

Canadian Mental Health Association
Vancouver-Fraser Branch

Impact Report

2017/2018



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all

Association canadienne
pour la santé mentale
Vancouver-Fraser
La santé mentale pour tous



years of
community
ans dans la
communauté



Get Involved!

Take Action

We are calling on all British Columbians to get loud for mental health. We would never knowingly wait until Stage 4 to intervene for cancer or other illnesses. We start way before Stage 4. We need to do the same for mental illnesses.

Join our b4stage4 campaign to improve mental health and addictions care in BC. Get loud and take action today at b4stage4.ca.

Become a Member

When you become a member of CMHA Vancouver-Fraser, you are demonstrating your support for mental health and addictions in your community and helping to build hope, support, and inclusion for people with mental illness. You also receive a free subscription to the award-winning Visions Journal.

Volunteer

CMHA Vancouver-Fraser depends on the support of volunteers to help us develop our vision and provide high-quality services. We can use help in many different areas of interest and skill, from participation on our board and advisory committees, to community outreach and education.

Donate

If you like what you've read in this report, help us further our goal of mental health for all with a donation. There are many ways your donation can make a difference and every gift helps.

Stay Connected

Sign up for email updates to stay on top of the latest mental health news, programs and resources from CMHA Vancouver-Fraser and beyond! Don't forget to follow us and join the conversation on Facebook and Twitter. Complete the sign up form on the back page of this report, or learn more and get started by visiting vf.cmha.bc.ca.

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A Message from the Board President



CMHA stood up for mental health this year with the release of our national survey, Ending the Health Care Disparity. When 85% of Canadians say mental health services are among the most underfunded services in our health-care system, it's time for change. CMHA Vancouver Fraser stands with our national office in our unwavering commitment to address under-funding in the mental health system. We are calling for new federal legislation to bring mental health care into balance with physical health care.

Locally, we are doing our part with advocacy and programming efforts to meet increasing demand for mental health support and services.

This year, our leadership team was committed to building and documenting best practices in mental health services. From starting work to expand our Resilient Minds and Responding with Respect Programs nationally, to scaling our Individual Placement and Support model of supportive employment, we've achieved some great milestones, but know there is much more to be done.

We also have three research projects underway to study the Individual Placement and Support model, one focussed on increasing the accessibility of the program. We continue to build evidence for community based mental health care and support.

We are greatly appreciative to our donors, staff, and volunteers, with their support, CMHA Vancouver Fraser is making progress toward the goals in our strategic plan. One key success this year was the expansion of our transitional housing program to include youth and young adults. While we're focused on growing our impact and reach beyond our region, we never lose sight of what each day brings; the chance to make a practical difference in our community for people living with mental illness.

Sincerely,

Sarah Zurbuchen, President

A Message from the Executive Director



In 2018, CMHA celebrated 100 years as a leader and champion for mental health. We are proud to be part of this legacy of health and hope in our community. Our education, services, and supports impact thousands of people in the Vancouver-Fraser area, yet it all starts with the individual. Healthy societies are built one person, one family, one workplace at a time.

With the leadership, skill, and dedication of our sponsors, donors, staff, and volunteers, CMHA Vancouver-Fraser is experiencing incredible growth and success. A key measure of our performance this past year is the success of our program participants. 58% of participants in our Individual Placement and Support programs found a first job. 48% of Bounce Back participants reported a decrease in anxiety symptoms and 43% reported a decrease in depression symptoms, resulting in enhanced mood.

Even with our continued success, the need for our services remains greater than our capacity. CMHA is lobbying at the federal and provincial level for improved funding and services while also working to increase our private fundraising efforts. Working together, we can achieve our vision of mentally healthy people in a healthy society. Thank you for helping us build resilience and support recovery in people living with mental health and substance use concerns.

Sincerely,

Michael Anhorn, Executive Director

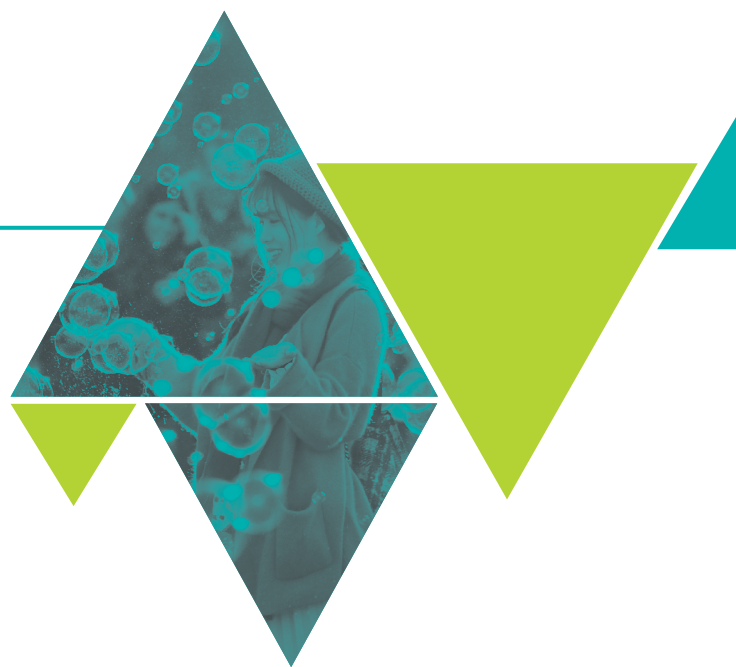
About Us

Canadian Mental Health Association (CMHA) is one of Canada's most established national mental health charities. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness or addiction. We do this by building capacity, influencing policy, providing services and developing resources.

CMHA Vancouver-Fraser branch has been serving the Metro Vancouver area since 1958. We believe everyone deserves to be mentally healthy and live in a healthy community. By offering community-based mental health education, services, and supports for all ages, CMHA, Vancouver-Fraser contributes to the long-term health and wellbeing of our communities. We have three pillars of work:

- **Wellness and Community Inclusion** – We walk alongside people living with mental illness. We support them to reach their hopes and dreams and to live full and contributing lives in their communities.
- **Children and Youth** – We increase young peoples' mental health knowledge while helping them develop skills to maintain positive mental health and confidence to ask for help when they need it.
- **Mental Health Promotion** – Mental health includes habits and behaviours that build positive mental health, social support networks we can count on and having a strong connection to our community. CMHA helps people with these aspects of living a mentally healthy life and reduces the stigma related to mental illness.

