Canadian Mental Health Association Regina Branch

Annual General Meeting
2022-2023
June 21, 2023





AGENDA

Welcome to the CMHA, Regina Branch Annual General Meeting 2022-23

12:00 p.m. - 12:30 p.m. - Welcome

- Land Acknowledgement
- Introduction of Elder
- Opening Prayer by Elder
- Lunch

12:30 p.m. – Annual General Meeting

Introductions & Welcoming Remarks/Call to Order

Minutes of Previous AGM – June 23, 2022

Reports:

- a) Chairperson Report
- b) Executive Director's Report
- c) Pre-Vocational Report
- d) Vocational Report
- e) Community Engagement Report
- f) Audit and Finance Report

Nominating Committee Report

Closing Remarks

Adjournment



CMHA Regina Branch Annual General Meeting Minutes of June 23, 2022 Zoom Meeting 12:00 PM

The m	neeting was called to order at	t: <u>12:10pm</u>	
l.	Introduction & Welcoming Presented by:Bill Gray	Remarks:	
II.	Minutes of the previous meeting, from June 22st, 2021:		
		/ Jim evious meeting from June 22 st , 2021 be approved	
	Approval of June 23 rd Agen M/S/C <u>Barb</u>	oda: / Sabeen	
10.	Chair, Executive Director &	Program Reports:	
	a) Chair Report, prese	ented byBill Gray	
	M/S/C Sabeen	/Barb	
	That the Chair Report be a		
	b) Executive Director I	Report, presented by <u>Leroy</u>	
	M/S/C Jim		
		r Report be approved as circulated	
	c) Pre-Vocational Rep	oort, presented by <u>Leroy</u>	
	M/S/C Barb		
		eport be approved as circulated	
	d) Vocational Report,	presented by <u>Leroy</u>	
	M/S/C Sabeen That the Vocational Report		

e)	Community Er	igagement Re	port, presented	by <u>Shannon</u>	
				ved as circulated	
Floor	opened to que	stions and cor			
=					
f)	Audit & Finar the Financial		esented by	Robert Szautner	spoke to
	M/S/C	Jim		Barb	_
	That <u>Robert</u> 2023 fiscal y	<u>Szaunter</u> , ear.	C.A., Prof. Corp	oproved as circulated be appointed as auditor Sabeen	
IV.	Nominating	Committee R	eport:		
	Barb		•	Nominating Committee	Report

Current Board Members are:	Terms Expire:
Bill Gray (2013)	June 2022
Jim Konecsni (2013)	June 2022
Jordan Hardy (2015, September)	June 2024
Bruce McKee (2015)	June 2024
Kyle Moffat (2017)	June 2023
Barb Church-Staudt (2020)	June 2023
Sabeen Ahmad (2021)	June 2024
Wendy Fink (2021)	June 2024
Recommendation:	
The Committee accepts the resign	ation of Board Members:
Jack Wozniak	January 2017- January 2022
Darin Offen	June 2020-January 2022
There are two Board Members wh	ose current terms have expired:
Bill Gray	June 2012 – Not eligible for re-election
Jim Konecsni	June 2012 – Not eligible for re-election
M/S/C Barb	
Closing Remarks: Presented by: Bill Gray/Si Adjournment Time:12:46pm	nannon Patton
Madan ka a B	/ S==-b
Motion to adjourn Jim	/Barb

V.

VI.

2021-22 AGM Guest List

- 1. Bill Gray (Chair)
- 2. Barb Church-Staudt (Vice Chair)
- 3. Jim Konecsni (Treasurer)
- 4. Sabeen Ahmad (Secretary)
- 5. Wendy Fink (Board Member)
- 6. Amanda Lanoway (new candidate for Board Member)
- 7. Sam Mitschke-Hanna (new candidate for Board Member)
- 8. Jess Reimer (new candidate for Board Member)
- 9. Diana Hawryluk (new candidate for Board Member)
- 10. Karen Brownlee Schlamp (new candidate for Board Member)
- 11. Robert Szautner (Auditor)
- 12. Cathy Keenan-Arp (former Board Member)
- 13. Fakhra Shadid (SaskPower: Procurement Admin Coordinator)
- 14. Lucas Schofield (WBM)
- 15. Leroy Berndt (CMHA Executive Director)
- 16. Shannon Patton (CMHA Director of Community Engagement)
- 17. Kim Zazula (CMHA Director of Finance)
- 18. Sue Beug (CMHA Pre-Vocational Leader)
- 19. Lorna Schmidt (CMHA Vocational Coordinator)
- 20. Karmin Golding (CMHA Pre-Vocational MHW1)
- 21. Jenna Haupstein (CMHA Pre-Vocational MHW1)
- 22. Suzanne Quesnel (CMHA Administrative Support)

