	604,366	274,747	329,619	347,191

5. Deferred contributions

	2021	2020
Grant funding received in advance for 2021/22	143,203	71,900
Grant funding received for purchase of capital assets	47,341	49,457
Fundraising proceeds used for purchase of capital assets	26,646	35,528
Memberships	425	252
Designated fundraising proceeds	102,666	57,105
	320,281	214,242

6. Financial instruments

The association as part of its operations carries a number of financial instruments. It is management's opinion that the organization is not exposed to significant interest, currency or credit risks arising from these financial instruments except as otherwise disclosed.

Liquidity risk

Liquidity risk is the risk that an entity will encounter difficulty in meeting obligations associated with financial liabilities. The Association is exposed to this risk mainly in respect to its accounts payable.

Interest rate risk

The association is exposed to interest rate risk on its fixed and floating interest rate financial instruments. Fixed-interest instruments subject the association to fair value risk, while floating-rate instruments subject it to cash flow risk. The association is exposed to this type of risk on the mutual funds it holds.

7. Economic dependence

The association receives significant revenue in contracts from the Regina Qu'Appelle Health Region. As a result, the association is dependent upon the continuance of these contracts to maintain operations at their current level.

8. Impact of COVID-19

In March 2020, there was a global outbreak of COVID-19, which has had a significant impact on organizations through the restrictions put in place by the Canadian, provincial and municipal governments regarding travel, business operations and isolation/quarantine orders. At this time, it is unknown the extent of the impact the COVID-19 outbreak may have on the Organization as this will depend on future developments that are highly uncertain and that cannot be predicted with confidence. These uncertainties arise from the inability to predict the ultimate geographic spread of the disease, and the duration of the outbreak, including the duration of travel restrictions, business closures or disruptions, and quarantine/isolation measures that are currently, or may be put, in place by Canada and other countries to fight the virus.



Nomination Committee Report – 2020 - 2021

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), Cathy Keenan-Arp, Sandy Devine

Current Board of Directors	Term Expires
Bill Gray (2013)	June 2022
Sandy Devine (2013)	June 2022
Jim Konecsni (2013)	June 2022
Jordan Hardy (2015, September)	June 2022
Jack Wozniak 2017, January)	June 2023
Kyle Moffat (2017)	June 2023
Colleen Molnar (2012)	June 2021
Bruce McKee (2015)	June 2021
Cathy Keenan-Arp (2018)	June 2021
Barb Church-Staudt (2020)	June 2023
Darin Offen (2020)	June 2013

There are three Board Members whose current terms have expired:

- Colleen Molnar (appointed to Board in June 2012) - Not eligible for reelection
- Bruce McKee (appointed to Board in June 2015) - Eligible for third consecutive term; Seeking re-election (refer to Nominating Committee Recommendations below)
- Cathy Keenan-Arp (appointed to Board in June 2018) - First term completed, Not seeking re-election.

One Resignation Received:

- Sandy Devine (appointed to Board in June 2013) on year remaining in 3rd consecutive term.

Colleen Molnar (2012-2021)

I joined the Board in June 2012 and am completing my third consecutive three-year term. During the past nine years I have participated on the Nominating Committee (chair from 2013-2021), the Program Committee, the ED Hiring Committee (2015 and 2017), and the HR Committee. I have served on the Executive Committee as Secretary during the past year. I leave with a sense of confidence and satisfaction in the strength of the organization and the direction that has been charted in the Strategic

Planning process. I feel great optimism for the future of the Regina Branch and am grateful to have had the opportunity to work with such wonderful people.

Cathy Keenan -Arp (2018-2021)

Since joining the Board Cathy has been a strong advocate for the “Member’s Services” program area, and a strong proponent of coordinated Recovery services. She has serviced on the Nominating Committee, the HR Committee and the Program Committee. During the past year she has served as Vice-Chair of the Board of Directors. Cathy’s passion and commitment to the most vulnerable being served, her Mental Health Recovery knowledge-base, and her perspectives on the broader network of services interfacing with the core services of the Branch, will be greatly missed at the Board table... We thank you Cathy for your service and wish you all the best in your next stage of retirement.

Sandy Devine (2013-2021)

Sandy joined the CMHA Regina Branch Board in June 2013. She served on the Executive Committee as Vice Chair (2015-2018), as well as on the Nominating Committee, the Program Committee and the HR Committee. Additionally, she has been an enthusiastic volunteer whenever extra hands-on-deck were needed. Sandy’s effective leadership and no-nonsense approach to problem solving will be greatly missed by the Board.... Thank you for your many contributions over the past eight years Sandy. We hope you will stay in touch and wish you continuing success in your “next chapter” ...