CMHA-VF is accredited through CARF International. By achieving accreditation, CMHA-VF has demonstrated it meets international standards for quality, is committed to pursuing excellence, and has established a commitment to offering programs and services that are measureable, accountable, and of the highest quality.



OUR VISION

Mentally healthy people in a healthy society.

We promote mental health for all and support the resilience and recovery of people experiencing mental illness or addiction.



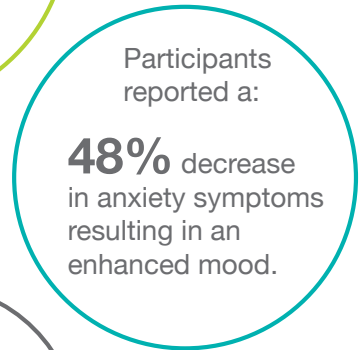
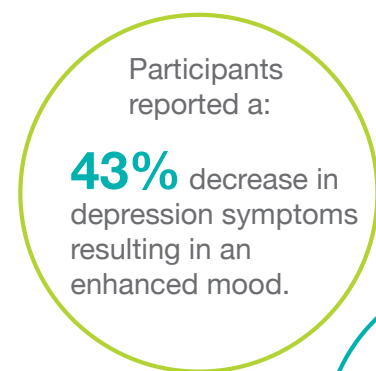
Community and Vocational Integration

Bounce Back®: reclaim your health

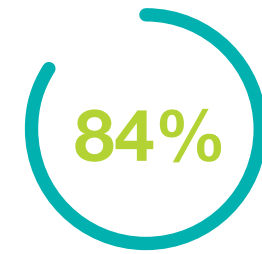
Bounce Back® helps individuals 15+ overcome early symptoms of depression and anxiety and to improve overall mental health. Participants learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive. In 2017/2018, 89% of participants reported the Bounce Back® program inspired positive life changes.

ECHO Clubhouse

The ECHO Clubhouse reduces isolation and increases connection to community by providing rehabilitation services, learning and growth opportunities, skill-developing workshops, and by building meaningful relationships for those living with a mental illness.



24 ECHO MEMBERS SECURED JOBS WITH THE SUPPORT OF OUR ECHO EMPLOYMENT SPECIALIST



OF MEMBERS FEEL THE PROGRAM ACTIVITIES MET THEIR NEEDS

“ I am much more patient with myself, appreciate my progress and am preparing for my return to work. ”

“ This recovery journey is an ongoing process, and every milestone passed I take a moment to reflect and thank those who got me to that point. This success is also your success, as it's because of you that I've passed another milestone, and am more confident in the journey ahead. ”



Community and Vocational Integration

Get Set & Connect

People who have at least seven (7) people they can confide in are 70 per cent more likely to report good health, but only 20% of people in Metro Vancouver have seven or more people they can confide in. People with lower levels of social connectedness report higher levels of stress and 43 per cent of residents in Vancouver Coastal Health and Fraser Health reported “low” or “very low” sense of community belonging (My Health My Community, 2018). Get Set & Connect coaches work with individuals to address goals related to social connection and community belonging. They link adults to leisure and volunteer activities in their community, which builds social networks with like-minded individuals in addition to increasing participant's sense of belonging to community.

785 PEER LED GROUPS OCCURRED IN THE COMMUNITY

76%

GET SET & CONNECT PARTICIPANTS FELT MORE CONNECTED TO COMMUNITY AND TO OTHERS

“Coming here has made a life changing difference.”

“I’m so glad I have someone to support me with my employment goals. I haven’t felt this hopeful in a long time.”

Creating Opportunity – At Work/Au Travail, a federally funded CMHA National Employment Project, placed **97%** of individuals engaged in IPS in competitive employment.

Individual Placement and Support

Individual Placement and Support (IPS) provides individuals with mental illness with the opportunity to obtain and maintain competitive work. Employment has been proven to improve quality of life for people recovering from severe mental illness, provides structure and purposeful activity while enhancing self-esteem and social belonging – all significant contributors to recovery.

58% of participants found a first job placement in the calendar year

100% feel IPS is an excellent employment program

THE “THINKING SKILLS AT WORK” THREE-YEAR RESEARCH PROJECT IN ITS FIRST YEAR SUCCESSFULLY SUPPORTED **85** INDIVIDUALS IN FINDING EMPLOYMENT.



Housing Programs

Community Living Support and Supported Independent Living

With a client-centred approach, the Community Living Support team works with individuals in New Westminster who live with a mental illness to develop their independent living and coping skills, such as learning to navigate the formal support systems (income assistance, old age pensions, primary health care), and obtain job placements.



121 ADULTS WERE PLACED IN INDEPENDENT HOUSING

8 SENIORS WERE PLACED IN INDEPENDENT HOUSING

91% HAVE RECEIVED THE LEVEL OF SUPPORT NEEDED

29 YOUTH WERE PLACED IN INDEPENDENT HOUSING

Transitional Housing

Residents in our Transitional Housing program work with staff to acquire the skills they need for everyday living while regaining a sense of social inclusion through activities at community centres, clubhouses, and local libraries. As they gain the skills and confidence to live more independently, residents can transfer to our Community Living Support program. We operate four transitional houses and one apartment: three houses and one apartment in New Westminster and one house in Maple Ridge. In October 2017, Agape House, a five-bed transition home for youth aged 19-30 opened its doors to residents.

100% are satisfied with the support they receive

94% report experiencing increased skills and successes



Housing Programs

Youth Supported Independent Living

Youth living in the North Region of Fraser Health Authority receive safe and affordable housing and, with the help of our staff, are supported through their recovery from mental health and addictions. Youth integrate back into their community to access resources, learn skills such as budgeting and grocery shopping, and are encouraged to pursue both work and educational opportunities.



