

Canadian Mental Health Association  
Vancouver-Fraser Branch

# IMPACT REPORT

2021/22



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

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



# OUR IMPACT IN 2021-22

Together we continued to navigate change and an enduring pandemic while the need for mental health and substance concerns continued to increase.

We are proud to share with you the accomplishments of our clients and program participants and the impact of your support.

## 2021-22 by the Numbers...

### 92%

of **BounceBack**® participants believe the program makes positive changes in their life, including **40%** seeing a decrease in symptoms of depression and/or anxiety

### 50+

workshops delivered for **The Chinese Mental Health Program** with **21** senior participants becoming active volunteers

### 90%

of clients living with OCD and participating in the **CMHA-VF support group** feel an increased connection to community and **89%** report an increase in ability to help themselves and others

### 77%

of kids and youth in the **UROK** program report increased comfort in trying new activities and concentrating during school; **94%** of parents have seen improvements in the family's ability to handle stress

### 20%

increase in **Supported Independent Living** referrals and **135** adults placed in independent housing

### 228

members accessed our **ECHO Clubhouse** in Burnaby, where **506** programs were delivered to help develop vocational, life, wellness, recreation and diversity skills

### 69%

of **Get Set & Connect** program participants reported they have been developing their strengths and skills, including engaging in more leisure opportunities in the community

### 440

individuals on their own unique mental health and/or substance recovery journey were connected with the **Peer Navigator** team; **90%** indicate they now feel more comfortable finding resources and services to meet their needs

### 78%

of **Individual Placement Support (IPS)** program participants agree the program has helped them access the job market where they were previously unsuccessful; **71%** observed an improvement in their mental health

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# From the Executive Committee and CEO

As we reflected on the past year and look towards the future, our collective experience as an Executive Committee, as a Board and Management, and alongside the agency's employees there were some key words that characterized our collective experience. "Challenge," "transitional," and "gritty," came up to describe the past two years. These are words that often describe change, and as a whole agency we took each step, discovery, and corner in stride, and worked through them together.

As an agency we went through a lot, and as a mental health organization who supports individuals on varying points of their mental health and recovery journey, through an enduring pandemic, there were times when it felt like the weight of the world was on our shoulders. And each step of the way, we were guided by the interest of the agency to fulfill its commitment to meaningful support and positive impact for the community we serve.

Participants in the BounceBack® program reported a 42% decrease in depression symptoms, while 92% of seniors in our Chinese Mental Health group reported they renewed a positive sense of life. Our Urban Resilience Opportunities for Kids (UROC) program served 108 children, provided 555 meals and 77% of the children and youth who have a parent living with a mental illness reported the activities helped increase their concentration at school.

We have become stronger for the experience. In addition to

**IT'S IMPORTANT TO REMEMBER THAT COMING OUT OF THE PAST TWO YEARS, AND THE UNKNOWN UNCERTAINTY AHEAD, WE ARE A COMMUNITY TOGETHER.**

new Board members, three new Leadership Team members have joined the team, each bringing diverse experiences, perspectives and expertise to the agency. And now we're looking ahead, with team members using words such as "growth," "optimistic," "refocused," and "spirited" to describe what is on the horizon. It's important to remember that coming out of the past two years, and the unknown uncertainty ahead, we are a community together.

There are long standing relationships with groups who continue to inspire, raise and grow funds for mental health initiatives at CMHA, Vancouver-Fraser; from the UBC students who host the Drop the Puck hockey tournament to Crystal Consulting Group of Companies and their annual golf tournament their continued support provides a sense of enduring stability. There are also new partners we walk on this journey with, including the family of Michael James Green and their new annual charity golf tournament in

support for our children and youth program Here4Peers, who inspire us to reach and connect further beyond what we know. It is exciting to see where things may lead us in the year ahead.

We would like to thank everyone who is, or has been, part of the Canadian Mental Health Association Vancouver-Fraser. You are all leaders in the mental health initiatives you serve and we thank you for being our ambassador.

If you wish to become more involved, or hear more about our programs, feel free to contact us. Be a volunteer, be a member, learn about our programs, or share your story, do not be reluctant to call.

Thanks again.

**CMHA, Vancouver-Fraser Executive Committee**

*Sameera Ismail (Secretary), Jason Lau (Treasurer) and Shawn McNaughton (Past Chair), Ruby Ng (CEO)*

## About Canadian Mental Health Association

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



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

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.

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

### 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.

# MENTAL HEALTH FOR ALL AGES

Good mental health is essential to overall health and well-being. Whether you are managing a mental illness, supporting someone you care about, or looking to build your own overall health, Canadian Mental Health Association Vancouver-Fraser helps you build mental health skills and resilience for yourself and your family.

## Mental Health For All Ages

# UROK (Urban Resilience Opportunities for Kids)



Urban Resilience Opportunities for Kids (UROK) is an activity-based program for kids 8-17 who have a parent living with a mental illness. Through monthly activity-based outings, UROK participants build resiliency, confidence, develop social skills and feel a sense of connection with other kids who also have a parent living with a mental illness. They have the opportunity to interact with safe, supporting adult role models, and focus on forming healthy attachments through ongoing acceptance and long-term participation in the program. Through play therapy, participants achieve success in this program, where they might not in other areas of life.

