

2022 2023

**Canadian Mental Health Association
Vancouver-Fraser Branch**

Impact Report



**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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Message from the President

I want to begin by expressing my deep appreciation for the unwavering dedication and hard work of our CEO, outstanding leadership team, and the entire Canadian Mental Health Association, Vancouver-Fraser (CMHA-VF) staff. Despite ongoing post-pandemic challenges and additional economic hurdles, their commitment to advancing mental health in our communities has remained steadfast.



A standout achievement of the past year, from my perspective, has been the remarkable collaboration among our organization, the Board of Directors, and our passionate community members. Together, we've united to raise awareness and essential funds for our programs through impactful charity events like the BMO Vancouver Marathon and the Petan Invitational Golf Tournament. It's truly inspiring to witness the shared passion and commitment driving us towards this vital cause.

In our pursuit of continuous improvement, we've worked diligently to enhance structure and accountability at both the board level and within our organization. While our board benefits from a wealth of experience and diversity, we've proactively strengthened it by adding new directors and refining our processes for prioritizing and completing tasks. Given the influx of new directors over the past few years, many working in a primarily virtual capacity, fostering connections and building relationships remains a top priority.

Together, we are making a meaningful impact on the mental well-being of our communities...

– Kevin Erickson

As CMHA-VF consistently delivers our programs in the community, our leadership team remains dedicated to enhancing the internal environment for our staff. We understand the challenge of maintaining a people-first focus while improving programming, fostering community collaboration, and expanding our capacity to deliver. To address this, the leadership team has made significant strides in clarifying priorities and enhancing progress reporting in these critical areas, ensuring a more effective alignment of our efforts.

I want to extend my heartfelt gratitude to each and every one of you who supports CMHA-VF. Together, we are making a meaningful impact on the mental well-being of our communities, and your continued support fuels our determination to do even more in the coming year.

Kevin Erickson
President

Message from the CEO

YEAR IN REVIEW

We entered 2022/23 with the intention to attend to organizational resilience so that we could better address the increasing need for mental health support in the community.

Balancing direct program delivery while exploring opportunities to help and do more isn't an easy task. Some might call it continuous learning and improvement, but add that to the work our staff do – tending to someone experiencing mental health struggles, possibly in distress, and building both trust and boundaries at the same time – the Canadian Mental Health Association, Vancouver-Fraser (CMHA-VF) team have a lot to be proud of, including:

- 2825 students reached through our Here4Peers Mental Health Awareness workshops.
- 463 sessions during the year at our ECHO Clubhouse program to provide vocational support, life skills, wellness, recreation and diversity.
- 79% of participants in our employment program, Individual Placement and Support, reported the program has helped them access the job market when they were previously unsuccessful.
- 89% of Delta Resource Centre's OCD counselling/support groups reported an increased ability to help self and others.

In order to help address frontline fatigue, we added resources to our program team capacity, as well as our People & Culture department to support recruitment activity and help alleviate the need for existing staff to backfill vacancies. We also invested in wellness, as well as equity, diversity and inclusion activities to support team members to reconnect with each other as a community.

The strategic work in the past year was intended to help prepare for our way forward. Earlier this year we announced our new 3-year strategic plan. Our overarching goal is to reach and help more people, and our approach to doing so is through network collaboration and innovative programming. Learn more about our 3-year mission and strategic plan [here](#).



I am grateful to the supporters, funders, donors and volunteers who walked alongside our team over the past year.

– Ruby Ng

As we move forward, collectively we are called to continue to develop our resiliency. Although we trained more than 3384 fire fighters in the Resilient Minds™ program, designed to help enhance their personal resilience, this summer British Columbia has had its most destructive wildfire season on record. As an agency we have begun our economic recovery ([review our audited financials](#)) and yet the cost of living, gas prices, high interest rates impact the cost of delivering our programs. Employers and employees alike are looking for new strategies for coping with the ongoing labour market issues and risk of burnout.



A spirit of collective resilience is needed more than ever to weather the uncertainty and challenges, and to reconnect with each other as a community in the service of the community and in service to each other. I am grateful to the supporters, funders, donors and volunteers who walked alongside our team over the past year. And in the spirit of seeing challenges as shaping our resilience, I invite one and all to become a Champion of Hope for Mental Health.

Ruby Ng
CEO

About Canadian Mental Health Association



Canadian Mental Health Association
Vancouver-Fraser
Mental health for all

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

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, create a community that supports mental health and reduces the stigma associated with mental illness.

Canadian Mental Health Association, Vancouver-Fraser (CMHA-VF) branch has been serving the Metro Vancouver area since 1958. We are transforming mental health and wellness practice for individuals, communities and organizations through programs and services that are rooted in innovation, inclusion and collaboration.

Our Mission

We are transforming mental health and wellness practice for individuals, communities, and organizations through programs and services that are rooted in innovation, inclusion and collaboration.

Core Priority: People First

We are here to help people. Our programs and services are intended to improve people's lives. It is people – our team members, partners, volunteers and donors – who make that support possible.

Strategic Priorities for the Next Three Years

Network Collaboration

We will establish a network of cooperative services in collaboration with our existing and new partners, including funders, other CMHA branches, health authorities, municipalities, and culturally diverse community agencies.

Innovative Programming

We will explore new ways to enhance community-based mental health services and programs across the continuum from prevention to recovery.

Revenue + Capacity Growth

We are building strategic relationships with partner organizations and individual donors to create and deliver inclusive and dynamic services and programs that help transform mental health and wellness practice at work, school, home and community.

