

BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

CANADIAN MENTAL HEALTH ASSOCIATION
VANCOUVER-FRASER BRANCH
ANNUAL REPORT 2015/16

Mental Health For All
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Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all





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

Charitable Registration No. 81169 1922 RR0001

Champions For Positive Mental Health Since 1918

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Message from the Board President and Executive Director

This past year has been a time of significant growth for the agency. In the wake of two monumental achievements in April of 2015 (amalgamation and CARF accreditation), the branch saw opportunities to deepen and strengthen our roots in the communities we already serve and to reach more people by expanding services into new communities.

In amalgamating to become CMHA Vancouver-Fraser, and, with a keen focus on collaboration, CMHA VF has not only strengthened formal partnerships, but has developed several new relationships and supporters we now have the privilege to work with as partners.

CMHA VF has reinforced a solid foundation for new practices and experiences, such as the 'Occupational Recovery after First-Episode Psychosis: A Critical Period', a three year Research Project launched to study the effectiveness of our Individual Placement Support program with Early Psychosis Intervention clients in the Fraser Health region. We are also one of 13 cities in Canada taking part in At Work / Au Travail, a federally funded CMHA employment project. Over the next three years, through the At Work / Au Travail program, CMHA VF will work with many individuals in Maple Ridge and Vancouver to make their goal of becoming employed a reality. This year, CMHA VF also joined CMHA Branches and BC Division to offer suicide awareness and prevention training through the Suicide Prevention Community Gatekeeper project. Through this project, CMHA VF plans to train 4,000 people in suicide prevention workshops over three years.

With the growth of our agency, we've taken on new challenges and embraced new experiences, but we've also succeeded in continuing to provide high quality services in our communities for everyone - children and youth, adults and seniors. We help the homeless access housing, a stable source of income, and other support services such as primary and mental health care; we reduce isolation and increase connection to community by providing rehabilitation and recreational services; we build psychologically healthy workplaces and increase mental health literacy through education and outreach activities; we've expanded fundraising efforts to build a diverse and stable funding base that supports collaboration, service and recovery, recognizing a 36% increase in our fundraising dollars over the previous year.

CMHA VF has been revolutionized, we've increased our capacity to GET LOUD, influence change, build healthy communities, and continue to be the trusted resource and leader in mental health.

CMHA VF's success is a direct result of the tireless dedication and hard work of our staff, Board and volunteers. Thank you for your leadership, enthusiasm and positive spirit. Everyone's contribution has helped move us towards our strategic goals of strengthening our voice, ensuring quality services, and enhancing organizational health.

Sincerely,

Jane Atherton,
President

and

Michael Anhorn,
Executive Director

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 (CMHA VF) 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, counseling, 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 Accreditation

The Canadian Mental Health Association, Vancouver-Fraser Branch is accredited by CARF International 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 VF has demonstrated that it meets international standards for quality and is committed to pursuing excellence and has demonstrated its commitment to offering programs and services that are measurable, accountable, and of the highest quality.





"I know I would probably still be off [work] if I didn't have this program. I can get back to my life and back to my clients. This program gave me life tools that I really needed, and I feel that I'm returning to work stronger than I've ever been before. I'm prepared to handle work stresses and offer new tools to my tenants too! Thank you so much."

Bounce Back[®]: reclaim your health

Bounce Back[®] helps adults overcome early symptoms of depression and anxiety; it also helps to improve their mental health. Participants can learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive. Bounce Back[®] is an evidence based program proven to be as effective as medication for reducing the symptoms of mild to moderate depression and anxiety.

It offers an instructional DVD with practical tips on recognizing and dealing with depressive symptoms and a series of educational workbooks with trained telephone coaches to reinforce the application of cognitive-behavioral strategies. Available for free across BC and funded by Provincial Health Service Authority, Bounce Back[®] has been shown to help reduce symptoms of depression and anxiety by half, and over 90% say they would recommend it to a friend or family member.

In 2015/16, **1010 PEOPLE** were referred to **BOUNCE BACK[®]** from the Fraser Health Region.



report Bounce Back[®] program allowed them to make positive life changes



of individuals report positive access to the program



of participants feel that Bounce Back[®] is a quality program/service

“Carmen has struggled with anxiety and concurrent mental health conditions for many years, thus is isolated and spends days alone in her apartment. Through ECHO staff efforts and encouragement, she began volunteering in the community assisting seniors with daily tasks. She also signed up for the ECHO improv group to help alleviate her intense anxiety and fear. Today, Carmen continues to grow through the help of the ECHO staff and is doing very well!”

ECHO Clubhouse

The ECHO Clubhouse reduces isolation and increases member’s connection to community by providing rehabilitation services and learning and growth opportunities for individuals living with a mental illness. Individuals in recovery from mental illness have a safe place to access a wide range of programming options which help members to build meaningful and contributing lives as they recover from severe mental illness.

ECHO’s programming is based on the principles of recovery-oriented Psycho-social Rehabilitation, and supports members in obtaining employment, education, social support networks and housing.

This year, staff responded to a high demand for personal wellness programming, including yoga, meditation gongs, and the Wake-up Your Wellness program, which 88% of ECHO members completed.

“Karen came to ECHO after 8 years of addictions and mental health recovery. Confused about what direction her career should take, she began volunteering at a woman’s recovery treatment centre. The ECHO Coordinator suggested that she do some interest testing on Career Cruising. The results showed that addictions counseling was a viable career path. Karen then began to explore re-training options through her CPP Disability Benefits Program. Soon, she was in school at Vancouver Community College for the Counseling Certificate Program. Through many tribulations and support, she graduated and began a new career as an addictions counselor.”



