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CANADIAN MENTAL HEALTH ASSOCIATION

VANCOUVER-FRASER BRANCH

ANNUAL REPORT 2014/15

Mental Health For All

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Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all



Message from the Board President and Executive Director

Welcome to the first annual report for the Vancouver-Fraser branch of the Canadian Mental Health Association (CMHA).

During the last year, CMHA in Metro Vancouver has seen a great deal of change. CMHA started the 2014/2015 fiscal year with 5 branches in Metro Vancouver. Three of these branches amalgamated to form CMHA Vancouver-Fraser and one more of the branches, CMHA Richmond, decided to leave the CMHA family. As a result of these changes, there are now two CMHA branches serving Metro Vancouver (CMHA Vancouver-Fraser and CMHA North & West Vancouver). We believe we have strengthened and unified our voice as a leader in mental health and increased our capacity to offer services throughout Metro Vancouver, while reducing confusion among the public and those we serve regarding the differences between the branches.

The accomplishments of the amalgamation would not have been possible without the leadership and vision of the three Boards of Directors of CMHA Vancouver-Fraser's founding organizations (Delta Branch, Simon Fraser Branch and Vancouver-Burnaby Branch). The Directors on the Boards spent untold hours ensuring the proposed amalgamation would be successful and completing the due diligence that is required in an organizational change of this magnitude. As a result of their efforts, CMHA Vancouver-Fraser is better positioned to provide high quality services to our communities in Metro Vancouver.

Following on the heels of the amalgamation, in April 2015, after 18 months of preparation, the Branch achieved a three-year accreditation from the Council on Accreditation of Rehabilitation Facilities (CARF). This is the highest possible accreditation award from CARF. Accreditation is official recognition that our organization is guided by internationally recognized service standards and best practices and is an indication of the organization's dedication and commitment to improving the quality of lives of persons served.

We would like to extend our personal thanks to the staff, donors, volunteers, and program participants who not only remained committed to the organization through this time of change, but did so with grace and an amazing willingness to learn, grow and adapt.

In 2014/2015, the founding branches collectively touched the lives of over 20,000 people. We invite you to peruse the rest of this annual report to learn more about our activities, achievements and to see how CMHA Vancouver-Fraser is making a difference as we work towards our vision of "mentally healthy people in healthy communities."

Sincerely,

Margaret Mereigh,
President

and

Michael Anhorn,
Executive Director

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**All names featured in this document have been changed to protect the individuals' privacy.*

Our Vision: Mentally healthy people in a healthy society.

About the Canadian Mental Health Association, Vancouver-Fraser Branch

Canadian Mental Health Association (CMHA) is one of Canada's most established national mental health charities. Our vision is mentally healthy people in a healthy society. 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.

The CMHA Vancouver-Fraser branch was founded in 2015 through an amalgamation of the Delta, Simon Fraser and Vancouver-Burnaby branches. Together, they have been serving the Metro Vancouver area since 1958. CMHA Vancouver-Fraser is a holistic partner in the continuum of mental health and provides lower cost collaborative primary care directly to the consumer. The organization has a strong focus on community integration, education, housing, peer support and navigation, employment, counselling, prevention and promotion, and social enterprise mandate focused on helping reduce stigma in the community. We promote mental health for all and support the resilience and recovery of people experiencing mental illness or addiction.

CMHA Vancouver-Fraser Branch Receives Three Year Accreditation

CMHA Vancouver-Fraser received accreditation by CARF International for a period of three years for its Community Employment Services: Employment Supports, Community Employment Services: Job Development, Respite Services, Community Integration Psychosocial Rehabilitation (Adults), Prevention: Psychosocial Rehabilitation (Adults), and Governance Standards.



By pursuing and achieving accreditation, CMHA-Vancouver-Fraser has demonstrated that it meets international standards for quality and is committed to pursuing excellence.

During the survey, 1,500 standards were applied to the organization and programs. The results of the survey confirm that CMHA-Vancouver-Fraser delivers high quality, empowering, person-centered services that meet or exceed international standards, all of which are supported by "superior skilled" staff. The accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows our organization's substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process. It has demonstrated to a team of surveyors during an on-site visit its commitment to offering programs and services that are measurable, accountable, and of the highest quality.





J.B began the Bounce Back™ program feeling angry and frustrated, while venting with a coach in the initial assessment. She expressed the fact that many of the strategies suggested were not available to her and began to wonder if this program was for her.

The “turn around” occurred after she read the second booklet and realized that she had control over her responses and interpretations of situations. She learned she could customize the materials and suggested strategies to work within her reality.

During the last session, J.B. proudly claimed that she now recognizes her triggers and that she was able to handle the situations using tools from the program which resulted in positive outcomes. J.B. felt that although she was skeptical at first, she felt like the “model” Bounce Back™ participant and now strongly believed this program would be helpful for anyone.

“The program has wonderfully valuable resources that helped me through a very stressful, overwhelming rough patch.”

“I continue to use the workbooks and solutions, especially when negative thoughts come to mind. The workbooks instill helpful suggestions and I’m now able to put the tools into practice.”

Bounce Back: Reclaim Your Life™

Bounce Back™ is an evidence-based self-management program for adults experiencing low mood or 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
- A series of educational workbooks with trained telephone coaches to reinforce the application of cognitive-behavioral strategies for overcoming difficulties such as inactivity, avoidance, worry, and unhelpful thinking

Bounce Back™ coaches continued with successful outreach work with physicians in the Lower Mainland which improved awareness of the service and increased access to the program. Coaching is offered in four languages – English, French, Cantonese, and new this year, Punjabi. It is funded by the Provincial Health Services Authority and is free to all participants.

