



South Cariboo Branch

555B South Cedar Avenue

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100 Mile House, BC

southcariboo@cmha.bc.ca



2011/2012 - ANNUAL REPORT

Agency Profile

Canadian Mental Health Association, South Cariboo Branch, an autonomous, non-profit, charitable organization with ethical responsibilities to the National and BC Division of CMHA emphasizes the importance of people with lived experience of mental illness being involved in the delivery of service and governance wherever possible.

Our Vision:

“Mentally Healthy People in a Healthy Society”

Our Mission

The Canadian Mental Health Association (CMHA), a nation-wide, volunteer organization, promotes the mental health of all, and supports the resilience and recovery of people experiencing mental illness. CMHA accomplishes this mission through advocacy, education, community-based research and service.

We are committed to providing an environment that is free from prejudice, discrimination and harassment. We strive to reflect the entire community in our volunteers and staff, and promote equal access to the services we provide.

President’s Message:

At CMHA South Cariboo Branch we offer a safe haven for those people who suffer from a persistent mental illness. At our drop-in center they have a place to feel safe, take part in activities and enjoy companionship.

CMHA SCB provides life skills and support for people on a one to one basis, provided in our semi- independent living program. We help those who live on the edges of society find their way through the maze of the bureaucracy of our social service system. We provide affordable housing to ease emotional strain on those who can’t afford proper housing and subsidize housing costs for others.

On behalf of the Board of Directors, I congratulate the hardworking staff for their excellent work. Through their dedication, the Branch is continually growing and enhancing services. In addition to our regular, on-going programs, in 2012 CMHA SCB, in partnership with BC Division, launched Living Life to the Full – a course designed by Dr. Chris Williams, an expert in cognitive behavioural therapy. The course provides a valuable way of enhancing skills and tackling problems such as distress, anxiety and depression.

My sincere thanks go out to the volunteer Board of Directors who has given time, support and commitment to the purposes and programs of the Branch. From the very successful participation in the Celebration of Light in November to the recent Community Bike Ride event, the Board’s fundraising work during the past year was outstanding.

Lastly, I would like to recognize two long-standing Board members, Marie Weeden and Marianne Reid, who will be leaving us. Thank you for your many years of work on behalf of the Branch and for your friendship.

M-J Cousins
President

Quick Fact: *Nearly 6 million, or 1 in 5 Canadians (20% of the population) today are likely to experience a diagnosable mental illness; more than 3% of Canadians are likely to have to live with a serious mental illness.*

*A report published by Health Canada estimated that mental health problems cost \$14.4 billion in 1998. Today conservative estimates on cost is around \$30 billion
Less than 4% of medical research funding goes to mental illness research.*

Executive Directors Report:

The June 2012 Annual General Meeting brings us to the end of another busy year – the 8th of my term as CMHA South Cariboo Branch’s Executive Director

I am grateful for the hard work put in by our organization’s Board of Directors. My work would be much more difficult without their support and assistance throughout the year. They are a dedicated part of the volunteer movement that supports our organization and the people we serve. I am very proud to acknowledge the hard work, compassion and dedication of our CMHA Staff. Each one is uniquely suited to their role and contributes so much – their efforts are so much appreciated.

I particularly want to thank the enthusiastic crews that helped with awareness and fundraising events. Without the support of CMHA Staff and Directors it would be impossible to highlight National Mental Health Awareness Week in May; October’s Mental Illness Awareness Week and it’s corresponding Beyond the Blues Depression and Anxiety Screening and Education Day in October. December’s Festival of Trees and Give Hope campaign was very successful in creating awareness and thereby reducing the stigma associated with mental illness. This is an invaluable part of our work – locally, in BC and across Canada.

We continue to look for ways to increase our capacity to help our community. Through partnerships with other local non-profits, we add value to our Homelessness support and food security programs such as “Soup de Tour” and the Emergency Transportation program. These programs are made possible with the help of the Williams Lake and District Credit Union, and the United Way. We continued to provide the Bounce Back program for both the South Cariboo and for the Cariboo Chilcotin service areas and have added a new health promotion program – Living Life to the Full to our service repertoire. We as well have developed a partnership with the Canim Lake Band to assist in the development of a Friendship Center- Stemetete7uw’I (A Gathering Place) for the South Cariboo.