“At ECHO, I learned about the Peer Support program and now I am qualified to teach the program. I learned friendships are essential for our recovery. I learned that it’s important to have fun every day and spread the positive wherever we go.”

ECHO had **182** individuals access the Clubhouse



reported activities help them to attain personal goals



felt very satisfied with the ECHO program



“I joined the Get Set & Connect program because I felt lost, disconnected and wanted to be more active and social. Well—I achieved those goals, and am now married and working. Through CMHA VF, I now have goals and dreams to conquer and I feel very grateful to the staff.”

“Get Set & Connect program has brought me self-esteem and has given me opportunities to join wonderful programs and meet people in a similar situation. It has also helped me understand I’m not alone and that there are people who are willing to help if given a chance.”

Get Set & Connect

Get Set & Connect (GSC) helps participants to form significant connections and meaningful relationships (which are proven to advance recovery from severe mental illness) by linking adults living with mental illness to leisure activities in their community. Through monthly networking sessions, participants share resources, success stories and knowledge about other opportunities and activities in the community.

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

This year, staff supported an increase of participants taking on leadership roles within the agency on both CMHA VF Committees and within GSC groups. This has led to participants facilitating in committee groups and 7 participants actively sharing their story of recovery to the public.



felt confident in maintaining goals and/or connections to community



coaching sessions
25% increase from last year



peer led groups occurred in the community

Individual Placement & Support (IPS)

A 52 year old female client, Sarah, had not worked in 20 years when she entered the IPS program. An IPS Vocational Rehabilitation Counselor and Sarah worked together to create a resume and cover letter, and approached competitive employment leads in the community. Sarah wanted to work with the public in the retail industry, and to her pleasure, quickly received calls for interviews! Sarah was overwhelmed with the quick response! Sarah was a successful candidate, and has been working six months as a full-time customer service representative in a popular department store.

“Thank you very much for all your help in finding me a job. I really couldn’t have done it without you.”

Individual Placement and Support (IPS) supports individuals with mental illness to obtain and maintain competitive employment. 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.

IPS is a recovery-oriented Psychosocial Rehabilitation evidence-based 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 mental illness. CMHA VF regularly achieves or exceeds the employment placement rates outlined in the literature.

In 2015, the “Occupational Recovery after First-Episode Psychosis: A Critical Period” three year Research Project was launched to study the effectiveness of IPS with Early Psychosis Intervention clients in the Fraser Health region.

CMHA VF is one of 13 cities in Canada taking part in Creating Opportunity – A National Approach, a federally funded CMHA National Employment Project. Over the next three years, through the IPS program, the funding will allow CMHA VF to work directly with many individuals to make their goal of becoming employed a reality.



249

individual clients received support securing employment

52%

of participants found a first job placement in the calendar year

100%

report that the “overall service is Very Good/Excellent” – IPS National

Community Living Support / Supported Independent Living

The Community Living Support (CLS) is a client-centred, rehabilitation program that helps individuals living in New Westminster develop independent living skills as they work on their recovery from mental illness. In addition to developing life skills and coping skills, clients are also assisted to navigate the formal support systems such as income assistance, old age pensions, primary health care and other requirements for daily living such as obtaining driver's license, and help obtaining job placements. Some CLS clients also receive a housing subsidy for rent through the Supported Independent Living (SIL) program.



reporting access to
community resources



reporting program has
helped them to become
more motivated



Homeless Outreach

The Homeless Outreach program dramatically improves the lives of individuals who are homeless by helping them access housing, a stable source of income, and other support services such as primary and mental health care. In addition, the program will also support individuals to develop health and life skills.

When Larissa arrived at the CMHA VF Homeless Outreach program, she had no place to call home. She had no family to connect with, no job to earn money, was hungry and very mistrusting. She was provided clothes, shoes, occasionally food, and was connected to one of CMHA's outreach workers who tirelessly supported Larissa through this challenging time. Slowly trust was formed. Crisis requests became fewer and soon stopped completely. Each month and little by little, Larissa is improving. She calls CMHA staff to wish them "Happy Mother's Day" and has even reconnected with her teenage daughter for the first time in years.



**PREVIOUSLY HOMELESS
INDIVIDUALS
found a home**



Transitional Housing

The Transitional Housing program supports residents to improve or acquire the skills needed for everyday living while regaining a sense of social inclusion through activities at community centres, clubhouses, and local libraries. CMHA VF operates three transitional houses, two (2) in New Westminster and one in Maple Ridge. Residents of our Transitional Houses can transition to Community Living Support (with or without rent supplements form Supported Independent Living) as they gain the skills, confidence and wellness needed to live more independently.

149 individuals placed in housing

15 units living together as families

125 people housed as an adult living independently

3 seniors were placed in housing

90%

reported program has helped increase motivation and strengthened their skillset

92%

of individuals have set their own goals



Youth Supported Independent Living

Operated throughout the North Region of Fraser Health Authority, the Youth Supported Independent Living program provides youth with safe and affordable housing, while improving independent living skills and supporting recovery from mental health and addictions. Program participants identify and work towards goals they view as vital to their recovery. Program participants are supported to access community resources, maintain their housing, develop budgeting and grocery shopping skills (taking into consideration their limited incomes), and identify their early warning signs that, if responded to, can help them to prevent future mental health crises. Participants are encouraged pursue both work and educational opportunities.

6

youth living independently from families

94%

reporting they achieve healthy outcomes due to the program

66% OF CLIENTS furthered their education or obtained employment



Peer Navigator

The Peer Navigator program increases inclusion, self-advocacy and connection with services, for people trying to navigate the mental health and substance use systems. In essence, it helps program participants to build skills, reclaim their power and advance their recovery journey. This innovative program is a person-centered, recovery-oriented program.

