Canadian Mental Health Association
Grey Bruce
Mental health for all

Canadian Mental Health Association
Grey Bruce

ANNUAL REPORT
2017/2018

Canadian Mental Health Association (CMHA) Grey Bruce

ANNUAL REPORT 2017/2018

TABLE OF CONTENTS

3 Message from the Board President and Executive Director

4 CMHA Grey Bruce Core Values

6 Programs and Services

9 Program Statistics

10 Ride Don't Hide

12 Social enterprises provide space for wellness and learning

13 Free Drop-in Clinics

14 Financials

15 Thanks to our Supporters

BOARD OF DIRECTORS 2017/2018

Lynda Legge, **President**
Derek Anderson, **Vice-President**
Steve Lustig, **Treasurer**
Lucia Olynyk
Katie Douglas
Debbie Bodkin

MESSAGE FROM
THE BOARD PRESIDENT AND EXECUTIVE DIRECTOR

As we say good bye to another exceptional year at CMHA, we prepare for a new year that will bring significant changes. Our Charter as a CMHA Grey Bruce will dissolve August 31st and a new CMHA Grey Bruce Charter is set to be effective September 1st. This is because our agency, along with HOPEGREY BRUCE and G&B House, will amalgamate to form a new united agency. Staff and programing will remain largely the same but clients will see an increased ease in navigating access to these programs.

We have many significant events to celebrate from the 2017/18 year. Our fundraising reached a new plateau of $377,600 and allowed us to increase our services to youth and social enterprises. We were able to build a state of the art commercial kitchen that will act as both a training kitchen for our clients but also as an opportunity to hire clients to run our new Fresh Roots Café. We currently have 30 clients hired to work in our social enterprises including our ever-expanding Food Forest and gardens. Many thanks to that team for outstanding work in growing these programs in the past year.

We are grateful to our many sponsors for their generous support. Thanks to the South West LHIN, Ministry of the Attorney General and Ministry of Child and Family Services for their funding and ongoing support.

As you read through the pages of this report detailing all the work that was done at our agency last year, be aware that it is only possible because of an incredibly dedicated staff and group of volunteers. Our volunteer board members have invested countless hours this year to work on our amalgamation process. We thank them. Staff contributed to a work culture that is both healthy and envied by others. We are sure staff and volunteers will all feel a sense of relief when the amalgamation is complete and we can all "land" again. Thanks to our management team for their continued strong leadership. This year will see a new CEO lead a new organization with a newly formed board of directors. We are confident the same strong vision for quality service will continue into the future.

This year brought a provincial election and the promise of new initiatives. We feel confident from the promises made that mental health and addiction will finally get the financial attention it needs to keep Ontarians healthy. We will continue to work with our elected officials to bring quality services to the people of Grey Bruce in a cost-effective way and using best practices.

May you all have a terrific 2018/19 year.

Sincerely,

Lynda Legge
Board President

Claude Anderson
Executive Director

CMHA GREY BRUCE **CORE VALUES**

Our Vision

A community which values human dignity and in which each person is supported in achieving optimum mental and emotional health and well-being.

Our Mission

To provide programs and services that support the resilience and recovery of people experiencing mental disorders, and to enhance, maintain, and promote the mental and emotional health of all individuals in Grey and Bruce Counties.

Our Values

We value **Social Justice**. We believe that social justice includes a commitment to a basic sense of fairness, a respect for differences among people, and that every human being deserves an equal opportunity in life.

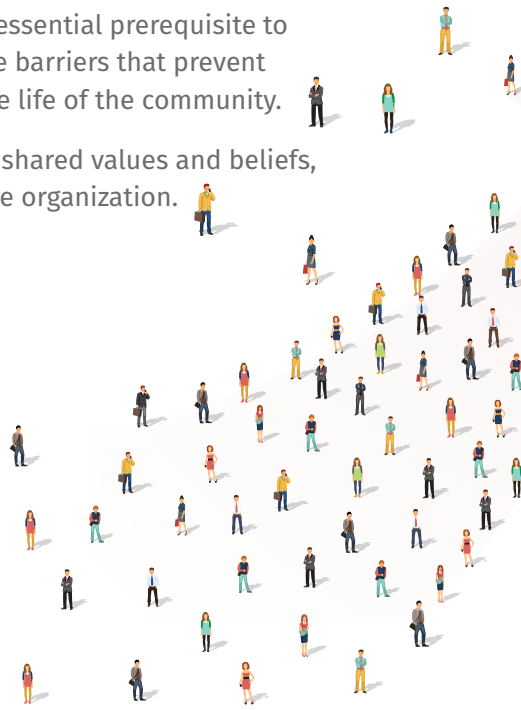
We value **Individual and Collective Responsibility**. We believe that both individuals and the community as a whole share in the tasks of informing the public, eliminating causes of mental illness, and caring for those individuals who need or want care.