In 2014/15, **972 people** were referred to **Bounce Back™** from the Fraser Health Region

84%

of participants reported reduced symptoms of depression

83%

reported improvement in quality of life

ECHO Clubhouse

Matt enters the room wearing a military uniform, a perfect replica of a Green Beret's. This is one of the many uniforms that he owns, as Matt has a penchant for the theatrical and uniforms. So it was a perfect fit when he joined the ECHO "Improv" group on Thursday afternoons at the ECHO Edmonds site.

It was there that he has honed his skills on the stage. This has been a fine distraction from his many attempts to secure part-time work and add to his income and self-sufficiency. Through the Improv Group, he has built the confidence and self-assurance to take his acting skills to a new level. With the help of CMHA ECHO staff, Matt was encouraged to apply for work as an extra for Boss Talent Management in Vancouver and was signed on as an extra to work in the many television and major motion pictures that they represent. Matt was absolutely thrilled to be hired by an agency that has a reputation as being the top extras talent agency in Vancouver. He continues to ply his craft in the ECHO Improv group, and is excited to be part of a career that he only dreamed of as a teenager. April 2015 marks the 3rd anniversary of the Young Adults (YA) program.

The ECHO Clubhouse programs provide support and rehabilitation services for individuals living with a mental illness to help reduce their isolation and increase their connection to the community. It offers individuals in recovery from mental illness a place to go where they not only have access to a wide range of services, but can also develop connections and a sense of belonging.

The clubhouse is a member-driven program designed to build long-term relationships that support members in obtaining employment, education and housing. ECHO's programming is based on the principles of recovery-oriented Psychosocial Rehabilitation.

This year, two ECHO members received awards from two separate organizations. The Burnaby Local Hero Award was given to Teresa Morton for her contribution to MAC (My Artist's Corner). Delbert Lou-Hing was awarded a National Council of Persons with Lived Experience Awards in recognition of his dedication to ECHO leadership member programs.



1,923

member visits during the year

59%

of members involved in pre-employment, volunteerism, or competitive employment

92

members got a job or volunteer placement



Get Set & Connect

Get Set & Connect (GSC) is a program designed to help adults living with mental illness make connections and form meaningful relationships by linking participants to activities in their community.

Through monthly networking sessions, they share resources, highlight success stories and learn about other leisure activities in the community. This year, new peer led groups were created around health and fitness, creative arts, connecting with other women and support with household management.

Participants may access the volunteer preparation course, Ready, Set, Go and Volunteer, to explore their interests and strengths, and to create a volunteer plan.

Patrick was involved in the previous Vancouver Recreation Program which he quite enjoyed. It was a difficult shift for him when the program was redesigned and Get Set & Connect (GSC) was created. When Patrick joined GSC, he expressed interest in starting some groups including a Hiking Group and Pitch & Putt Group.

He did research on where to go hiking and took on an informal leadership role. Some time after those groups stopped meeting, Patrick expressed an interest in looking at opportunities to connect with people outside of the mental health community. Through meetup.com, he joined hiking groups and began participating regularly in these activities. Gradually, Patrick stopped connecting with the GSC program as he felt ready to graduate. With support from GSC, Patrick had successfully built many supports in the community and independent activities.

"I cannot say enough about the volunteer course Ready, Set, Go and Volunteer hosted by Get Set and Connect. As someone who has volunteered throughout my life in different areas, I thought I had a good base of what I was interested in. However, this course had me assessing things from ground level. It touched on topics such as assets, skills, applications, resumes and mock interviews. But the parts I found the most useful were the discussions around boundaries, stigma and self disclosure. The facilitators ensured it was a comfortable, safe environment. As a whole, I truly benefited from the material, facilitator and group input. Within a week of finishing the course I applied for a volunteer position and was a successful candidate." — GSC Participant

90%

of participants indicated that they felt more connected to the community (an increase of 12% from the previous year)

90 peer led groups run per month

86% of participants who attended the Ready, Set, Go and Volunteer course found successful volunteer placements

Individual Placement and Support (IPS)

Bob, a client who was diagnosed with schizophrenia, was referred to the IPS program for assistance to find a part-time job to integrate back into the workforce. Bob's experience was working as an inventory/receiver and a quality control inspector. During his time in the IPS program, he participated in updating his resume, tailoring his cover letter, conducting regular job search and practicing interview skills.

After spending some time applying for jobs, he was hired as a part-time shipping & receiving clerk in an electronic wholesale company. Since employment, Bob has improved his overall health, lost 60lbs and has enrolled in the last course for his Bookkeeping Certificate. Bob has maintained successful employment for the last six months.

Individual Placement and Support (IPS) assists people with severe mental illness to obtain and maintain competitive employment. CMHA Vocational Counsellors are embedded in Adult Mental Health Teams throughout Vancouver and Burnaby.

IPS is an evidence-based, recovery-oriented Psychosocial Rehabilitation best practice. Employment placement rates for clients of high performing IPS programs are more than double those of other supported employment programs for people with severe and persistent mental illness. This year, the program met a placement rate goal of 54%, equal to or higher than the benchmark employment rate established in the literature.

This year, in partnership with Fraser Health, we landed the "Occupational Recovery after First-Episode Psychosis: A Critical Period" Research Project. This is a three year project to study the effectiveness of IPS with Early Psychosis Intervention clients in the Fraser Health Region.