Continuing Board Members – Nominating Committee Recommendation:

The Nominating Committee is pleased to introduce and recommend the following Director whose term have expired and who are seeking reelection to the Regina Branch Board of Directors:

Bruce McKee

- Bruce’s commitment to Mental Health Services spans over the past 40-plus years (direct service delivery, policy, planning, education). He has been a long-time advocate for mental health community care and Recovery services for individuals and families in Saskatchewan and has been an active volunteer with the Regina Branch Members Club for many years.
- Bruce joined the Regina Branch Board in June 2015. Since joining the Board, Bruce has served on the ED Hiring Committee (2017), Program Committee (Chair), The Building Committee, and the Space Utilization (ad-hoc) Committee (2017). His breadth of mental health knowledge and experience, as well as his historical knowledge of the CMHA Division and Regina Branch provides important insights into Board deliberations.
- Bruce wishes to continue his work on the Regina Branch Board to provide ongoing leadership in the advancement of the strategic priorities related to the Members services and building upgrades.

New Board Members – Nominating Committee Recommendation:

The Nominating Committee is pleased to introduce and recommend the following individuals who have agreed to allow their names to stand for election to the Regina Branch Board of Directors:

Wendy Fink, Registered Psychiatric Nurse

- Wendy is a registered psychiatric nurse and is currently employed as the Group Nurse (RPN) for the Inpatient Mental Health Unit at the Regina General Hospital. She has been working in this position for 5 ½ years. Prior to this, Wendy worked as a primary nurse on the Inpatient Mental Health Unit for over 18 years providing direct patient care. She has a breadth of experience and knowledge related to individual treatment programs, and family and peer support needs and services. Completed Mental Health First Aid Training in 2019.
- Wendy has a strong commitment to advancing mental health knowledge and awareness within the community at large. She has volunteered with the Schizophrenia Society Partnership Program for over 15 years, served as the Admissions Coordinator for the Look Program for three years (a film initiative of the Regina International Film Festival for people living with mental illness), and collaborated with Understand Us to deliver mental health awareness training.
- Wendy's personal and professional life experiences have contributed to her passion about helping people who live with mental illness. She is an advocate and feels that serving on the Board of the Regina Branch will be complimentary to her efforts in assisting people to achieve a good quality of life. On a more personal note, Wendy is still very involved on the home-front with her husband, two daughters and two dogs.

Sabeen Ahmad, B.A. Eng, B. Journalism

- Sabeen comes to the Board with a background in Broadcasting (CTV Morning Live – host/producer, CBC Sask - on-camera reporter and weather presenter, CJME News – reporter/anchor/producer) and Communications. She currently works as a Communication Consultant with the Ministry of Advanced Education and previously worked as Marketing and Communications Manager with Regina Exhibition Association Limited (2019 -2020) where her role encompassed everything from media/public relations, developing and implementing marketing and communications strategies/plans and being a spokesperson for the organization.
- Over the years Sabeen has established strong community ties and continues to use her public relations and communications experience to support the work of community organizations. She enjoys using her talents to help organizations with their community engagement through emceeing and hosting of events, assisting with messaging, and building community awareness of supports and services.
- Sabeen has been an advocate for mental health over the years but her interest in taking concrete action through Board involvement for the CMHA-Regina Branch, has been spurred on by personal challenges and events over the past few years. She is excited to join the Board and is looking forward to participating in the work of the Regina Branch.

MOTION: On behalf of the Nominating Committee I would like to Make a Motion ...to vote in favor of accepting the following individuals to serve a term of three years (2021-2024) on the Board of Directors of the CMHA Regina Branch:

- Bruce McKee
- Wendy Fink
- Sabeen Ahmad

Respectfully Submitted on behalf of the Nominating Committee

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

Grants

Saskatchewan Health Authority (Vocational Grant)

United Way Covid Relief Fund

United Way Support Grants

Fundraising Sponsors

PunchLine Comedy Night

Ride Don't Hide

- Knight Archer Insurance Brokers
- Edward Jones
- TD Asset management

Rotary Club of Regina Eastview Valentine's Gala

Crocus & Ivy

Provincial Audit Social Club Fundraiser

Tim Horton's Smile Cookie Campaign

Advanti Office Products

Regina Auto Body

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!

CMHA Regina wishes to recognize the generosity of our Funders!

We appreciate your support!



City of Regina



Crocus & Ivy