We continue to work hard to solidify and streamline our operations, services, and administrative processes. We are working hard to improve the overall efficiency of our agency – while at the same time working collaboratively with other local agencies, and maintaining a grassroots approach to meeting the needs of our community.

One of the highlights of the past year was the CMHA National Conference which took place in Kelowna. 6 of CMHA’s staff and board members were able to attend. This event gave all of us who attended a much better view of the work done by CMHA across BC and Canada – a truly inspiring experience.

I am grateful to have the opportunity to make a difference locally, and as well to work provincially as part of CMHA BC Division and the National movement to further our mission. It has been a privilege to be part of the CMHA family in supporting mental health - and to improve the supports and services for people who are living with the challenges associated with mental illness. I consider it a privilege to work with the CMHA South Cariboo team and look forward to the coming year. I anticipate that our journey of growth will continue to provide many exciting opportunities.

Maggie Patterson-Dickey, Executive Director



History of Canadian Mental Health Association

CMHA National:

The Canadian Mental Health Association is one of the oldest national, charitable organizations in Canada and the oldest national mental health charity. Each year, CMHA divisions and branches across Canada provide service to more than 100,000 Canadians through the combined efforts of more than 10,000 volunteers and staff in locally run organizations in more than 135 communities. Visit CMHA National's website for more information.

CMHA was founded in 1918 by Dr. Clarence M. Hincks, Dr. Charles K. Clarke and Clifford W. Beers as the Canadian National Committee for Mental Hygiene. The original goals of the organization centered on war recruits, mental examination of post-war immigrants, prevention, and support for adequate facilities and care for the treatment of mental illness.

CMHA is uniquely positioned in Canada as a charity that brings together community-based experience and expertise on the prevention of mental illness and community supports for the mental well-being of all Canadians. We are not only unique in our mental health promotion approach but also in our ability to speak to issues spanning the broad range of mental disorders and the full spectrum of those affected from those at risk, to those newly diagnosed, to those who have been living with a psychiatric disability over the longer-term, as well as family, friends and community gatekeepers.

CMHA BC Division's Beginnings:

In 1952, with the assistance of Clarence M. Hincks, British Columbia saw the creation of a BC Division of CMHA. The office started with a federal mental health grant which was gradually diminished over three years as other sources of funding were found. CMHA volunteers became involved in the support of patients at Riverview Hospital and ran the thrift store. At one point, BC Division had employed more people with mental illness than any division in the country. Throughout its history, the division has advocated for changes to legislation and policy affecting people with a mental illness ensuring the availability of community alternatives, access to housing, and income supports. In its monitoring and systemic advocacy role, BC Division has played an important role in the reform of the mental health care system, as well as in community-based research and evaluation, employment supports, public education, and branch support. This history would not be complete if it did not also reflect the pride BC Division has felt being part of a network of CMHA branches in communities across BC whose grassroots involvement and direct services – such as housing, employment services, crisis lines, and support groups to name a few – have touched the lives of countless British Columbians. CMHA BC Division was officially incorporated on October 6, 1953.

CMHA, South Cariboo Branch:

CMHA in 100 Mile House was started by a group of concerned individuals in the late 1980's. The group's early meetings took place in the Rosewood Building on Birch Avenue, and included individuals living with mental illness; their friends and family members; mental health service providers and local physicians.

As mental health support services in the South Cariboo at that time were very limited, the initial goal for members was to begin to develop resources and a network of support - both for individuals living with a mental illness, and to those who were part of their lives. The branch was incorporated in June 1992. The branch's early goals were to be actively involved in the development of psychiatric support services to our community, and to find funds to develop a clubhouse or drop in center where people who live with mental illness could congregate, socialize and receive the help needed to live successfully in their homes and community. Since its inception, CMHA South Cariboo Branch has grown from a one staff office to a multi-program system. We continue to take pride in our identity as a grassroots organization that adapts to serve the need of our community.