Equity, Diversity and Inclusion

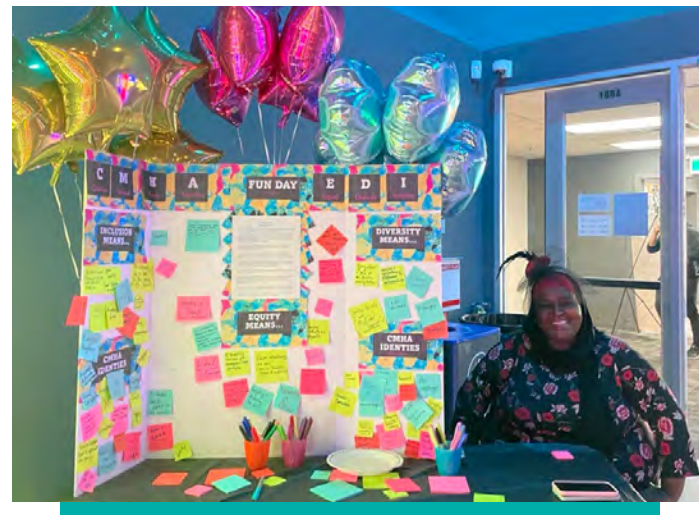
The Canadian Mental Health Association, Vancouver-Fraser (CMHA-VF) Equity, Diversity and Inclusion (EDI) Committee is at the forefront of promoting EDI activities and education within the organization. Their focus is to engage more staff and participants in these efforts.

In September 2022, staff members were asked to share how they were honouring Truth and Reconciliation Day. The response was terrific, with individuals sharing films they watched, books they read, and ways they supported local Indigenous businesses and artists. Programs also honoured the day with their participants. A total of 25 Get Set & Connect and ECHO Clubhouse participants attended a BC Lions' Orange Shirt Day Game, which featured a welcome ceremony and half-time performances by elders, dancers, and drummers from the Squamish, Musqueam, and Tsleil-Waututh First Nations.

This year, the EDI Committee took a closer look at CMHA, Vancouver-Fraser's diversity. Staff members were invited to share holidays and significant dates they celebrate and honour. With their help, the EDI committee published a Celebration Calendar that reflects the diversity and cultures of the organization. In addition, in a joint event with the Wellness Committee, staff members were invited to share what Equity, Diversity, and Inclusion means to them and how they identify. The poster that resulted from this event is showcased at our Vancouver office.

As part of our ongoing commitment to Equity, Diversity, and Inclusion, EDI members have also attended various community workshops and conferences and brought back their learnings to the organization, helping to foster more engagement regarding EDI.

We look forward to bringing more to the organization next year!



A total of 25 participants from Get Set & Connect and ECHO attended the BC Lions Game on Sept 30th. For some of them, it was their first CFL football game. It was a joy to be able to arrange these tickets, especially on Truth & Reconciliation Day.

- Christine E. (GSC)

I am a member of the EDI committee. I helped coordinate the ordering of several copies of the Calls to Action Booklet for CMHA VF. I wore an official Orange Shirt and visited Iron Dog Books, an indigenous owned and operated business on Sept 30th with Jael. We spent the day browsing the stacks and had a delicious lunch at a nearby café.

I also attended a workshop hosted by Laura Grizzlypaws to learn about creating meaningful land acknowledgements.

- Sam R. (BounceBack®)

Mental Health for All

offering programs for wherever YOU are



Mental Health for All Ages

Recovery

Workplace

Prevention

BounceBack®

BounceBack®
reclaim your health

The **Bounce Back®** program is designed to support youth (13 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.

I am very grateful to participate in this program and I really appreciate my counsellor's help and being such a great listening person.

– BounceBack® Participant



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.

I really want to show my appreciation and gratitude to the staff and volunteers that helped make these zoom classes available for us seniors to participate and enjoy. They put in a lot of effort in making all these singing, dancing, painting and exercise classes available to us. A big thank you to you all.

– Senior Participant

388
unique program participants

107
workshops and group sessions

20
senior volunteers

93% reported they renewed a positive sense of life

2432
referrals were received

41% decreased depression symptoms

42% decreased anxiety symptoms

- 87%** noted that program helped to make positive changes in their life
- 96%** expressed they were given a clear understanding of the program and how it works
- 98%** received reliable service during the program (calls on time, materials arrived as expected, etc.)
- 88%** would recommend BounceBack® to a friend or family member
- 93%** stated that their coach made an effort to listen and understand them



- Educational Lectures**
- Heart to Heart Group: 12 sessions
- Instructional Seniors Health Promotion Activities**
- Dance for Fitness: 33 classes
 - Painting: 7 classes
 - Singing: 42 classes
- Self-Participated Groups**
- Broadcasting/Drama: 13 meetings
 - Happy Seniors Talents Expo
 - WhatsApp Projects: ongoing
- Cultural Event**
- Happy Seniors Holiday Celebration Event on Dec 15, 2022

Delta Resource Centre OCD Counselling / Support Groups

The **Delta Resource Centre** served approximately 250 people requesting mental health resources and community services navigation.

We offer 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 has been focused on providing individual therapy for those with a primary concern of OCD.



400+

individual OCD counselling sessions



136

individuals attended psycho-education OCD groups

88% feeling an increase in support and encouragement

100% 100% stating the group helped them increase their connection to community

89% 89% report an increase in ability to help self and others

I cannot emphasize enough just how much this group and Liz have helped me. I had been searching for something like this for many, many years. I just wish there was a group like this when I was a youth because I'm positive it would have helped me avoid years of unnecessary suffering.

- Group Participant

I have really learned so much from the OCD group. Being able to share and hear other stories make me feel less alone in my daily struggle. I have had such a hard time opening up in the past and this group has made me feel welcome and comfortable to share my thoughts and feelings.

- Group Participant

ECHO Clubhouse (Education, Community, Health, and Options)



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.



ECHO clubhouse has helped me feel less isolated and more connected with others in the community. I am currently a young adult and I enjoy attending all programs that ECHO has to offer. Also, the WAVE program has helped me find a job.

Being at ECHO has helped me to become less shy when meeting people in general. I like getting to know and connecting with all the staff and other members within ECHO.

- ECHO Clubhouse Member



252

members accessed services



91

new members



463

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

20

obtained competitive employment



27

obtained volunteer placements in the community

5

obtained education and employment training programs

449

hours were volunteered by members supporting clubhouse service

116

peer-led programs occurred, facilitated by 14 member leaders

Get Set & Connect

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 and/or substance use concerns.

Get Set & Connect coaches offer continued one-to-one support as participants explore their self-determined hopes, dreams, and goals, while building meaningful community connections through leisure and volunteer opportunities as part of enhancing mental health and well-being.

