

Canadian Mental Health Association  
Vancouver-Fraser Branch

# Impact Report

2019/20



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

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



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# Engage & Connect with Mental Health

Now is the time for all of us, as a committed community, to build hope and take action in creating a mentally healthy community [#mentalhealthforall](#).

With the advent of COVID-19 in the spring, awareness in our personal mental health and wellbeing escalating daily; there is increased media awareness and conversations are more open today than ever before, We're talking; it's now time for each one of us to be active in creating an inclusive, healthy, and responsive community.

Take a moment or a few hours to volunteer, join us as a member or become a philanthropic partner. You will be making a positive contribution in an individual's and our community's mental health, and you will be bringing hope to those who are challenged with living with mental health issues or mental illness.

## Volunteer Opportunities

**CMHA, Vancouver-Fraser** provides a wide range of gratifying opportunities for volunteers.

We offer you an opportunity to participate on our board or advisory committees, actively participate in a number of our programs or represent CMHA-VF at any of our community outreach and education programs. Join us today as we move forward together in shaping our future!

## Become a Member

When you become a member of CMHA, Vancouver-Fraser, you are demonstrating your support for mental health in your community and helping to build hope, support, and inclusion for people with mental illness and addictions.

When you join, you have a voice in the future of CMHA-VF through the election of members of the Board and an invitation to the Annual General Meeting. You also receive a free subscription to the award winning *Visions Journal*.

## Philanthropy & Community Partnerships

**CMHA, Vancouver-Fraser** is actively developing partnerships with individuals, organizations, companies and community groups to support mental health. We have extraordinary programs, dedicated staff, clients and professionals with compassion, all with the ability to create a mentally healthy community.

But we can't do it alone. The impact on a child, a parent, a youth with mental health challenges or mental illness would be greater with YOUR support.

How? A monthly donation, an annual gift, a gift in your will, a gift in kind or a corporate partnership.

EVERY gift has a positive impact on the mental health of individuals within the community.

## Breathe Deeply Community Connections

Please Stay Connected

**Breathe Deeply Community Connections**, our quarterly e-newsletter, will help you stay on top of the latest mental health news, programs and resources from CMHA, Vancouver-Fraser and beyond.

Follow us and join the conversation on Facebook [@CMHAVancouverFraser](#), Twitter [@CMHA\\_VF](#) or Instagram [@cmhavancouverfraser](#) and watch amazing stories on our YouTube channel.





**Shawn McNaughton**  
Board President

## A Message from the Board President

I have been privileged to serve as Board President of CMHA, Vancouver-Fraser this past year as I have witnessed how this pandemic has brought the national Canadian Mental Health Association federation together, working strongly together in its commitment to mental health.

Working within a Federation has great benefits, and great challenges. I am very pleased to report that Executive Directors from across BC have come together every morning since mid-March, via zoom, to discuss how the pandemic has been impacting our clients and participants; how our staff are coping with working at home; how technology has impacted our service delivery both positively and negatively and most importantly, identifying the key issues that need to be addressed by government in support of mental health today and into the future.

This past spring, working with the Provincial office, CMHA-VF took a lead in advocating for mental health service providers to work side by side with the police in interventions with those suffering from a mental illness. CMHA BC and our community partners have testified at inquires, drafted policy reports and commented publicly re the moral imperative to improve crisis care. We need a fundamental shift so that police are no longer the default response for a “wellness check” or a mental health or substance use emergency.

Under the leadership of our Executive Director, Michael Anhorn’s and the help of the Leadership team, the organization has embraced technology as a key vehicle to deliver our services, and the staff continue to develop new community partnerships in order to provide a broader, more comprehensive level of mental health servicing and programming for our clients and participants.

Over the past year, we started to connect with corporate leaders within Metro Vancouver to develop a greater understanding of how they manage mental health in the workplace. With an expansive array of resources promoting Mental Health in the Workplace, CMHA-VF continues to seek feedback and input from the corporate sector to ensure we are meeting their needs and improving mental health for all.

As we enter our new fiscal year, the Board and Leadership team will engage in a robust strategic planning for the future, a process that I am very excited about. Together we have an unwavering commitment to work together and I can assure you, our commitment is stronger than ever.

On behalf of our Board of Directors, thank you for your continued support of CMHA, Vancouver-Fraser.

A handwritten signature in teal ink, consisting of a stylized 'S' and 'M' enclosed in a circular flourish.

## A Message from the Executive Director



**Michael Anhorn**  
Executive Director

This last year has been one of great highs with increased communications with government leaders who are attentive in hearing and understanding the growing need for access to mental health services, as well as great lows as we experience the wave of the COVID-19 pandemic. CMHA, Vancouver-Fraser was challenged to meet the ever-increasing needs of our clients, members and participants as they struggled to develop skills to live with their personal mental health challenges. We also encountered the challenge of how we were to deliver programs and services using technology as we experienced the 'new normal' of physical distancing.

However, our commitment to mentally healthy people in healthy communities is as strong today as it ever has been. Our staff is very engaged in exploring new and innovative ways of delivering our services. We are seeing continued growth in community partnerships with service providers, resulting in increased program participation.

CMHA-VF's Peer Navigator program continues to see a rise in intakes from a wide range of service providers and continues to receive steady streams of self-referrals from those interested in registering for the program. Their outreach program at St. Paul's HUB continues to thrive while they successfully rolled-out a weekly outreach program at the Vancouver Public Library this year. We also partnered with Daytox Outpatient Substance Use Recovery Day program where we held a "lunch and learn" every three weeks, inviting new clients to connect with a Peer Navigator to learn about the program.

The Individual Placement and Support program (IPS) assists individuals living with mental illness obtain and maintain employment. Our Vocational Counsellors helped individuals conquer mild depression and/or anxiety with 91% of the participants stating that the program allowed them to make positive life changes. 64% of participants in our IPS program found new competitive employment.

CMHA, Vancouver-Fraser's children and youth program, Super Fun Groups, reported that youth are opening up more with staff, discussing their mental health struggles and other deeply personal things. Many wanted to stay in touch with us via phone calls during COVID isolation. 86% of the youth reported that this program is helping them talk more with friends and 95% increased their level of comfort in trying new activities.

We are living in challenging times and are as committed as ever to provide the critical mental health services and programs to those in need. As I write this, we are seeing an increase in demand and need for mental health services across all sectors of our community due to the pandemic. We will continue to work with our partners, the health authorities, service providers and other agencies to increase access to services. We walk beside you.