The program leverages the expertise (lived and developed through training) 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 meet the participants' self-identified needs in areas of income assistance, legal aid, housing, and health (primary and mental health) related services.

“One of the biggest successes of the program has been helping build participants’ confidence in addressing their challenges navigating through social resource systems. Clients have reported that their quality of life has improved, some clients have attained stable housing, while others have received income assistance, housing supplements, and other forms of support.”



reporting it has been helpful to talk to a peer



very satisfied with the Peer Navigator program



reporting program helped them to advocate for themselves

Peer Support

Peer Support helps individuals with a mental illness to identify and achieve their goals as part of their recovery process. Participants of the program work with a Peer Support Worker (PSW) who has lived experience with a mental illness, is working on their own recovery journey, and thus has navigated the mental health system. Drawing on their own knowledge, understanding, and training, PSWs provide a unique and personal style of support which helps break down barriers program participants experience in connecting with their communities, accessing appropriate services, and achieving a mentally healthy lifestyle. Peer Support concretely demonstrates to program participants that hope and recovery are possible.

“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.”

“My Peer Support Worker and I worked on feeling safe taking the bus, and recreation activities like going to the community pool and taking up arts and crafts. It gave me a lot of confidence in getting involved in the community! Since we have similar life experiences, we can share them. It’s nice to know that you’re not alone, knowing other people have the same sort of life stuff. It gives a boost of self-confidence.”



952 PEOPLE in the community worked with a Peer Support Worker



of participants report the PSW helps to be more active in the community



of participants that would refer the program to a friend

Self-Employment Services

Self-Employment Services (SES) provides opportunities for supported employment and facilitates the exploration of self-employment as a viable work option. Self-employment clients continue to achieve success with implementing their business plans and obtaining further training towards their goals.



Treasure Chest Thrift Store

The Treasure Chest Thrift Store, located in heart of Up-town, New Westminster, serves the community by providing an assortment of low-priced, good quality clothing, movies, books, antiques and specialty items. The revenue generated by the Store supports the programs and services of CMHA VF.

Managed by a very small team of staff, the Thrift Store could not operate without our dedicated volunteers. CMHA VF is thankful for the hard work of our volunteers who make the Thrift Store a thriving and successful social enterprise.

Willow Bean Café

The Willow Bean Café provides competitive employment in a supported work environment that includes training, skill development and certifications that will help trainees as they return to school or work. The Café continues to be supported by sponsorship from the VGH/UBC Hospital Foundation and Sodexo. In 2015/2016, 63% of trainees obtained employment or pursued educational opportunities after their time at the Café.

One young person, when beginning at the café, avoided customer contact and struggled to engage. With the support of CMHA VF staff, he gradually increased interaction with the customers. Within a few short months, his genuine care for people and ability to manage challenging situations and customers was very apparent. He gained a high level of self-awareness and made several significant life transitions during the program, including transitioning to independent living, making new social connections and beginning regular employment. This graduate has been incredibly pro-active in creating strategies for success and maximizing support at every step, and is now working 4 shifts a week at a local coffee shop and is well-liked by his peers and supervisors.

100% Baristas report increased confidence in employment related skills

100% Baristas report satisfaction on job experience

Weekly sales increased by **25%** over the previous year

“Since I attended the Happy Seniors Drama Group, it enriched my life and has been a turning point for me to learn new things.”

“Before attending the Happy Senior Drama Group, I felt like an old lady hiding in the kitchen. I was a victim of harassment some years ago, and so felt quite hesitant to make new friends. Now, I have a place that feels safe. I also have the courage to play as a young lady on stage with make-up on! “

Chinese Mental Health Programs

The Chinese Mental Health Promotion Program improves the lives of individuals in the Chinese community by increasing awareness of mental health issues, promoting wellness through recreational and leisure activities and reducing the stigma associated with mental illness.

For over 20 years, the program has hosted monthly support groups in Cantonese and Mandarin, has held depression/anxiety screenings and large festival events, and with the help of community partners, has facilitated workshops on a variety of topics such as grievance, managing money, understanding emotions, etc. As well, programs include culturally rich and supportive activities ranging from painting, singing to exercise sessions and laughter yoga.

The program includes a component entitled “Happy Seniors,” which provides programming specific to the unique needs of Cantonese and Mandarin speaking older adults.



seniors served



feel comfortable in asking for help



feel overall health has improved



would recommend the group to others

"I learned so much in Mental Health First Aid, the course was very informative and helpful. I'm eager to bring this back to the worksite and use in my everyday life. Thank you."

"I found the most valuable part of Responding with Respect was learning how to respond and provide resources to people who need it, and how to appropriately deal with and diffuse a difficult situation."

Community Outreach & Education

The Community Outreach and Education department increases mental health literacy in the workplace, schools, homes and communities by providing comprehensive knowledge on mental illness and mental health through workshops, by providing print resources and attending health fairs, employer wellness sessions and other community events.

Living Life to the Full (LLTFF) helps workshop participants to feel better and deal with everyday life challenges by learning better self-management skills using Cognitive Behaviour Therapy (CBT) principles. It is an eight-session, 12-hour, evidence-based mental health promotion workshop offered in both an adult and youth version. Course content and materials are practical and easily applied to everyday life situations. The course was developed by a widely recognized expert in the CBT field, Dr. Chris Williams.