Based in four cities – Vancouver, Richmond, Surrey and Delta; UROK's success is based on the opportunity for vulnerable children to participate annually over an eight year period.

## 93%

report increased comfort in new activities

## 100%

of parents report an increase of time for self-care

# 108



children/youth served

## The UROK Program

has been beneficial for both my daughter and myself. With my disability and mental health condition it is entirely unlikely that I would have been able to provide access, for my daughter, to the activities that UROK has.

As well, knowing that I will have a few hours to myself secure in the knowledge that my daughter is in a safe, nurturing environment, has afforded me a time in which I don't have to pretend everything is okay and can instead focus on processing my situation and deal with the effects it has myself and those I care about.

– UROK Participant Parent

Mental Health For All Ages

# Here4Peers



Here4Peers (H4P) is a youth-driven, evidence-based, mental health awareness and skill building program which involves training older grade 10-12 “peers” from high schools to facilitate an interactive mental health workshop to grade 7 classrooms in catchment elementary schools.

### The Here4Peers Workshop goals are to:

- Reduce stigma
- Increase awareness of mental health issues and coping tools
- Improve access to resources

The H4P youth facilitators become part of a proactive team engaging in community service. They gain skills in mental health literacy, public speaking, teamwork, time management and group facilitation while building confidence and volunteer hours.



**992**   
students reached  
in 2021-2022

**“ Here4Peers has really helped me boost my confidence and make me feel like I’m contributing to the community in an important way.**

– Here4Peers Facilitator


Mental Health For All Ages

# BounceBack®



The BounceBack® program is designed for youth (15 years +) and adults 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.

Funded by the Provincial Health Services Authority.

**3455**   
referrals were received  
including **279** age **≥65** years (elderly referrals)

**42%**  
had a decrease  
in depression symptoms

**45%**  
had a decrease  
in anxiety symptoms

**92%**  
reported positive  
changes in their life

**92%**  
would recommend  
BounceBack® to a friend  
or family member

**BounceBack® has given me a clear understanding of my anxiety and my unhelpful thinking.** **”**

Connecting with friends with the opening up of restrictions was anxiety provoking but by using strategies to manage my thinking, using small steps to make plans to connect and reaching out for support, I have been able to enjoy time with friends which has improved my mood.

– BounceBack® Program Participant

Mental Health For All Ages

# Counselling and Support Groups

CMHA Vancouver Fraser offers virtual groups for adults with Obsessive Compulsive Disorder (OCD) and those supporting someone with OCD. Mindfulness Matters groups provide the opportunity to practice and learn a variety of exercises to support one's mental wellness.

Our counselling (supported by a Community Action Initiative grant) has been focused on providing individual therapy for OCD, along with supporting anxiety, depression, and other mental health conditions.

**“ My aha moment:**  
**Learning to shift my thinking from**  
**I can't because of OCD to I choose has given me**  
**power and raised my mood where I am cheerful**  
**and enjoying people when I'm out.**

– Counselling and Support Groups participant

**116**  
individuals  
received counselling

**123**  
individuals  
attend psycho-education OCD groups

Mental Health Promotion

# South Fraser Resource and Support Centre

Over 360 individuals accessed the South Fraser Resource and Support Center requesting mental health resources and community services navigation.



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Mental Health For All Ages

# Chinese Mental Health Promotion



The Chinese Mental Health Promotion program improves the lives of individuals in the Chinese community by increasing their awareness of mental health issues, promoting wellness through recreational and leisure activities and reducing the stigma associated with mental illness. The program is comprised of 8 to 10 individual programs presented in either Cantonese or Mandarin. The goal is to offer a safe, inclusive and accessible mental health community for Chinese Seniors through culturally relevant activities.

**Members share their arts,**  
**songs and videos etc. through the**  
**platform. Meeting online every**  
**week to share positive energy,**  
**to comfort and to support each other,**  
**I survived the Pandemic happily.**

– Chinese Mental Health Program Participant

**460**  
participants

**50+**  
workshops & sessions

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



# THERE ARE MANY PATHS TO

## RECOVERY

Get Set & Connect

ECHO Clubhouse

Individual Placement & Support

Peer Navigators

Housing

### Paths To Recovery

## Peer Navigator Program

The Peer Navigator Program helps participants navigate social support systems that meet their needs in a wide range of areas: health and wellness, housing, income and finances, legal issues, community connections, and more.

The Peer Navigators are a team of eight with lived experience of mental health or substance use challenges, some of whom were former participants in the program. Having this lived experience, the Peer Navigators understand how challenging it can be to ask for assistance, access systems of support, and overcome barriers. They model hope through sharing their knowledge, strength, and resilience.

# 440



individuals connected

## 245

registered participants who access ongoing services

## 77%

of program participants completed at least one goal

**My Peer Navigator was**

wonderful and her support truly helped change my life for the better.



She connected with me personally by having similar shared life experience and understanding. The resources she shared helped me advocate for myself and improved my quality of life. I am forever thankful for her help and would recommend the program to others who are in need.

– Peer Navigator Participant





Paths To Recovery

# Individual Placement and Support (IPS)

(Funded by either Vancouver Coastal Health or Fraser Health Regions) IPS is an evidence-based, best practice program of supported employment for persons with a mental health issue. Working as an integrated part of the community mental health teams, the program 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.