461

individual clients
received support with
obtaining or maintaining
employment

54%

found employment

57%

maintained their
employment for three
months or more

“Thanks for encouraging me to push myself and make friends, I’ve had the best summer ever!”

“In my illness and addiction I burned so many bridges. It’s amazing to spend time with family again and feel at home.”

Community Living Support / Supported Independent Living

The Community Living Support (CLS) and Supported Independent Living (SIL) provide practical support and/or rent subsidies to clients living in their own apartments and transitioning to independent living. Currently, SIL provides sixty-six clients in New Westminster a housing subsidy for their rent. Clients can choose where to live in New Westminster and what type of accommodation they prefer.

The program is client-centered and recovery focused. Clients participate in a rehabilitation program and develop independent living skills as they work on their recovery from mental illness. Developing life skills and coping skills are only a small part of the recovery process. Support staff provides assistance to navigate the often complex social systems required to fully participate in the community.

12 clients graduated from the program to independent housing options

2 clients were successful in finding part time jobs

1 client got a Food Safe certificate

1 client finished a high school diploma

“I can’t believe I am in a place so beautiful.”

“Nothing is going to get in the way of this amazing opportunity.”

“Thank you so much for everything you do.”



Homeless Outreach

The Homeless Outreach program assists individuals in Maple Ridge and Pitt Meadows to access long term solutions to end their state of homelessness. Supports offered included access to housing, a stable source of income, and other social services.

10 people who were homeless were **moved into housing.**

Of the ten, **7 were seniors.**

“At our house in New Westminster, we all live with a mental health issue and are all in the process of recovering and learning to live as independently as we can. We act and treat each other as family. We take part in the maintenance of the house such as cooking, eating together at the table, cleaning, and doing chores to make sure the house stays in great condition. It doesn’t stop there - we also lookout for one another’s own well being like any general family household. We host weekly house meetings to go over various items such as budgeting, the cooking schedule, and the calendar of daily activities. The meetings also provide us the opportunity to share how each of us are feeling. I feel that I have grown since I first moved in and am truly happy to be part of the house and, as I have said many times before, I would recommend it to anyone.”

— Client Transitional Housing



Transitional Housing

Transitional houses are located in the community to help people acquire the skills needed for everyday living. Residents in transitional housing regain a sense of normalcy and societal inclusion as they are involved in activities at community centres, clubhouses, and local libraries. Residents can transition to Supported Independent Living (SIL) as they gain the skills, confidence and wellness they need to live independently.

CMHA-VF operates:

- Two transitional houses and one apartment in New Westminster
- One transitional house in Maple Ridge

Youth Supported Independent Living

The goal of the Youth Supported Independent Living program is to provide youth from the Fraser North region a safe and affordable option for housing, while providing supports needed to develop independent living skills and promote recovery from mental illness and addictions.

Clients work on self-identified goals outlined in their Individualized Service Plan. Staff assists clients in accessing community resources, maintaining their apartment, learning to budget and grocery shop on a limited income, and identifying early warning signs to prevent a mental health crisis. Program participants also work on goals related to education and employment.

17

clients in
transitional
housing

3

residents found
employment

3

residents volunteer
in the community

2

residents moved to
independent living

Peer Support

“The Peer Support program has given me more confidence and the ability to feel better about myself.”

“The program helps me focus on the future instead of just my illness.”

“Peer Support has made a difference in my life. It has enabled me to make good choices, given me hope and strength to carry on each day. Most of all to love and share with people that I love.”

Peer Support offers help to individuals with a mental illness to identify and achieve their own goals, thus advancing their recovery process. A participant of the program will work with a Peer Support Worker (PSW), who has lived experience with a mental illness and is in recovery themselves. Drawing upon their own knowledge and understanding, the PSW provides a unique and personal style of support and can help break down barriers to connecting with the program participants' community, receiving appropriate services, and achieving a mentally healthy lifestyle. Peer Support is an evidence-based best practice in recovery-oriented Psychosocial Rehabilitation programming.



In 2014/15, PSW's worked with 279 people in the community

87%

of participants became more active in their community

97%

of participants were satisfied with the support from their PSW

“The Peer Navigator program’s mission is to encourage full citizenship and community inclusion for people living with mental illness through service connection, advocacy and self-management skill development. The program strives to gradually shift the level of power back to the participant in order to build his or her ability to access the supports and services that are required to meet his or her own needs. It’s about empowering the individual.” – Program Manager, Mimi Rennie

Peer Navigator

Late in 2014/15, Vancouver-Fraser launched the new and innovative Peer Navigator Program. With a person-centered, recovery-focused approach, the program leverages the expertise of Peer Navigators, who have struggled with mental illness and addictions, and who have a keen understanding of the formal and often complex support systems.

Peer Navigators provide guidance while working with participants to build a collaborative navigation plan to access services in areas of income assistance, legal aid, housing, and health related services. In addition, peer navigators will provide knowledge and encourage skill development to increase inclusion, self-advocacy and connection with services. Peer navigators will be positioned within community agencies that provide mental health services.

We look forward to reporting on the accomplishments of the program over the next year.



Consumer Run Business

Social Enterprise Services (SES) works with clients by providing opportunities for supported employment and to facilitate the exploration of self employment as a viable work option.

"I have been shopping here regularly since you have opened. The staff are so helpful and pleasant. Your goods are presented well, keep up the great efforts."

"Friendliest Thrift Shop in New West!"

"A place you can get a deal and a smile at the same time."

