

ANNUAL

CANADIAN MENTAL HEALTH ASSOCIATION WINNIPEG REGION INC.

REPORT



09-2010

MISSION

The Canadian Mental Health Association, a nation-wide voluntary organization, promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Chairperson's Report

This year's report to the community on the Association's work provides a snapshot of the actions and activities the organization has taken in support of our mission which is that CMHA Winnipeg Region exists to promote the mental health of all people of Winnipeg and to support the resilience and recovery of people experiencing mental illness.

For our Association this mission means that people with mental illness have the ability to participate meaningfully in their chosen roles in society, and that public policy supports community participation and integration of people with mental illness, as well as to promote the development of a mentally healthy society for all of us.

In support of this, representatives of our organization through our Political Linkage Committee have undertaken several activities to encourage all levels of government

and others important in policy development and service delivery to create supportive public policy in the area of mental health and mental illness. Activities include writing letters requesting further action in the areas of housing and poverty reduction, as well as access to physician services. Members of the Political Linkage Committee met with several members of the Government and opposition, as well as other organizations such as the College of Physicians and Surgeons.

CMHA Winnipeg was pleased to be one of the first organizations to administer the Portable Housing Benefit in Winnipeg, which will be an increased shelter benefit to 100 people living with mental illness in Winnipeg to access better housing and services. This benefit comes after several years of CMHA Winnipeg lobbying for a benefit such as this.

In addition, in celebration of our 25th anniversary our Board and Staff participated in a three day strategic planning session at Fort Whyte Centre. The goals of the Board strategic plan have been reviewed over the last few months by the Ownership Linkage Committee, who recommended a first of its kind web poll of Winnipeggers to gauge their opinion on mental health matters in our city, and assist the organization in finalizing our strategic plan for the next two years. Five hundred and fifty five people took part in this survey over four months to provide us with valuable information on their experiences. A final report is being compiled and will be shared with funders, government, and partners, and will be available on our website. This information is a valuable tool for ensuring that the needs of greater Winnipeg are being met in service planning.

Finally, with the generous financial support from the United Way of Winnipeg, the Winnipeg Regional Health Authority, and the Province of Manitoba, we are able to continue to deliver high quality services in our community, including rehabilitation and recovery services, education, information and referral, and advocacy/rights consultation. Thanks go out to the many people that support the mission of our organization – our Board and committee members, staff, funders, members, and donors.



Bob Melnyk



Supporting Resilience and Recovery

Rehabilitation & Recovery Service

The Rehabilitation & Recovery Service assists people recovering from a mental health illness or concern to achieve personal goals related to a place to live, employment or education, relationships and meaningful activities. The service provides an organized step by step process that helps people develop personal goals based on the person's interests and skills.

In 2009-2010 the Rehabilitation & Recovery Service assisted 163 individuals to learn skills and acquire resources related to their goals. The Exploring the Journey of Recovery Workshops continued to expand this year. These workshops provide participants the opportunity to work on their recovery in a workshop environment, along with individualized planning with the workshop facilitator. In 2009-2010, 58 people participated in 20 workshops on various areas of recovery, health, and wellness. In addition our Therapy Service assisted 26 people in 2009-2010.

The Service continued its involvement with the Winnipeg Regional Health Authority and Manitoba Housing in efforts to ensure that people with mental illness living in Manitoba Housing units experience a welcoming and supportive living environment.

CMHA Winnipeg entered our second year of a new partnership with the Province of Manitoba Employment & Income Assistance Program for the Parent Wellness Initiative. This initiative is targeted at single parents in the Downtown/Point Douglas area that are facing coping challenges. In 2009-2010 the Parent Wellness Initiative assisted 31 parents in the Downtown/Point Douglas area in working towards their life goals. 12 participants were assisted to find alternate housing, nine were helped to continue their education and one to find employment.

Finally, in 2009 CMHA Winnipeg entered into a second partnership with the Manitoba Government to offer the Portable Housing Benefit. This benefit assists individuals who are on Employment & Income Assistance and have a mental illness to access and maintain affordable quality housing through the distribution of a benefit and support from a Rehabilitation Worker. CMHA Winnipeg has supported 98 individuals to access the portable housing benefit in 2009-2010, and many have already been successful in securing new and improved housing as a result of involvement in this program.