Prevention is fundamental to all of the services we provide and is reflected through the work of the branch during Mental Health Week, Mental Illness Awareness Week, the 'Give of Hope' Campaign and through community information displays, health fairs, screening events and public awareness campaigns. It is also reflected in the services we provide to individuals who live with a serious and persistent mental illness. CMHA - South Cariboo Branch is proud to be among the 19 branches of the Canadian Mental Health Association across BC

Philosophy and Principles of Service and Support

CMHA South Cariboo Branch provides services that are person centered and adheres to the Philosophy in the **Framework for Support:**

The Framework is the central philosophy guiding the activities of CMHA. This philosophy holds that a mental health consumer (someone who uses mental health services) is at the centre of any supportive mental health system. The Community Resource Base, as shown below, outlines a range of possible resources in addition to the formal mental health system which can provide support to a person with mental illness. Housing, income, work and education represent four basic elements of citizenship.



COMMUNITY AWARENESS EVENTS:

Mental Health Week

Mental Health Week is held the first full week in May. May 2011 marked the 60th Anniversary of Mental Health Awareness Week in Canada. CMHA Branches across the nation held special events to celebrate. CMHA South Cariboo Branch held a cross community scavenger hunt focusing on tips for building mental health. The event ended in a mental health skill building workshop at the South Cariboo Community Health Center. The workshop

was well attended by community members. Pharmasave was our very generous local sponsor. One lucky scavenger hunt participant won the grand prize of a bicycle from the Gear Garage!

Mental Illness Awareness Week: Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. The week was established in 1992 by the Canadian Psychiatric Association, and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health in cooperation with all its member organizations and many other supporters across Canada. Campaign elements include: a grassroots public education initiative

Why Mental Illness Awareness Week? For too long, Canadians with mental illnesses have been in the shadows. Too few Canadians know about the burden of mental illness on our society and too few sufferers seek help when they need it. Mental Illness Awareness Week seeks to raise awareness of the level of mental illness in Canada; to reduce negative stigma about mental illness amongst the general population and health care professionals; and to promote the positive effects of best practice in prevention, diagnosis and medical treatment.

Depression / Anxiety Screening and Education Day (Beyond the Blues) is held annually in October during the first Thursday of Mental Illness Awareness Week; 2011/12 was be the 17th season of the program in BC. The South Cariboo Branch started participating in the National Depression Screening Day in the 1990's and continues to participate yearly. In recent years we have partnered with local youth mental health and addictions service providers to hold focus our event at local high schools and youth centers.

FUNDRAISING:

The highlight of CMHA South Cariboo Branch's fundraising year was the Festival of Lights in December. This lovely pre-Christmas event hosted by Central GM raised funds for a wide variety of non-profit organizations in the south Cariboo.

Board of Directors decorated a lovely with white doves and green lights, symbolizing our annual 'Give Hope' campaign.

Marie Weeden, Chair - Fundraising Committee

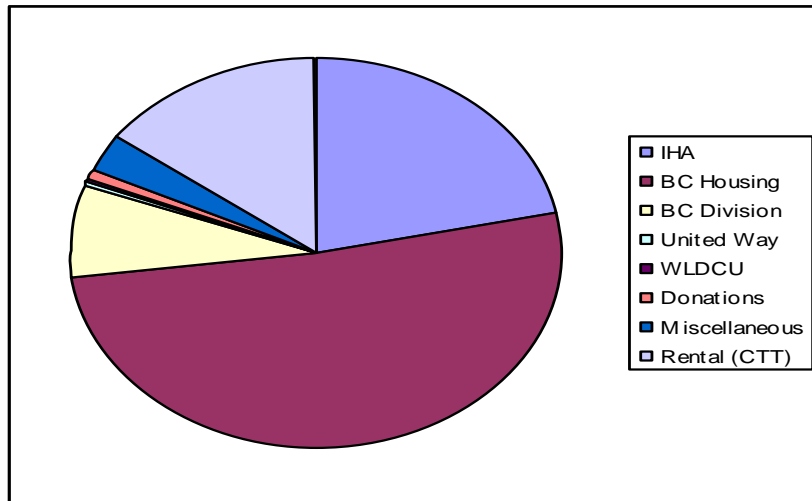
Funding:

Contract Revenue :

Interior Health Authority:	\$179,650
B.C. Housing-H.O/EWR/Rents/Subsidies:	\$422,349
B.C. Division:	\$ 61,357
United Way	\$ 3,500
WLDCU:	\$ 1,250
Donations:	\$ 6,732
Miscellaneous:	\$ 25,912
Rental (CTT):	\$123,087