Living Life to the Full was been adapted for youth aged 13-18 by Blue Wave, the youth mental health program of the Canadian Mental Health Association, BC Division. While the approach is fun and interactive, the course will look at worry, depression, low motivation and isolation, and will help youth develop healthy thinking, problem solving, confidence, and anger management.

Mental Health First Aid (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 two-day program teaches people how to recognize the signs and symptoms of mental health problems, 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. MHFA was developed by the Mental Health Commission of Canada and is available across Canada.

Mental Health Promotion Programs. The mental health promotion programs – Make Wellness a Priority and Resilient Minds in Tough Times – enhances the wellness individuals. With a holistic approach, participants discuss and define the importance of mental health, stress management, emotional intelligence, and how to build one's own resiliency.

Responding with Respect (RWR) workshops provide participants' with the tools to identify and recognize early signs and symptoms associated with a mental health problem and then how to appropriately and effectively respond to a person who may be struggling using proper communication skills. The training increases participants' confidence to take action in a timely manner, reduces stigma related to mental illness, facilitates access to resources and helps the participants to improve their own mental wellness. The workshops are tailored to meet the needs of different employers and range in length from 1 to 7 hours.

Community Gatekeeper Training

Community Gatekeeper Training is a suicide awareness program that prepares and educates members of the community to be the help for people who are at risk of suicide. The training 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).



FIND US ONLINE
[@CMHAVancouverFraser](#)
and [@CMHA_VF](#)

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

This year we attended **47 COMMUNITY EVENTS**
and reached over **3,300 COMMUNITY MEMBERS**
2,604+ PEOPLE receive CMHA Mental Health eNewsletter

1261 WORKSHOPS DELIVERED

- 14%** increase in Responding with Respect workshops
- 57%** increase in Mental Health First Aid workshops



of attendees were satisfied with their workshop

Counseling & Adult Support Groups

Counseling

The Delta office has been helping people lead happier, healthier, more full-filling lives through its counseling services for 5 years. We can provide lower-cost counseling services for people with limited income who would not otherwise qualify for such services. The services available include clinical counseling for children, youth, adults and seniors, group/couples therapy, functional assessment, educational and career counseling, 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.

Adult Support Groups

In Delta, CMHA offers a variety of support groups that offer support, encouragement and education in a confidential, non-judgmental setting. The groups are often co-lead by peers and a Registered Clinical Social Worker. They are offered in drop-in format, are free to participants and available to people no matter where they live as long as they can travel to our Delta office.

As a partner in The Delta Food Coalition the Delta Resource 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.

Support Groups offered are:

- Obsessive Compulsive Disorder (OCD) Support Group
- Family Support Group
- Mental Health Resiliency
- Gardening and Gleaning for Mental Wellness

100%

of support group members reported feeling more supported and encouraged



of participants from OCD group felt they acquired learning strategies to help themselves or others



of Mental Health Resiliency group participants that report satisfaction with their group



Delta Drop-In Center

The Delta Drop-In Center provides mental health resources, advocacy and support for calls, walk-ins and visitors. Located in the heart of Ladner, the Centre also hosts a Therapeutic Volunteer Program for adults on disability. Through volunteer experience at the Centre, volunteers improve on the skills required for the workplace and feel a dramatic increase in confidence and ability. The Centre also welcomes a variety of practicum students looking for experience in business skills, social work and counseling.

“The Ptarmigan sessions were fantastic! What great use of technology and excellent child and youth work! “

“I just wanted to extend my gratitude and appreciation to the amazing ORCA team.”

Mike is very enthusiastic when he participates in the group. He likes to vacuum and prep the rec room, he’s helpful in planning activities and totally takes pride in the cleanliness of his surrounding community (our garden space). Last fall, he was finally taken off the Super Saturday waiting list and is now a regular attendee of the monthly program. His Guardian is very thankful for the ORCA staff connecting his son with another program without borders or stigmas that usually exclude his child. To date, this child is always enthusiastic and we’ll behaved within the Super Saturday program.

“Thursday coffee is a day to look forward to – free coffee and goodies and great people!”

ORCA - Opportunities for Recreation & Community Access

ORCA reduces the isolation of tenants living in social housing, increases their connection to community, builds relationships, and improves both 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 satisfying life. The program also provides a sense of purpose and accomplishment, influential factors in positive mental health, through leadership opportunities. ORCA provides recreation programming at 17 BC Housing sites and includes adult, children and family activities.



2012 BC Housing tenants accessed ORCA program, **100% increase** from last year

253 were children and youth

495 were seniors a 69% increase from last year

86%

reported ORCA services are good/excellent

74%

report program strengthened interest in volunteering

"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."



reporting program helped their child expand their "Range of Play"



reporting an improvement in knowledge/ understanding of mental health

Art & Expressive Therapy

The Art and Expressive Therapy program helps children, ages 6-12, explore their creative selves while nurturing their emotional health. The primary focus of the art therapy group is to focus on feelings, and to build on their strengths to develop greater self-esteem. Children learn mindfulness, how to breathe, communicate, collaborate, play, perform, tell stories, find their voice, and have fun using paint, clay, and sculpture.

HEADSTRONG

HEADSTRONG keeps high schools students happy and resilient. The education program reduces stress and improves low mood by providing coping strategies and effective tools in a three hour workshop. Students also learn how to access help for themselves, their peers or loved ones. HEADSTRONG is facilitated in a peer-to-peer fashion by a youth facilitator who has experience living with a mental health problem. HEADSTRONG is in partnership with the Delta School District.



students reached this year



of students rating the facilitators as listening and being respectful

"I made new friends and learned how to talk to people!"

"Fun Friday helped me get through high school."