We value **Access to Appropriate and Adequate Resources/Supports**. We believe that people require friendships and other natural supports. When formal supports are needed people should be able to choose the most compatible option from a comprehensive range of appropriate mental health programs and services, without undue delay, and as close to their home community as possible.

We value **Self-determination**. We respect differences among people and the right of every individual and community to make choices and decisions based on unique individual beliefs and community norms. Basic to this right of self-determination is the need of people to be involved in decisions that affect their lives.

We value **Community Integration**. Community integration of all people is an essential prerequisite to the development of healthy communities. We are committed to removing the barriers that prevent people, especially those with mental disorders, from fully participating in the life of the community.

We value **Integrity**. We believe that our day-to-day work must be true to our shared values and beliefs, and dedicated to promoting public trust and a sense of confidence within the organization.



We value **Partnership**. Partnership is dependent upon shared values and the cooperative efforts of all those working towards a responsive and accessible mental health system. An important partnership includes consumer/survivors, families, and service providers with the community. We are committed to sharing, and view participation and partnership as essential to realizing our goals and objectives.

We value **Excellence**. We are committed to developing and maintaining the highest possible standards of governance, management and operation to ensure that programs and services meet the needs and expectations of the community.

We value **Accountability**. We are guided by our shared mission, values, goals and objectives. As a publicly funded charitable organization, we are committed to using our funds as efficiently and effectively as possible, and to being open to the highest standards of public scrutiny.

We value **Creativity**. As an organization, we must encourage innovative ideas and new ways of doing things that are responsive to changing attitudes and needs in the community as well as to ongoing organizational changes.

Strategic Direction

Foster an atmosphere of recovery through quality client services and new consumer initiatives.

Govern with excellence to ensure sustainability of CMHA Grey Bruce.

Promote and implement human resource wellness opportunities.

Promote partnerships and support integration opportunities.

Develop a comprehensive communications strategy to enhance the profile of CMHA Grey Bruce.

PROGRAMS **AND SERVICES**

Bruce Shoreline Mental Health Team

CMHA Grey Bruce sponsors the mental health team in Southampton and Kincardine. This clinical program provides case management, brief therapy, group therapy, psychiatric consult, housing support and social recreational support to the mentally ill.

Community Leisure Access (CLA)

CLA provides one on one support to individuals, helping them develop the confidence and social skills needed to be active members of their communities.

Employment Services and Identification Clinics

CMHA Grey Bruce is a partner with Bruce-Grey Shores Employment Services to provide employment opportunities to persons on disability pension. The identification clinic helps individuals in Grey and Bruce counties replace or obtain necessary forms of basic identification.

Free Drop-In Clinics

Individuals requiring referrals, resources and/or supports are welcome to come to any of the four
drop-in clinics in Hanover, Meaford, and two locations in Owen Sound. Contact 519-371-3642 or visit
www.cmhagb.org for more information. Clinics are open between 1 and 3 pm and there is no appointment necessary.

Friends and Neighbours (FAN) Club

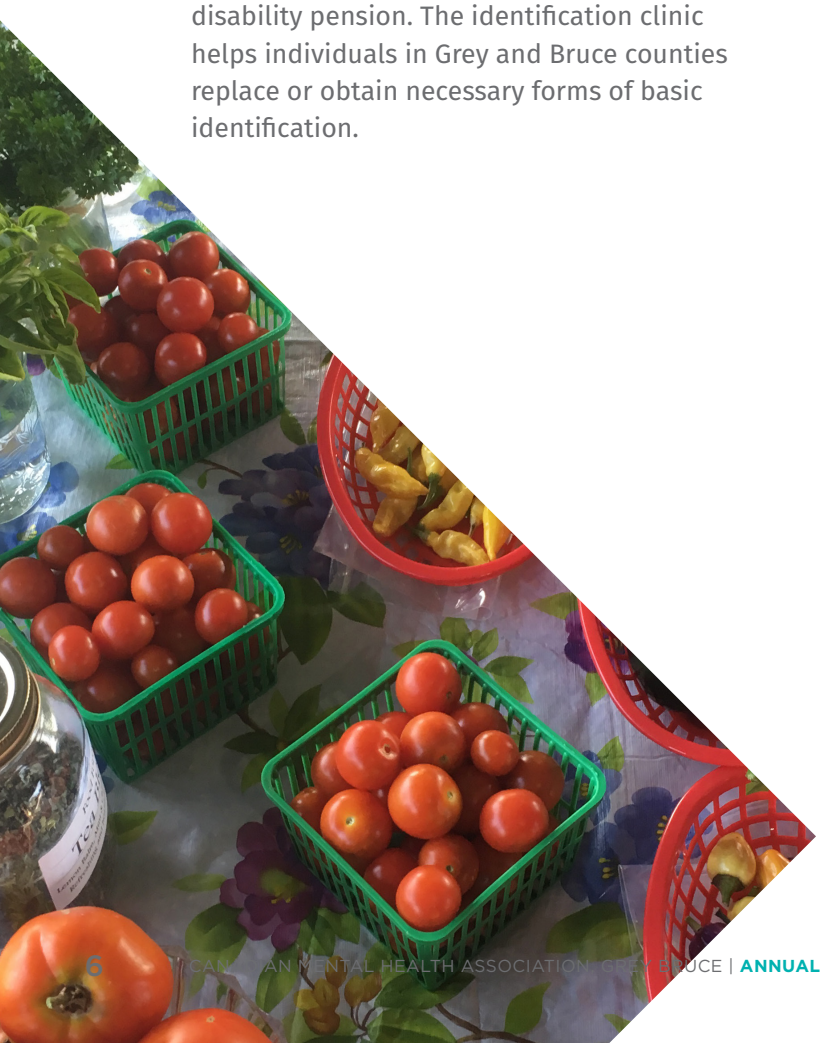
The Grey Bruce FAN Club is a puppet program using child-sized hand and rod puppets to discuss social issues with children ages 4-11. Volunteers train in the art of "Bunraku" puppetry and deliver presentations in various settings throughout Grey and Bruce counties.