The possibilities available through Get Set & Connect have been relevant to my interests and easy and consistent to access.

– Get Set & Connect Participant

My coach has always been available and she has come up with resources and ideas that otherwise would have been difficult for me to find.

– Get Set & Connect Participant

Coach available, supportive and encouraging. Helps me gain awareness of resources/programs.

– Get Set & Connect Participant



84% reported the program has helped them connect with others

76% increased how often they engage in leisure opportunities in the community since starting with the program

88% increased awareness of community resources.

Here4Peers



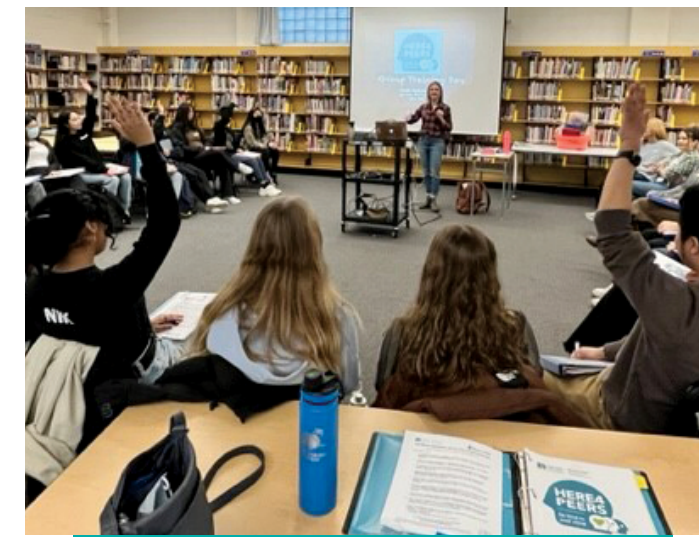
Here4Peers (H4P) is a youth-driven, evidence-based, mental health awareness and skill building program which involves training older grade 10-12 peers from high schools to facilitate an interactive mental health workshop to grade 7 classrooms in catchment elementary schools.

H4P Workshop goals:

- 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.

H4P partners with the Vancouver, Surrey, Delta and Richmond School Districts.



Here4Peers is a great way for students to share strategies that work for them in regards to managing one's mental health. Here4Peers challenges stigma surrounding mental health issues and helps highlight our biases.

– Grade 7 Classroom Teacher / Workshop Participant

The most important thing that I learnt from the Here4Peers Workshop is that mental illness can happen anywhere, and that you should help someone overcome it if they need it. We are always better together.

– Here4Peers Workshop Participant

2825 students reached in **2022-2023** with **113** Mental Health Awareness Workshops delivered by **146** youth


78% found it valuable to receive a workshop delivered by high schools

76% felt encouraged by the facilitators to share their thoughts and ideas

Housing


Canadian Mental Health Association 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.





130
adults placed in independent housing

- 100% receive level of support needed
- 100% report experiencing increased skills and successes



92
housing units

5
one apartment and four transitional houses, including a house for young adults

- SIL referrals increased by **25%**
- YSIL accepted **4** new referrals
- 8** SIL participants secured jobs
- 4** housing participants started school for higher education

Individual Placement and Support (IPS)

Our vocational rehabilitation counselors (VRCs) deliver evidence-based, best practice program of supported employment for persons on the recovery journey. Working as an integrated part of the community mental health teams, the team 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.



As a neuro-divergent person, my employment needs and challenges are unique. Mike listened to me and helped me navigate the work space in finding creative ways to approach my employment.

– IPS Participant

Kenny gave me a safe space to express my goals and make sure I was accountable in building a path to them. He is also open whenever I find the need to temporary halt goals or switch to another one.

– IPS Participant

Without the guidance of Bonnie and all her help, I would struggle with navigating the things that come up while being on probation. Bonnie has helped me a lot over the years and I find her service and care incredibly valuable and meaningful to me.

– IPS Participant

- 64%** of participants were unique to the program, and had a first-time experience
- 95%** said wait time between first asking for help to seeing a VRC was acceptable
- 90%** said their VRC supported them in focusing on their personal goals and preferences
- 71%** had their short-term goals were met once they began working with their VRC
- 79%** reported the program has helped them access the job market when they were previously unsuccessful
- 66%** had contact with an employer within the first month of receiving services
- 92%** reported that their overall service received has been "Excellent or Good"
- 72%** observed improvement to their mental health since starting services

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 Navigator team members have 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.



This program helps people network, find their peers and access the services and support they need. Since joining the Peer Navigator Program I have accomplished several goals:

- **I have applied for income assistance.**
- **I am in the process of completing a person's with disabilities application.**
- **I reworked my life to accommodate sensory processing issues and ADHD issues.**

– Peer Navigator Participant

Community and Workplace Education

THE CASE FOR MENTAL HEALTH EDUCATION



Source:

 Mental Health Commission of Canada
 Commission de la santé mentale du Canada



644

unique individuals supported

386

registered participants who access ongoing services

258

non-registered folks who received brief services but did not complete intake

- We saw a record number of intakes (**70**) for any quarter in January – March 2023
- **1601** in-office or virtual appointments
- Participants completed **453** goals relating to health and wellness, income, community connections, and others



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.



Thank you, for the amazing training and your reassurance of what our responsibilities are as first aiders and a reminder to focus on our self-care too!

– Course Participant



This is an amazing course with tons of resources, information and strategies. I really like the way that the course is facilitated; neat, super organized and well structured. The scenarios were also great in helping us practice.

– Course Participant



Great use of personal experience and background. The group activities were helpful as well. Thank you for the training! Look forward to other courses by CMHA-VF.

– Course Participant

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.

With funding from the Public Health Agency of Canada, Resilient Minds™ is working through an Indigenous fire community's adaptation of our flagship program. Additionally, over the last year, the program has completed a French translation that will soon be launched in Quebec and is in the process of adapting the program for other vulnerable first responders such as Emergency Communication Dispatcher and Social service sector workers. Resilient Minds™ is also preparing to launch additional adapted programs specific to other public safety personnel.