I invite you to reach out to us and join us in our journey together as we build resilience and strength within our community, and as we support recovery for those living with mental illness and substance use concerns and promote living mentally health lives for all people.

A handwritten signature in blue ink that reads "Michael Anhorn". The signature is fluid and cursive, written in a professional style.

# About Us

As the nation-wide leader and champion for mental health, **Canadian Mental Health Association (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. Together we positively impact change, creating a community that supports mental health and reduces the stigma associated with mental illness.

**CMHA, Vancouver-Fraser branch** has been serving the Metro Vancouver area since 1958. We believe everyone deserves to be mentally healthy and live in a healthy community. By offering community-based mental health education, services, and supports for children, youth, adults and seniors, CMHA, Vancouver-Fraser contributes to the long-term health and wellbeing of our communities.

## Accreditation

**CMHA-VF** is accredited through **CARF International**. By achieving accreditation, CMHA-VF has demonstrated that we meet international standards for quality, that we are committed to pursuing excellence, and are committed to offering programs and services that are measurable, accountable, and of the highest quality.



## Our Vision:

Mentally healthy people in a healthy society. We promote mental health for all and support the resilience and recovery of people experiencing mental illness or addiction.

## We Have Three Pillars of Work:

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

## Participant & Family Voice Committee

Our Participant and Family Voice Committee is comprised of current and past CMHA-VF program participants or family members, community volunteers, two CMHA-VF employees and a member of the Agency's Board of Directors to create a platform for peer-led change within the organization. Together, committee members collaborate to identify strategies and solutions to foster continual growth and improvements within the Agency.

The committee offers an inclusive and welcoming space where everyone's voice can be heard.



# Mental Health Promotion

## Adults

Whether you are managing a mental illness, supporting someone you care about, or looking to build your own overall health, we can help you build mental health skills and resilience for yourself and your family through a variety of programs and services.

## Bounce Back<sup>®</sup>

The **Bounce Back<sup>®</sup>** program is designed for those 15 years+ to overcome early symptoms of depression and anxiety and to improve overall mental health. Community coaches provide telephone delivery of a brief, workbook-based, self-help program to improve mental health. Participants learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive.

Bounce Back<sup>®</sup> is funded by the Provincial Health Services Authority.

## Impact

**2,403**

referrals

**85%**

believed the program helped them make positive changes in life

**37%**

had a decrease in depression symptoms

**41%**

had a decrease in anxiety symptoms

“I was looking for something to help me be more self-directed and objective-focused with my mental health while still having supports and accountability, and honestly Bounce Back<sup>®</sup> is pretty much exactly what the doctor ordered (as it were). I'm really thankful for the help I got from Bounce Back<sup>®</sup>. Great work, everyone!”

“I really enjoyed the program, the written material, and the video. The coach did an excellent job of checking on me every session and evaluating my mood. I am very grateful to Carmela to guide through the program, helping me bounce back from depression and low mood and teaching me how to stay on track.”

# Chinese Mental Health Promotion Program

The **Chinese Mental Health Promotion Program** has been improving the lives of adults and seniors in the Chinese community by promoting wellness through recreational and leisure activities, increasing awareness of mental health issues and reducing the stigma associated with mental illness for almost a quarter of a century.

The program is led by a group of committed, creative senior volunteers who participate in the planning, organizing and hosting of a large variety of activities including: monthly support groups in Cantonese and Mandarin, depression/anxiety screenings, large festival events, and workshops on a variety of topics such as grieving, managing money, understanding emotions, etc. In addition, fun, interactive workshops include stretching, laughter, painting, photography, Learn to Sing, Learn to Drama, Learn to Dance, Performing Team events, Cultural Events and Voice sound Sessions.

With specialized programming for the older population, we reached 1,495 total participants in 245 sessions in 2019/2020.

## Participant Feedback



**96%** learnt better ways to cope

**92%** have a renewed & positive sense of life

**92%** feel less lonely

**A Cantonese senior who has recently lost her spouse shares her story with us:**

She has been experiencing depression and insomnia for a long time. She shared that she feels good and sleeps very well after our event.

She realizes that life is not as grim as she thinks, instead she gives thanks for every meal and every day. Her heavy load is lifted. Since then she smiles more often and actively joins other activities.





## Counselling & Support Groups

### CMHA, Vancouver-Fraser offers two support groups:

The Obsessive Compulsive Disorder (OCD) Support Group, and Mental Health Resiliency Support Group, are open to people from all communities within the region. They are offered in a drop-in format in Delta, at no cost to participants. We specialize in anxiety, depression, anorexia, bulimia, borderline personality disorders, bi-polar, OCD, autism, grief and loss, addictions, trauma, and crisis. Those who access our support groups have an opportunity to share their experience living with mental illness in a safe and supportive environment, which is co-lead by peers and a Registered Professional Counsellor.



**50+** individuals attended support groups



## Participant Feedback



## South Fraser Resource & Support Centre

The South Fraser Resource and Support Center (located in Delta) receives a high volume of walk-ins who are provided with mental health resources, advocacy, and community services navigation. Services include professional counseling for children, youth, adults and seniors, group/couples therapy, functional assessment, educational and career counseling, and nutritional support. We also provide volunteer opportunities for adults recovering from severe mental illness to gain employment and pre-employment skills.



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# ORCA

## (Opportunities for Recreation & Community Access)

A connection and sense of community have significant mental health benefits - this is a fundamental concept and philosophy of ORCA. Tenants living in social housing who attend our programming feel less isolated, build relationships, and improve their tenancy and life skills through a foundation of recreation and leadership programming.

ORCA engages tenants in meaningful and motivating activities using a foundation of recreation and leadership training. The goal is to support each individual to reach their potential and build connections to their community.



### Impact



- 496** seniors & **193** children or youth
- 47%** became leadership volunteers
- 86%** satisfaction with CMHA activity

“I need this program, when I moved in here I was such a mess, I was severely depressed and this program has helped me regain my confidence and strength.” — A Tenant at Hall Towers, BC Housing



# Children & Youth

## Super Fun Groups Program

The Super Fun Groups program is comprised of two streams of monthly recreational-based programming: those living with a parent with mental illness and those who experience their own mental health challenges.