**“ I am so grateful to have her (vocational counsellor) support as I suffer from anxiety while holding the job. I couldn’t ask for better help.**

– IPS Participant

**85%** believe that counsellors focused on their personal job goals and preferences

**71%** observed an improvement in their mental health since first beginning the program

**71%** expressed their employment goals were met

Paths To Recovery

# Housing Program

Funded by



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 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.

**4** 

five bedroom transitional houses (one of these houses is for young adults)

**1**   
apartment

**92**   
housing units

**135**  
adults in independent housing

**25**  
individuals housed as residents



Paths To Recovery

# ECHO Clubhouse

(Education, Community, Health, and Options)



Funded by:



Affectionately called ECHO, this is a rehabilitation and recovery clubhouse program serving clients (19+ yrs) within Burnaby who have lived experiences of mental health and substance use. It allows members to build personal efficacy around wellness and offers them a safe space to connect, reducing isolation and increasing well-being.

# 228

members accessed services

# 84

new members in 2021-22\*

# 25

members obtained competitive employment

# 506

programs were facilitated

within the categories of vocational support, life skills, wellness, recreation and diversity



Part of my mental health conditions arose as a result of workplace issues faced in previous employment. Working with ECHO staff by attending vocational programming and with their support combined with my connection with MAC has allowed me to reach my vocational goal of Part-Time Bookkeeping.

– ECHO Participant

Paths To Recovery

# Get Set & Connect

Get Set & Connect coaches have lived experience and offer one-to-one continued support to individuals with lived experience with a mental health and/or addiction issue, addressing goals related to social connection and community belonging. Coaches 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.

Get Set & Connect is a participant driven program designed for Vancouver residents who are 19 years or older and have lived experience with mental health or substance use concerns.

The program focuses on enhancing mental health and wellbeing by building meaningful community connections through leisure and volunteer activities.

Get Set & Connect coaches offer continued one-to-one support as participants explore their self-determined hopes, dreams and goals.

Learned lots about how to take care of myself and got connected to places that I had no idea existed.



– Get Set & Connect Participant

# 92%



reported an increase in awareness of community resources

# 69%

reported the program helped them connect with others

# 69%

developed strengths and skills during their time with the program

# 69%

increased engagement in leisure opportunities in the community

# WORKPLACE MENTAL HEALTH

The CMHA Vancouver-Fraser is committed to improving the psychological health 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.

## Workplace Mental Health

# Equity, Diversity and Inclusion

What does equity, diversity and inclusion (EDI) mean in the workplace? Education is a primary focus for our EDI committee. Using the safe and brave story telling technique we are sharing personal stories within the committee to learn how gender, race, mental health and physical disability and intersectionality shapes our experiences at work, at home and as a community. This knowledge will be used to guide future projects and expand the work of the committee in a meaningful way across the organization.

Truth and Reconciliation. In June 2022, EDI made a call to action for CMHA staff to participate in activities for Pride month and National Indigenous Peoples' Day. This resulted in amazing list of resources and activities to boost engagement, and facilitate greater understanding and learning at all levels.

**QMUNITY Presentation:**  
Alone we don't know it all,  
together we know a lot!

Our EDI committee has spearheaded activities and education about Truth and Reconciliation and facilitated the acknowledgment of the first National Day for



We recognize and celebrate **diversity**, and support policies and practices of **equity** and **inclusion** for all, and look forward to continuing this journey.



Workplace Mental Health

# Responding with Respect™



Early recognition and intervention can mitigate the negative impacts of a mental health problem. CMHA Vancouver-Fraser offers a suite of workshops for employees and for managers that are applicable for organizations and community groups.

All Responding with Respect™ (RWR) workshops are evidence informed and apply the 4R Action Toolkit™ a trauma informed approach, to ensure participants develop safe and supportive communication skills. This toolkit equips participants to recognize and respond to an employee, coworker, or citizen when they recognize a cue or change in behavior that could be an indicator of a mental health challenge.

The workshops with managers, employees, and frontline teams ensure your organization establishes a shared knowledge and language about mental health and contributes to a Psychological Healthy and Safe Workplace.

### Responding with Respect™

#### Series:

- Workplace skills for Managers
- Workplace skills for Employees
- Help & Hope on the Frontline
- Advancing Resilience

### Lunch and Learn

#### “Let’s Get Honest About Mental Health” including:

- Exploring Stress; Strategies and Skills
- This is Empathy

“ This course has given me the ability to see myself in a different light. I have been give the tools to assess myself and the citizens that I will serve.

– Responding with Respect™ Participant

**102**   
workshops delivered

**958**  
participants in  
28 Lunch and Learn  
workshops

**694**  
participants in  
43 workshops for  
Responding with Respect™

Workplace Mental Health

# Resilient Minds™



Resilient Minds™ is an evidence-based, peer-to-peer training program designed to enhance the personal resilience of fire fighters and the collective resilience of fire services. The clinically reviewed and trauma-informed curriculum teaches strategies to mitigate occupational stress and to recognize and respond to posttraumatic stress injuries. Resilient Minds™ is the only training program designed to equip career, volunteer and wildland fire fighters, considering the need for differences in experience and resources available between the groups.