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Total: \$636,062



Sherri Thompson - Payroll/Finance Coordinator

PROGRAMS:

Supported Independent Living Program (Interior Health Authority): This program is designed to assist clients with a mental illness in their homes and the community with activities of daily living. Clients are referred through Interior Health’s Mental Health and Addictions Services. A care plan is developed by the client and their health team, which can consist of their doctor, case manager, counselor, psychiatrist and other health care professionals. Canadian Mental Health’s outreach worker makes appointments with the client to help them with the identified goals as outlined in their plan. Most care plans are adjusted as necessary according to what the individual needs. With the addition of CMHA’s passenger van we are able to provide our client’s with a monthly trip to Williams Lake as part of our Sunday Group SIL Program. This has been invaluable as a shopping, menu-planning and budgeting tool. As a group we are also challenging the stigma associated with mental illness when we participate in healthy, community based activities. **Lori Williams- CMHA Mental Health Worker**

Activity and Drop-In Programs (Interior Health Authority):The Activity Programs are designed to provide opportunities for clients to engage in a variety of leisure activities as well as to develop social relationships. Weekly activities include clubhouse type things such as billiards, board and card games, walk-a-bouts in town to explore and shop, occasional craft projects, and soup is always on thanks to the community kitchen. Clients enjoyed a few popular local hikes. Activity provides transportation the food bank and loaves and fishes. Clients participate in food preparation for the Saturday and Sunday meals. The last Sunday of every month a trip to the Williams Lake Wal-Mart has been a fun outing. We continue to plant and harvest a great vegetable garden at the Community Gardens **Irene Spencer - CMHA Mental Health Worker**

Homeless Outreach Program (BC Housing through the Ministry of Housing and Social Development) helps break the cycle of homelessness by assisting people who are homeless or at risk of homelessness to access housing, and by connecting them to income assistance, health services, life-skills training, crisis intervention, rent supplement funding and other services.

Since communities differ from one another, we emphasize creating local solutions for local issues. As such, one of our major roles has been in assisting people (with great success) to apply for disability benefits, and to navigate through the landlord tenancy dispute resolution process. In the past year, through our program, we were able to assist 104 new clients. In addition, 37 former clients reconnected with our program for assistance with ongoing complex issues. Since the CMHA SCB started our stand alone HOW in 2008, we have served 419 individual clients.

Susann Collins - Homeless Outreach Worker

Community Navigator Program (operated with organizational fundraising): This program was established to help people living with severe and persistent mental illness or other barriers to navigate through the support/service network and to reconnect with family and friends. The Community Navigator works with the Homeless Outreach program to help people deal with complex issues such as residential tenancy, legal difficulties, applications for government pensions, or family conflicts. **Andrea Frietsche - Community Navigator**

Health Promotion Programs:

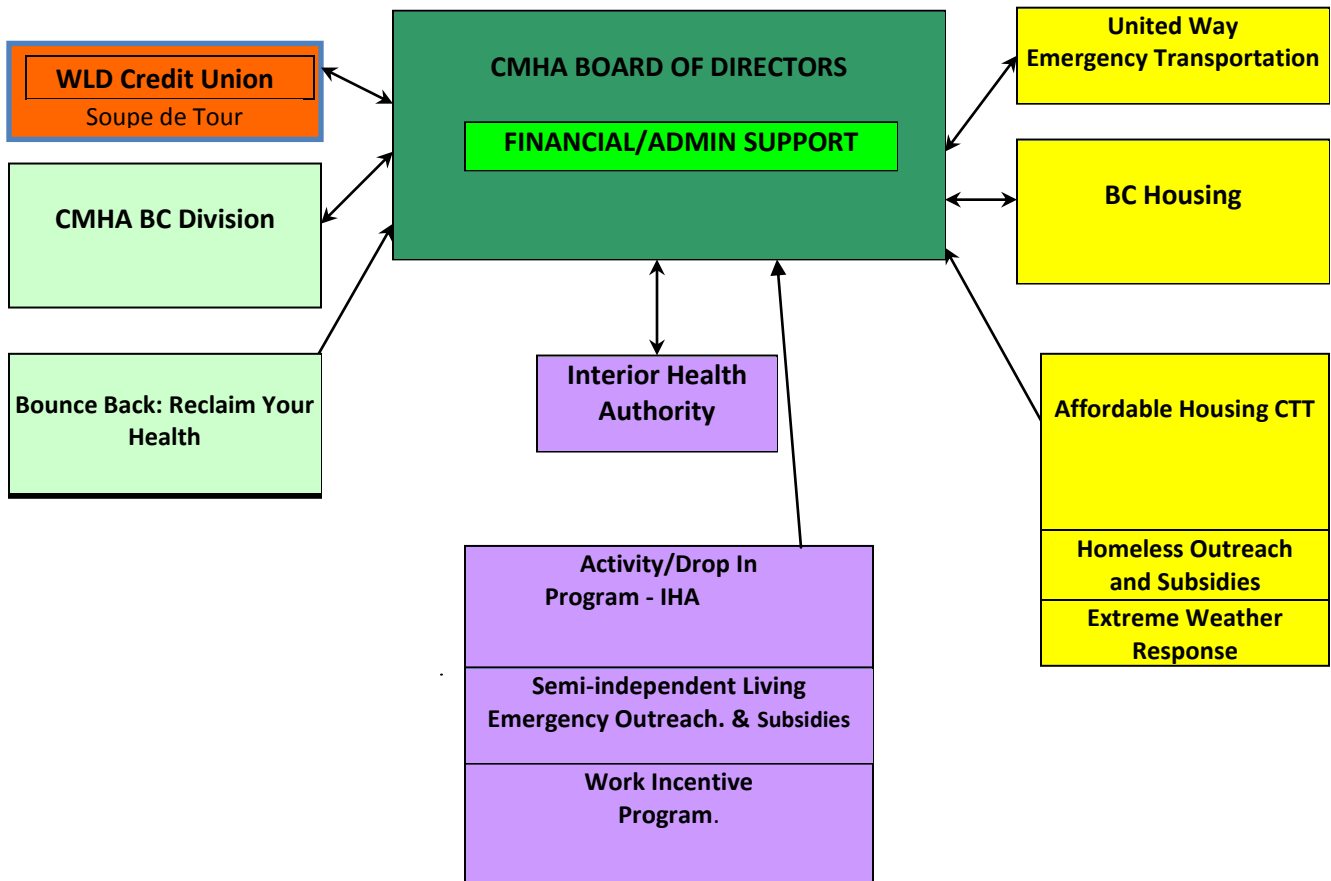
Bounce Back: Reclaim Your Health Bounce Back is a free skill-building program designed to assist adults experiencing symptoms of low mood and stress with or without anxiety. It offers two forms of evidence-based self-help: an instructional DVD with practical tips on recognizing and dealing with depressive symptoms; as well as a series of educational workbooks with telephone-coaching to reinforce the application of cognitive-behavioral strategies for overcoming difficulties such as inactivity, avoidance, worry, & unhelpful thinking. Bounce Back is funded by the BC Ministry of Health and offered throughout British Columbia by local Branches of the Canadian Mental Health - Association - BC Division. Resources & referrals are accessible via BC Family Physicians.

Gisele Marion - Bounce Back Coach

Cariboo Trail Terrace: Affordable Family Housing:

Over the past year there have been changes in property management of the housing development. We have said goodbye to Jane after many years, thank you to Irene for stepping in for several months and finally welcome to Penny Kelly who took over this project at the beginning of May. Penny's goal is to become familiar with all 4 legislative pieces which are relevant to managing this development as well as with the Society's Agreement with BC Housing. We are grateful to the BC Housing for this facility and we intend to respect their generosity by ensuring that the Society and residents are all in compliance with these documents. **Penny Kelly**

FUNDING, ORGANIZATIONAL AND REPORTING STRUCTURE 2011/12



BRANCH BOARD OF DIRECTORS 2011/2012

EXECUTIVE:

PRESIDENT: MJ Castonguay Cousins PAST PRESIDENT: Carolyn Mliczko

VICE PRESIDENT: Marianne Reid

TREASURER/SECRETARY: Tom Bachynski

DIRECTORS AT LARGE: Marie Weeden, Brian Blake, Dave McLeod, Didi Henderson, Valinda Boyd

Board Committees:

Standing: Governance; Finance; Housing (Facilities/Building); Fundraising/Membership;

Ad Hoc: Mediation