Through Super Days, children and youth have an opportunity to build resiliency, confidence, develop social skills and feel a sense of connection with other children and youth who also have a parent living with a mental illness. Participants are 8-17 years old living in Richmond, Surrey, Delta and Vancouver with a parent who has a mental illness.

Pandemonium is for youth 13-17 years old experiencing their own mental health challenges. This is a fun, recreation-based program that empowers youth to reintegrate back into the community and provides activities that allow participants to meet – and overcome – personal challenges in a supportive way. It offers experience in building friendships and encourages the development of peer social networks that reduce the isolation often felt by youth who are living with a mental health problem.



## Participant & Parent Feedback About What They Liked Most

I love it. Absolutely love it. Staff are all great. I love the fact that the program is taking into consideration the actual problems families may face and take away every barrier, including pickup, drop off, providing food and equipment.

– Richmond Parent

The new activities every month and meeting new people.

– Vancouver Child

The people, the environment, being able to be yourself without judgement.

– Richmond Youth

## HERE4PEERS

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

### Impact

**963**

students reached with **48** presentations to schools within the fiscal year



**76%**

felt safe to ask questions during the workshop

**93%**

learned where to go for help with mental health

**73%**

liked the workshop activities

## Art & Expressive Therapy

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

### Impact

**170**

students (ages 6-12)



**100%**

expanded their "Range of Play"

**86%**

reported a positive impact

**100%**

of teachers satisfied

# Recovery & Innovation

## Housing Programs

CMHA Housing Programs [Transitional Housing, Community Living Support (CLS), Supported Independent Living (SIL), and Youth SIL] help individuals find independent living while building skills as they work on their recovery from mental illness. These housing programs embrace a psychosocial rehabilitation model to build skills so that participants achieve maximum independence and reach their full potential as members of the community while overcoming mental illness and addictions.

### Transitional Housing

Residents in our Transitional Housing program work with staff to acquire the skills they need for everyday independent living. In addition, they work to regain their sense of belonging to a community through activities at community centres, clubhouses, and local libraries. As they gain the skills and confidence to live more independently, residents can transfer to our Community Living Support program to live independently in the community. Three of the houses and the apartment are in New Westminster; the remaining house is in Maple Ridge. Three of the houses and the apartment are for adults. The fourth house serves youth and young adults.

### Community Living Support & Supported Independent Living

Community Living (CLS) and Supported Independent Living (SIL) programs serve adults who are living with a mental illness and are participants of the New Westminster Mental Health Substance Use Access Team. These individuals are supported as they develop independent living and coping skills, such as learning to navigate the formal support systems (income assistance, old age pensions, primary health care), navigate conflicts with other tenants and obtain employment.

### Youth Supported Independent Living

Youth Supported Independent Living (YSIL) serves youth diagnosed with a mental illness, aged 16 to 21 years, living in the Fraser North region (Burnaby, New Westminster, Tri-Cities and Maple Ridge). These youth receive safe and affordable housing and are supported through their recovery. Youth integrate back into their community as they access resources, learn skills such as budgeting and grocery shopping, and pursue both work and educational opportunities. No referrals were accepted in YSIL program last year.

### Impact

**31**

individuals housed  
as residents



**4** transitional houses & **1** apartment

**100%** are satisfied with the support received

**100%** report experiencing increased skills

**149**

adults placed  
in independent  
housing

**11**

seniors placed  
in independent  
housing

**100%** received the level of support needed



# Adult Services

We provide a variety of community-based and recovery-oriented services for adults and seniors including the Echo Clubhouse, Get Set & Connect, Peer Navigator and Peer Support as well as the Parent and Family Voices Committee.

## ECHO Clubhouse

(Education, Community, Health, and Options)

**ECHO** is part of a network of clubhouse programs in the Fraser Region that offers holistic services that range from vocational (job, volunteering, education), leisure and recreation, health and wellness, and personal education. These services are available to Burnaby residents, 19+ and focus on building personal efficacy in individuals' own wellness journeys.

### Impact

**19**

secured jobs

**18**

successful volunteer placements



“ECHO gave me a chance to be an ambassador and lead the holiday outing, I love it very much.”

“Cooking for ECHO and the meal prep (Thursday) help me to prepare a different kind of meal for my family.”



## Get Set & Connect

Get Set & Connect coaches offer one-to-one continued support to individuals, 19+ living in Vancouver with lived experience with a mental health and/or addiction issue. They address goals related to social connection and community belonging. They link adults to leisure and volunteer activities in their community, which builds social networks with like-minded individuals in addition to increasing participant's sense of belonging to community. All of the activities are created and led by the participants (19+, residents of Vancouver).

### Impact

# 917

peer led groups

### Participant Feedback



## 84%

increase in  
overall wellness

## 90%

increased  
engagement in  
leisure activities

## 90%

moved closer  
towards personal  
hopes, dreams  
& goals

“ I get to meet other people that are dealing with similar problems and am learning other helpful working mechanisms that other people have in dealing with their illnesses. ”

“ ... To remain in the community and away from hospitalization. To be sane. ”

“ This program gave me the confidence, tools & knowledge to connect with activities - this was like a dream come true to me. ”

## Peer Navigator Program

Navigating community resources and services can be a complex and overwhelming process. For some people struggling with mental health and/or substance use challenges, finding the appropriate supports that meet their specific needs can feel daunting or even impossible.

The Peer Navigators are a team of 8 peers who identify as having lived-experience of mental health and/or substance use concerns. Each Navigator draws on their lived-experience, training and education to work alongside and encourage program participants in supportive, one-on-one, recovery oriented sessions.

Participants learn how to set attainable goals that address their self-identified needs related to health and wellness, income and finances, community connections, housing, and/or legal matters.



### Participant Feedback



The Peer Navigator (PN) Program has been the most effective resource/program I've accessed in my mental health journey so far. It's been incredible to feel genuinely listened to and understood by such amazing and bright peers. Thanks to the PN Program, I've been empowered to access resources that I had difficulty connecting with as well as utilize countless opportunities in the mental health field that I had no idea existed without a PN's extensive knowledge base.

I was supported through a 29 day stay at Segal which was incredibly meaningful. I successfully applied for PWD and IA with the help of PN. I attained goals and maintained mental wellness that I couldn't have achieved without PN's :).

## Peer Support

The Peer Support Services program is an evidence-based practice where those with lived experience with mental health challenges mentor and support others through their recovery journey, demonstrating that hope and recovery are possible.

The program serves adults 19+ who reside in the Fraser North Region (Burnaby, New Westminister, Tri-cities and Maple Ridge).