Peer Services

Peer Navigator

Navigating the often-complex mental health and addictions services can be overwhelming, certainly for an individual struggling with a mental illness. Peer Navigators, drawing on their own lived experience and knowledge, help break down barriers to accessing services and connect individuals to services such as legal aid, housing, health efficiently and in a timely and efficient manner.

96% OF PARTICIPANTS FEEL IT'S HELPFUL TO TALK TO A PEER

96% REPORTED THE PROGRAM HELPED THEM DEVELOP A GREATER SENSE OF MEANING IN LIFE

83% OF PARTICIPANTS FEEL THEY ARE NOW BETTER ABLE ADVOCATE FOR THEMSELVES

“ I feel like my peer navigators really care about me and my journey to recovery. They have also provided me with the accountability I need to meet my goals. I no longer feel like I'm dealing with all of this on my own. I am so grateful - thank you!

Download the Vancouver Mental Health and Addictions Systems Barrier Report!



vancouver-fraser.cmha.bc.ca/programs-services/peer-navigator/



Peer Services

Peer Support

Peer Support is an important contributor to recovery. Drawing on their own knowledge and training, Peer Support staff help individuals with a mental illness to identify and achieve their own goals and wellness plan, which connects individuals to their communities, access appropriate services, and to achieve a productive and mentally healthy lifestyle. Peer Support demonstrates that hope and recovery are possible.

1,103 INDIVIDUALS IN THE COMMUNITY ARE WORKING WITH A PEER SUPPORT WORKER

100% OF INDIVIDUALS ARE MORE ACTIVE IN THE COMMUNITY, AN 8% INCREASE FROM THE PREVIOUS YEAR

“ My Peer Support Worker helps me feel like I am somebody. I can do things again and enjoy them. I want to be a Peer Support Worker one day and help others too.



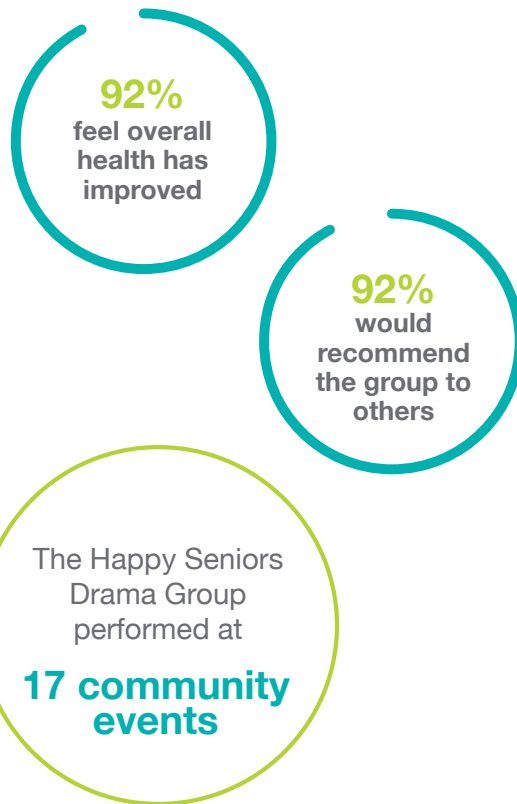


Prevention and Education

Chinese Mental Health Promotion Programs

For over 21 years, the Chinese Mental Health Promotion Program has been improving the lives of individuals in the Chinese community by promoting wellness through recreational and leisure activities, increasing awareness of mental health issues and reducing the stigma associated with mental illness.

The program hosts monthly support groups in Cantonese and Mandarin, depression/anxiety screenings, large festival events, and has facilitated workshops on a variety of topics such as grieving, managing money, understanding emotions, etc. With specialized programming for the older population, we reached 612 seniors in 2017/2018.



“

I fell into depression and was quite withdrawn after my mother passed away. I joined the support group, then the Laughter Yoga and recently the wellness exercise group sessions. I made friends with other group members and am more open and cheerful.

“

The support group sessions and singing group sessions helped me a lot to come out from depression and isolation.



Prevention and Education

Community Outreach & Education

Our branch continues to improve the mental health of workplaces and communities through facilitating a wide range of comprehensive and stigma-reducing workshops, and through engaging and informing communities with the resources needed to live mentally healthy lives.

Early recognition and intervention can mitigate the negative impacts of a mental health problem. Our **Responding with Respect (RWR)** programs for the workplace teach individuals to apply the CMHA 4R Action Toolkit, which equips them to better recognize the warning signs of a person struggling with a mental health problem, and how to respond using safe and supportive communication skills.

Resilient Minds – Building the Psychological Strength of Fire Fighters, a program developed in partnership with the Vancouver Fire and Rescue Services, engages and informs first responders in three crucial areas relevant to their work: trauma, mental health problems and building resiliency.

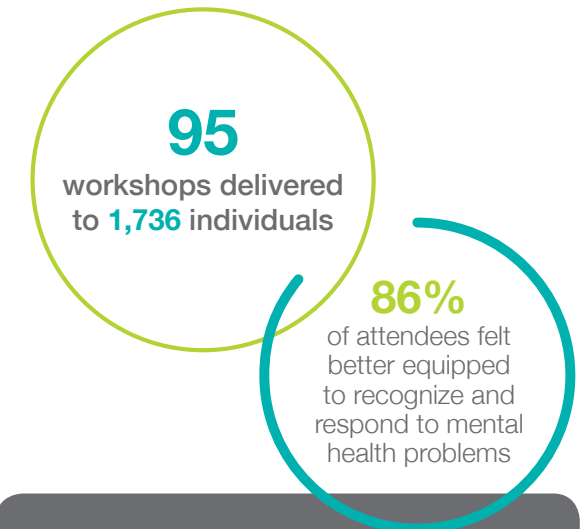
Resilient Minds is based on a 4R Action Toolkit to build skills needed to assist colleagues, family, or members of the public who may be struggling with a mental health problem or be in a crisis. The program is delivered in a peer-to-peer format, with fire fighters trained and certified to become instructors.