"I just loved everything about fun Friday. The people, the activities, the leaders. I hope it never stops."

Super Fun and Pandemonium Groups

Super Fun Group

The Super Fun Group builds resiliency, creates connection and instills confidence to children who live with a parent with a mental illness by providing monthly outings. In addition to increases the social network of children and promoting social skill development, the program ensures that 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.

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 creates fun and empowerment for youth who have a mental health problem. The recreation-based program provides a social and safe environment for 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.



parents satisfied program helps family feel supported in community



parents state that child accessing the groups helps increase time for self-care



of children report increased confidence since coming to the program



families served in Vancouver and Richmond

Branch Fundraising

CMHA VF is committed to expanding fundraising efforts to build a diverse and stable funding base that supports collaboration, innovation and service. The 36% increase in our fundraising dollars this year were made possible by generous donors across Metro Vancouver, public and private foundations, Province of British Columbia and Health Authorities.

Our annual campaigns and fundraising events were largely successful. The 2015 BMO Vancouver International Marathon Run4Hope Program raised \$31,000 with 37 committed runners, their friends and families and other supporters – a 62% increase from the previous year. 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 over \$9185.00. The collective

efforts to raise funds increased the branch’s capacity to provide programs for children and youth, enhance housing programs, and provide bursaries for the CMHA flagship program Living Life to The Full workshops.

On behalf of the Board of Directors, staff and participants, we thank our key funders and donors for their contribution which has strengthen our capacity to provide community-based programs, give hope, and change lives.

Donor Recognition

We would also like to thank and acknowledge these donors who have contributed to the success of our agency and have make a difference to an individual living with a mental health problem. The donations include BMO Vancouver International Marathon Run4Hope, Douglas College Miles for Mental Health and Agency donations.



<p>\$100,000 Anonymous</p>	<p>\$ 20,000 Private Foundation</p>	<p>\$250+ Jodi Cadman Gillian Dean Ron Hayek Karen Holtom Grace Kwok Roseline Lim Karen Lo Dale Lutz David Szutu</p>
<p>\$1,000+ Darren Bidulka Lisa Landry The Delf Group T Heah Melinda Suto Chicoine Family Mark Baron</p>	<p>\$ 500+ Bruce C Grant Rosalyn Hanna Justin Vachon Family of Nick Healey</p>	

Gift of Hope

In December 2015, CMHA Vancouver-Fraser received a very special ‘Gift of Hope’ from an anonymous donor in the amount of \$100,000. The donation has allowed our branch to further support children and youth in Delta as we now have capacity to add a Super Fun/Pandemonium group (recreation based group for children and youth either with a mental illness or with one or more parents with a mental illness) and adapt and pilot Headstrong for Grade 7/8 (currently it is offered to Grade 10).

The donation is one of (and is potentially the largest) gift in the history of the Vancouver-Fraser Branch and our founding organizations. It has furthered our commitment to invest in the mental wellness of children and youth. CMHA Vancouver-Fraser is truly grateful for the kindness and generosity of the donor, and for the opportunities which now lay ahead.

Funder Recognition

MAJOR FUNDERS



BC Housing



Canadian Mental Health Association
Mental health for all

COMMUNITY, CORPORATE & OTHER FINANCIAL SUPPORTERS



Douglas College Miles for Mental Health

On October 4th, 228 runners from the Metro-Vancouver area and the Fraser Valley laced up their shoes to walk/run at Queens Park in New Westminster with the shared goal to inspire the first steps to a healthier community and to raise funds for child and youth, and housing programs. Miles For Mental Health raised \$28,880 collectively by 228 community runners, Douglas College students and facility members.

Our sincere thank you to all donors and supporters who contributed to the success. As well, thank you to the six year presenting sponsor, Douglas College, for your helping CMHA to make a positive impact in mental health and for your dedication to keeping its community mentally healthy.

Participant Recognition

\$500+

Ryan Halmich Steve McFarland
Deborah Hosak Vicki Shillington
Monika Kaczorows

Team Recognition

\$1,000+

In Memory of Nick Healey
Douglas College Mental Health Champions!
The DC Mental Health Superheroes



JOIN RIDE DON'T HIDE
on Facebook & Twitter
@RIDEDONTHIDE

Shoppers Drug Mart Ride Don't, the largest mental health fundraiser in Canada, aims 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. On June 26th, 2015 at the Greater Vancouver ride, nearly 1200 supporters joined us to ride and raised \$248,000 for child and youth and education.

"Mental health is often overlooked. Kudos to everyone participating in @ridedonthide to raise funds and awareness of mental health matters!"

The funds enabled families and children who live with a mental illness to receive recreation-based programs in the Super Fun Groups, Pandemonium Groups in Vancouver, Burnaby and Richmond and Headstrong in Delta. In addition, the funds also provided bursaries to Living Life to the Full workshops of people with low income.

"Big thanks to those @ride-donthide volunteers that patiently waited on each lonely street corner tirelessly pointing us in the right direction all morning! And thank you to #VPD and #RCMP for keeping some of the streets clear and safe!"

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. The Canadian Mental Health Association sincerely thanks all riders, volunteers, sponsors and donors for being a part of the mental health movement.



I recognize the importance of tackling the stigma of mental health and mental illness. We must raise awareness, eliminate barriers to access services, and provide support and services for those who struggle with their mental health every day along with their friends and families who support them. The growing success of the CMHA Ride Don't Hide event proves that mental health is an important issue for Canadians of all ages and backgrounds.

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. Their continued support allows the Canadian Mental Health Association to fund mental health services for women and their families in the community.