Chairperson Report 2022-23

Good afternoon,

On behalf of the Board of Directors, it is my privilege to welcome you to the Annual General Meeting of the Canadian Mental Health Association, Regina Branch. I have had the honour of sitting as the Chairperson of the Board since our last general meeting held June 2022, and I am excited to share some highlights of our year since.

It has been a very busy year. We have witnessed the transition from a pandemic to a health system still on the edge of caution due to the risk factors associated with Covid19. Throughout the year we have seen the steady lifting of restrictions and continue to support the administration and the staff in providing a safe and supportive environment for our clients. It has not all been easy; our community has witnessed many challenges but due to the strength and resiliency of our staff we have continued to provide programs and services that are well received by those who chose to attend our programs.

Our Member's Club has been able to resume its in-person daily programming. Our vocational and prevocational programs are there to provide daily activities, pre-employment skills, and employment preparation and referral services. The ability for people to have a place to socialize, interact and have lunch together is undoubtedly appreciated by those who attend.

Additionally, the Community Engagement program has continued to expand its educational and awareness presentations to a growing number of schools, community agencies and organizations. In March, the first Youth Summit was held, hosting over 400 youth, their chaperones/teachers and presenters at the Conexus Art Centre. The demand for presentations continues to grow because the services are excellent.

Our Board has welcomed seven new board members since last June. We presently sit with twelve members who represent a wonderful cross-section of our community. It is our commitment to you to support the ongoing delivery of services to people who chose to attend our programs or request our services. Over the past few months, the new Board members have been learning about the organization and its function and have proven that they are very committed and enthusiastic to provide the best support they can to the staff and administration in order for them to serve our members.

While the Board's role is that of governance and management of the affairs of the Organization, we are committed to doing so in a cooperative and supportive manner with the management and staff. Several committees have been created to support and review financial issues, programming, human resources, and fundraising. Of particular interest this upcoming year is the planned announcement of a Capital Campaign to upgrade the building. This will require a considerable amount of time and energy from our volunteer Board members.

Welcome to our Annual Meeting and we look forward to serving you over the next year.

Respectfully submitted on behalf of the Board

Barb Church-Staudt, Chair

June 21, 2023

Executive Director Report 2022-23

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 2021 to 31 March 2022.

During this financial year we all continued to manage a world facing the COVID-19 pandemic challenge. The constant question was the way services could be offered to our members in a safe way. Throughout the year, the relaxing of public health and emergency measures put in place to combat the spread of the virus had to be followed. The Branch adapted so that services could be offered to the members. This ranged from small groups coming to the Branch to having members come any time in the morning or afternoon without an appointment to opening the Branch again to members for programming to resume. Change was the only constant. Our cleaning protocols were maintained throughout the year and gradually social distancing became less common place, even in the Branch.

Despite all the uncertainty in our world, we continued to provide Pre-vocational and Vocational programming as can be read in the two reports.

Community Engagement area continued to make a significant impact in the community we serve with an increasing demand for presentations and training sessions.

CMHA-Regina Branch relies on community partnerships that help to sustain our operations. Our thanks and appreciation go to the following:

The Saskatchewan Health Authority through whom we receive our major funding from Government, funnelled through the Regina Mental Health Clinic. We are grateful for this support and continued dialogue.

United Way: The funding CMHA Regina receives from United Way Regina, provides much needed support to our Pre-Vocational program. The Pre-Vocational team works very hard to add variety and creativity to their monthly activities schedule to ensure our members are engaged, active, supported and provided with opportunities to be independent, to make healthy choices and to have an improved quality of life. Thank-you for providing this much needed support.

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. As a result of the pandemic, the Branch moved to offering sit down meals to members and take out meals for those who so desired that they could reheat and eat at home. Despite making 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.