The Public Health Agency of Canada is funding two Resilient Minds™ projects – the adaptation for Indigenous fire communities, and the translation to French. Resilient Minds™ is preparing to launch six adapted programs in total for additional public safety personnel.

**257**   
fire fighters trained  
as Peer Instructors

**1868**   
fire fighters completed  
the course

Resilient Minds is designed for fire fighters, the content is Canadian, and the statistics wake up the participants. The program is bundled in a modular delivery system that just works for us.

Participating in the Instructor Training workshop, the experience and power our fellow students brought to the lessons were invaluable. The team learning approach was natural and effective. The growth as an instructor and fire fighter that I gained in this training will be with me for the rest of my career, not to mention the positive effect it will have on my personal life.

Thank you for helping us so we can help others.

– Captain Jon Cuthbertson, Thunder Bay Fire Rescue, Ontario



Workplace Mental Health

## Mental Health First Aid Course

Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, Mental Health First Aid is given until appropriate support is found or until the crisis is resolved. We run public sessions of Mental Health First Aid, or you can contact us about bringing Mental Health First Aid to your community or workplace.



**420**  
participants

**28**  
workshops

**“** I enjoyed the level of interactions we had throughout the class with the group and the facilitator. The information from the course was extremely helpful in my every day work, and I felt empowered after the completion of the course. It was a great class. Thank you!

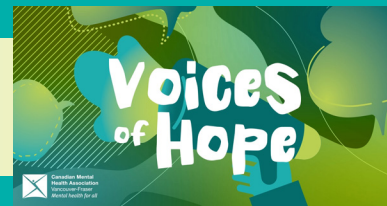
– Mental Health First Aid Course Participant

## YOUR IMPACT

Donations, corporate partnerships, community 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.

Your Impact

# Campaigns



## We'll Get Through This

This online campaign raised **\$66,033** for three important programs:

- Chinese Mental Health Program
- Urban Resiliency Opportunities for Kids (UROK)
- Here4Peers (H4P)

## Shine Bright

The campaign's goal was to raise funds for our kids living with a parent experiencing a mental illness. Donors and champions raised **\$55,546** for youth not knowing where to turn when a parent is feeling depressed, extremely anxious or even worse - suicidal.

## Voices of Hope

Our Canadian Olympic swimmer; Brent Hayden helped to raise **\$93,159** to provide our youth with access to mental health literacy programs and to offer recreational activities for kids who live with parents impacted by mental health.



“ It was important for me to join **CMHA Voices of Hope** because I am someone who has struggled with my mental health over the years. We all need to be able to open up and talk about it; to work our way through our issues and come back to a better place. By sharing our experiences, we can help other people; they can be encouraged to open up and overcome their demons too.

– Olympian Brent Hayden

Your Impact

# Community Giving

We thank the following individuals and organizations who have raised funds throughout their community network.



### \$10,000+

- Anonymous
- Ivanhoe Cambridge
- Motorola Foundation
- Nordstrom
- RBC Foundation
- TD Bank Group

### \$5,000 - \$10,000

- Darren Bidulka
- Debbie Heinrich
- Natasha Garcia
- Susan Mitchell

### \$1,000 - \$5,000

- Alfred & Leona Schultz / Kolla
- C and S Robinson
- Christiana Walz
- Christopher Anderson
- Donna Ogilvie
- Douglas Harrison
- Dwight Dudiak
- Etro Construction
- Gabriele Boyd
- Gary Lenett
- George Pick
- Jacob Sawatzky
- Janice Hunter
- Jason & Kristine Mullins
- Jennifer Brandon
- Karen Simmons
- Melinda Suto
- Michael Zieglmeier
- Min Jin
- Mott Electric GP
- Moyra Brackley
- Myriam Glotman
- Otter Co-op
- Parkland Refinery
- Peijun Zhao
- PenderFund Capital Management
- Provincial Employees Community Services Fund
- QuadReal Property Group
- REMAX Little Oak Realty
- Richard and Yvonne Green
- Ruby Ng
- Surrey Cares Community Foundation
- Theresa Lo
- Trainerize Household
- Tsawwassen Order of Old Bastards
- ZLC Foundation
- Allan Solie
- Alvin Shum
- Andrea Tang
- Bergen Lorenz
- Brodie Richardson
- Christine Moffat
- Cornelia Brault
- Daljit Thind
- Daniel Dolan
- David Goldman
- David Okano
- David Westley
- Debra Broderick
- Dr Wayne A Chou
- Eleanor Lee
- Felix Narhi
- Fidelity Investments Canada Ulc
- Fred Rasmussen
- Gordon Bruce Butler
- Gregory Livingstone
- Hugo Serpas
- Ivan Hong
- James Lyman
- Janette O'Keeffe
- Jay Kellerman
- Jeff Walker
- Jeffrey Gallant
- Joanne Chiang
- Jody Mah
- Jon Dietrich
- Jorge Batista
- Judy Gray
- Julie Cooper
- Ka Fai Leung
- Kelly Edmison
- Kim Mackie
- Li Tan
- Marianne Broderick
- Mark Coleman
- Mellisa Fahy
- Michael Listo
- Nick Chiasson
- Niki Alizadeh Vakili
- Paul Fraser
- Qu Wang
- Richard & Anna Stewart
- Rick Twining
- Samuel Chung
- Shawn Williamson
- Simmie Hui
- Taeyeon Lee
- Violet Macgregor
- Wendy Twining