98 FIRE FIGHTERS IN BC AND PEI WERE TRAINED AS RESILIENT MINDS INSTRUCTORS

“Members that have completed the training continue to reference it as some of the best training they have participated in during the course of their careers.”
– Deputy Fire Chief Operations

Mental Health First Aid (MHFA) teaches people how to identify the signs and symptoms of a mental illness, provide initial help, and guide a person towards appropriate professional help. MHFA shares the same overall purpose as traditional first aid – to save lives. There is also a separate course for adults who work with youth and in late 2017, our branch began offering a new MHFA program - for adults who work with seniors. MHFA is a Mental Health Commission of Canada program and is available across Canada.



COMMUNITY OUTREACH

This year we attended **24** community events and reached over **1,700** community members

STAY CONNECTED

@CMHAVancouverFraser

@CMHA_VF

EMAIL:

courses.vf@cmha.bc.ca
to learn more about workshops



Prevention and Education

Suicide Prevention Training

Prepares and educates members of the community to be the help for people who are at risk of suicide. The awareness and intervention program follows research-informed curriculum developed by LivingWorks Education, shown to be effective at increasing knowledge, skill and willingness to intervene, as well as helping to reduce the risk of suicide.

Available courses are ASIST (Applied Suicide Intervention Skills Training) and safeTALK (Suicide Alertness For Everyone). The program provided training to over 34 communities and organizations including members from 3 different First Nations in the Fraser Valley region.

36 WORKSHOPS DELIVERED

573 INDIVIDUALS TRAINED TO CREATE SUICIDE SAFE COMMUNITIES

98% OF ATTENDEES FEEL PREPARED TO HELP A PERSON AT RISK OF SUICIDE

“

The training provided a strong foundation of correct responsiveness in real life situations.

“

I felt safe and very comfortable in the space and feel much better prepared to handle a wide range of situations.

Counselling and Adult Support Groups

COUNSELLING

The South Fraser Resource and Support Centre has been helping people lead happier, healthier, more full-filling lives through its counselling services for 7 years. At a low-cost, the services available include professional counselling for children, youth, adults and seniors, group/ couples therapy, functional assessment, educational and career counselling, nutritional support, life skills coaching, training, advocacy and Art and Expressive Therapy. We specialize in anxiety, depression, anorexia, bulimia, borderline personality disorders, bi-polar, OCD, autism, grief and loss, addictions, trauma, and crisis.



Prevention and Education

ADULT SUPPORT GROUPS

Seeking and receiving support is important to our mental health. Those who access our support groups have an opportunity to share their experience living with mental illness in a safe and supportive environment, which is co-lead by peers and a Registered Professional Counsellor. Our two Support Groups are Obsessive Compulsive Disorder (OCD) Support Group, and Mental Health Resiliency Support Group.

They are offered in a drop-in format in Delta, at no cost to participants and are open to all communities.

36 INDIVIDUALS RECEIVED COUNSELLING

67 INDIVIDUALS ATTENDED OUR SUPPORT GROUPS, WITH **95%** FEELING AN INCREASE IN SUPPORT AND ENCOURAGEMENT AND **84%** REPORTING AN INCREASE IN ABILITY TO HELP SELF AND OTHERS

“

I have learned and grown so much from the group. I have been nurtured toward wellness and wholeness.

“

A real life saver coming to the group and the counselling. Thank you so much.

South Fraser Resource and Support Center

The South Fraser Resource and Support Center (located in Delta) continues to receive high volume of walk-ins and visitors who are provided with mental health resources, advocacy, and community services navigation. The Centre also hosts a Therapeutic Volunteer Program for adults on disability. Individuals in this program build

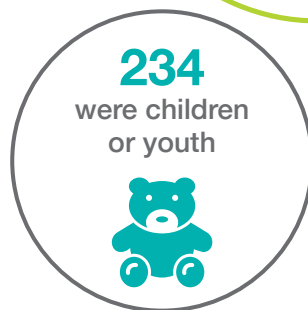
skills and confidence required for the workplace. As a partner in The Delta Food Coalition the Centre offers opportunities for children, youth and adults in our community to participate in gardening for mental wellness and also provides distribution of fresh, locally gleaned fruits and vegetables.



Prevention and Education

ORCA – Opportunities for Recreation and Community Access

A connection and sense of community have significant mental health benefits on an individual, a fundamental concept and philosophy of ORCA. Tenants living in social housing who attend our programming feel less isolated, build relationships, and improve their tenancy and life skills through a foundation of recreation and leadership programming. ORCA engages tenants in meaningful and motivating activities, creating inspiration to each individual to reach their potential and to live a full and productive life.



86%
Reported satisfaction in ORCA services.

81%
Gained an interest in leadership opportunities.

“ I love coming to this program and you are always nice to all of the kids.” I want to help my neighbours by assisting in program preparations. It gives me a sense of fulfillment and satisfaction.



Children and Youth

Arts and Expressive Therapy

Children, ages 6-12, explore their creative selves while nurturing their emotional health in our Art and Expressive Therapy program. The emphasis is on feelings and how children can build on their strengths to develop greater self-esteem. In a fun and playful environment, children learn mindfulness, breathing exercises, engage in arts, performances, and story-telling.

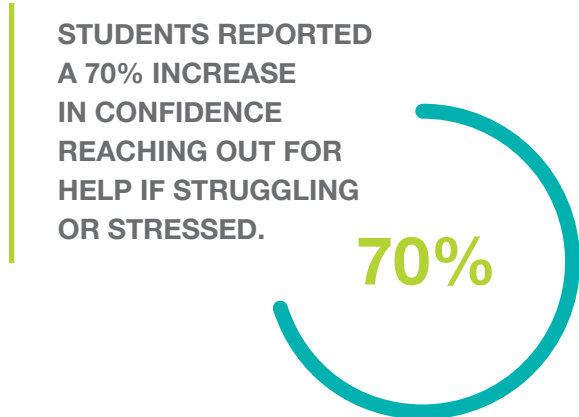


160 CHILDREN PARTICIPATED IN THE SCHOOL YEAR PROGRAM.

HERE4PEERS

HERE4PEERS improves high school students' knowledge and understanding of mental health, reduces stigma, increases their confidence in reaching out for help if struggling or stressed and increases their knowledge about who to trust to help them or their peers/loved ones in community. HERE4PEERS is facilitated in a peer-to-peer fashion by trained youth facilitators, often who have experience living with a mental health problem. HERE4PEERS partners with the Delta School District and other cities as requested.