The City of Regina maintained regular virtual meetings with all service providers in the city throughout the year. The aim of these meetings was to stay up to date with feedback provided by the city and each service provider having the opportunity to connect with other service providers and share ideas and concerns.

The Rotary Club of Regina Eastview and St. George Orthodox Cathedral remain very faithful and important supporters of the Branch.

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 during this past year.

Thank you.

Leroy Berndt Executive Director

Pre-Vocational Report 2022-23

The Pre-vocational program has seen a gradual return to a "drop-in center" format of service delivery this last year. In reflection it seemed like an excruciatingly slow process as we build back opportunities for engagement and participation, re-establishing or nurturing new connections, which often meant flexing how and what we delivered. During this time our members, and the public who were seeking mental health support or information have remained a focal point. System navigation or assisting with challenging forms or applications, and crisis support when needed has been appreciated.

In January 2022 the Club hours were 9am-12pm and then 2pm-4pm, with a two-hour closure for intense cleaning. As SHA restrictions were lifted in March the constraints of a maximum capacity increases from 10 to approximately 30, so that shift helped us leverage our ability to support. People have been cautious in returning to the drop-in center and we have increased programing in a very safe manner. Overall, Members were resoundingly thankful for a safe place to socialize. Pet therapy, community kitchen, crafts, games, pool, movies, and bingos were offered. By summer we were able to offer "community activities" again, after more than two years, and being able to transport small groups in the van was an advantage too. Peoples' spirits were picking up as they enjoyed weekly excursions to the farmers market, golfing, afternoon walks for ice cream, visits to Wascana park and boat tours, and the Craven market and corn maze in the fall. July was something to celebrate as the center stayed open straight though from 9am to 4pm, which meant that sitdown meals could be offered again rather than the bagged take home lunches (however a take-home lunch was still an option for people if they prefer not to eat in the center).

In the fall, in-house skill building groups started again and the monthly birthday parties were welcomed back. Special meals were served at the club in October and December, with attendance between 50-60. After three years we all enjoyed a festive celebration for Christmas at Wesley's United Church.

We were pleased to offer practicum placements to 6 Nursing Students, in three semesters. They helped enhanced our programming with weekly sessions on wellness strategies, health education sessions, and ongoing weekly health clinics. As well, we were fortunate to host a student from SIIT, the Saskatchewan Indian Instituted of Technologies who brought, a cultural perspective to the Club.

It has been a year of small steps forward but through-out this whole ordeal our members have continued to express that they were grateful to have a safe place to socialize and appreciated the support we have provided. Re-growth has been slow but increasing as in 2022, 431 different "registered Members" and 43 new temporary Members used the drop-in center 7242 times, whereas in the previous year there were 241 (plus the temps) who used the center 3442 times. In 2022 it was a daily highlight to welcome back Members as they resurface again, one by one, after a long absence from the Club. Their experiences from the Pandemic and its social impacts are testaments of our Members' strengths and resiliencies.

On behalf of our Pre-vocational program we are grateful for all the community supports and donations throughout the year, especially the longstanding generous relationships from St. Georges Orthodox Cathedral, and the Eastview Rotarians. This last year our Members have benefited tremendously from a new partnership with the Second Harvest Food Recue program and appreciated the nutritious groceries every Thursday. It has been a valued way for the community to care for one another in tough times. Our program area is thankful for this year's funding from United Way Regina, Regina Mental Health Clinic (SHO), and the Saskatchewan Parks & Recreation Association. Unfortunately, the United Way Regina grant was not available for application for 2023 and we are not certain of the impact this will have on our services. However, in our path forward we are dedicated to building our members' individual capacity to thrive and to expand our programming to better meet the needs of our community by providing relevant opportunities to heal, to grow, and to show kindness to one another.

I would especially like to thank the Prevocational Team of 2022, Karmin, Jenna, and Stacey at the beginning of the year, and now into 2023 Matina and Shan K. Of course, a big thank you goes out to the Vocational and Community Engagement Teams, and all the Regina Branch staff and Members who pulled together to help make this challenging year a good year at the Members' Club. We are also grateful to our Board of Directors for your support.