The program connects individuals to their own communities, access appropriate services, and to achieve a productive and mentally healthy lifestyle.

Peer Support has made a large difference in my life by having somebody to share experiences with no judgement and much empathy, assisting with reaching goals. Assisting with computer information. Playing new games and talking about current events.

The peer support worker helped me research some info about a career on the computer. I like working with a peer support worker since he is approachable and understands my needs.

### Impact

**1,103**  
individuals working with  
a Peer Support worker

**100%**

are more active  
in the community  
(an **8%** increase from  
the previous year)



## Employment - Individual Placement & Support

Individual Placement and Support (IPS) is an evidence-based, Best Practice Program of Supported Employment for persons with a mental health issue. Staff provide a range of services from initial assessment to on-going support to retain employment. The program is available in both the Vancouver Coastal Health and Fraser Health regions to adults 19+ who are served by community mental health teams.

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.

CMHA-VF is proud to announce a brand new IPS position with the VCH Eating Disorders Clinic and At Work/Au Travail, a federally funded CMHA National Employment Project.

IPS teams in both Fraser Health and Vancouver Health continue to offer WORK PARTY events for “work curious” and working participants to discuss success stories. These events increase both hope and skills for job search and maintaining employment.

### Impact

# 26

individuals gained  
first time jobs



“You mean I didn’t have to quit my job just because I am bipolar? I always used to just quit when I had blip. This time was different. I have been back 7 weeks now. Thank you!”

– Participant, age 34



# Promoting Workplace Mental Health

CMHA, Vancouver-Fraser is committed to improving the mental health and wellness, and safety of the workplace and our community. Through our training, we build confidence in participants' ability to respond with respect to an individual who may be struggling with a mental health challenge; increase mental health literacy; explore stigma to normalize mental health discussions in the workplace and community; and promote self-awareness.

## Resilient Minds™

### Building the Psychological Strength of Fire Fighters

Resilient Minds™ is a skills training and resilience development program designed by and for firefighters, to enhance the personal resilience of career and volunteer firefighters and the collective resilience of fire services. Using a model of co-development and peer-to-peer training, the Resilient Minds™ curriculum has supported hundreds of firefighters in BC to develop strategies to help manage the occupational stress associated with their job.

#### Impact

**310**

fire fighters trained as Peer Instructors



ResilientMinds™



**8** hour program delivered  
to over **1,800** firefighters

“The safety of first responders is our priority, both physical and mental. We actively seek out ways to improve our team’s health, and Resilient Minds™ has become a baseline tool for our department. All of our new recruits are provided Resilient Minds as part of their initial training. It has created a common language that encourages open discussion.”

– Fire Chief Travis Whiting,  
City of Kelowna Fire Department

# Responding with Respect™

Early recognition and intervention can mitigate the negative impacts of a mental health problem.

CMHA, Vancouver-Fraser offers a suite of mental health workshops for employees and for managers that are applicable for organizations and community groups.

The **Responding with Respect™** (RWR) programs inform, engage, and teach participants how to talk about and normalize mental health discussions in the workplace.

## Responding with Respect Series:

- Mental Health Essentials for Managers
- Mental Health Essentials for Employees
- Help & Hope on the Frontline
- Basics on the Frontline

## Lunch & Learn Series:

- Let's Get Honest About Mental Health
- Exploring Stress; Strategies and Skills



## Participant Feedback



“Excellent presentation/facilitation – thank you. I feel more comfortable addressing mental health issues that may arise in my workplace now.”

“Great workshop for creating a workplace environment that reduces the stigma and is supportive of mental health issues.”



## Mental Health First Aid

Mental Health First Aid (MHFA) shares the same overall purpose as traditional first aid – to save lives. Like physical first aid, MHFA is given until appropriate treatment is found or until the crisis is resolved. MHFA is a Mental Health Commission of Canada program and is available across Canada.

CMHA, Vancouver-Fraser offers three versions of MHFA training through our certified Trainers: MHFA Basic, MHFA for adults who work with seniors, and for adults who work with youth.

“Excellent workshop and great facilitators.”

## Suicide Prevention Training

(safeTALK, ASIST)

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. There are two Suicide Awareness Training Programs to increase knowledge, skill and willingness to intervene, as well as helping to reduce the risk of suicide. safeTalk is Suicide Alertness For Everyone; ASIST is Applied Suicide Intervention Skills Training.

“It's a good course that should be widely available to everyone. Can't wait for the day when the TALK steps are taught to kids like 911 and Stop, Drop, and Roll.”

### Impact

**45**  
workshops  
delivered to **662** individuals

**84%**

of attendees felt better equipped to recognize & respond to mental health problems

### Impact

**144**  
individuals trained to create  
suicide safe communities

**10**

workshops delivered

**144** individuals trained to create  
suicide safe communities

**95%** of attendees feel prepared to help a person at risk of suicide

# Philanthropy, Communications & Community

With an increased awareness of mental health challenges within the community, there has been an overwhelming increase in individuals hosting third party events in support of CMHA, Vancouver-Fraser. Events ranging from university hockey tournaments, golf tournaments, community hikes, birthday parties, concerts, yoga sessions and spinathons encouraged individual and group participation as everyone came together to both fundraise and increase awareness for mental health.

We are committed to sharing the stories of impact with you so you can see how your dollars are being directed in mental health.

Philanthropic gifts, corporate partnerships, community third party events, foundation grants, government support and bequests all play a critical and very positive role in impacting the mental health of children, youth, adults and seniors throughout the Vancouver-Fraser region.

Thank you.



# Events

## 2019 Ride Don't Hide

Ride Don't Hide is CMHA-VF's largest fundraising event. Held annually at Swangard Stadium in Burnaby, this community event attracted over 900 participants, 3,000+ donors and 200+ volunteers, raising funds for Children and Youth programming.

Participants have an opportunity to select from a variety of routes, from the 5k walk to a 10k, 20k, 60k and for our season riders, a police-escorted 100k route.

"I've been coming to this event for six years now. The first time I showed up to this event I was instantly completely inspired. And I was crying because I didn't believe how many other people had the same problems that I did."

### SPONSORS



## 2019 BMO Vancouver Marathon

CMHA-VF is a gold sponsor of the BMO Vancouver Marathon. Runners participate in the marathon, or the half marathon raising critical funds for mental health and specifically for our children and youth programs.