Through a partnership with the Vancouver Police Department, Vancouver School Board, Vancouver Coastal Health and the City of Vancouver, a mental health curriculum for grade 7 students was developed and piloted in 10 classes to 300 students. In addition, 50 students in Grades 10,11 and 12 received intensive training as workshop facilitators. Our collective goal is to increase mental health literacy, provide an understanding of stress, anxiety and depression, offer simple yet effective coping strategies and tools, reduce stigma, raise awareness and promote mental health. With a greater focus on mental health education, we are investing in and encouraging the healthy growth of youth.





Children and Youth

Super Fun and Pandemonium Groups

Children who attend the Super Fun Group build resiliency, confidence, social skill development and feel a sense of connection with other peers whose parent also lives with a mental illness. The program ensures youth have the opportunity to interact with safe and supportive adult role models, and focuses on forming healthy attachments through ongoing acceptance and long-term participation in the program. With this approach, youth achieve success in the programs where they might not in other areas of life.

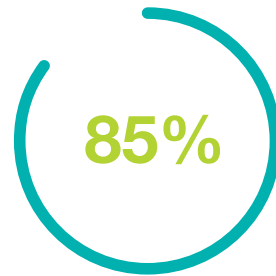
Pandemonium creates fun and empowerment for youth who have a mental health problem. The recreation-based program empowers youth to reintegrate back into the community and provides activities that allow participants to meet – and overcome – personal challenges in a supportive way. It offers experience in building friendships and encourages the development of peer social networks that reduce the isolation often felt by youth who are living with a mental health problem.



98%
OF PARENTS FEEL THEIR FAMILY IS MORE SUPPORTED IN COMMUNITY



100%
OF PARENTS NOW HAVE TIME FOR SELF-CARE



85%
OF CHILDREN FEEL MORE CONFIDENT

“

I'm very anxious about going out so Pandemonium has really helped me gain confidence.

“

This group is the only time I get to interact with kids like me. I love this program because it allows me to make friends and learn how to socialize.



Fundraising

Fundraising

We continue to expand fundraising efforts to ensure a diverse and stable funding base that supports collaboration, innovation and services. Through the dedication of our staff, and support from our donors, funders, and participants, we continue to increase the branch's capacity to provide programs and services within our communities.

With a diverse range of annual campaigns, our outreach and engagement to over 32 communities remains largely successful. The 51 runners and 425 donors in the 2017 BMO Vancouver International Marathon Run4Hope raised \$42,603. Mental Health Voices, our annual award breakfast which brings together business, community and government leaders, organizations and committed citizens who contribute and support the advancement of the mental health and addictions sector, raised \$11,770.



Douglas College Miles for Mental Health

Miles for Mental Health continues to inspire individuals to live mentally healthy lives, and to build communities that prioritize mental health for all. On Sunday, October 15th, 2017, 177 dedicated participants joined CMHA at Queen's Park in New Westminister to walk/run to raise a total of \$23,564. We sincerely thank every donor and supporter who continues to contribute to the success of Miles for Mental Health.



“

This is more than a walk in the park, it is an opportunity for us to build mental health and save lives





Fundraising

Ride Don't Hide

On June 25, 2017 CMHA's Ride Don't Hide celebrated its sixth year as Canada's largest mental health event. With 1,127 riders, the Greater Vancouver Ride raised \$277,952. With the help of the BC RCMP, Vancouver Police Department and the Vancouver Fire and Rescue Services, CMHA provided the second 100K scenic city ride. Across Canada, there were 30 rides in 6 provinces, raising a record-breaking \$1.6 million!

The Greater-Vancouver ride continues to succeed in reaching the collective goal to help overcome the stigma by creating a welcoming and inclusive community of hope and empowerment, to open up conversations around mental health and to raise essential funds to support mental health programs and services in our communities.

The remarkable success of the ride is a reflection of dedication and hard work to raise awareness and take a stand against the stigma associated with mental illness.



Sponsor Recognition

We would like to thank the following sponsors for their dedication to mental health and continued support of Ride Don't Hide.



NATIONAL CHAMPIONS

CLIF BAR frontstream ROCKY MOUNTAIN Scimitar

PLATINUM SPONSOR PLATINUM SPONSOR GREATER VANCOUVER SPONSORS GOLD SPONSOR GOLD SPONSOR SILVER SPONSOR

MANDELL PINDER LLP VANCOUVER INTERNATIONAL AIRPORT PENDER xerox Triple O's BURGERS MACDONALD REALTY

MEDIA AND COMMUNITY SPONSORS

PATTISON 93.7 FM JRM 102.7 MODERN ROCK evo Harvest Bakes HappyWater Dairyland 100 YEARS Herbaland RYDERS

Team Recognition

“ Riding in the 2017 Ride Don't Hide was so much fun! It helped us strengthen the relationships with everyone on our team. For me, working together in unity for a common goal and made a difference in society enabled us to experience the unparalleled richness in life.

A Team Captain of one the 2017 Ride Don't Hide teams



Top Fundraising Teams for Greater Vancouver Ride Don't Hide 2017

\$20,000+

Kristi's Crew

\$5,000-\$9,999

Team Macdonald
Riding out the Blues
Teradici

Top Fundraising Individuals

\$5,000+

Kandas Gounden

\$2,000-\$4999

Jade Lim
Terri Smith
Darren Bidulka
Keith Elliott
Candice Johnson
Anita Lo
Natasha Cham
Harold Yuen
Team Chuck for Mandy

Stay connected to Ride Don't Hide on Twitter and Facebook
@RIDEDONTHIDE

Ride Don't Hide Greater-Vancouver
June 23rd, 2019

“

Our family is so touched to see how the community has come out to support mental health in honour of our son. We wanted to share our story to create the discussion about youth suicide in our community and continue to help break down the stigma. It is our hope that by sharing our story and raising funds to expand mental health services in our community that we can prevent other families from experiencing a similar loss.