Respectfully submitted by

Sue Beug Pre-Vocational Team Leader







Pet Therapy 2022



Christmas Party at Wesley's United Church ...



after 3 years we were able to celebrate the season with a real Party!

Vocational Report 2022-2023

It's hard to believe another year has passed by so quickly. CMHA Regina has been steadily welcoming back their members, the old and the new. Many of our members chose to stay away from the club for a long time because of the fear of catching Covid.

Our kitchen has been busy with trainees who work under the direction of our Kitchen Supervisor and chef, Dillon Brown. Members learn to work in a commercial kitchen till they are comfortable with food prep, following directions, working with a team, and using commercial equipment. The average number of members participating in the kitchen program each quarter is 6 members. In the past year, 6,118 meals were served to our members.



The Kitchen also provides members the opportunity to make a meal or dessert several times a month. This is called "Community Kitchen". Members sign up and physically help prepare the meal in the kitchen. This helps some decide if they would like to work in the food service industry. The meal is divided, and each member gets to take their serving home for supper. Last year, Community Kitchen was offered 38 times and 118 members participated.

Our Janitorial program continues to run everyday and offer trainees the opportunity to experience working with a team. We have several members who want to work in housekeeping so this is the program that will give them the skills needed for that field. This program averaged 9 staff per quarter.

CMHA Division employs 1 member to clean and Child and Youth, 2 members. I hope to find more Community jobs for small groups of members who can work independently. We also have a group of 4 members who run our Attendance Ambassador Program. They answer the front door, sign members in for attendance and answer any other inquiries. This really helps Prevocational staff because it gives them extra time to work with the members without all the interruptions.

In the Spring of 2022, we purchased a truck, a shed and lawn mowing supplies and equipment. We were ready to begin our Truck Crew Program by Summer and successfully mowed lawns, raked leaves, and tidied up yards. Every job offered paid training to 2 or 3 members.



We hope to continue this Spring and gain some new customers. Our truck is also used for Mosaic cleanups. This program allows any member the opportunity to sign up to help with cleaning up the grounds after football games at Mosaic Stadium.



We have also begun a Peer Led Art Group where individual members teach a class to their peers. Our members have taught yoga classes and craft classes. The goal is to encourage members to use their skills and eventually, share them in the Community.

Last year, I have had 123 appointments with members to work on resumes, cover letters, and job searching. Four have found work in the community as a night time janitor, in a Flower shop, having a home business caring for dogs (Rover) and driving an Access A Bus for special needs children. CMHA Regina also hired one of our members as our Maintenance Man for 1 day per week. Five of our members have completed Food Safe Level 1. There are approximately 20 members at any given month, participating in our training programs within the building.

I am constantly watching for Programs that would benefit our members. For some, who are training with us, this is the first time they ever had to be accountable. Some are middle aged and never had a job in their lives or haven't worked in 10 to 20 years. They have never had to get up to go to work, to preplan what they would wear to work, or be at work for a certain time. There are many life skills to be learned, not just the skill of cooking, cleaning, or doing yard work.

We are still progressing in Vocational at CMHA Regina and I hope to encourage more members to participate in our training programs, volunteer and have the courage to work in the Community. All of these things contribute to good mental health and that is our goal!

Submitted by Lorna Schmidt, Vocational Coordinator

Community Engagement Report 2022-2023

Over the past fiscal year, we have seen so many wonderful opportunities that were presented to us.

We continue to be sought after for education and awareness in our schools, post- secondary institutions, various workplaces and service clubs. We have formed wonderful partnerships with SaskPolytechnic, various school divisions such as Regina Catholic, Regina Public, Prairie Valley in addition to some of the private school systems in the city. In addition, through the CMHA Talk Today program, we have a wonderful partnership with the Regina Pats of the WHL as well as the Yorkton Terriers and Melville Millionaires of the SJHLL.

From April 1,2022 to March 31, 2023 – we participated in or delivered presentation and/or events that equated to approximately just over 7369 people reached. With our year being highlighted through the fantastic Youth Summit we hosted thanks to the funds raised at the 2020/2021 Punchline Comedy Night. The Youth event held on March 28th was open to students from all High Schools in Regina including two schools in surrounds areas (Lumsden and Greenall) in addition to one school from Montreal Lake that was invited thanks to our friend and committee member of the summit – Dr. Elaina Guilmette. Each school was allowed 20 students who were chosen by the various guidance counsellors in the respective schools. As a result, in total we had 427 people in attendance.