BC Title Sponsor



National Performance Apparel Sponsor



National Sponsor



Platinum Sponsor



Diamond Sponsor



Gold Sponsors



Our Media Sponsors



Our Community Sponsors



Donor Recognition

Shoppers Drug Mart Ride Don't Hide receives incredible support in the form of donations to our riders. Thank you to all who have contributed to the movement, and a special thanks to the following individuals and organizations.

- | | | |
|--------------------|-----------------|----------------------------------|
| Leona Acaster | Mina Fahim | Amanda Smith |
| Trudy Adam | Marlene Guthrie | John & Lindae Thomas |
| Geoffrey Ainsworth | Patricia Janzen | Chris Tidd |
| Paul Balfour | Sid Keay | Stuart Wyse |
| Kathreen Cammayo | Brian Klimack | BC Hockey Benevolent Association |
| Raymond Chan | Mark Labonte | BGC Engineering Inc. |
| Dan Cordingley | Kitty Leong | SMS Equipment & Komatsu |
| Ryan Cordingley | Norma McLeod | Crelogix Acceptance Corporation |
| J. DaSilva | Will Pauga | JDS Energy & Mining |
| Patrice Dunn | Chris Reynolds | Knight Piesold |
| Marco Faccione | Rachel Shen | |



Rider Recognition

\$5,000+

Peter Marshall

\$2,500-4,999

Leona Acaster Karl Sigerist
Lorenzo Bonato Catherine Wyse
Ronnie Scott

\$1,500-2,499

Chris Culos Jenn McGinn
Suzie Klimack Muratcan Zor

\$1,000-1,499

Geoffrey Ainsworth	Patti Freeman	Jenn McGinn
Michael Anhorn	Rachel French de Mejia	Randene Neill
Kevin Baker	Kandas Gounden	Dolly Scarr
Jeff Bandura	Gavin Hume	Jenny Steele
Laura Book	Jamil Hussein	Karen Sun
Louise Bryce	Kevin Inouye	Stephen Wong
Ron Chetty	Matthew James	Claudette Woodbridge
Chris Culos	Sharon Johnson	Kay Young
Deborah Davison	Candice Johnson	Mia Yuen
Patrice Dunn	Pearl Jung	Muratcan Zor
Marco Faccone	Suzie Klimack	
Hilda Fraser	Gloria Martin	

\$500-999

Mary Battle	Sarah Dobson	Margo Mactaggart	Brenda Rudko
Lou Black	Mark Edwards	Meredith Martin	Theresa Savage
Christina Brauner	Allison Felker	Norma McLeod	Deborah Skaey
Jonathan Buyco	Kristin Fox	Samuel Mickelson	Peter Stymest
Robert Cerantola	Jennifer Gibson	Anna O'Brien	John Tani
Kate Chipperfield	Hansee Harrington	Nadine Pinnell	Susan Todd
Leah Churchley	Dick & Sandy Higginson	Chris Reynolds	Nicole Tsang
Dan Cordingley	Adi Keidar	Cindy Richards	Michelle Wing
Ryan Cordingley	Dana Kurucz	Jacob Rossi	Dorothy Woo
Gilbert Cruz	Mark Labonte	Moreno Rossi	

Team Recognition

\$10,000+

Team Valt

\$5,000-9,999

Crelogix-Vancouver
Comber Spinners
Teradici
Wyse Guys



JOIN THE MOVEMENT IN 2017!

Ride Don't Hide Greater Vancouver June 25, 2017

www.ridedonthide.com

"I think the Canadian Mental Health Association is a great way to gain experience, it's an opportunity for you to learn and grow, and it's really rewarding."

Volunteer Programs

The Volunteer Program provides rewarding opportunities to a vast array of individuals to get involved and give back to the mental health community. Volunteers will 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.

Volunteers play a key role in the success of our branch and are essential to daily activities at CMHA which increases our capacity to serve our communities. They are CMHA ambassadors, and will often take on leadership roles such as Health Fair Managers, Treasure Chest Thrift Store volunteers, and Ride Don't Hide Leaders. CMHA VF also hosts a workshop - Ready, Set, Go Volunteer – through the Get Set and Connect program for those individuals who require additional support in getting started.

Our branch depends on the support and dedication from volunteers as through their helping hands, we are providing more hope and reaching our national vision of mentally healthy people in a healthy society. From the bottom of our hearts, thank you.



Participant & Family Voice Committee

The Participant and Family Voice Committee is a new volunteer committee exploring an evidence informed model of consumer and family participation with the intention of engaging CMHA participants and family in meaningful ways in the agency.

The primary goal of the committee is to advise and plan the implementation of an evidence informed model of participant and family involvement in all aspects of the agency and programs.