“

The words should not be scary: Mental illness. It means strength. It means courage. It means persistence. It means tremendous willpower to face the fight, day in and day out, usually unbeknownst to those in the public.

“

Being vulnerable and needing help is not a weakness. Seeking help takes courage, strength, and perhaps most importantly, support from one another. I am proud to support the Ride Don't Hide campaign in the hopes we can—together—raise awareness and end the stigma surrounding mental health.



Fundraising

Treasure Chest Thrift Store

Located in heart of Up-town, New Westminster, our Treasure Chest Thrift Store brings affordable shopping to the community. We provide an assortment of good quality clothing, movies, books, antiques and specialty items. The store operates as a social enterprise services with all revenue generated supporting the programs and services of CMHA-VF.

Sales increased

20%

over the previous year

Donor Recognition

The following individuals and organizations have either donated at the levels below or raised money from their networks at the levels below. Moneys raised for Vancouver-Fraser Branch support programs and services within our communities.

\$5,000-\$9,999

Warren's Warriors
Kandas Gounden
Dan Cordingley
Saharra Canada Wellness Society
Sean and Patricia Brock
The Hutch Fund Society

\$2,500-\$4,999

Anita Lo
Candice Johnson
Counting Ants Productions Inc.
Darren Bidulka
Jade Lim
Keith Elliott
T.O.O.B
Terri Smith

\$1,000-\$2,499

Ann Johns
Austan Tait
Brad Davis
Brent Covington
Burnaby Board of Trade
Chris Lo
Connor Madden
Dae Cadman
Daniel Scarcello
Dave Louie
Delta Foundation
Dolly Scarr
Edward Boettcher
Eric Mulholland
Geoffrey Ainsworth
Graham Walker
Greg Smith
Harold Yuen
Jacob Rossi
Jenn Ohashi
Jesse McSweeny
Jessie Angeles
Joel Robison
Johanne Rensmaag
John Tani
Kamyl Lizaso
Karen Sun
Katharine Bowyer
Kathleen Stimson
Katrina Russell

Kayla Tan
Kevin Inouye
Kim Heath
Kim Ladd
Kirk Chambers
Linda Harwood
Lisa Jensen
Lorie Nickel
Lorraine Manyk
Lucia Faccione
Mark Baron
Mark Pritchard
Melissa Brazil
Michael Anhorn
Mike Ritchie
Natasha Cham
Pamela Grosser
Patrice Dunn
Paul Hii
Peter Dumbelton
Peter J Anderson Law Corp
Rachel French de Mejia
Raven Foundation
Sarah Zurbuchen
Stephen Wong
Susi Hobbs
Sydney Houghton
Tom Heah
Tom Kallo
Tyler Milley



Fundraising

\$1,000-\$2,499

Alan Kelly
 Alex Alessandro
 Ana Ristic
 Anita Ashton
 Anne Duifhuis
 Annie Kuan
 Beedie School of Business (SFU)
 Ben Carr
 Blaise Gowans
 Brent Smith
 Bri G
 Bruce Robinson
 Catherina Wyse
 Cathy Chiba
 Chi Hang Leung
 Chris Claiter
 Chris Ganef
 Chris Reynolds
 Colleen Schneider
 Collin Boyd
 Dana Kurucz
 Danielle Kwek
 Dave Hobbs
 Deb Covington
 Dr. Elisabeth Drance
 Dwayne Botchar
 Eleanor Lee
 Emma Ryan

Francesca Kemp
 Frank Killoran
 George Holland
 Gerard Horan
 Goetz Schildt
 Gord Menelaws
 Greg Canning
 Hailey M
 Heather Cleveland
 Ivonne Zuniga-Sinclair
 Jackie Mui
 Jane Atherton
 Jennifer Palma
 Jenny Hamilton Harding
 Jessica Tite
 Jill Beamish
 Joan Yaltema
 John Hogg
 Joshua Ruddock
 Judy Gray
 Karen Taylor
 Kate Ramsay
 Kathy Wong
 Kim Dugdale
 Kyle Cheriton
 Laura Mahon
 Lee Pusch
 Lenona Acaster
 Linda Scott
 Lisa Di Tosto
 Lisa Low
 Lora Genaille

Lorenzo Bonato
 Ludovic Siouffi
 Lui Rinaldo
 Madhuri Pendharkar
 Mandy Zapshala
 Mari Leigh-Ann Yukawa
 Mark Edwards
 Marlo Carpenter
 Martell Julve
 Mary Battle
 Mathias & Iora Fellenz
 Mercedes Duifhuis
 Moreno Rossi
 Nathan Ritchie
 Newsha Siouffi
 Nina Sharpe
 Oliver Pusch
 Paul Harrison
 PJ Ducan
 Ranjit Seehra
 Rita Lopez
 RSG Productions INC.
 Sara Embury
 Sarah Roberts
 Shannon Mahon
 Shaun Singh
 Teresa Milden
 Terry Kornutiak
 Tom Babic
 Victoria Boechler
 Warren Lemcke



Fundraising

Funder Recognition

On behalf of the Board of Directors, staff and participants, we thank our key funders for their contribution which has strengthened our capacity to provide community-based programs building mentally healthy communities for all.