Just a few of the comments on the evaluation forms after the event read -

"I enjoyed and learned from every session"

"My overall favourite part of the summit was being able to learn how I can help others and make a difference and hearing other share their own experiences and stories"

"The best experience'

"I hope we can have one every year"

"It was a great summit overall, I really enjoyed being here and would love to come back next year"

Our fundraising opportunities this past year were kicked off with Colliers who held the Colliers Grand Prix during Mental Health week with all funds raised going to our Capital Campaign. We had so much fun watching everyone race the go carts for bragging rights. We are very appreciative of this event, the fantastic partnership with Colliers and we look forward to the event in 2023 which will not be the Grand Prix but something just as exciting.

Our Ride Don't Hide in 2022, proceeded with a virtual format. A big thank you to Knight Archer Insurance for their support as presenting sponsor of our event. The numbers were down significantly as was the monies raised. However, the people who did participate continued to have a lot of fun and were great participants and fundraisers. We have decided to take a year off from this event in 2023 and host it every two years versus yearly. We have been hosting this annual event in Regina since 2016 so while it is hard not to do it this year, we do look forward to us all riding together in 2024.

We were fortunate to have a number of smaller fundraising events as well that all contributed to such wonderful donations and support to our branch. Thank you all so much.

Two donations that stood out to us this year as they were directed specifically to helping with operation costs of the Community Engagement which continues to be the only non-core funded area in our branch. A memorial donation was made on behalf of Shawn Milligan's brother and sister. The monies were provided with the intent of supporting the operating costs in the Community Engagement area as well as a portion of it being directed to our Capital Campaign. As Shawn noted, he wanted to support the work we were doing in the community and especially with the youth so appreciated helping provide funds for "boots on the ground walking." We are so extremely appreciative and honoured with this beautiful and generous gift.

The second significant donation made to the Community Engagement area to put towards our operating costs was from Brandt Industries who seeded the 50/50 draw at 50K dollars at the CMHA Talk Today Awareness Pat's Hockey Game in February. The pot grew to just over 115K that night providing us with 50% of that total. Again, in speaking with Matt Semple, he was extremely supportive of what we are doing in the community, with our youth and in particular, with the Pats organization and players — so he wanted the money directed to the Community Engagement area to put where we had the greatest need. As no core funding exists, he was more than pleased to have it be directed to helping keep our program viable and out in the community where we are providing education and creating awareness about mental health in particular to our youth. Again, words are hard to express what this means to our Community Engagement area as without generous donations such as these and no core funding, our Community Engagement area becomes limited in what can be accomplished.

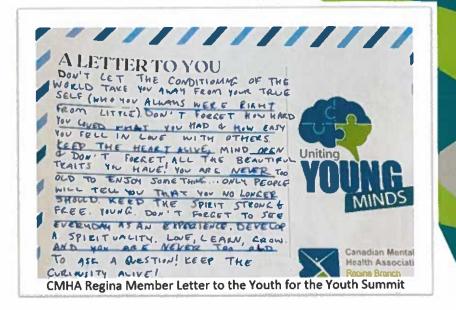
Thank you to all our wonderful sponsors, donors, volunteers and supporters. We are truly appreciative and greatly humbled. In addition, I would like to acknowledge and thank the entire Branch staff for their support of the Community Engagement area. Staff were always ready and willing to help where needed, from setting up online donation pages, issuing tax receipts, printing, and folding pamphlets to working at events and fundraising opportunities – all of which helped immensely. To have the support, encouragement and participation of the Board of Directors has also been so wonderful and greatly appreciated – thank you! Finally in October, I was fortunate to bring Jenna on to work with me a couple of days per week. I am extremely grateful, for she has been so valuable to the work Community Engagement has managed to accomplish this past fiscal year and I look forward to continuing our work together, going forward.

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.

"When people come together around common vision, they can accomplish great things. We need the instruments that pull our people together, not apart". Nainoa Thompson

Respectfully submitted.