Treasure Chest Thrift Store

CMHA Vancouver-Fraser Treasure Chest Thrift Store, located in New Westminster, provides an assortment of low-priced, good quality household items such as clothing, movies, books, antiques and specialty items. The revenue generated by the Thrift Store is invested in CMHA Vancouver-Fraser programs and services.

In addition to providing revenue for CMHA Vancouver-Fraser programs, the Thrift Store provides valuable pre-employment and volunteer work experience for people in recovery from mental illness.



Willow Bean Café

Through our social enterprise partnership, the Willow Bean Café provides competitive employment in a supported work environment that provides training, skills and certifications that help trainees as they return to school or work.

This year, ongoing funding was secured for the Café which enabled us to stabilize operations and fully staff the Café. The team also added a Senior Barista position and hired a graduate of the program to further support the training program. The Café has continued to build collaborative relationships with the community and business partners to provide meaningful connections and practical resources for our social enterprise and self employment clients.

100% of baristas received FoodSafe certification

100% of baristas reported increased confidence in employment related skills

100% of baristas are satisfied with employment and vocational support

100% of baristas completed training program

“The Chinese Happy Senior health promotion activities help us live both mentally and physically well and enrich our senior lives.”

“I feel very happy attending Happy Seniors activities, all are great, I appreciate very much!”

“All the volunteers are terrific! They gave me a feeling of safety and relaxation. Thank you.”

Chinese Mental Health Programs

The Chinese Mental Health Promotion program has been providing mental health services to the Chinese community for over 20 years. The program aims to increase awareness of mental health issues, promote wellness and eliminate the stigma associated with mental illness in the Chinese community. In recognition of the importance of discussing mental health issues in one’s own language, CMHA Vancouver-Fraser developed and offers community mental health promotion programs for people who speak Mandarin and Cantonese.

The program hosts monthly program activities, ongoing support group sessions, and special events within the community. The culturally rich and supportive activities range from painting, singing, exercise sessions, and screening events.

The Happy Seniors Program, a sub-program of the Chinese Mental Health Program, continues to grow and offer support and encourage community inclusion to Chinese seniors who are isolated due to mental health concerns.



340 seniors served

94% of participants reported they have a better understanding of mental health problems as a result of the Happy Seniors Program

The Responding with Respect training raises awareness on mental health, teaches you to recognize mental health symptoms, and how to respond appropriately to a person suffering from a mental health problem.”

“The Mental Health First Aid is an excellent course. I think all frontline staff in community agencies should participate.”

“The Living Life to the Full course is a gem for anyone suffering mild to moderate depression/anxiety. The information is easy to understand and provides the knowledge and tools to break down seemingly unsurmountable obstacles into easily do-able steps.”

Community Outreach and Education

The Community Outreach and Education department is dedicated to increasing mental health literacy in the community and workplace through mental health promotion activities, skill-developing workshops, and by providing access to resources, thereby decreasing stigma and promoting mental health for all.

Responding with Respect (RWR) workshops provide participants with a basic understanding of mental illness and mental health, whether it is their own or that of a colleague, client, patron, community member, friend or family member. Based on the action tool-kit, four ‘R’s – Recognize, Respond, Refer, Reconnect – participants learn to identify signs and symptoms associated with a mental health problem and acquire effective communication strategies to respond and assist people whose behavior suggests they are struggling with a mental health problem.

Mental Health First Aid Canada (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered

to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved. The department saw an increase in registration for public courses, with the majority of courses filling up, and so met the demand by providing additional trainings throughout the year.

Living Life to the Full (LLTTF) is an eight-session, 12-hour, evidence-based mental health promotion course designed to help people deal with everyday life challenges by learning better self-management skills using Cognitive Behaviour Therapy (CBT) principles.

Enjoy Your Baby, a mental health promotion program and a branch from LLTTF, was piloted this year to new mothers. The course focuses on self-management skills related to maintaining wellness and coping with symptoms of low mood, stress or anxiety.

In regards to community outreach activities, we attended 24 community events and reached approximately 3,200 community members providing resources and information on mental illness and mental health.

92 workshops
with
1575 Attendees

1017 Responding with Respect
451 Mental Health First Aid
66 Living Life to the Full
41 Enjoy Your Baby



Counselling and Adult Support Groups

Counselling

The Delta Office of CMHA Vancouver-Fraser has been helping people lead happier, healthier, more full-filling lives through its low to no cost counselling services. Services are available in the form of group therapy, functional assessment, educational and career counselling, nutritional support, life skills coaching, training, advocacy, music, and Art and Expressive Therapy. The Counselors specialize in anorexia, bulimia, borderline personality disorders, bi-polar, OCD, autism, grief and loss, addictions, trauma, and crisis.



Adult Support Groups

The Delta office also offers a variety of support groups, that are often peer-facilitated and co-lead by Registered Clinical Social Workers. The facilitated groups offer support, encouragement and education in a confidential, non-judgemental setting.

Support Groups offered are:

- Obsessive Compulsive Disorder (OCD) Support Group
- Family Support Group
- Depression and Bi-Polar Support Group

One of our popular support groups is the Gardening and Gleaning for Mental Wellness which provides experiential education and connection to the earth and healthy food for children, youth, and adults. Community gardening and distribution of gleaned fruits and vegetables. The Gardening and Gleaning for Mental Wellness support group is a partnership with the Ladner Community Garden Society and Earthwise Society in Tsawwassen.

These drop-in groups are free and available to the public no matter which city you live in.



Delta Drop-In Center

Located in the heart of Ladner, the Delta Drop-In Center receives a high volume of calls, walk-ins and visitors with regards to mental health resources, advocacy and support.