Major Funders

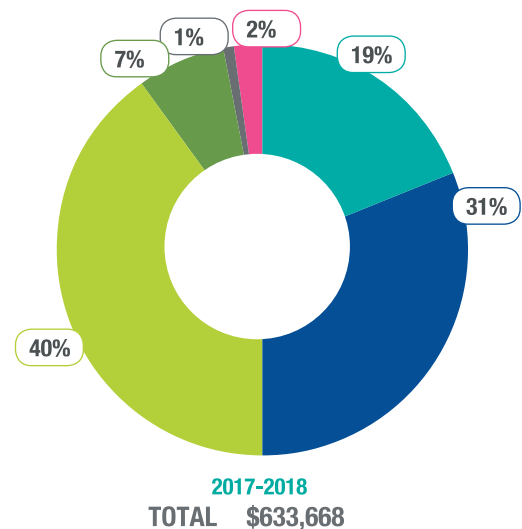
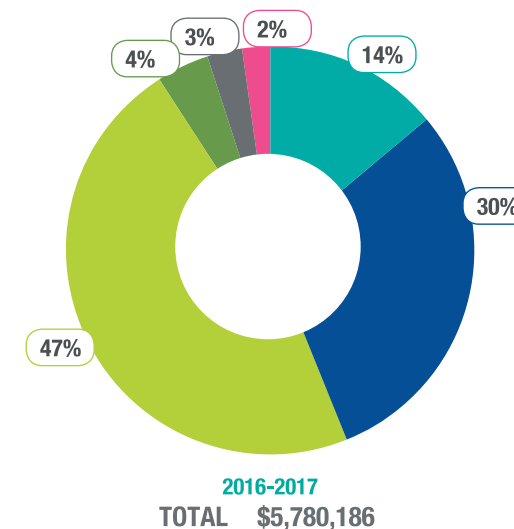
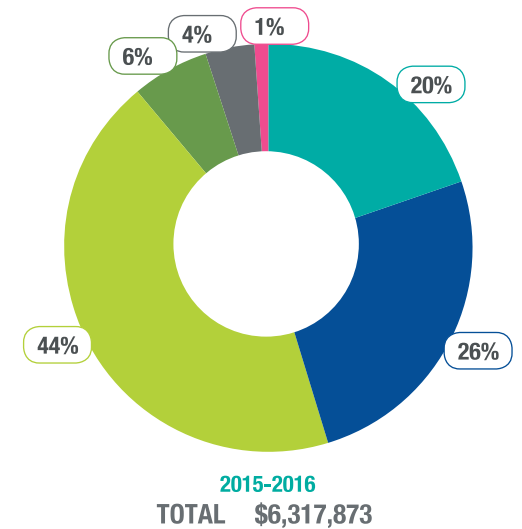
BC Housing
 Vancouver Coastal Health
 Fraser Health
 CMHA BC Division
 We acknowledge the financial support of the Province of British Columbia

Federal, Municipal, Community, Corporate and other Financial Supporters

Government of Canada, New Horizons for Seniors
 Royal Canadian Mounted Police
 City of Vancouver
 City of New Westminster
 City of Richmond
 City of Burnaby
 CKNW Orphans Funds
 Vancouver Police Department
 Douglas College
 Fasken Martineau Dumoulin LLP

Fundraising

- Grants and Sponsorships
- Individual Donations and Memberships
- Gift Wrap
- Ride Don't Hide
- BMO Vancouver Marathon
- Miles for Mental Health
- Mental Health Voices





Fundraising

Volunteer Program

Volunteers are involved in every aspect of our work! The program provides rewarding opportunities to get involved and give back to the mental health community. Volunteers gain transferable skills to help better prepare them for employment, meet new people, and gain experience in an area of interest, which can include administration, event support and/or planning, program management, recreation therapy, and education.

We rely on volunteers to help increase our capacity to serve our community and positively impact those living with a mental illness.

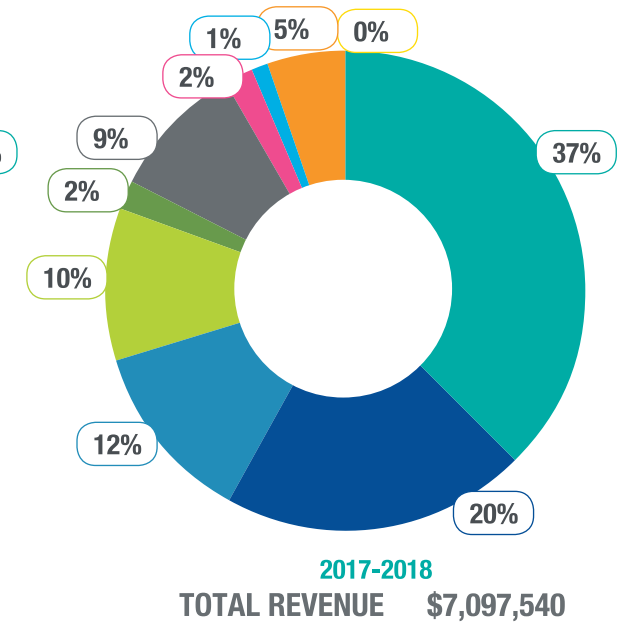
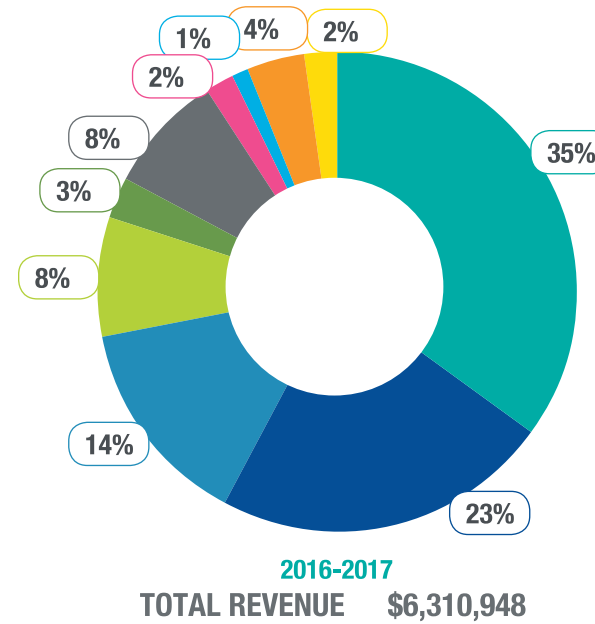
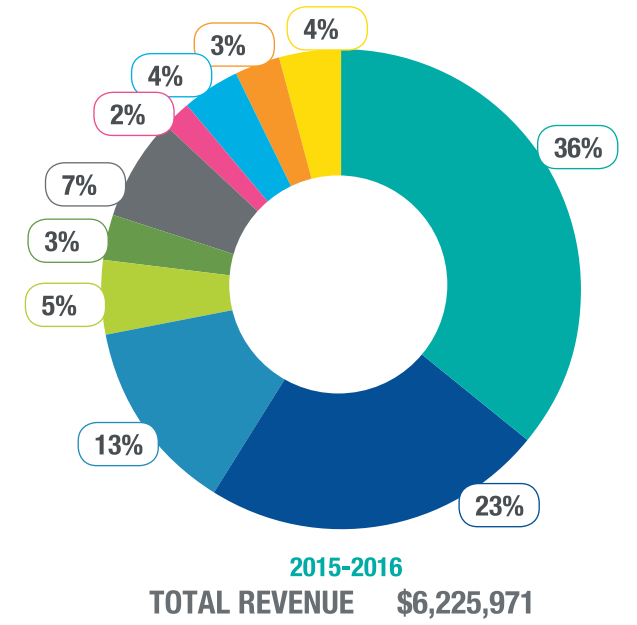
We are thankful for their continued support to our agency and dedication to the CMHA national vision of mentally healthy people in a healthy society.