Shannon Patton
Director of Community Engagement

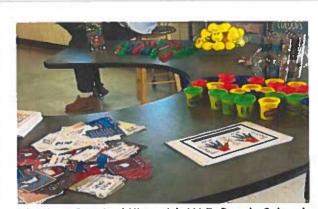




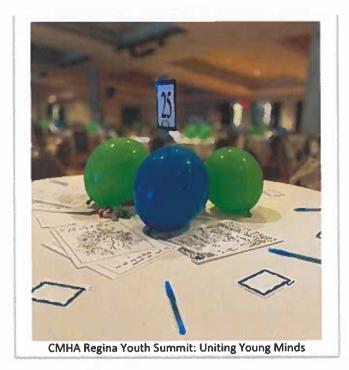
Brandt Industries Donation







Anxiety Survival Kits with W.F. Ready School







CMHA Regina Youth Summit: Uniting Young Minds



Talk Today Team Up Program with the Regina Pats

Mental Health Association Regina Branch Inc. Financial Statements March 31, 2023



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, 2023, 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, 2023 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, 2023 and 2022, current assets as at March 31, 2023 and 2022 and net assets as at April 1 and March 31 for both the 2023 and 2022 years. My audit opinion on the financial statements for the year ended March 31, 2023 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:

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 19, 2023 Robert D. Szautner Chartered Professional Accountant

Robert D Syaution

Mental Health Association – Regina Branch Inc. Statement of Financial Position

As at March 31, 2023

	7,0 41 1374	1017 017 2023
	2023	2022
Assets		
Current	004 447	200.050
Cash	384,447	389,952
Accounts receivable	2,565	3,296
Prepaid expenses	•	5,134
	387,012	398,382
Investments (Note 3)	175,810	180,955
Capital assets (Note 4)	311,438	326,529
	874,260	905,866
Liabilities Current Accounts payable Deferred contributions (Note 5)	22,944 229,356	4,026 308,026
	252,300	312,052
Deferred contributions - capital (Note 6)	93,361	65,859
	345,661	377,911
Net Assets		
Unappropriated	267,892	267,285
Invested in capital assets	260,707	260,670
	528,599	527,955
	874,260	905,866

Approved on behalf of the Board

Director

Director

Mental Health Association – Regina Branch Inc. Statement of Operations

Atate		III OI	Ohei	citi	0113
For the	year	ended	March	31,	2023

	2023	2022
Revenue		
Funding Agencies		
Regina Qu'Appelle Health Region	501,907	492,066
CMHA - Saskatchewan Division	72,981	61,792
Saskatchewan Lotteries	14,789	10,909
United Way	43,000	41,259
Funding – City of Regina	32,182	36,038
Fundraising	80,213	89,875
Donations	148,006	101,389
Office space rent	13,200	13,200
Interest	68	11
Investment income	2,368	4,514
Miscellaneous	21,134	24,183
Programs	30,370	23,000
	960,218	898,236
Amortization Building maintenance Fundraising Office Payroll - members Payroll - program Payroll - staff Payroll - employee benefits Vocational programming Pre-vocational programing Transportation	28,143 50,971 3,050 44,324 62,461 1,788 536,597 94,288 77,821 16,948 8,395	31,299 37,164 4,945 40,105 34,580 515,723 85,717 68,517 15,090 8,955
	952,061	869,20
Excess of revenues over expenses before other items	8,157	29,03
Other items Unrealized (loss) gain on investments	(7,513)	(5,029
Otherwise (1000) Agus ou maganingura		
Excess of revenues over expenses	644	24,00

Mental Health Association – Regina Branch Inc. Statement of Changes in Net Assets For the year ended Merch 31, 2023

	Invested in Capital Assets	Unappropriated Surplus	2023	2022
Unappropriated surplus, beginning of year	260,670	267,285	527,955	503,952
Excess (deficiency) of revenues over expenses	(13,015)	13,659	644	24,003
Purchase of capital assets	13,052	(13,052)	*	
Unappropriated surplus, end of year	260,707	267,892	528,599	527,955

Mental Health Association – Regina Branch Inc.