3384

fire fighters have completed the course

510

fire fighters trained as Peer Instructors

374

courses and train-the-trainer workshops held

Parks Canada partnered with CMHA to certify **56** Wildland Peer Instructors, and **182** people have completed the Wildlands version of the Resilient Minds™ course between Parks Canada and BC Wildland services.



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

Responding with Respect™



Early recognition and intervention can mitigate the negative impacts of a mental health problem. Canadian Mental Health Association, Vancouver-Fraser (CMHA-VF) offers a suite of workshops for employees and for managers that are applicable for organizations and community groups.

All 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

Mini Workshops: Let's Get Real About Mental Health

- Exploring Stress: Strategies & Skills
- This is Empathy



2406

participants

131

workshops

72

organizations

89%

of participants report they feel better equipped to effectively recognize/respond to a mental health problem

1061 participants in **49** Lunch & Learns

929 participants in **59** workshops in Responding with Respect

The 4R Action Toolkit™ was presented extremely well and will be incredibly helpful.

– Responding with Respect™ Workshop Participant

This course overall provided a very practical and engaging experience for Managers. I learned many skills that I will carry with me professionally and personally.

– Responding with Respect™ Workshop Participant

UROK

(Urban Resilience Opportunities for Kids)



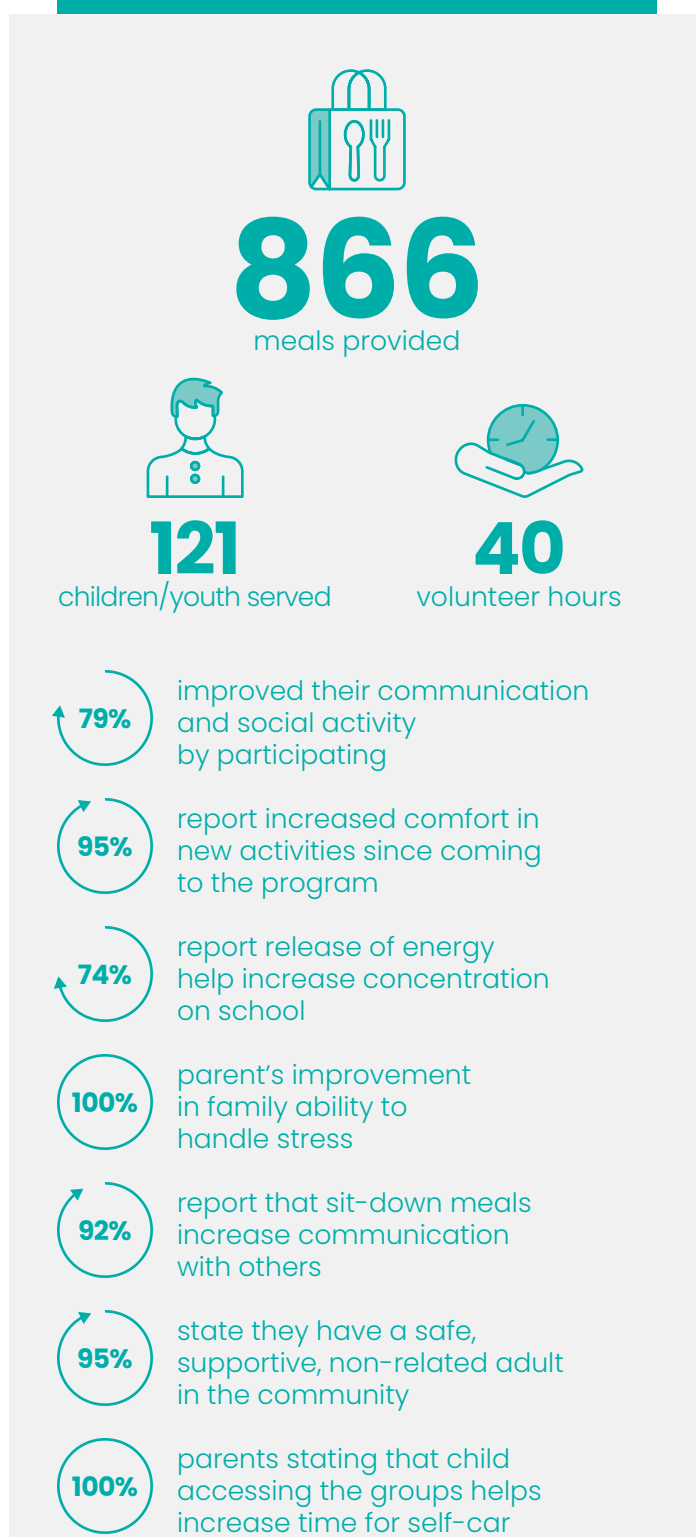
Urban Resilience Opportunities for Kids (UROK) is an activity-based program for kids 8-17 who have a parent living with a mental illness. Through monthly activity-based outings, UROK participants build resiliency, confidence, develop social skills and feel a sense of connection with other kids who also 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 8-year period.



Change nothing. This group is amazing. It has truly made a difference in giving me a break and an opportunity for self-care and support that is difficult to get on a regular basis. I am a better mom and we are a better and healing family with this support. Thank you!

– Parent of UROK Participant



Your Impact

The difference you make

We greatly appreciate the significant and positive impact that donations, corporate partnerships, community events, foundation grants, government support, and bequests have on enhancing the mental well-being of individuals of all ages in the Greater Vancouver and Fraser Valley region. We remain humbled by the generous support from our community.

We have celebrated several notable achievements this year, including →

FUNDRAISING EVENT

2022 Ride Don't Hide



The 13th **Ride Don't Hide** made a profound impact. Together, riders and donors raised an impressive sum of over \$54,322! The unwavering support of passionate riders who join us year after year, was truly remarkable. Despite the challenges posed by the pandemic, we successfully transitioned to a virtual format, making it the largest event of its kind. We acknowledge that some supporters were motivated to donate due to their personal dedication to mental health, while others were inspired by the riders who asked for their support. We extend our heartfelt gratitude to all the riders who embraced their own challenges and adventures, bringing mental health into the spotlight and raising funds for CMHA-VF's youth mental health programs.