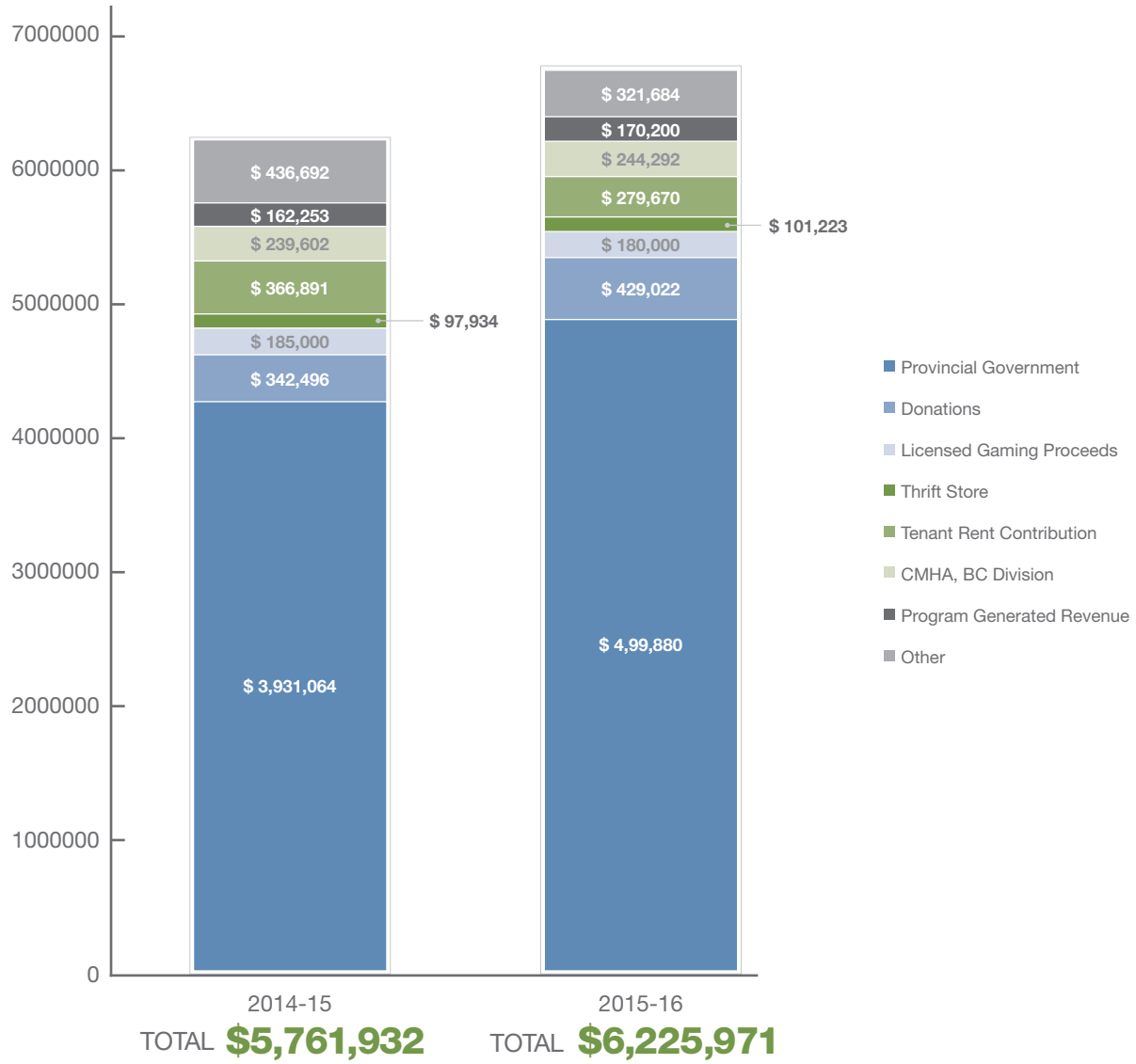


volunteers
supported CMHA
Vancouver-Fraser

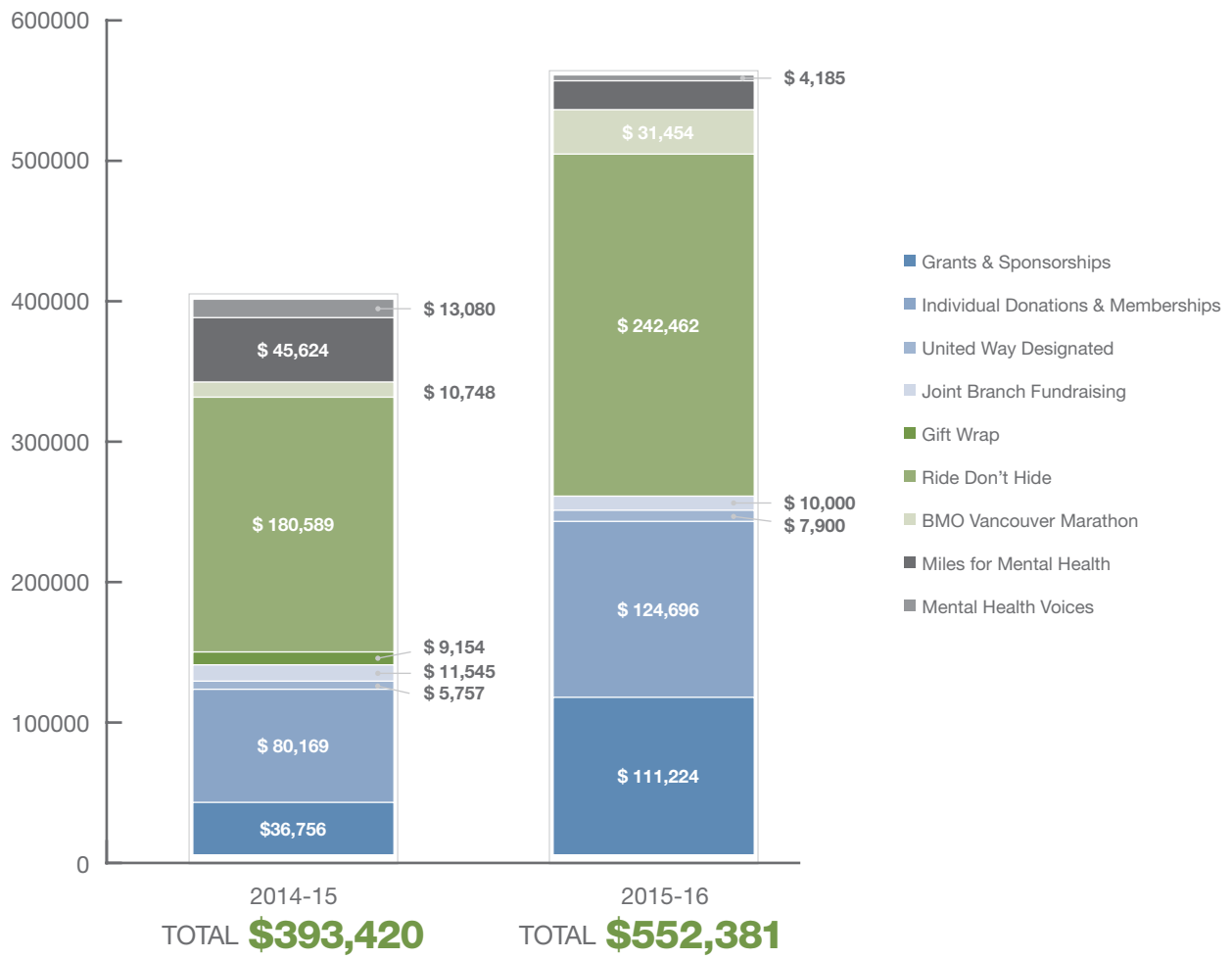
Total of **3292 HOURS**
contributed by volunteers