Statement of Cash Flows For the year ended March 31, 2023

	2023	2022
Cash provided by (used for) the following activities Operating activities		
Excess of revenues over expenses	644	24,003
Amortization	28,143	31,299
Unrealized loss (gain) on investments	7,513	5,029
(Increase) decrease in:		
Accounts receivable	731	(1,783)
Prepaid expenses	5,134	(4,514)
Increase (decrease)		•
Accounts payable	18,918	2,577
Deferred contributions	(51,168)	53,604
Deferred contributions	9,915	110,21
Investing activities	(13,052)	(28,209
Purchase of capital assets Investment income reinvested in investments	(2,368)	(4,514
THOUSE TO THE STATE OF THE STAT	(15,420)	(32,723
Increase (decrease) in cash resources	(5,505)	77,49
	mer c	,
Cash resources, beginning of year	389,952	312,460
Cash resources, end of year	384,447	389,95

Mental Health Association – Regina Branch Inc. Notes to the Financial Statements

es to the Financial Statements
For the year ended March 31, 2023

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.

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 cheritable 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, 2023

2. Significant accounting policies (continued)

Financial instruments

Measurement of financial instruments - The organization initially measures its financial assets and financial liabilities at fair value. The organization subsequently measures all its financial assets and financial liabilities at amortized cost, except for investments in equity instruments that are quoted in an active market, which are measured at fair value. Changes in fair value are recognized in the statements of operations in the period incurred. Financial assets measured at amortized cost include accounts receivable. Financial liabilities measured at amortized cost include accounts payable.

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

The association's financial assets measured at fair value include investments which are held in mutual funds.

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

				2023	2022
			Accumulated	Net book	Net book
		Cost	amortization	value	value
	Land	25,000		25,000	25,000
	Building	382,295	173,656	208,639	211,600
	Vehicles	81,912	44.643	37,269	46,586
	Computer	52,736	37,480	15,256	14,625
	Furniture and fixtures	103,684	78,410	25,274	28,718
		645,627	334,189	311,438	326,529
5.	Deferred contributions				
				2023	2022
	Balance, beginning of year			308.026	246,294
	Amounts recognized as revenue during the year			(260,151)	(149,208)
	Grants and donations received for restricted purposes			181,481	210,940
	Balance, end of year			229,356	308,026

Mental Health Association - Regina Branch Inc.

Notes to the Financial Statements

For the year ended March 31, 2023

6. Deferred contributions - capital

	2023	2022
Balance, beginning of year Amortization of deferred capital contributions Contributions received for capital assets	65,859 (15,128) 42,630	73,987 (15,128) 7,000
Balance, end of year	93,361	65,859

7. 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 the association will not be able to meet a demand for cash or fund its obligations as they come due. The organization is exposed to this risk on its accounts payable and accrued liabilities.

The association meets its liquidity requirements by monitoring cash flows from operations and holding assets that can be readily converted into cash.

Market risk

Market risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in market prices. Market risk is comprised of currency risk, interest rate risk and other price risk.

The organization is exposed to market risk on its cash and investments.

Interest rate risk

Interest rate risk refers to the risk that the fair value of financial instruments or future cash flows associated with the instruments will fluctuate due to changes in market interest rates. In seeking to minimize the risks from interest rate fluctuations, the organization manages exposure through its normal operating and financing activities.

The exposure of the organization to interest rate risk arises from its interest-bearing assets. Cash and cash equivalents include amounts on deposit with financial institutions that earn interest at market rates.

The organization manages its exposure to the interest rate risk of its cash by maximizing the interest income earned on excess funds while maintaining the liquidity necessary to conduct operations on a day-to-day basis.

The primary objective of the organization with respect to its fixed income investments is to ensure the security of principal amounts invested, provide for a high degree of liquidity and achieve a satisfactory investment return.

8. 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.

9. Subsequent event

Subsequent to year end, the association experienced damage to the roof of its building due to heavy rainfalls. Significant repairs will be required in the March 31, 2024 fiscal year. The cost of repairs are uncertain as the association continues its investigation.