Thanks to the 29 volunteers who joined us bright and early on May 5 for the 2019 BMO Vancouver Marathon. Operating a water station at the start line, we gave runners the final boost they needed before taking off and beginning their race. Handling everything from passing out water to providing directions, our volunteers did it all with a smile for CMHA-VF.

### Impact

**70**  
runners

**\$50,185**  
raised

**592** unique donors & **29** volunteers

## Top Fundraising Teams

Friends, family members and colleagues came together as a team to raise funds for mental health through Ride Don't Hide Greater Vancouver or BMO Vancouver Marathon. The following are the top fundraising teams for 2019.



- Team MacDonald
- Rusty Cranks and Cronies
- Mastercard and Friends
- Basque Berets
- The Great Families
- CRA West Coasters
- G&F Financial Group
- Kits Energy
- Power Pedals
- Manning Elliott



- Team Hodgeysan
- Warren's Warriors
- Veggie Scraps
- Team Blackriff



## Community Giving

The generosity of individual donors, local businesses, associations, academic institutions and their employees has an extraordinary impact on the mental health of those living with mental health issues and mental illness in our community.

We thank the following individuals and organizations who have donated directly to CMHA-VF or who have raised money from their networks through events such as Ride Don't Hide or the BMO Vancouver Marathon as well as the multitude of third party events held throughout the community. These champions have financially supported to CMHA, Vancouver-Fraser, providing critical mental health programs and services within our communities.

### \$25,000+

- Anonymous
- Crystal Consulting Group/Kanin Construction Management

### \$10,000 - \$24,999

- David and Jade Lim
- Paten First Annual Golf Tournament
- Phi Delta Theta
- RBC Foundation
- Solomin Chin
- Steve Nash Fitness Clubs
- Sutherland Foundation
- UBC Esports Association



### \$1,000 - \$9,999

- Andrew Sheret Ltd.
- Avison Young
- Best Buy Canada
- BMO Vancouver Marathon
- Christopher Bailey
- Joost Bakker
- Darren Bidulka
- Elda Cadeau
- Julie Deleo
- Debbie Garisto
- G&F Financial Group
- Robert Greer
- Sandra Herd
- Joel Holdrinet
- Ben Leung
- Robert Calderwood Levine
- Joanne Marquis
- Mastercard
- Mott Electric
- Dr. Santa Ono
- PenderFund Capital Management
- Brian Penny
- Provincial Employee Community Service
- Sprott Shaw College
- Pav Sikham
- Tau Beta of Delta Kappa Epsilon
- Victor Tesan
- Tsawwassen Order of Old Bastards
- Vancouver Canucks Alumni
- Vancouver International Airport

### \$500 +

Michael Anhorn, Nadira Baksh, Russell Bougie, Matthew Craig, Princeton Dental, Dante Fabbro, Glenn Gardner, Allison Grafton, Brook Greenberg, Marc Grimson, Lars Hepso, Hans Hodge, Ho Fan Jang, John Johnson, Katherine Luck, Glen Macdonald, Ross MacLeod, Roy Monsey, Nelson Mok, NovaWest Electrical Services, Steve Nemetz, Paul Pereira, Mehdi Shokri, Allan Solie, Anna Rosa Stewart, Corey Wallis, Marian Rice, Marlee Ross, Susan Stanley, Sanjay Sharma, Doris Wong, Glenn Young, Sarah Zurbuchen

**Thank you for your support!**

## Government Funders

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



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

- Province of British Columbia
- BC Housing
- Fraser Health Authority
- Provincial Health Services Authority (through CMHA BC Division)
- Vancouver Coastal Health
- Service Canada - New Horizons for Seniors
- Service Canada - At Work / Au Travail
- City of Vancouver
- City of New Westminster
- City of Richmond
- City of Burnaby
- City of Surrey

## Volunteer Program

Volunteers are involved in every aspect of our work, whether in-person or virtually. Volunteers gain transferable skills to help better prepare for employment, meet new people, and gain experience in an area of interest, which can include administration, event support and/or planning, program management, recreation therapy, and education.

We rely on volunteers to help increase our capacity to serve our community and positively impact those living with a mental illness. We are thankful for their continued support to our agency and dedication to the CMHA national vision of mentally healthy people living in a healthy society.

### Impact

**281**

volunteers provided  
**7,371** hours of time

**339**

program participants volunteered  
**1,865** hours of time

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

# Community Partnerships

PROGRAM	PARTNERS
<b>Bounce Back</b>	Local Divisions of Family Practice, Work BC, Fraser Health and Vancouver Coastal Health community services, and several health fairs across the lower mainland
<b>Super Fun Groups</b>	Adolescent Day Treatment, Big Sisters, Kidsafe, Supporting Families Affected by Parental Mental illness and/or addictions (Richmond-based volunteer table of mental health professionals), BC Schizophrenic Society, School counselors, Kelty Mental Health, Mosaic, PRIYD, TRuust.
<b>Chinese MH</b>	South Vancouver Chinese Senior Group, Raven Song Community Health Centre, The Chinese Seniors Outreach Project of the 2nd Mile Society, Mosaic, Killarney Chinese Senior group, SUCCESS Harmony House for Seniors, Lakeview Care Home, Renfrew Park Community Centre Chinese Seniors group, Chinese Community Policing Centre
<b>Workplace Mental Health</b>	Port Coquitlam Fire Dept., White Rock Fire Dept., BC Wildfire Services, College of Pharmacists of BC, BCLC, City of Vancouver, Chilliwack Family Practice, Farm Cannabis, Strive, BCIT, Mosaic, Immigrant Services Society, Valley View Funeral Home, Douglas College, YWCA, Enwave, Sun Peaks Fire Depart., Freybe, CRA, #1518 UFCW Union, Safe Software, ASPECT Conference, Port of Vancouver, Archway Community Services, VPL,ISS, Klohen Cripeden Berger, Finning Cat Rental, Kerr Wood Leisel, BGC Engineering, Vancouver Giants, Burnaby Div. of Fam. Practice, Service BC Ministry of Citizen Services
<b>Delta Prevention</b>	Divisions of Family Practice - Surrey/North Delta, South Delta. Delta Mental Health and Substance Use Services, OPTIONS, MCFD; (Delta, Surrey, White Rock); City of Delta; Delta School District, Deltassist, Boys and Girls Club of South Coast BC, Delta Libraries; Fraser Health, Delta Victim Services, Ladner Business Association; Delta Chamber of Commerce, Vancouver Police Department, Vancouver Coastal Health, Vancouver School Board
<b>Delta Prevention</b>	Divisions of Family Practice - Surrey/North Delta, South Delta. Delta Mental Health and Substance Use Services, OPTIONS, MCFD; (Delta, Surrey, White Rock); City of Delta; Delta School District, Deltassist, Boys and Girls Club of South Coast BC, Delta Libraries; Fraser Health, Delta Victim Services, Ladner Business Association; Delta Chamber of Commerce, Vancouver Police Department, Vancouver Coastal Health, Vancouver School Board
<b>ECHO</b>	BCIT Nursing Students, Douglas College Nursing and Social Work, Vancouver Community College, CCRW, Fraserside, Progressive Housing, Burnaby Mental Health, 4Pillars, Fraserworks, WorkBC, Rev's Bowling, Power to Be, Pioneer Community Living Association, Force Couple Kingdom, UBC Occupational Therapy students, Capilano University, New Leaf Clubhouse
<b>Get Set &amp; Connect</b>	Mental Health Teams, Community Centres, Belkin House, Central City Lodge, Open Door Group, Mount Pleasant Neighbourhood House, Firehall Library, Vancouver Public Library, Coast Clubhouse, Marpole Neighbourhood House, The Eyeglass Project
<b>Individual Placement Support</b>	Meridien Meats, IKEA, Pacific Autism Family Network, Urban Fare, White Spot, Merry Maids, Lili Medical Centre, True North Labour, Save-On-Foods, Unique Get Together Society, Securigard, Los Cuervos Taqueria & Cantina, Bee Clean, School District 42, UBC Campus, Westin Grand Vancouver, Maid in the Shade, Urban Fare, Lush Cosmetics, Safeway, Choices Markets, Wholefoods, Lookout Society, Atira



