



CANADIAN MENTAL  
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE

Winnipeg Region Inc.

# ANNUAL REPORT 2007 - 2008



## 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.

## *Supporting Resilience and Recovery*

### **Rehabilitation & Recovery Service**

The Rehabilitation & Recovery Service assists people recovering from a mental illness 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 2007-2008 the Rehabilitation & Recovery Service assisted 185 individuals to learn skills and acquire resources related to their goals.

In fall 2007 we began offering Exploring the Journey of Recovery Workshops. These workshops provide participants the opportunity to work on their recovery in a workshop environment, along with individualized planning with the workshop facilitator. In 2007-2008, 39 people were involved in workshops on various areas of recovery and health and wellness.

We also started a new Therapy Service which assisted 28 people in 2007-2008.

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.

## *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. Last year, in partnership with the Winnipeg Regional Health Authority, the Association brought Mental Health First Aid to Winnipeg. 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, 21 sessions of Mental Health First Aid Canada Training have occurred in Winnipeg with 340 people trained in 2007-2008. In addition, this year we received funding from the United Way to offer subsidies to low income individuals and small non-profits who would like to take this course.

## *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 and Referral Service assisted 1734 callers with information on over 80 issues to find services such as counseling, help for family members and friends and housing leads. The 12th edition of the Mental Health Resource Guide continues to be circulated throughout the community. This publication provides information on mental health services and supports in our community.

Updated this year, our website continues to provide information on CMHA and mental illness topics. CMHA also compiles and circulates a listing of various workshops, events and groups held for consumers in our community.

## *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 501 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 43 people to assist them to file complaints and appeals related to areas such as involuntary admission to hospital, tenancy rights, Employment and 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 and participation and integration of people with mental illness. The organization has continued to focus its attention on the lack of affordable rental housing in the city. The lack of decent, safe and affordable housing is a significant barrier to full participation in community life for people with mental illness.

In follow up to the Think Tank held in October 2006 on housing, CMHA Winnipeg Region has sent copies of the report and letters of advocacy to the Premier and several Ministers. CMHA Winnipeg Region has also worked with the University of Manitoba (with support from United Way) to undertake a larger research study into Winnipeg Housing for people with mental health issues.

In addition to housing, we have advocated on several issues including; physician and emergency room services, income security and poverty, and the need for a Provincial Mental Health Plan.



## Financial Statements


### Statement of Operations Years ended March 31

	2008	2007
<b>REVENUE</b>		
Summer student grant	\$ -	\$ 4,000
Winnipeg Foundation	-	2,650
United Way – Sustaining	289,949	284,301
Winnipeg Regional Health Authority	937,396	888,526
General	10,337	8,785
Mental health	28,007	-
Administration fee	77,496	75,984
Donations	27,265	12,553
Fee for service	-	1,850
Interest	22,132	18,054
Amortization of deferred contributions	4,632	6,428
	<u>1,397,214</u>	<u>1,303,131</u>
<b>EXPENSES</b>		
Administration fee	77,496	75,984
Amortization	13,637	21,647
Bursaries	2,307	3,400
Meetings and conferences	17,673	17,927
Mental health first aid training	20,278	9,284
Occupancy	105,838	92,057
Office	64,880	56,989
Project expenses	20,572	20,618
Public education	17,563	13,794
Purchased services	22,596	12,382
Salaries and benefits	995,579	936,898
Staff recruitment and development	5,162	4,845
Travel	19,507	19,390
	<u>1,383,088</u>	<u>1,285,215</u>
Excess of revenues over expenditures	<u>\$ 14,126</u>	<u>\$ 17,916</u>

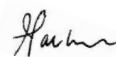
### Statement of Financial Position for the Years ended March 31

<b>ASSETS</b>		
<b>CURRENT ASSETS</b>		
Cash	\$ 240,751	\$ 174,978
Temporary investments	304,515	337,212
Accounts receivable	14,587	9,181
Prepaid expenses	9,846	6,182
	<u>569,699</u>	<u>527,553</u>
<b>CAPITAL ASSETS</b>	53,452	37,580
<b>TOTAL ASSETS</b>	<u>\$ 623,151</u>	<u>\$ 565,133</u>
<b>LIABILITIES</b>		
<b>CURRENT LIABILITIES</b>		
Accounts Payable	\$ 80,217	\$ 73,371
Deferred revenue	13,746	-
	<u>93,963</u>	<u>73,371</u>
<b>DEFERRED CONTRIBUTIONS</b>	234,411	206,479
<b>DEFERRED CONTRIBUTIONS RELATED TO CAPITAL ASSETS</b>	12,594	17,226
	<u>340,968</u>	<u>297,076</u>
<b>NET ASSETS</b>		
Net assets invested in capital assets	40,858	20,354
Net assets internally restricted –		
Bequest fund	92,019	90,006
Unrestricted net assets	149,306	157,697
	<u>282,183</u>	<u>268,057</u>
	<u>\$ 623,151</u>	<u>\$ 565,133</u>