## Community Funding Partners

- Canadian Association of Fire Chiefs
- Centra Golf Tournament
- City of New Westminster
- City of Richmond
- City of Surrey
- City of Vancouver
- Community Action Initiative
- HotHead Games
- Ivanhoe Cambridge
- New Horizons - Minister of Employment and Social Development
- Noodlebox
- Sutherland
- TD Foundation
- The Vancouver Foundation
- Tiltify
- UBC Beta Theta Pi – Drop the Puck
- UBC Phi Delta Theta – Drop the Puck
- Vancouver Coastal Health
- Vancouver Coastal Health Public Health Services

Your Impact

# BMO Vancouver Marathon 2021



We were privileged to be a partner charity with this amazing annual event. CMHA-VF was championed by 37 charity runners who raised \$12,560 through 320 donations.

**\$12,560**  
raised by **37** participants

We congratulate and thank our top fundraisers!

### Top Fundraisers

- Alexis Greene
- Christopher Woo
- Dennis Lai
- Eliza Chan
- Owen Fan
- Vanessa Merenda



Your Impact

# Ride Don't Hide 2021



Ride Don't Hide - Ride Anytime, Anywhere - strives to build a community that supports mental health for all, to #endstigma, and to raise money for youth mental health. We are so grateful for the commitment teams have brought to Ride Don't Hide. The creativity used

to come together during a pandemic year was inspiring. The momentum built on each conversation about mental health will have a lasting benefit for years to come. A community of 256 participants, and 31 teams rode over 87,000 minutes and raised \$104,751.

**\$104,751**  
raised by **256** participants

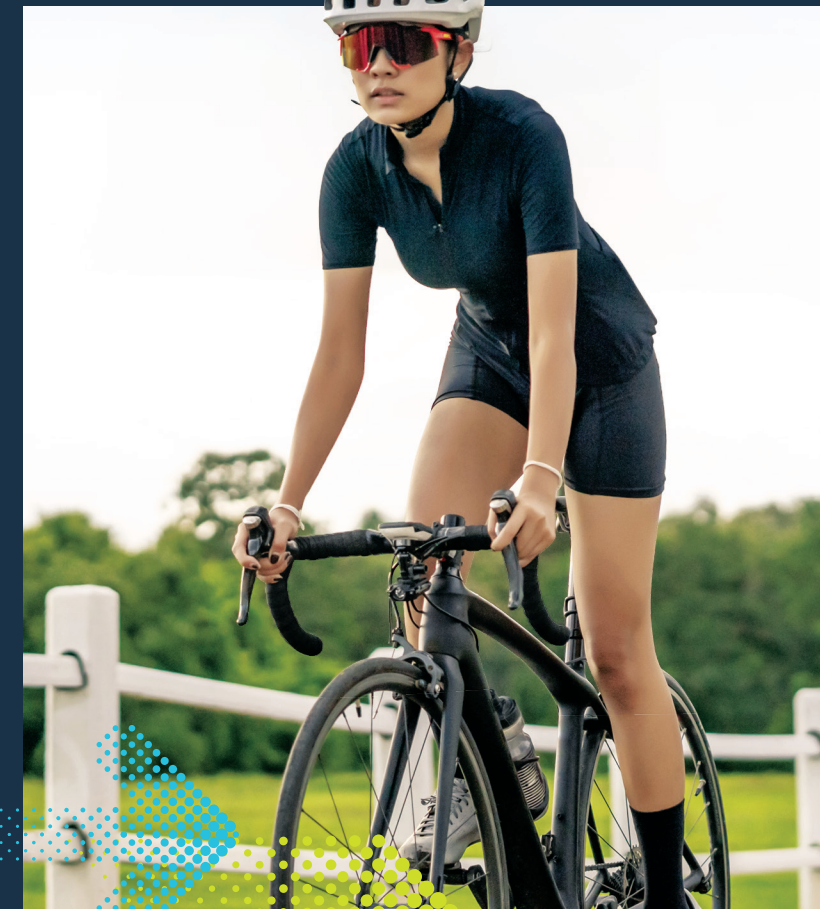
We congratulate and thank our top fundraisers!

### Top Fundraisers

- Derek Brackley
- Enzo Federico
- Gary Lenett
- Ken Feng
- Lu Tang a.k.a Karisha Hope

### Top Teams

- Cove Muckers
- DUER
- Queen Elizabeth Climbing Crew (QECC)
- Rapid Cyclers
- The Hutch Fund



## Your Impact

# Volunteer Engagement

CMHA-VF is most grateful for the genuine passion, commitment and expertise provided by our volunteers in helping us increase our capacity to serve our community and positively impact those living with mental health challenges. We provide a wide range of gratifying opportunities allowing volunteers to gain transferable skills to help better prepare for employment, meet new people, and to gain experience. This past year, areas of interest included board representation, administration, fundraising, event and program management, recreation therapy and educational support for participants.