The Centre also offers a Therapeutic Volunteer Program opportunities for adults on PWD, CPP or other disability. With a wide variety of CMHA Vancouver-Fraser programs and services, CMHA is able to tailor the volunteer experience to meet the needs and skills of the various volunteers. The Resource Center volunteers provide additional advocacy services to the public, one of few local mental health agencies where this volunteer experience is available.

“Since the implementation of our family services, we have seen so many wonderful results. Without a doubt, the children’s ability to focus and interact appropriately with other children has substantially improved since those first “wiggly” sessions. In addition, there are several seniors on site. They volunteer regularly and often mention the joy they feel being able to involve themselves with the children. Better yet, families have become engaged in supporting each other with childminding, car repairs, self-directed social nights, and sharing of other resources. We look forward to more positive changes as our programs and services develop over time at these and other sites.” — ORCA Staff, Steve Andrews

ORCA - Opportunities for Recreation and Community Access

ORCA helps reduce the isolation of tenants living in social housing, increase their connection to community, build tenancy skills and provide education on living more sustainably. This was the first year of operation with expanded services at 17 buildings from Vancouver to Abbotsford. The expansion also includes offering support

to family housing sites. ORCA has already added much to the health and well-being of families living in BC Housing buildings. Families have engaged in gardens for children (created with People Plants and Homes), a weekly “kids club”, and several parents have returned to school and now are seeking employment in their field of study.



249 children and youth accessed ORCA services

293 seniors accessed ORCA services

89% reported ORCA services are good/excellent

64% report the ORCA program strengthened their interest in volunteering and program leadership

Arts and Expressive Therapy was featured on Variety, The Children's Charity, Show of Hearts Telethon.

"I found Art and Expressive Therapy to be fantastic, I had a wonderful year in the program!"

"So thankful for CMHA, every step of the way, in helping (my child) and I get all the help we need."

Art and Expressive Therapy

A holistic, strength-based approach to health for children ages 6-12. The Art and Expressive Therapy is a program helping children explore their creative selves while nurturing their emotional health this year reaching 65 children. The primary focus of the art therapy group is to focus on feelings, to help them feel good about themselves, build on their strengths and develop greater self esteem. They learn mindfulness, how to breathe, communicate, collaborate, play, perform, tell stories, find their voice, have fun using paint, clay, sculpture, sandtray, myth and narrative. The art therapy develops the ability to understand who they are and how they function, to allow them to massage issues that they are dealing with and develop coping strategies to face life's challenges and daily hassles.

HEADSTRONG

In partnership with the Delta School District, HEADSTRONG is a mental health awareness program offered to high school students to provide them with effective tools and healthy coping strategies for dealing with stress. The program also provides students with accurate information on accessing help for themselves, their peers, and loved ones.

The program's goals are:

- To help reduce the stigma of mental illness and promote mental wellness
- To support trained youth facilitators, often with their own mental health challenges, deliver the program (typically university students studying in the mental health field)



HEADSTRONG students reported:

40%

improvement in their knowledge and understanding of mental health/illness

23%

improvement in feeling comfortable reaching out for help if they are stressed out

“Five youth, majority who have been with CMHA since the age of 8, have graduated from the Child and Youth programs and are moving on to traveling opportunities, university, or employment. Thus, the program has truly grown with these youth and they have grown with us. As we say goodbye and watch as they leave our Child and Youth nest, it is a time for reflection and the feeling of gratitude.” – Child and Youth Program Team Leader, Kristina Dixon

“Super Saturday has given me childhood memories and experiences that I am not sure I would have if I didn’t join Super Saturday. It has been one of the best things in my life.”

Super Fun and Pandemonium Groups

The Super Fun and Pandemonium programs offer services to families and children who live with a mental illness. The programs build resiliency by ensuring that youth have the opportunity to interact with safe and supportive adult role models, and focus on forming healthy attachments through ongoing acceptance and long-term participation in the program. Staff focuses on understanding the behaviours displayed by youth and support

them in achieving long-term positive change in their mental health. With this approach, youth achieve success in the programs where they might not in other areas of life.

Super Fun

The Super Fun groups support the mental health of families by providing monthly outings for children and youth who have a parent with a mental illness. The program provides a safe, enriching, social and recreational experience for children while giving the parents an opportunity to take care of their own wellness needs. This program increases the social network of children, promotes social skill development and self-confidence. The program also

offers family nights to help all members of the family learn how to improve the overall mental health of their family.

Pandemonium

Pandemonium is a recreation-based program that provides a fun, social and safe environment for youth who have a mental health problem. The program supports reintegration into the community by providing activities that allow participants to meet – and overcome – personal challenges in a safe and 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.

88%

reported increased comfort in trying new activities

133

133 families served in Vancouver and Richmond

71%

reported improvement in communication and social activity

96%

reported self-confidence as a result of the program



Shoppers Drug Mart Ride Don't Hide

Shoppers Drug Mart Ride Don't Hide is the largest mental health fundraiser in Canada. The event's goal is to raise awareness and help break the stigma surrounding mental health while raising essential funds to support mental health programs. 2014 was the first year the Shoppers Drug Mart Ride Don't Hide became a national movement to strengthen and support mental health programs across the country. Over 3,500 riders in 20 communities across Canada participated in the ride.