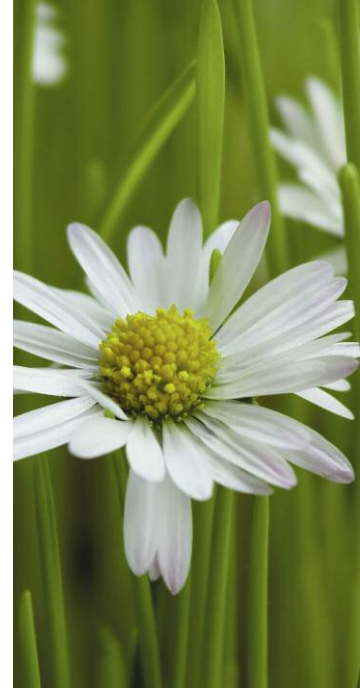
Promoting Mental Health and Understanding Mental Illness

Through education and training activities, the Association assists organizations and groups in our community to understand the issues that people with mental illness face and to learn about ways to support people with a mental illness. In addition, the association works to support a larger understanding of the importance of mental health. For the last three years CMHA has worked with the Winnipeg Regional Health Authority to offer a course entitled Mental Health First Aid. This is a 12 hour course that shows people how to recognize the signs and symptoms of mental health problems, provide initial help, and guide a person towards

appropriate professional help. The concept is based on the model of medical first aid. In total, 23 sessions of Mental Health First Aid Canada Training occurred in Winnipeg in 2009-2010, with 458 people trained.



**Mental Health
First Aid**



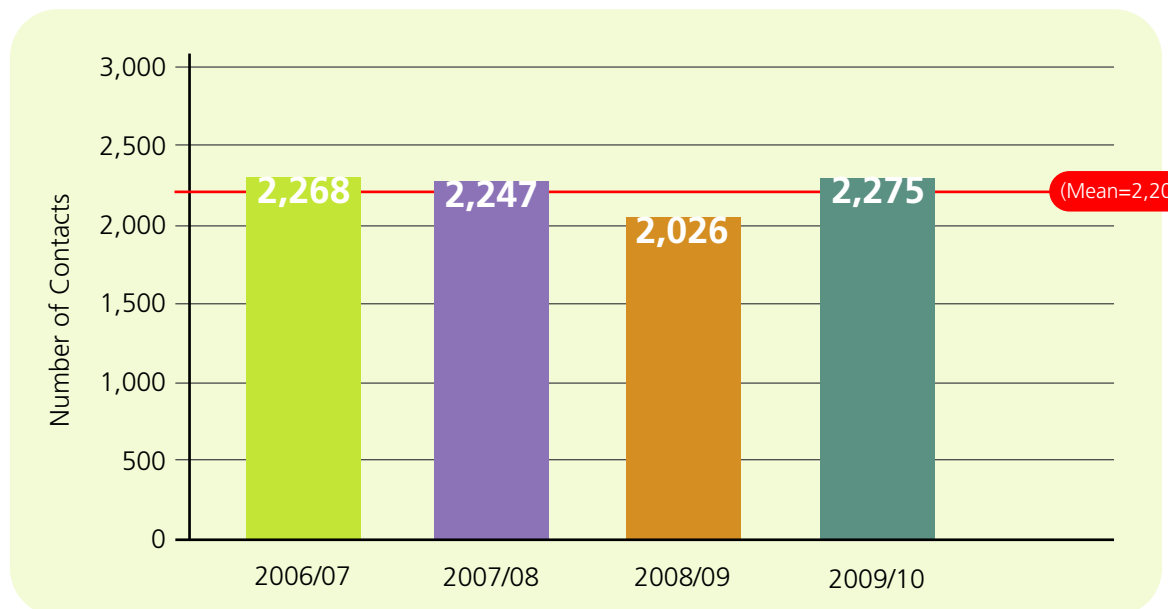
In addition to Mental Health First Aid, CMHA Winnipeg provided many workshops and displays to increase ongoing awareness. In 2009-2010 CMHA Winnipeg offered several courses including; Mental Health Education for Families (three sessions); and the Mindfulness Based Stress Reduction Program (*one conference and three - eight week sessions with 51 people trained*).



Finding Help

Providing people with accurate and timely information about services and supports for people experiencing mental health problems continues to be an important part of our work. This year our Information & Referral Service assisted 1,956 people with information on a variety of issues to find services such as counseling, help for family members and friends, and accessing community mental health support services. This total is an increase of 8% over last year. The 14th edition of the Mental Health Resource Guide continues to be circulated throughout the community after getting a makeover and an exciting new look last year. This publication provides information on mental health services and supports in our community. Our website continues to provide information on CMHA Winnipeg activities and mental health and illness topics. CMHA also compiles and circulates a listing of various mental health workshops, events and groups held in our community.