We are thankful for their continued support to our agency and dedication to the CMHA national vision of mentally healthy people having the opportunity to live in a healthy society. Join us today in shaping our future for a smooth transition into a hybrid year of in-person and virtual volunteer opportunities!

**247**   
volunteers

**9,273**  
hours contributed



**“ My Volunteer experience for three years with CMHA-VF was Exciting, Motivating and Purposeful. Being able to make a difference and add to mental health conversations and programs at CMHA-VF motivated me because we all had a common purpose and goal to work towards on a daily basis; particularly throughout the pandemic. The Philanthropy / Communications team was extremely supportive and offered opportunities for growth which creates for an exciting volunteer experience!**

– Rishika Selvakumar, UBC Science Graduate 2022

## Your Impact

# Treasure Chest Thrift Store



Our Treasure Chest Thrift store is located in the heart of Uptown New Westminster and provides a range of employment training and coaching programs for dedicated volunteers and community members. The Treasure Chest operates as a social enterprise with all proceeds supporting CMHA-Vancouver Fraser children and youth programs.

If you are looking for affordable shopping and a wide assortment of good quality clothing, movies, books, antiques and specialty items, we encourage you to visit as you are bound to find a unique treasure or two! Lightly used donations are most welcome and can be dropped off in front of the store anytime during retail hours.



*CMHA-VF's Treasure Chest Thrift store is managed by a small team of volunteers and could not operate without their dedication and devotion in helping to serve our mental health community.*

## Why do I love this Thrift Store?

**I drop off donations and do a quick browse weekly. Have found lots of household items, children's toys and books. Friendly staff, great prices and love supporting this shop as all proceeds go toward great programs to support mental health. Highly recommended.**

– Google Review



Your Impact

# Community Partnerships

It takes a community of committed partners striving to fulfill our vision of 'mental health for all'. Our tremendous gratitude is extended to the following partners who support our mental health and recovery programs and services:

<b>Here4Peers</b>	<ul style="list-style-type: none"> <li>Surrey School District</li> <li>Vancouver Police Department</li> <li>Vancouver Police Foundation</li> <li>Vancouver School District</li> </ul>
<b>ECHO</b>	<ul style="list-style-type: none"> <li>Burnaby Mental Health &amp; Substance Use</li> <li>Burnaby Primary Care Network</li> <li>Burnaby Rehab &amp; Recovery Team</li> <li>City of Burnaby</li> <li>Douglas College</li> <li>Early Psychosis Intervention Team, &amp; My Artist's Corner Society</li> <li>New Leaf Clubhouse</li> <li>Peer Support Team with Communitas</li> <li>Pioneer Community Living Association</li> <li>Power to Be</li> <li>Progressive Housing</li> <li>UBC Occupational Therapy students</li> <li>WorkBC</li> </ul>
<b>Get Set &amp; Connect</b>	<ul style="list-style-type: none"> <li>Belkin House</li> <li>Mental Health Teams</li> <li>More Than A Roof</li> <li>Mount Pleasant Community Center</li> <li>Mount Pleasant Neighborhood House</li> <li>Open Door Group</li> <li>St. Paul's Hospital</li> <li>VGH Outpatient Services</li> </ul>

<b>Individual Placement Support</b>	<ul style="list-style-type: none"> <li>Alliance Maintenance Ltd.</li> <li>Costco</li> <li>Dorigo</li> <li>London Drugs</li> <li>Lush</li> <li>Paladin</li> <li>Playland</li> <li>Purdy's</li> <li>Rocky Mountain, Chocolate Company</li> <li>Spud. Ca</li> <li>TacoFino</li> <li>Telus</li> <li>Van-Whole Produce</li> </ul>
<b>Transitional Housing (CLS+SIL+YSIL+ Housing)</b>	<ul style="list-style-type: none"> <li>B.C. Housing</li> <li>CYMH</li> <li>Fraser Health</li> <li>MCFD</li> </ul>
<b>Resilient Minds™</b>	<ul style="list-style-type: none"> <li>BC Wildfire Services</li> <li>Canadian Association of Fire Chiefs</li> <li>City of Edmonton</li> <li>E-Comm 911</li> <li>Motorola Solutions Foundation</li> <li>Movember Canada</li> <li>National Indigenous Fire Safety Council</li> <li>Parks Canada</li> <li>Public Health Agency of Canada</li> <li>TD Bank Group</li> <li>United Way Alberta</li> </ul>