"Thank you to all of the volunteers and CMHA for organizing and cheering us on throughout the ride! You guys are awesome. "

1200 riders raised \$230,000 in Greater-Vancouver

In 2014, Shoppers Drug Mart continued to be the British Columbia title sponsor for the ride. With the collective effort of four CMHA branches (Vancouver-Burnaby, North and West Vancouver, Delta and Simon Fraser), 1200 riders of all ages participated in Greater Vancouver raising over \$230,000.

The dedication to support mental health from donors, riders, volunteers allows CMHA to continue offering programs and services that provide much needed help to individuals recovering from mental illness and gives hope and inspiration to ensure mental health for all Canadians. Thank you for taking part in a mental health movement that will positively impact the lives of those recovering from mental illness.



Sponsor Recognition

We would like to thank the following sponsors for their help in ensuring the success of the Shoppers Drug Mart Ride Don't Hide event.

BC Title Sponsor		BC Media Sponsor	
Official National Sponsor		National Sponsors	
Greater Vancouver Platinum Sponsor	Greater Vancouver Diamond Sponsors	Greater Vancouver Silver Sponsor	
Greater Vancouver Media Sponsors		Greater Vancouver Community Sponsors	

Branch Fundraising

In 2014/2015, fundraising revenues increased by 22%. The funds raised are mainly designated to support our Child and Youth Programs and to provide bursaries to Living Life to the Full workshops for people with low incomes. The funding also created 5 pilot sessions for the Enjoy Your Baby workshop, helping new moms who are experiencing depression and/or anxiety.

Newly added to our fundraising efforts in 2014 was the BMO Vancouver International Marathon Run4Hope program. CMHA's team had 36 runners and raised over \$15,000.

Our thanks also go to the supporters of our three other events: Mental Health Voices, Holiday Gift Wrapping, and Miles for Mental Health. The key sponsors for these events were: Fasken Martineau Dumoulin LLP, Hudson's Bay Vancouver Downtown, and Douglas College. As a result of the support from our sponsors and donors who participated our branch was able to provide programming for vulnerable children and families in the Greater Vancouver area.

Donor and Funder Recognition

With the support of our key funders and many community, corporate partnerships and individual donors, we continue to provide programs and services that improve the lives and mental health of the families and community members in the Greater-Vancouver region. With the support of our donors, CMHA Vancouver-Fraser builds awareness of mental health, reduces the stigma associated with mental illness, and changes the lives of individuals. On behalf of the Board of Directors, staff and service users, please accept our sincere thank you.

MAJOR FUNDERS (\$100,000 OR MORE)



COMMUNITY, CORPORATE AND OTHER FINANCIAL SUPPORTERS



"I have had the pleasure of volunteering with CMHA Vancouver-Fraser branch for a number of years now. My experience has always been enjoyable. The CMHA staff members have been wonderful to work alongside and the projects have been satisfying. It is also good to feel as though the fundraising activities that I assist with make a difference for CMHA clients and impact the public at large."

Volunteer Programs

Volunteers play an integral role in the successes achieved by the CMHA Vancouver-Fraser branch. Volunteers are recruited, screened and professionally trained for various positions within the organization. They act as CMHA ambassadors in the many roles and responsibilities available, such as Health Fair Managers who attend community health fairs to promote mental health resource and services; they take on leadership roles at fundraising events working with staff and board members to coordinate intricate details before and on event-day, and work to ensure guests and donors have a pleasing experience; and they assist with numerous office and program related activities. At the Delta and New Westminster office, volunteers provide administration support at the front desk. As well, volunteers help manage the Delta Drop-In Center, providing resources and assistance to walk-ins and calls.

The motivation behind CMHA volunteers spans a large range. Many have had family members or friends who have benefited from CMHA programming, thus volunteering is their expression of appreciation. Others are people with lived experience with a mental illness and volunteering is their way of giving back to the community, and is part of their recovery process, while some volunteers are members of the public who want to take concrete action in making a difference in our community. No matter what the motivation is behind volunteer at CMHA, the staff, participants, donors and community are forever grateful.