PROGRAM	PARTNERS
<b>ORCA</b>	BC Housing, People, Plants & Homes, Leisure Access Program, City of Vancouver and City of Surrey, Private Yoga Instructor, The City of Surrey, Surrey Public Library & The City of Surrey’s Senior Resources dept., BCH Community Developers, South Vancouver Neighbourhood House, Burnaby Neighbourhood House, North Burnaby Neighbourhood House, Cobbs Bread, Med Watch –Township of Langely Fire Department & Langely Division of Family Practice
<b>Peer Navigator</b>	CMHA Participant and Family Voice Committee, Evergreen Substance Use Team, Access and Assessment Centre, MSDPR Offices, More Than a Roof Sunset Towers, Consumer Initiative Fund, MPA, BC Housing, WorkBC Centres, VGH Outpatient Services, Disability Alliance, SAFER, CRMS, Robert and Lily Lee Health Centre, Grandview Woodlands Mental Health Team, PovNet, Homelessness Outreach Teams in Vancouver, Open Door Group, Mental Health Service User Contract Holders, VCH Peer Support and Peer Facilitator Programs, VCH Art Studios, VCH Community Health Centres, Walk-in Clinics in Vancouver, Kettle Friendship Society, Ravensong Community Health Centre, Get Set and Connect, Drive Youth Employment, Vancouver Division of Family Practice Patient Attachment Initiative, Vancouver Public Libraries, New Start Bridging, Three Bridges Community Health Centre, St. Paul’s Hospital HUB and Transitional Care Centre, VCH Family Support and Involvement Team, Vancouver Public Libraries, Mount Pleasant Neighbourhood House, VanCity, The Glasses Project, Collingwood Neighbourhood House, Directions Youth Services, REACH Community Health Centre and Dental Clinic, Daytox, MHSU Services at RLLB, Rise Community Health Centre, FoodFit Program, REACH Urgent Primary Care Centre
<b>Peer Support</b>	New View Society, Fraserside (New Leaf), Maple Ridge Pitt Meadows Community Services (Rainbow Club), Maple Ridge Pitt Meadows Parks & Leisure Services, Communitas Care Society, Douglas College
<b>Transitional Housing</b> (CLS+SIL+ YSIL+ Housing)	Fraser Health, MCFD, CYMH, B.C. Housing

## Treasure Chest Thrift Store

Located in heart of Up-town, New Westminister, our Treasure Chest Thrift Store provides a range of employment focused training and coaching programs for our program participants.

The store operates as a social enterprise service with all revenue generated supporting the programs and services of CMHA-VF.

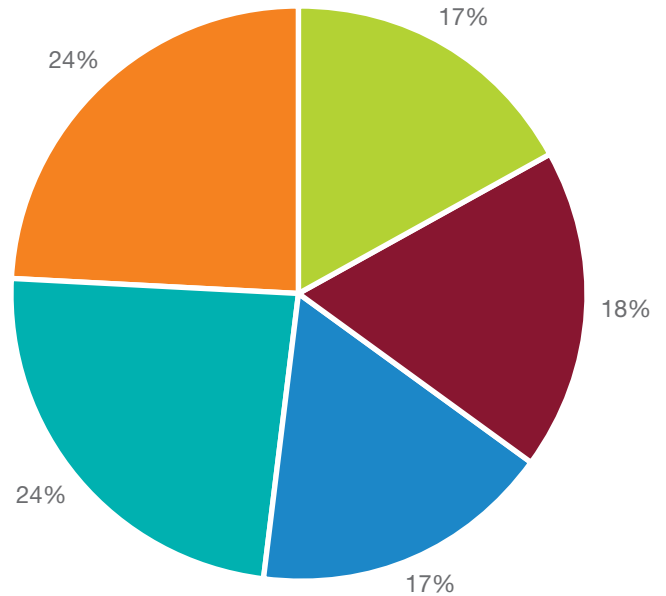
The store provides a wide assortment of good quality clothing, movies, books, antiques and specialty items for the home, please drop by! If you have goods to donate, you can drop them off at the store anytime the store is open.