2022 BMO Vancouver Marathon



We were filled with gratitude to have been a part of the historic 50th year of the **BMO Vancouver Marathon**. We had the privilege of having over 120+ runners passionately pounding the pavement, doubling their impact for a good cause, and we are incredibly grateful that our charity runners were among them. Their collective efforts resulted in an impressive sum of more than \$60,000 raised for our youth programs!

I'm running this race in memory of one of my lifelong best friends who suddenly passed away in January.


She was always my biggest supporter, never wavering. She listened to me endless times over the years talk about the mental health challenges I was facing. She believed in me and my goals in such a matter of fact way that sometimes I really would forget about my self-doubt afterwards. She helped me believe in myself. She's inspired me to train for this half marathon and is my motivating force each time I'm running. I'm running this race for her.

– Alix Linaker




I am so happy & proud that our team was able to step up once again to help with the fundraising this year. And, we had fun in the process with our little "mini-event" as I like to call it.

– QECC Team Captain, Enzo Federico



158
participants



27
teams

Total Money Raised
\$54,322

Top Fundraisers

- Enzo Federico
- Warren & Linda Wong
- Derek Brackley
- Albert Chan
- Gurjit Garcha

Top Teams

- Queen Elizabeth Climbing Crew (QECC)
- Rapid Cyclers
- Coast Capital – Advice Centre
- Team Tova
- Coast Capital – Help Headquarters



120+
participants

Total Money Raised
\$60,436+

Top Fundraisers

- Margaret Chang
- Steven Biederman
- Charlotte Milne
- Josh Long
- Alix Linaker

Top Teams

- Happy Feet
- Luxton Construction
- Parkland Running Club
- Joggernauts
- General Mayhem

Champions of Hope



2nd Annual Petan Invitational Golf Tournament

We were privileged to have been a part of the Petan Invitational Golf Tournament once again. The Petan brothers; Alex and Nic hosted the event in honour of their father Franc, a well-respected business man who had a love for golf in Vancouver. The annual event was successful in raising \$18,000 for our UROK and Here4Peers programs in support of children facing mental health challenges.



2022 Michael James Greene Memorial Golf Tournament

We had the exceptional opportunity to collaborate with the Greene Family in organizing the inaugural Michael James Greene Invitational Charity Golf Tournament, held in memory of Michael. The purpose of the event was to raise funds for our Here4Peers program in Delta, specifically dedicated to student mental health. We are pleased to announce that we successfully raised \$14,000+ for this cause.



Drop the Puck for Mental Health

The 4th edition of the UBC student-run fundraiser, jointly organized by Beta Theta Pi and Phi Delta Theta, took place on January 21, 2023. The nail-biting game, sponsored by the Avicenna Centre for Brain Health, proved to be truly thrilling. The students' unwavering passion for raising awareness about mental health contributed to a remarkable fundraising total of \$36,027 for our programs and services.

Shine Bright Campaign

Jeanette Trombley, widowed and a single mom before age 30, reached out to us for support after being hospitalized with an acute medical and mental health crisis. She shared her personal journey as part of our Shine Bright Fall fundraising campaign, which raised \$61,103.

'My journey includes being a widow and single mom before the age of 30. Along the way, I started to notice that my emotions and energy levels began to rule my life, impacting my relationships, physical health and career. My greatest barrier was self-stigma, believing that if I didn't keep it all together, it meant that there was something wrong with me. I felt ashamed and like I was drowning in taking my daughter with me. Eventually, I was hospitalized with acute medical and mental crisis. Then I reached out for support. I leaned on family members and loved ones, accessed Western and non-traditional professionals to support my healing, and I contacted the Canadian



Mental Health Association, Vancouver Fraser Branch. There are so many ways and reasons that someone can experience struggles with their mental health, and there is support. I'm 40 now, and looking back, I realize that I'm not alone and you're not alone.'

Community Funding, Partnerships and Donors

THANK YOU FOR YOUR ONGOING SUPPORT



We express our gratitude to the individuals and organizations, who support their community networks. These champions have made invaluable contributions to Canadian Mental Health Association, Vancouver-Fraser (CMHA-VF), enabling us to provide essential mental health programs and services within our communities. Their generous support has been instrumental in advancing our mission and making a positive impact on the well-being of many.

BounceBack®	Fraser Health Local Divisions of Family Practice Vancouver Coastal Health Community Services Work BC
Chinese Mental Health Promotions	BC Children's Hospital Chinese Community Response Network City of Vancouver SUCCESS
Community & Workplace Education	321 Main BC Electrical Association Big Sisters of BC British Columbia Automobile Association (BCAA) CANLAN Sports City Central Learning Centre City of Courtenay City of New Westminster

Collingwood Neighbourhood House
Commercial Real Estate Services (CBRE Canada)
Doberman Pictures
Douglas College
Downtown Eastside Women's Centre
Gordon House
Grosvenor
Hope to Health Research & Innovation Centre
Imageworks
Kerr Wood Leidal
KPMG
KPU – Melville School of Business
Langara
Langley Division of Family Practice
Legal Aid BC
Luxton Construction
Macdonald's Home Health Care
Manufacturing Safety Alliance BC
Miller Thomson
Mosaic Family Settlement
MOSAIC Migrant Workers
MOSAIC Moving Ahead
North Delta Constituency
North Surrey Learning Centre
Options
Parkland Refinery
Salvation Army
Service BC

Community Funding, Partnerships and Donors (Continued...)