291

Volunteers

7290

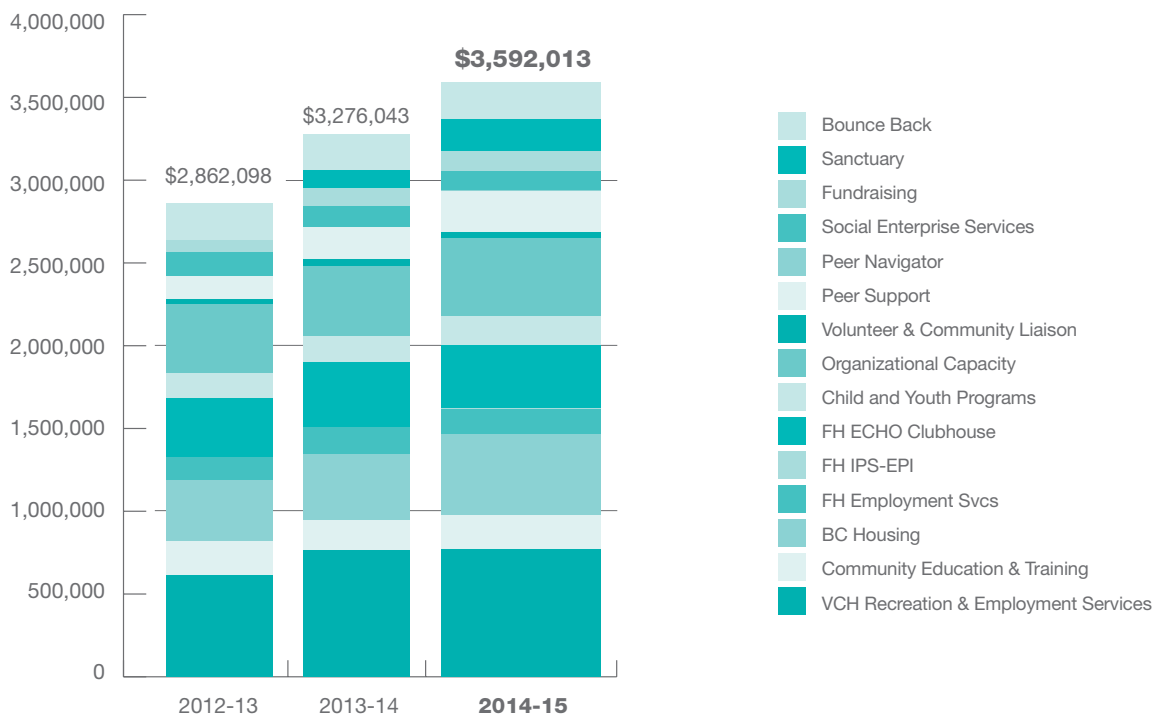
**Hours contributed
by volunteers**

Financial Report

The financial reports for the three founding branches – Vancouver-Burnaby, Simon Fraser, Delta – reflect positive performance and financial strength for 2014-2015. Over the last year, two former branches saw a revenue growth with a 21% increase at Vancouver-Burnaby and an 11% increase at the Delta branch. The Simon Fraser branch experienced a 2.5% revenue loss primarily due to a decrease in funding from the Government of Canada and the Province of BC.