<b>UROK</b>	<ul style="list-style-type: none"> <li>Big Sisters</li> <li>Kelty Mental Health</li> <li>Kidsafe</li> <li>Supporting families affected by parental mental illness and/or addictions, Surrey/Delta/Vancouver/Richmond School counselors</li> </ul>
<b>Chinese Mental Health Promotion</b>	<ul style="list-style-type: none"> <li>Chinese Community Response Network</li> <li>Professional Music Teacher: Yaling Yang</li> <li>Registered Counsellors: Ivan Wong, Sylvia Li, Melody Yao</li> <li>Strathcona Community Centre CAPC Family Program</li> <li>The Canada Chinese Performing Arts Society</li> <li>The Vancouver Second Miles Society</li> <li>UBC ICON</li> </ul>
<b>BounceBack®</b>	<ul style="list-style-type: none"> <li>Local Divisions of Family Practice</li> <li>Work BC</li> <li>Hospitals</li> <li>Fraser Health</li> <li>Vancouver Coastal Health community services</li> </ul>
<b>Delta Programs</b>	<ul style="list-style-type: none"> <li>(Delta, Surrey, White Rock); Boys and Girls Club of South Coast BC</li> <li>City of Delta</li> <li>Delta Chamber of Commerce</li> <li>Delta Libraries; Fraser Health</li> <li>Delta Mental Health and Substance Use Services</li> <li>Delta School District</li> <li>Delta Victim Services</li> <li>Deltassist</li> <li>Divisions of Family Practice</li> <li>Ladner Business Association</li> <li>MCFD OPTIONS</li> <li>Surrey School District</li> <li>Surrey/North Delta, South Delta</li> <li>Vancouver Police Department</li> <li>VCH</li> <li>VSB</li> </ul>

<b>Community Outreach and Education</b>	<ul style="list-style-type: none"> <li>1518 URWC</li> <li>1518 UCFW</li> <li>A&amp;H Steel Kinbrace</li> <li>AME</li> <li>BACI</li> <li>Bay Hill Contracting</li> <li>Beulah Garden Homes</li> <li>Big Sisters of BC</li> <li>Canadian Western Bank</li> <li>Catalyst Paper</li> <li>Connective</li> <li>Coquitlam College</li> <li>CUPE 387</li> <li>Delta Controls</li> <li>Douglas College</li> <li>DSS</li> <li>Environment Canada</li> <li>Fisheries and Oceans Canada</li> <li>Fortinet</li> <li>Imageworks</li> <li>Kerr Wood Leidal</li> <li>Klohn Crippen Berger</li> <li>Langara College</li> <li>Lululemon</li> <li>Meet Restaurant</li> <li>Mission Division of Fam Practice</li> <li>Morgan Daniel Slager</li> <li>Mosaic Moving Ahead</li> <li>MOSAIC</li> <li>Mosaic</li> <li>Parkland Refinery</li> <li>PENDERFUND</li> <li>PICS</li> <li>RBC Maple Ridge Branch</li> <li>RBC Wealth Management</li> <li>REACH Child Development</li> <li>REACH Community Health</li> <li>Salt Spring Island</li> <li>SBOT</li> <li>Schnitzer Steel Canada</li> <li>Service BC</li> <li>South Van Comm Police</li> <li>SUCCESS</li> <li>Teck</li> <li>The Pedal Society</li> <li>UBC Faculty of Medicine</li> <li>UBC Studios</li> <li>Westminster House Society</li> <li>Worksafe BC</li> </ul>
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# FINANCIAL REPORT

## Financial Report

# Fundraising

	2021-22	2020-21	2019-20
Grants and Sponsorships	12%	51%	17%
Gaming Grant	31%	19%	18%
Donations	25%	19%	17%
Ride Don't Hide	13%	6%	24%
Other Events	19%	5%	24%
<b>Total Fundraising</b>	<b>\$618,279</b>	<b>\$868,547</b>	<b>\$903,599</b>

The second year of the enduring pandemic affected everyone. Not-for-profits were not immune to its effects. We are grateful to our members and those who continued to support our resilience so that we could provide more people through our programs. We are hopeful that even more people will choose to donate to these life-changing services.



**2021-22 Fundraising**  
Total: \$618,279



**2020-21 Fundraising**  
Total: \$868,547

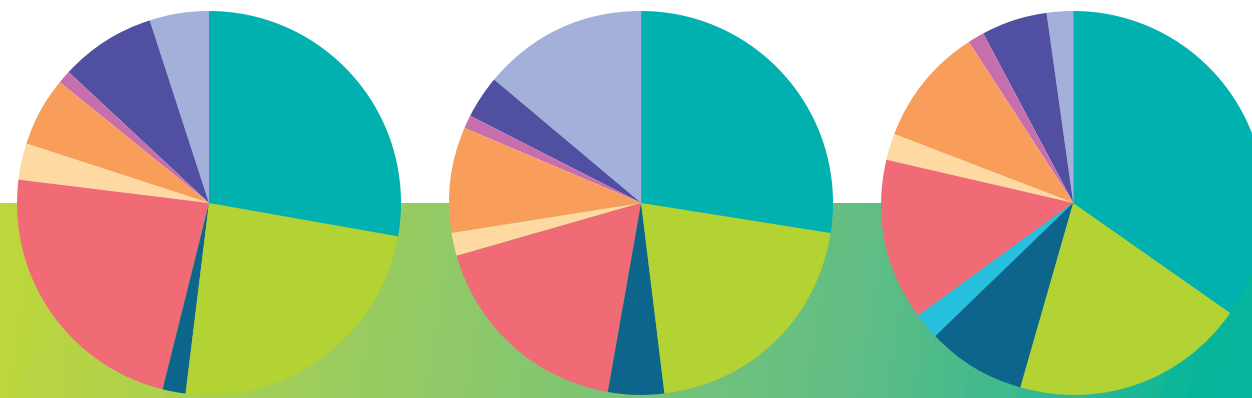


**2019-20 Fundraising**  
Total: \$903,599

Financial Report

# Revenue

	2021-22	2020-21	2019-20
Fraser Health	28%	28%	35%
Vancouver Coastal Health	24%	21%	20%
BC Housing	2%	5%	9%
Province of BC	0%	0%	2%
Other CMHA's	23%	18%	14%
Gaming Grant	3%	2%	2%
Donations & Fundraising	6%	9%	10%
Tenant Rent Contributions	1%	1%	1%
Program Generated Revenues	8%	3%	6%
Other Revenue	5%	14%	2%
<b>Total Revenue</b>	<b>\$7,637,836</b>	<b>\$7,915,579</b>	<b>\$7,520,412</b>