Community & Workplace Education (Continued...)	Shaw Communications	
	Ten Tree	
	TruEarth	
	Tsawwassen First Nation (TFN)	
	UBC Dev & Alumni Engagement	
	UBC Faculty of Mechanical Engineering	
	UBC PASS	
	UFCW 1518	
	United Way	
	Vantage Point	
	Delta Programs	Boys and Girls Club of South Coast BC
		City of Delta
		Delta Chamber of Commerce
		Delta Libraries; Fraser Health
Delta Mental Health and Substance Use Services		
Delta School District		
Delta Victim Services		
Deltassist		
Divisions of Family Practice		
Ladner Business Association		
Ministry of Children and Family Development (MCFD)		
OPTIONS		
Surrey School District		
Surrey/North Delta, South Delta		
Vancouver Coastal Health		
Vancouver Police Department		
Vancouver School Board		
ECHO	ACT Team	
	Burnaby Association of Community Inclusion	
	Burnaby Mental Health & Substance Use	
	Burnaby Neighbourhood House	
	Burnaby Primary Care Network	
	Burnaby Rehab & Recovery Team	
	City of Burnaby	
	Douglas College	
	Early Psychosis Intervention Team	
	Family Services of Greater Vancouver	
	Martin Grice Music Therapy	
	My Artist's Corner Society	
	New Leaf Clubhouse	
	Peer Support Team with Communities	
	Pioneer Community Living Association	
	Progressive Housing	
	QMUNITY	
	Stand Up for Mental Health	
	Troupe De Poetry	
	UBC Occupational Therapy Department	
	WorkBC	

General Support	Abigail Cave
	Allan and Iris Solie
	Alma Mater Society of UBC
	Alyssa Wiens
	Aqueduct Foundation
	Avicenna Centre for Brain Health
	Barb Mui
	Bart Frith Household
	Bell Canada
	Bonnie Szekely
	Canucks Sports & Entertainment
	Chewters Chocolates
	Chris Donaldson
	Christine Hardy
	City of New Westminster
	City of Richmond
	Clare Ogilvie
	Conquest Electric Inc.
	Crystal Consulting Group of Companies
	Dale & Joanne Boddy
	Daniel Dolan
	Danton Heinen
	Darren Bidulka and Lisa Landry
	Daryl & Janice Wilson
	Diamond Foundation
	Djavad Mowafaghian Foundation
	DJDC Consulting Ltd.
	Donna Ogilvie
	Doug Wynn
	Douglas Forster
	Douglas Harrison
	Drop the Puck for Mental Health
Ernest Hok Nung Sin	
ETRO Construction	
Fluor Corporation	
Gail Nelson	
Gary Lutke	
Gateway Casinos & Entertainment Limited	
GeoRadar Group	
Gord Knight	
Greg Aasen	
Greg Battle	
Gritten Holdings Ltd.	
Jackie Halpern	
Jacob And Marguerite Sawatzky	
Jacob Sawatzky	
Jane O'Connor	
Janette O'Keefe	

	Jason and Kristine Mullins
	Jill Teasley
	Jim Gray
	Judy Gray
	Kam Grewal
	Kenny Bahia
	Ledgir House Ltd.
	London Drugs – Cambie
	Louise Greene
	Mandy Gill
	Margaret Chang
	Marilyn Leung
	Marvin Joe
	Mike Strother
	Motorola Solutions Foundation
	Moyra Brackley
	Nick Belmonte
	Nolan Watson
	Odlum Brown
	One World Learning
	Pamela Bazinet
	Paul Myers
	Paul Pereira
	Peter Provenzano
	Petra Ross
	Provincial Employees Community Services Fund
	QuadReal Property Group
	Raymond James Canada Foundation
	RBC Foundation
	Richard Green
	Ron Toigo
	Ruby Ng
	Samson Reinhart
	Sandpiper Resort
	Sean Cox
	Sean Gercsak
	Service Canada
	Shannon Chowscano
	Srini Radhakrishnan
	Stantec Consulting Ltd.
Stephanie Mammel	
Stephanie Williams	
Stephen Lim	
Susan Mitchell	
Sutherland Foundation	
TD Canada Trust Branch - Kingsway & Victoria	
TD Foundation	
TELUS Employee Giving	
The Bar Method Vancouver	

	The Keg Spirit Foundation	
	The Printing House Langley	
	Tsawwassen Order of Old Bastards	
	United Way of BC	
	Vancity - New Westminster Community Branch	
	Vancouver Giants Hockey	
	Violet MacGregor	
	Vlad Tucakov	
	Wendy & Rick Twining	
	Wendy Stephen	
	Yip Fitness	
	Youth and Philanthropy Initiative Canada	
	Get Set & Connect	BC Lions
		Dunbar Community Center
Emerge (VCH)		
Firehall Library		
Gathering Place		
Hastings Community Center		
Kerrisdale Community Center		
Marpole Neighbourhood House		
Mental Health Teams		
Mount Pleasant Community Center		
Mount Pleasant Neighbourhood House		
Open Door Group		
Science World		
STEPS Mental Health Rehabilitation Program		
UBC Botanical Gardens		
Vancouver Aquarium		
Here4Peers	Delta School District	
	Province of British Columbia	
	Provincial Mental Health Leads Network	
	Richmond School District	
	Surrey School District	
	Vancouver School District	
IPS	Alpine Services	
	Arc'teryx	
	Compass Group	
	Fresh Direct Produce	
	Minuteman Press Abbotsford	
	Paraspace	
	Sodexo	
	Stericycle	
	T&T Supermarket	
	Tanner's Turf	
	Universal Group	
	Vancouver Convention Center	
	Vancouver Water Adventures	
	Whole Foods Market	
YWCA Hotel Metro Vancouver		

Community Funding, Partnerships and Donors (Continued...)

Peer Navigator

- CMHA North and West Vancouver
- CMHA Victoria
- Connective
- Drive Youth Employment Services
- Gastown Vocational Services
- Grandview Woodlands Mental Health Team
- Mount Pleasant Library
- Open Door Group
- Renfrew Library
- Sir Charles Tupper Secondary School
- Strathcona Library
- Tupper Secondary School
- Van Tech Secondary School

Resilient Minds™

- Motorola Foundation
- Movember
- TD Ready Commitment

Transitional Housing (CLS+SIL+YSIL+ Housing)

- BC Housing
- Fraser Health
- Ministry of Children and Family Development (MCFD)
- Ministry of Children and Family Development's Child and Youth Mental Health (CYMH)

UROK

- Big Sisters
- Kelty Mental Health
- KidSafe
- Supporting families affected by parental mental illness and/or addictions
- Surrey/Delta/Vancouver/Richmond School Counselors



Volunteer Program Engagement

Canadian Mental Health Association, Vancouver-Fraser (CMHA-VF) is a volunteer-driven organization that depends on the help of volunteers to promote mental wellness, provide services to those in need and carry out our vision of mentally healthy people in a healthy society. Studies show that regular volunteer activity can have a positive effect on mental and physical health. Volunteering with CMHA-VF provides the opportunity to build skills, learn more about mental health and meet new people, while helping build a more caring community. Because of the benefits of volunteering, we especially encourage those personally affected by mental illness to volunteer.