Total Number of Contacts for Information and Referrals: 2006/07 to 2009/10



Knowing Your Rights

The Rights Consultation service of CMHA helps people with mental illness to know and exercise their rights when they have complaints about services they have received or feel their rights have not been upheld. This year 292 people were assisted with problems they were dealing with. Information and advice was provided to callers on a range of issues including rights under the Mental Health Act and problems with service providers, income support programs and landlords. The Rights Consultant worked with 39 people to assist them to file complaints and appeals related to areas such as involuntary admission to hospital, tenancy rights, Employment & Income Assistance appeals and human rights complaints. The Rights Consultant also responded to requests in the community for presentations on advocacy related topics.

Influencing Public Policy

CMHA is interested in public policy that supports community participation and integration of people with mental illness, as well as promotes the general mental health of all Winnipeggers. The organization has continued to focus its attention on the lack of affordable rental housing in the city, as well as general issues of poverty among people with mental illness. The lack of decent, safe and affordable housing is a significant barrier to full participation in community life for people with mental illness.

In addition to housing, we continue to advocate on several issues including; physician services, income security and poverty, mental health promotion, and the need for a Provincial Mental Health Plan that addresses all aspects of mental health and mental illness. In order to support this work CMHA Winnipeg's Political Linkage Committee wrote letters and met with several Ministers in the provincial government, as well as being involved in numerous committees and strategies including

Make Poverty History Manitoba and the Right to Housing Coalition.

Awards

In 2009-2010 four individuals received the **Ruth Hamer Memorial Education Awards**. These awards provide a bursary of up to \$500.00 for individuals with a mental illness who wish to pursue an education or training goal. The organization has committed \$2,500.00 annually for these awards that are named in memory of Ruth Hamer, a long time employee of the association who passed away in November 2004. In addition, fourteen individuals were supported by the **Wendy Hanson Memorial Award** to attend the CMHA Manitoba provincial conference in June 2009.

The 2009 Heroes of Mental Health Awards were presented to nine individuals, four Friend/Family, 15 Mental Health Professionals, 11 Volunteers, one Media and three Organizations, acknowledging the many contributions made by people and organizations in the advancement of mental health and to celebrate the victories of people who live with mental illness.



Financial Statements

STATEMENT OF FINANCIAL POSITION		March 31	
ASSETS			
Current assets:			
	2010		2009
Cash	\$ 177,858	\$	185,766
Temporary investments (Note 3)	533,439		514,600
Accounts receivable	21,707		22,034
Prepaid expenses	7,005		4,397
	<u>740,009</u>		<u>726,797</u>
Capital assets: (Note 4)	65,065		67,093
	<u>\$ 805,074</u>		<u>\$ 793,890</u>
LIABILITIES			
Current liabilities:			
Accounts payable	\$ 123,165	\$	101,181
Deferred revenue	4,716		7,566
	<u>127,881</u>		<u>108,747</u>
Deferred contributions (Note 5)	323,619		350,974
Deferred contributions related to capital assets (Note 6)	24,659		33,675
	<u>476,159</u>		<u>493,396</u>
NET ASSETS			
Net assets invested in capital assets	40,406		33,418
Net assets internally restricted - bequest fund (Note 7)	113,063		95,987
Unrestricted net assets	175,446		171,089
	<u>328,915</u>		<u>300,494</u>
	<u>\$ 805,074</u>		<u>\$ 793,890</u>

STATEMENT OF OPERATIONS		Year Ending March 31	
REVENUES			
	2010		2009
United Way - Sustaining	\$ 307,127	\$	297,126
United Way - Other	317		14,505
Manitoba Community Services Council	-		5,374
Other grants	-		2,330
Winnipeg Regional Health Authority	1,000,311		944,991
Province of Manitoba	264,786		89,390
General	10,930		13,390
Mental Health - First Aid Training	37,968		51,890
MBSR fees	16,633		14,594
Donations	32,376		12,444
Interest	23,865		19,373
Amortization of deferred contributions (Note 6)	9,016		6,551
	<u>1,703,329</u>		<u>1,471,958</u>
EXPENDITURES			
Amortization	18,585		16,880
Bursaries	2,620		-
Meeting and conferences	31,787		18,973
Mental Health - First Aid Training	17,097		29,052
Occupancy	130,172		126,290
Office	84,730		82,318
Project expenses	29,842		34,831
Public education	15,086		17,668
Purchased services	39,837		31,345
Salaries and benefits	1,271,046		1,066,354
Staff recruitment and development	5,746		7,854
Travel	28,360		22,082
	<u>1,674,908</u>		<u>1,453,647</u>
DIFFERENCE BETWEEN REVENUES AND EXPENDITURES	<u>\$ 28,421</u>		<u>\$ 18,311</u>

APPROVED BY THE BOARD


 CHAIR
 Bob Melnyk


 TREASURER
 David Albert Newman



**2009/2010
BOARD OF DIRECTORS**

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