Financial Report

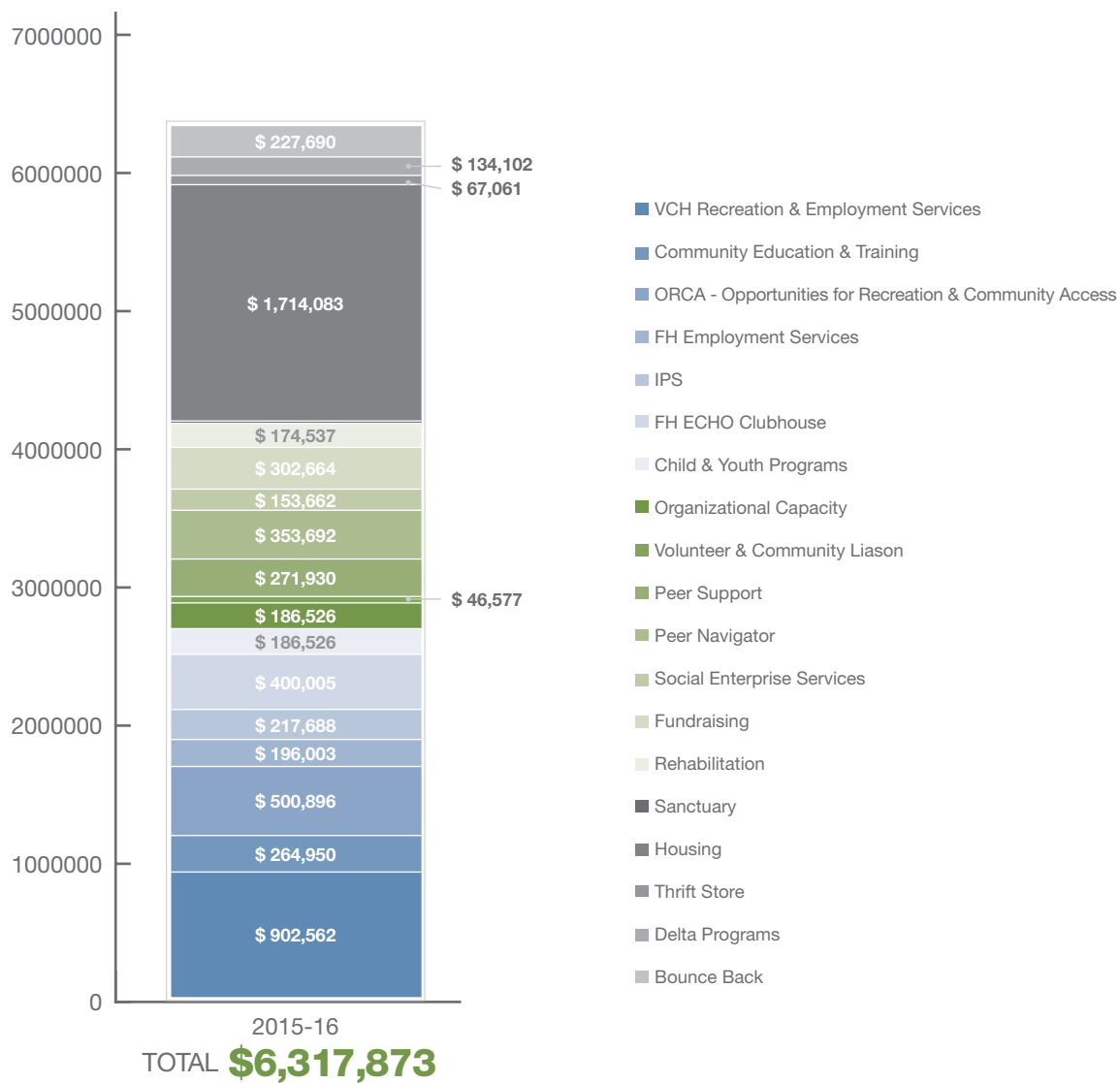
REVENUE GROWTH



FUNDRAISING GROWTH



EXPENDITURES BY PROGRAM AREA



Be a Part of Our Success!

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

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
Mental health for all

Charitable Registration No. 81169 1922 RR0001

Champions For Positive Mental Health Since 1918

Canadian Mental Health Association, Vancouver-Fraser

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