Canadian Mental Health Association
Vancouver-Fraser
Mental health for all

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



Advocating for mental health is of utmost importance to me, as it directly influences our overall well-being. Creating a safe and supportive environment where we can seek help and extend assistance to others is crucial.

CMHA is dedicated to precisely this mission, and my volunteer experience with Vancouver-Fraser has been truly honorable. During my involvement with the Resilient Minds™ project, I had the privilege of contributing to information collection, granting me valuable insights into recent mental health challenges faced by firefighters. The Vancouver-Fraser team, particularly Vicki and Leanne, provided exceptional support and insightful answers to my inquiries.

Looking ahead, I eagerly anticipate remaining engaged with CMHA upon my return to Ontario, continuing my commitment to support this vital cause.

– Volunteer – Shruti Kukreja,
University of Guelph,
Resilient Minds™ Program




251
volunteers


8485
hours contributed

Treasure Chest Thrift Store



Our **Treasure Chest Thrift Store**, located in the heart of Uptown New Westminster, operates as a social enterprise for Canadian Mental Health Association, Vancouver-Fraser (CMHA-VF) with all proceeds supporting programs and services helping youth, adults and seniors in our mental health community. The Thrift Store provides volunteers with a range of employment training skills and an opportunity to enjoy a meaningful experience interacting with their peers and community members.

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! Lightly used donations can be dropped off in front of the store during retail hours and will be received by a dedicated member of our volunteer team!

Why do I support this Thrift Store?

We are always on the lookout for a great bargain... and THIS little gem of a Thrift Store has been a literal Godsend! We have bought many quality items, most of them brand new or very gently used and we love the fact that all the proceeds go to the Canadian Mental Health Association.

This is the place you check FIRST before you go and buy somewhere else... you simply can't beat the price!

- E Bears C.
Google Review



I have been volunteering at the Treasure Chest Thrift Store in New Westminster for almost three years and it has provided me with a sense of community as I have mental health challenges. The Treasure Chest has been a good place for me to go as I live close by, can be productive and give back to my community.

I am grateful for this opportunity and feel respected by our management and staff who make us feel appreciated so I keep coming back!

- Edward Giesbrecht
Treasure Chest Thrift Store,
Valued Volunteer, 3 Years



Financial Report

FINANCIAL REPORT

Fundraising

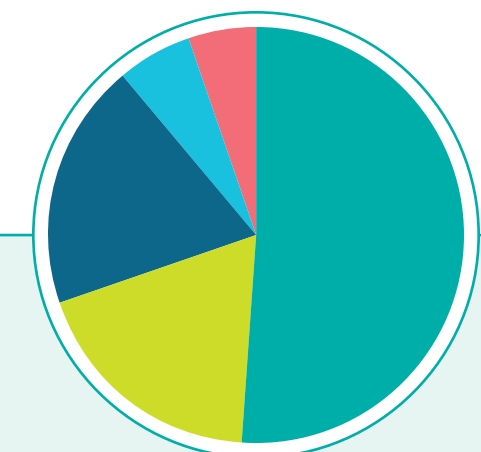
	2022-23	2021-22	2020-21
Grants and Sponsorships	19%	12%	51%
Gaming Grant	29%	31%	19%
Donations	28%	25%	19%
Ride Don't Hide	7%	13%	6%
Other Events	17%	19%	5%
Total Fundraising	\$674,336	\$618,279	\$868,547



2022-23 Fundraising
Total: \$674,336



2021-22 Fundraising
Total: \$618,279

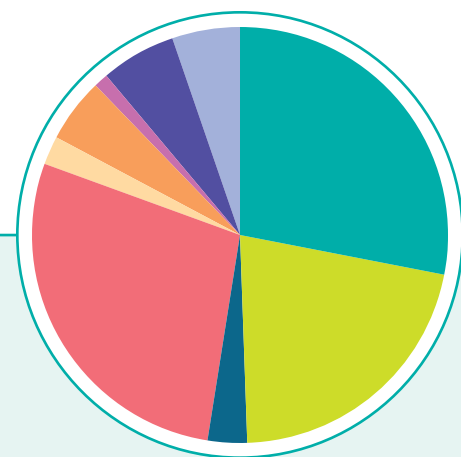


2020-21 Fundraising
Total: \$868,547

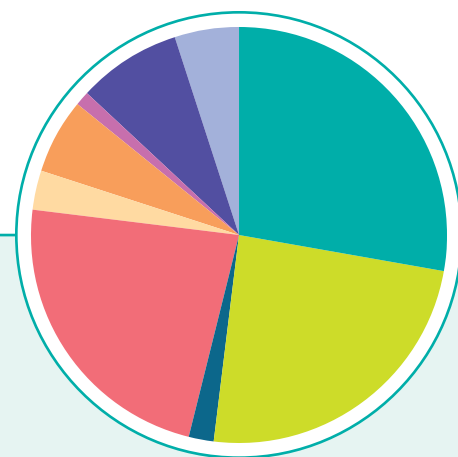
FINANCIAL REPORT

Revenue

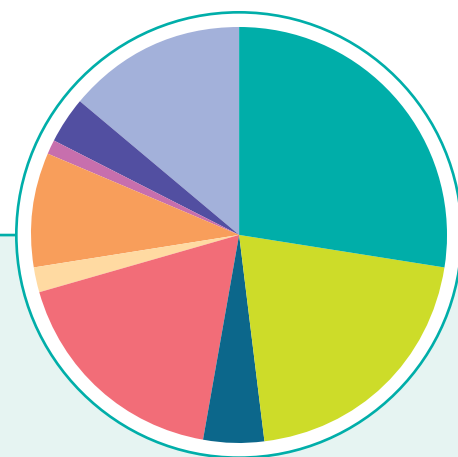
	2022-23	2021-22	2020-21
Fraser Health	28%	28%	28%
Vancouver Coastal Health	21%	24%	21%
BC Housing	3%	2%	5%
Province of BC	0%	0%	0%
Other CMHA's	28%	23%	18%
Gaming Grant	2%	3%	2%
Donations & Fundraising	5%	6%	9%
Tenant Rent Contributions	1%	1%	1%
Program Generated Revenues	6%	8%	3%
Other Revenue	5%	5%	14%
Total Revenue	\$8,821,139	\$7,637,836	\$7,915,579