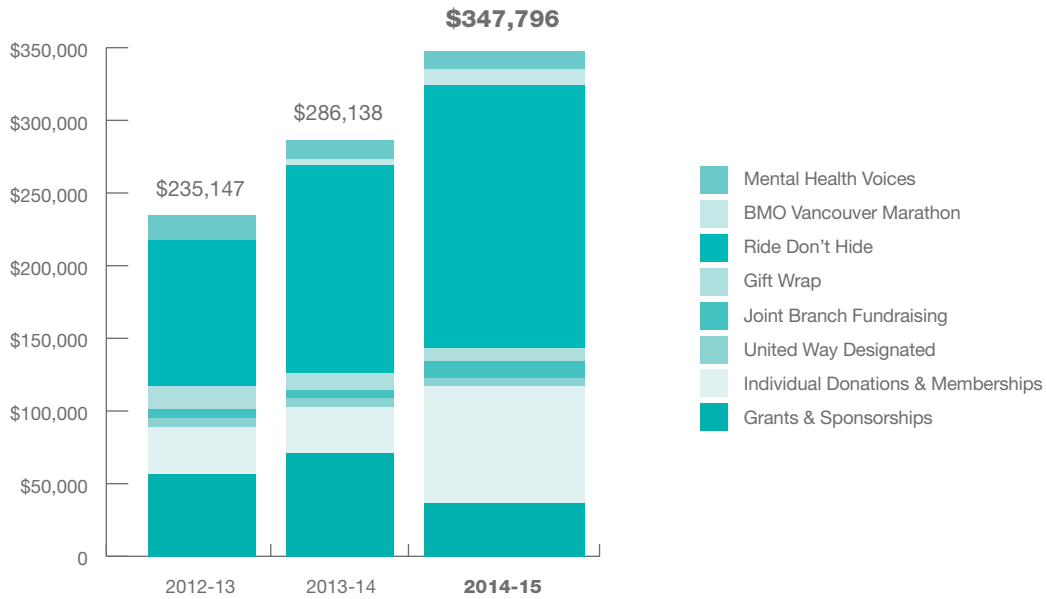
CMHA VANCOUVER-BURNABY FINANCIAL REPORT

Three Year – Expenditures by Program Area

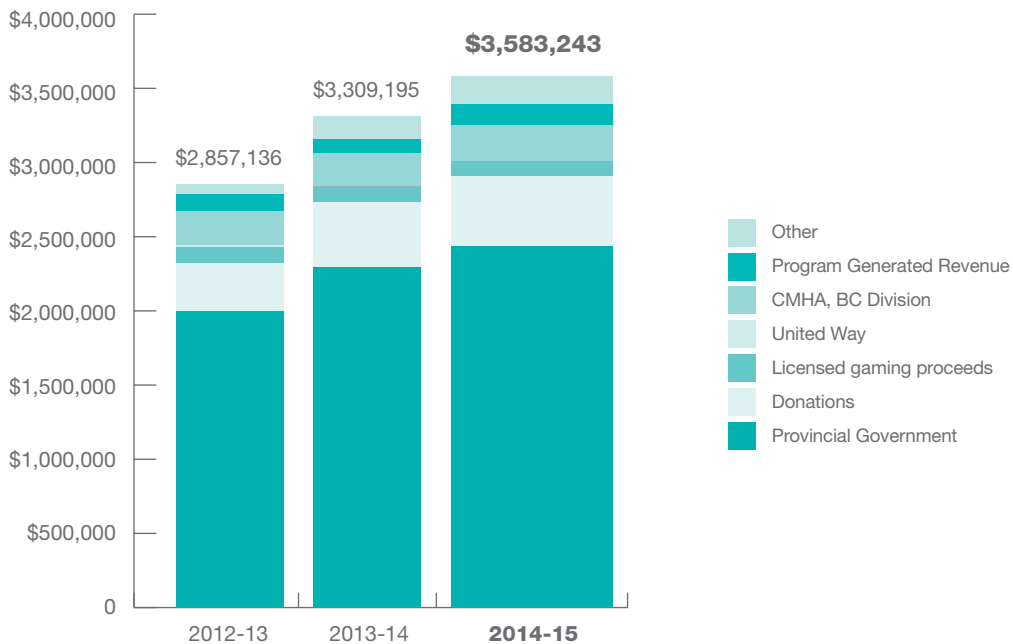


CMHA VANCOUVER-BURNABY FINANCIAL REPORT

Three Year – Fundraising Growth

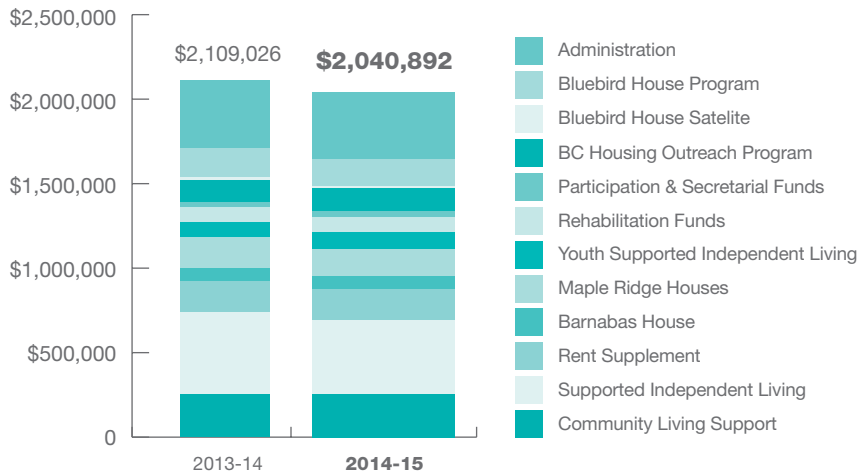


Three Year – Revenue Growth

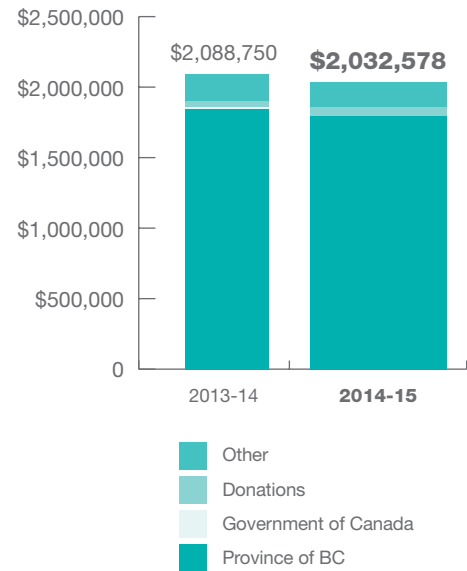


SIMON FRASER FINANCIAL REPORT

Two Year – Expenditure by Program Area

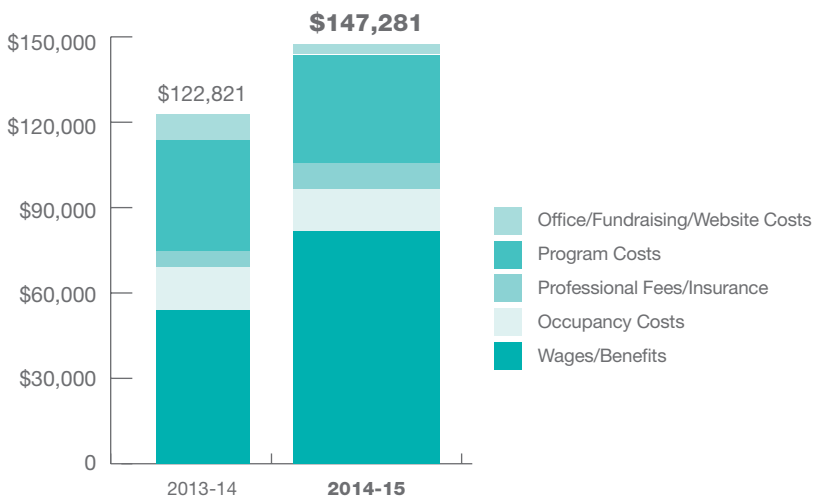


Two Year – Revenue Results

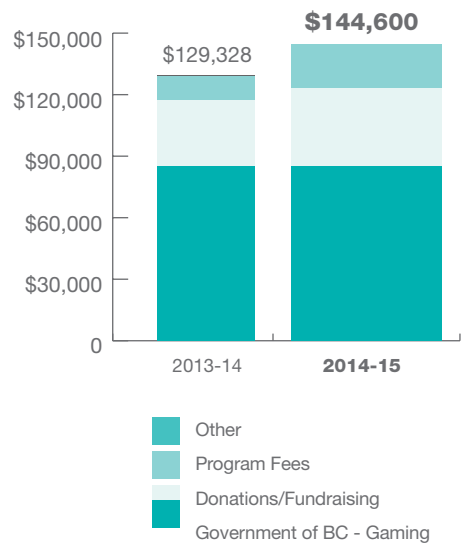


DELTA FINANCIAL REPORT

Two Year – Expenditure by Program Area



Two Year – Revenue Growth





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



Thank You

With the support of our key funders and many community, corporate and individual donors, we continue to provide programs and services that improve the lives of individuals and families living with mental health issues in Greater Vancouver. As well, we continue to build awareness regarding the importance of mental health in our community, and reduce the stigma related to mental illness and mental health concerns.

Champions For Positive Mental Health Since 1918

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