“ I’m very happy that I can engage my community through volunteering – it’s such a unique experience. ”

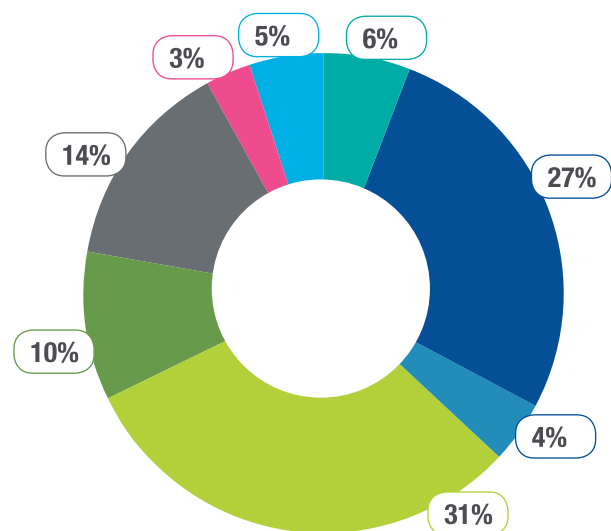
Revenue

- Fraser Health
- Vancouver Coastal Health
- BC Housing
- Other CMHA's
- Gaming Grant
- Fundraising
- Thrift Store
- Tenant Rent Contribution
- Program Generated Revenue
- Other

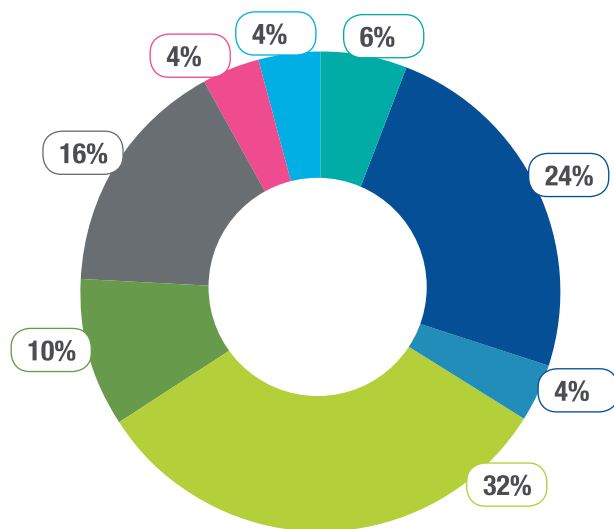


Expenses

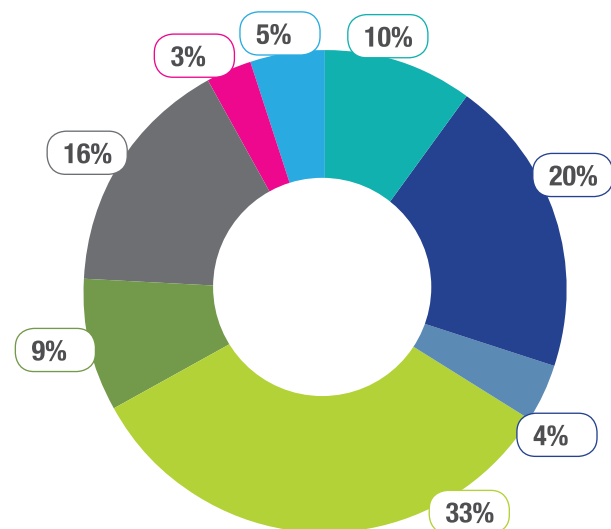
- Organizational Capacity
- Housing
- Child and Youth Programs
- Adult Recovery & Rehabilitation
- Peer Services
- Mental Health Promotion
- Social Enterprise Promotion
- Fundraising



2015-2016
TOTAL EXPENSES \$6,317,873



2016-2017
TOTAL EXPENSES \$6,388,784



2017-2018
TOTAL EXPENSES \$7,054,875

Be a Part of Our Success!

Like what we do? Connect to CMHA Vancouver-Fraser as volunteers, donors, or stayed informed on what's happening at our branch through our E-newsletter!

Fill out the form and send it to our Vancouver office:

Canadian Mental Health Association,
Vancouver-Fraser Branch
110 - 2425 Quebec Street,
Vancouver BC V5T 4L6

Phone: 604-872-4902
Fax: 604-872-5934
Email: info.vf@cmha.bc.ca



I would like to support CMHA by:

- Making a donation
- Becoming a member of CMHA-VF
- Signing up for the CMHA Mental Health e-newsletter
- Volunteering at CMHA-VF

Information (please print clearly):

First name: _____
 Last name: _____
 Address: _____
 City: _____
 Province: ____ Postal Code: _____
 Email: _____
 Phone No: _____

Donations I would like to pay by: Cheque Visa MasterCard

Card No.: _____
 Expiry: ____/____ Security No.: _____ Signature: _____

Canadian Mental Health Association Vancouver-Fraser Branch

604 872 4902 | vf.cmha.bc.ca
2425 Quebec St, Suite 110, Vancouver, BC, V5T 4L6

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**Canadian Mental
Health Association**
Vancouver-Fraser
Mental health for all

**Association canadienne
pour la santé mentale**
Vancouver-Fraser
La santé mentale pour tous