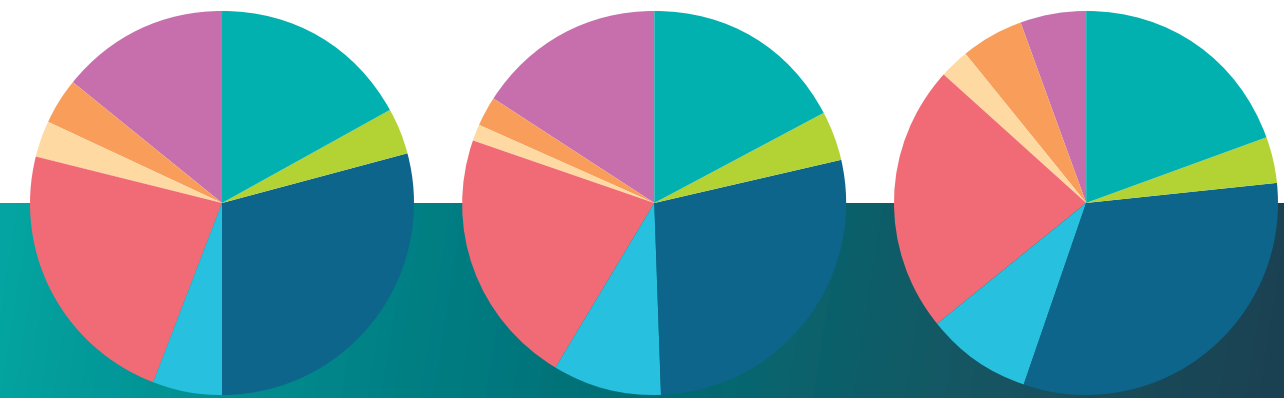


**2021-22 Revenue** Total: \$7,637,836      **2020-21 Revenue** Total: \$7,915,579      **2019-20 Revenue** Total: \$7,520,412

Financial Report

# Expenses

	2021-22	2020-21	2019-20
Housing	17%	17%	20%
Child & Youth	4%	4%	4%
Adult Recovery & Rehabilitation	29%	28%	32%
Peer Services	6%	9%	9%
Mental Health Promotion	23%	22%	22%
Social Enterprise	3%	1%	2%
Fundraising	4%	3%	5%
Administration	14%	16%	5%
<b>Total Expenses</b>	<b>\$8,091,196</b>	<b>\$7,915,578</b>	<b>\$7,466,632</b>



**2021-22 Expenses** Total: \$8,091,196      **2020-21 Expenses** Total: \$7,915,578      **2019-20 Expenses** Total: \$7,466,632

# WAYS TO MAKE A DIFFERENCE

Awareness in mental health, reducing stigma and mental illness is increasing daily; there is increased media awareness and conversations are more open today than ever before. We're talking and it is making a difference. Now is the time for all of us, as a committed community, to build hope and act for mental health [#mentalhealthforall](#).

## How can you be a Champion for Mental Health?

Volunteer, become a member, highlight us on social media or donate to our programs. Each action – big or small – creates a stronger community and serves those who need us.

## Volunteering

CMHA celebrates over 100 years of providing a wide range of programs and services, on the national and local level, to those impacted by mental health challenges.

CMHA-VF offers many gratifying opportunities, both in-person and virtually, for you to help. This past year, volunteers participated on our board or an advisory committee, organized or helped with fundraising events, promoted our programs and helped build our amazing programming. Please consider how you could help the continued collaboration, engagement and expertise within our mental health community.

## Membership

When you become a member of CMHA Vancouver-Fraser, you are helping to build hope, support, and inclusion for people with mental illness and addictions. Your membership gives you a voice in the future of CMHA-VF through the election of the board and attending the Annual General Meeting. You also receive a free subscription to the award-winning *Visions Journal*.

## Philanthropy & Community Partnerships

Our extraordinary programs with the ability to reach thousands in the community have only been possible with financial support. Every gift we have received, large or small, increases our ability to serve people with mental health challenges and addictions, as well as their families and communities. Our partnerships with funders and donors are critical to our mission. Visit [vancouver-fraser.cmha.bc.ca/donate/](https://vancouver-fraser.cmha.bc.ca/donate/) to learn more.

## Connect & Share

Stay up-to-date with our e-newsletter, *Breathe Deeply Community Connections*. Follow us, join the conversation, and share the message on Facebook @[CMHAVancouverFraser](#), Twitter @[CMHA\\_VF](#) or Instagram @[cmhavancouverfraser](#) and watch amazing stories on our YouTube channel.



# Canadian Mental Health Association Vancouver-Fraser Branch

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

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