APPROVED BY THE BOARD

  
Harvey Slobodzian

CHAIR

  
John Tabernor

TREASURER

Copies of the audited financial statements for the fiscal year ended March 31, 2008 are available upon request to office@cmhawpg.mb.ca



Harvey Slobodzian

## Message from the Board Chairperson

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 vision that people with mental illness in Winnipeg are full participants in society.

For our Association this vision means that people with mental illness have the ability to participate meaningfully in their chosen roles in society, that public policy supports community participation and integration of people with mental illness, and that an accepting and inclusive society is created.

In support of this vision, representatives of our organization through our Political Linkage Committee have undertaken several activities to encourage the Provincial Government in offering supportive public policy in the area of mental health, this includes writing letters of support for the announcement of new funding for youth with mental health issues, and letters requesting further action in the area of housing. CMHA Winnipeg also became a core member of the Social Planning Council's Raise the Rates Campaign, an initiative aimed at raising Employment and Income Assistance rates to a more livable wage.

In follow up to our Housing Think Tank held in October 2006, CMHA Winnipeg Region, with support from the United Way, is working with researchers from the University of Winnipeg to conduct a comprehensive analysis of current housing needs for people with mental health issues. We plan to use this research and the subsequent recommendations to further our advocacy and work in the area of housing.

The Board of Directors of CMHA Winnipeg Region is also in the process of undergoing an extensive policy review to ensure ongoing accountability in our governance. This policy review has been supported through the United Way of Winnipeg Organizational Development fund.

Through the work of our Ownership Linkage Committee the Board of Directors has been working towards a more interactive process of communication with stakeholders, starting with focus groups with service consumers, family members, and service providers. We hope to use the information gathered in this process to inform the Board of important next steps for the organization, as well as effective ways to incorporate stakeholder feedback ongoing in our planning.

The Board of Directors invested significant time in the last year in the recruitment of a new Executive Director to replace Nancy Testar, who retired in July 2007. We are pleased that our efforts have been rewarded and confident that our new Executive Director, Nicole Chammartin, is well equipped to work with the Board to navigate challenges and move us forward in a positive direction.

Finally, with the generous financial support from the United Way of Winnipeg and the Winnipeg Regional Health Authority 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 vision of our organization - our Board members, staff, funders, members and donors.

Harvey Slobodzian - Chair, BOARD OF DIRECTORS

## CMHA Awards

This year eleven individuals received **Ruth Hammer 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 Hammer, a long time employee of the association who passed away in November 2004.

The 2007 **Heroes of Mental Health Awards** were presented to sixteen individuals, two Friend/Family, seven Mental health Professionals, ten volunteers 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.

## Board of Directors 2007 - 2008

CHAIRPERSON .....Harvey Slobodzian  
PAST CHAIRPERSON .....John Tabbernor  
VICE CHAIRPERSON .....Bob Melnyk  
TREASURER .....Risa Altman\*  
SECRETARY .....Margaret Orina

DIRECTOR .....Rudy Ambtman\*  
DIRECTOR .....Catherine Lee  
DIRECTOR .....Gayle Leverton  
DIRECTOR .....George Pasiaka  
DIRECTOR .....Wendy Peters  
DIRECTOR .....Carol Rampaul\*  
DIRECTOR (INTERIM) .....James Garroni

\*RESIGNED

## Staff

EXECUTIVE DIRECTOR .....Nicole Chammartin, Nancy Testar (retired)  
ADMINISTRATION .....Pauline Henderson, Pam Porth, Rose Tan  
INFORMATION AND EDUCATION SERVICES .....Bill Burrows, Grace Weinfortner, Carina Melamedoff  
REHABILITATION & RECOVERY SERVICE .....Curtis Brandt, Kristy Carroll, Sherriann Dexter, Pat Fraser, Sheryl Giesbrecht, Deborah Hargreaves, Bob MacFadyen, Michelle Martynuk, Anita Remple, Stacey Shule, Stephanie Skakun, Marie Steele, Cara Zabudny, Charlynn Zimmerman, Andrew Ross\*

\*RESIGNED