2022-23 Revenue
Total: \$8,821,139



2021-22 Revenue
Total: \$7,637,836

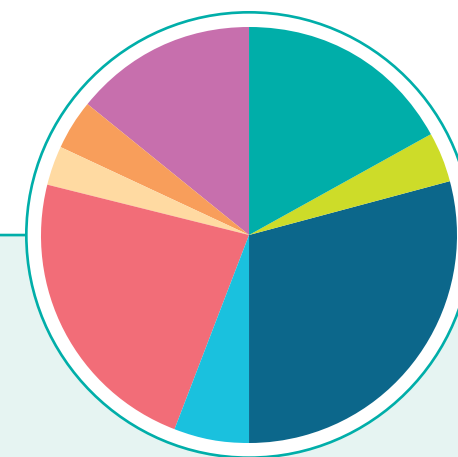


2020-21 Revenue
Total: \$7,915,579

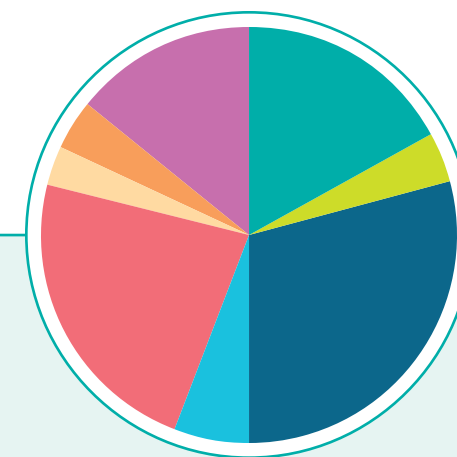
FINANCIAL REPORT

Expenses

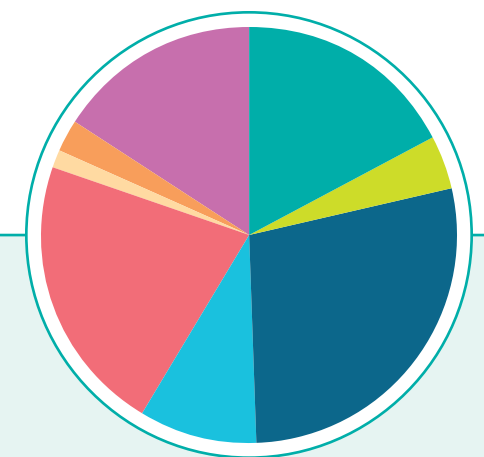
	2022-23	2021-22	2020-21
Housing	17%	17%	17%
Child & Youth	4%	4%	4%
Adult Recovery & Rehabilitation	42%	29%	28%
Peer Services	6%	6%	9%
Mental Health Promotion	21%	23%	22%
Social Enterprise	3%	3%	1%
Fundraising	5%	4%	3%
Administration	4%	14%	16%
Total Expenses	\$8,947,159	\$8,091,196	\$7,915,578



2022-23 Expenses
Total: \$8,947,159



2021-22 Expenses
Total: \$8,091,196



2020-21 Expenses
Total: \$7,915,578

Ways to Make a Difference

Mental health awareness is on the rise, and the efforts to reduce stigma surrounding mental illness are gaining momentum each day. Thanks to increased media attention and more open conversations, we are witnessing a positive shift in attitudes towards mental health. Our collective efforts to talk about mental health are making a real difference. As a committed community, now is our chance to come together, build hope, and take action in supporting mental health. Let's stand united and work towards a future where mental health is a priority for all. [#mentalhealthforall](#)

Be a Champion for Mental Health!

There are various ways you can support us and contribute to creating a stronger community that serves those in need:

- Volunteer your time and skill
- Become a member of our organization
- Help raise awareness by highlighting us on social media
- Make a donation to support our mental health community

Volunteering

At CMHA-VF, we provide numerous rewarding opportunities for you to get involved, whether in-person or virtually. In the past few years, our volunteers have made significant contributions by participating as a board or advisory committee member, organizing fundraising events, promoting our mental health wellness programs, and contributing to the development of our many strategic projects and initiatives with both corporate and community partners.

We invite you to consider how you can play a role in fostering continued collaboration, engagement, and expertise within our mental health community. Your volunteer support will make a meaningful difference in the lives of those who are impacted by mental health.

CMHA-VF Membership






By becoming a member, you play a crucial role in fostering hope, support, and inclusion for individuals dealing with mental illness and addictions. As a member, you gain a voice in shaping the future of CMHA-VF by participating in the election of the board and attending the Annual General Meeting. Additionally, you receive a complimentary subscription to the renowned Visions Journal, an award-winning publication. Your membership not only benefits you but also contributes to making a positive impact on the lives of those we serve. Join us in our mission to promote mental health and well-being for all.

Philanthropy & Community Partnerships

Each and every gift we receive, regardless of its size, enhances our capability to provide vital services to individuals and families facing mental health challenges and addictions. Our partnerships with funders and donors play a pivotal role in fulfilling our mission. We invite you to learn more about how you can contribute and make a difference by visiting vancouver-fraser.cmha.bc.ca/donate/. Your support matters, and we are grateful for any assistance you can provide in strengthening our mental health community.

Connect & Share






Stay up-to-date with our e-newsletter, **Breathe Deeply Community Connections**. Follow us, join the conversation, share the message and watch amazing stories on:

-  [@CMHAVancouverFraser](#)
-  [@CMHA_VF](#)
-  [@cmhavancouverfraser](#)
-  [@CMHA-VF Branch](#)
-  [@cmha-vancouver-fraser](#)

Canadian Mental Health Association Vancouver-Fraser Branch

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 @cmha-vancouver-fraser

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Vancouver-Fraser
Mental health for all

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