# Financial Report

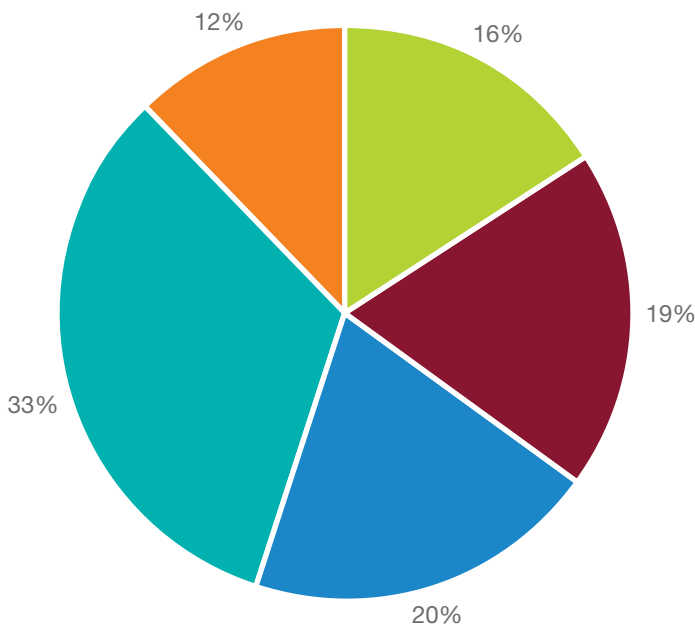
## Fundraising

- Grants and Sponsorships
- Gaming Grant
- Donations
- Ride Don't Hide
- Other Events



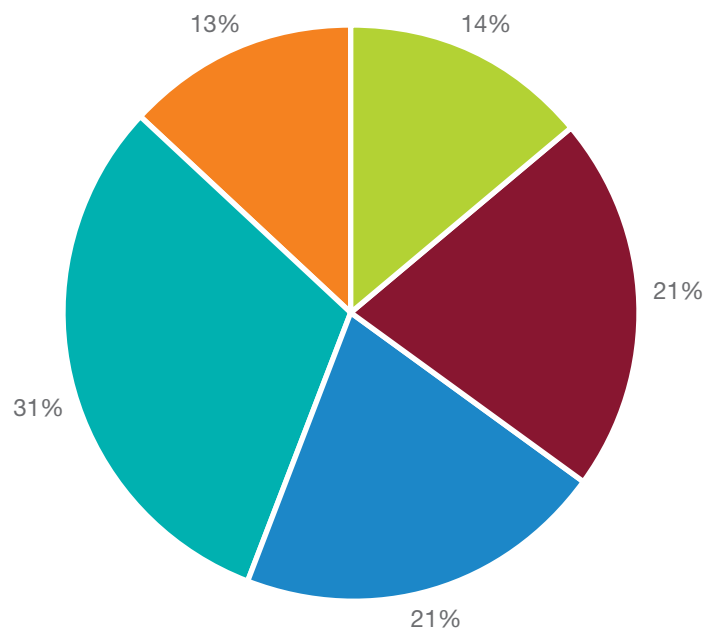
**2019-2020**

Total Revenue: \$903,599



**2017-2018**

Total Revenue: \$771,076

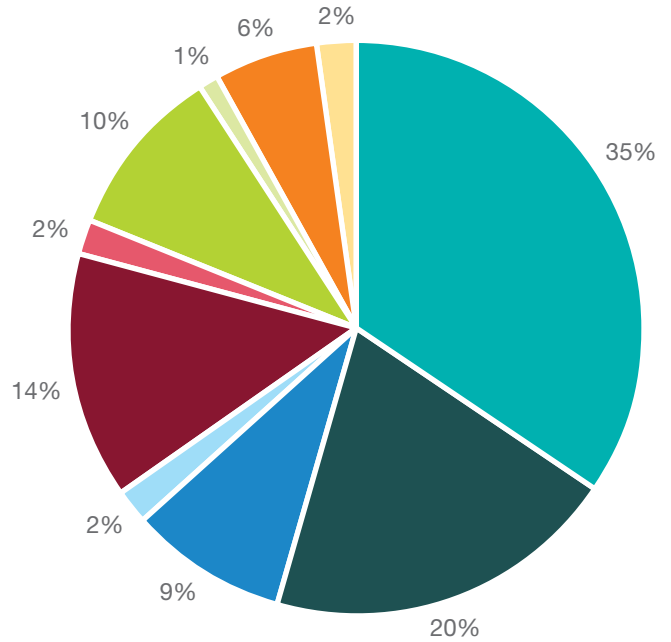


**2018-2019**

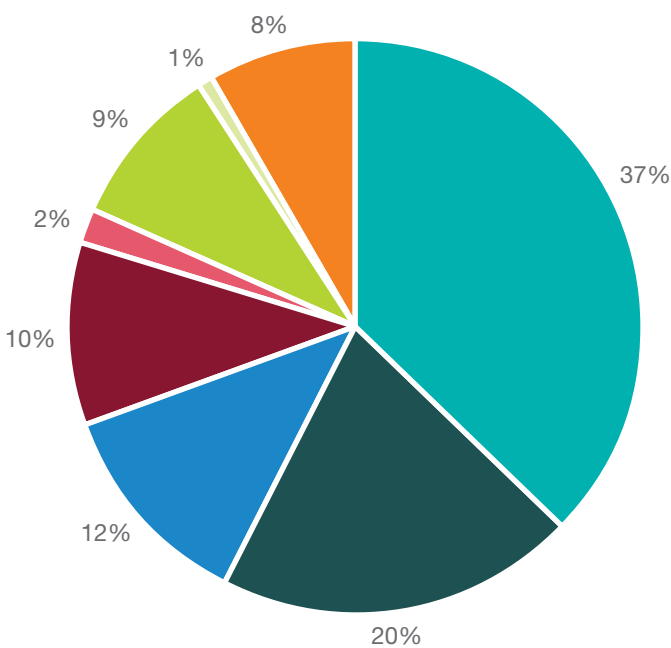
Total Revenue: \$754,000

# Revenue

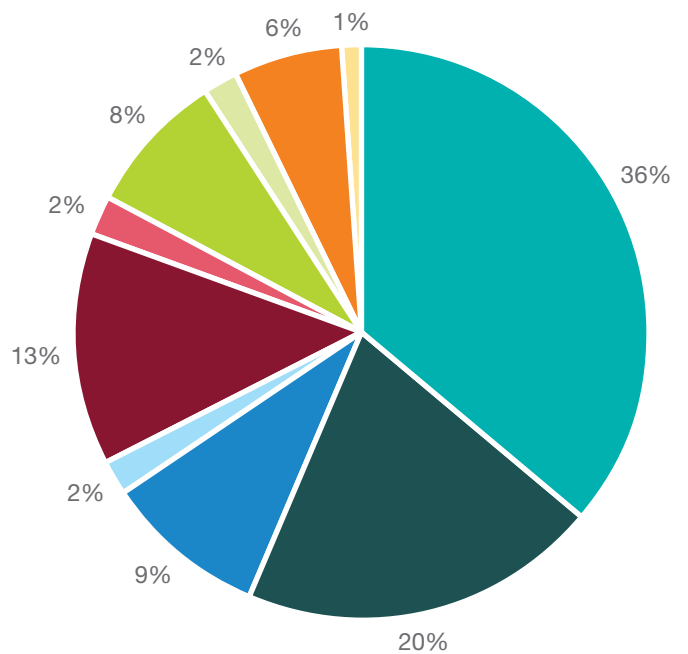
- Fraser Health
- Vancouver Coastal Health
- BC Housing
- Province of BC
- Other CMHA's
- Gaming Grant
- Fundraising
- Tenant Rent Contributions
- Program Generated Revenues
- Other Revenue