Nomination Committee Report – 2022-2023

Members of the Nominating Committee:

Sabeen Ahmad, Shannon Patton and Barb Church-Staudt

Members of the Board for 2022-23:

Name	Start date	End of Term (June)
Jordan Hardy	(2015)	2024
Kyle Moffatt	(2017)	2023
Barb Church-Staudt	(2020)	2023
Sabeen Ahmad	(2021)	2024
Wendy Fink	(2021)	2024
Diana Hawryluk	(2022)	2025
Samantha Mitschke-Hanna	(2022)	2025
Jessica Reimer	(2022)	2025
Karen Brownlee Schlamp	(2022)	2025
Amanda Lanoway	(2022)	2025

Resignations:

Bruce McKee (2015) a long-time board member and Branch supporter, tendered his resignation from the Board in September 2022. We accepted his resignation with sadness but know that he will stay in touch and continue to support members at special occasions.

Unfortunately, we also accepted the resignation of Sabeen Ahmed a few weeks ago. Sabeen has returned to her passion of weather reporter on CTV so cannot commit to the required meeting attendance. While her resignation has been accepted, we are pleased to have her remain in an ex-officio position.

There are two Board Member's whose terms have expired.

- Kyle Moffatt June 2023 eligible for re-election for final term
- Barb Church Staudt June 2023 eligible for re-election for second term

New Board Members – Nominating Committee Recommendations:

After careful consideration, interviews and written submissions 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 of the Board of Directors.

Both candidates have excellent qualifications and are recommended by the Committee.

Kevin Paul

- Kevin has been employed at SaskEnergy since November 2002 and has held various positions within the Corporation's Financial Accounting and Financial Reporting department.
- He is well qualified to support our treasurer's position with a BAdmin degree, is a Certified
 Management Account (2002), and a Chartered Accountant (2005). The accounting designations have
 subsequently merged into one Certified Professional Accounting designation, he is considered a CPA,
 CA, CMA.
- In his current position of Manager, Financial Reporting, he prepares the financial statements for SaskEnergy's consolidated entity along with its subsidiary's financial statements. As well, he coordinates the audit of the financial statements with their external auditor.
- Kevin has lived experience and is sensitive and compassionate to the mental health community and people facing challenges.
- Kevin is the father of two active little boys.
- Kevin enthusiastically presented his interest in joining the Board.

Samantha Racette

- Samantha is presently employed at Four Directions as the Aboriginal Community Development Coordinator.
- Until recently she was employed as a health educator at First Nations and Metis Health Services -Regina General Hospital.
- Samantha is a mental health first aider and has been for about 10 years ensuring her training is
 updated as required. She has front line experience supporting people with mental health challenges.
- Samantha has lived experience and has provided emotional support to family members throughout
 their challenges while also providing services through multiple government and community
 resources. She brings an Indigenous perspective to mental health and many cultural coping tools.
 She believes that mental health deserves attention and demands continued awareness.
- Samantha believes we need to encourage and support those most at risk (Indigenous and non-Indigenous) and is committed to making change in any capacity.
- Samantha is the mother of two, and a grandmother of one.

Motion:

On behalf of the Nominating Committee, I would like to make a motion... to vote in favour of accepting the following individuals to serve a term of three years (2023-2026) on the Board of Directors of the Canadian Mental Health Association, Regina Branch:

- Kevin Paul (February 2023)
- Samantha Racette (February 2023)

At this same time, I would ask the motion to include the two current board members up for re-election be approved as well.

- Kyle Moffatt (June 2023)
- Barb Church -Staudt (June 2023)

Respectfully submitted on behalf of the Nominating Committee,

Barb Church-Staudt, Chair

June 21, 2023

The Canadian Mental Health Association, Regina Branch wishes to recognize the generosity of additional financial support provided to us throughout the past fiscal year.

Fundraising Sponsors/Donors:

Brandt Industries

Milligan Family

RBC Foundation

Park Avenue Builders

Doug & Gloria Archer Foundation

Ride Don't Hide Sponsors:

- Knight Archer Insurance
- Dutch Cycle
- IQ Metrix
- Scotiabank
- Sask Lotteries

Colliers - Grand Prix

Rotary Club of Regina Eastview - Valentine's Gala

Henderson Insurance

Regina Pat's Awareness Game

Shopper's Drug Mart - Beauty Mingle Campaign

Regina Autobody – Hail Repair Fundraiser

Women On The Go

Run Regina – Walk, Run, Ruck for Mental Health

Crosby Harle Band - Music for Mental Health

In addition, we would like to thank all the many organizations, service groups, and those who provided personal donation throughout this past year. We appreciated your support!!

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





City of Regina