**2019-2020**  
Total Revenue: \$7,520,412



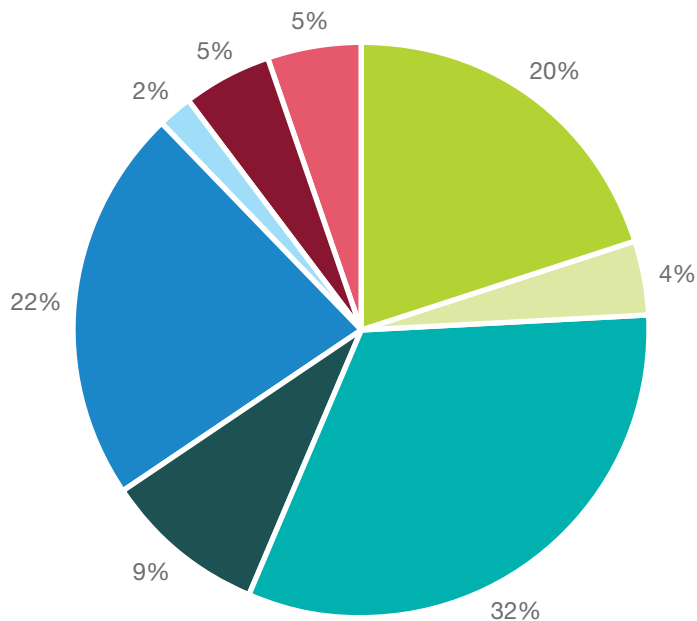
**2017-2018**  
Total Revenue: \$7,097,540



**2018-2019**  
Total Revenue: \$7,089,668

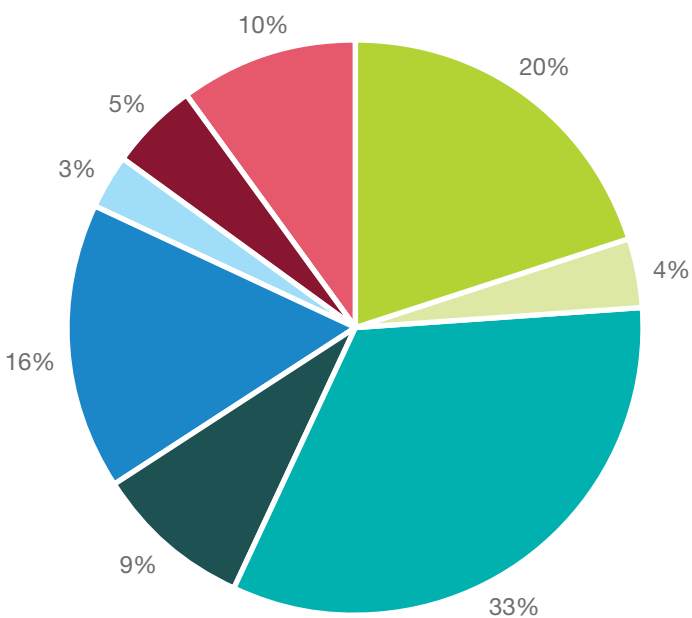
## Expenses

- Housing
- Child & Youth
- Adult Recovery & Rehabilitation
- Peer Services
- Mental Health Promotion
- Social Enterprise
- Fundraising
- Administration



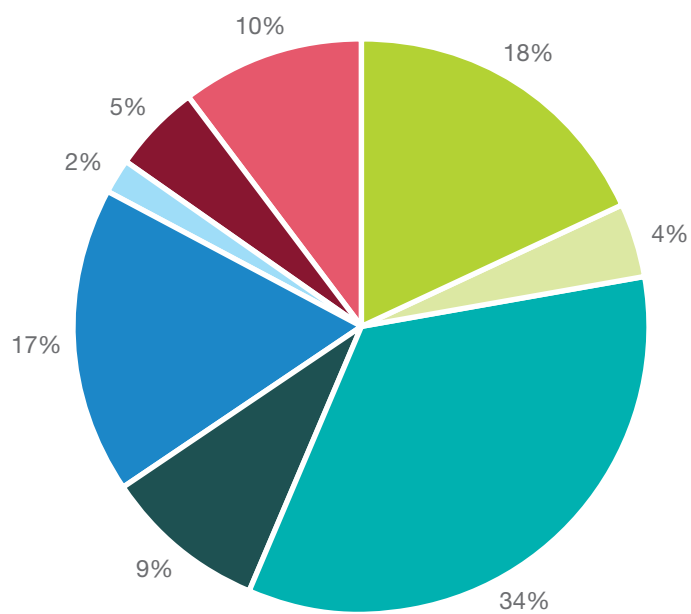
**2019-2020**

Total Expenses: \$7,466,632



**2017-2018**

Total Expenses: \$7,054,875



**2018-2019**

Total Expenses: \$7,107,567

# Be a Part of Our Success!

## Like What We Do?

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



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

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

## 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](mailto: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

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: ( \_\_\_\_ ) \_\_\_\_\_

### Donations

YES! I would like to support the critical services and resources provided by CMHA, Vancouver-Fraser. I would like to pay by:

Cheque  Visa  MasterCard

Amount: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiry: \_\_\_\_\_ / \_\_\_\_\_ Security Number: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_



# Canadian Mental Health Association

## Vancouver-Fraser Branch

604-872-4902 | [info.vf@cmha.bc.ca](mailto:info.vf@cmha.bc.ca) | [vf.cmha.bc.ca](http://vf.cmha.bc.ca)

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