Garden Programs

Garden programs available for members at each of our Leisure Links sites. There are also community beds available for individuals living in the Owen Sound area.

Grey Bruce Mental Health Court Support Services

Court Support services are for individuals 16 years of age or older, have a mental illness, and are involved in the criminal justice system because of criminal charges. Services include court diversion, case management, release from jail planning, court support and consultation.



Leisure Links Programs

Leisure Links programs are available throughout Grey and Bruce. Programs offer opportunities for individuals to gather in a safe and respectful environment where they can enjoy a variety of recreational, educational, and fun activities.

"Let's Talk"

"Let's Talk" is a two-visit program designed to reach out and help youth ages 12-20 develop and maintain good mental health, while decreasing the stigma surrounding mental illness and its treatment. The program is a combination of two best practice programs: TAMI (CAMH) and Youth Net (CHEO).

Mental Health Crisis Line of Grey and Bruce

The mental health telephone helpline serves people in crisis or distress with caring, non-judgmental support. This helpline is a joint venture of Grey Bruce Health Services and CMHA Grey Bruce and is accessible 24 hours a day, 365 days a year.

Mental Health First Aid

Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Participants learn the signs and symptoms of mental health problems and where and how to get help in Grey and Bruce.

Mental Health Intensive Case Management

Mental Health Intensive Case Management is an interdisciplinary team comprised of staff from CMHA and Grey Bruce Health Services. The program is designed to meet the complex needs of clients with serious mental illness who require a high degree of support in their community. This program assists clients by bringing mental health services into their community and homes to increase the individual's quality of life and allow them the opportunity to work towards recovery.

Public Education

As part of our mandate to increase the awareness of mental illness in our community, we sponsor events like the Sunflower Fun Project for grade 2 students and annual Mental Health Week and Mental Illness Our goal is to dispel the myths and counteract the stigma that people with mental illness face every day.

Suicide Alertness for Everyone

SafeTALK is a three-and-a-half-hour training program that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.

The Men's Program

Services to end violence including:

Partner Assault Program (PAR)

The PAR program works with both men and women. The goal is to increase the safety of participants, partners and children. Group work focuses on discussions of power and control issues. The development of healthy relationships is promoted through fostering self-responsibility and accountability. Participants can self-refer or are referred by the justice system.

The Dad's Group

This program provides a supportive environment so men may learn, accept and embrace their roles and responsibilities as fathers in enhancing the well-being of their children. My Dad's Group is offered in collaboration with Bruce Grey Child and Family Services, three times a year in Owen Sound and Walkerton. It is 10 sessions long, followed by a three-session co-parenting program together with the other parent of the dads' children.

Male Survivor Program

This program offers individual counseling for men who have been sexually abused as children and/or youth.

Urgent Response Team

The Urgent Response Team provides mobile crisis support throughout Grey Bruce 24 hours a day, 365 days a year. The team works in collaboration with first responders to provide telephone or on site crisis interventions. The mandate of the team is to reduce unnecessary emergency room visits or re-visits by providing immediate support in the community. The Urgent Response Team provides follow up with individuals for a period of up to 30 days.

PROGRAM **STATISTICS**

Client Interactions

3,583 Intensive Case Management

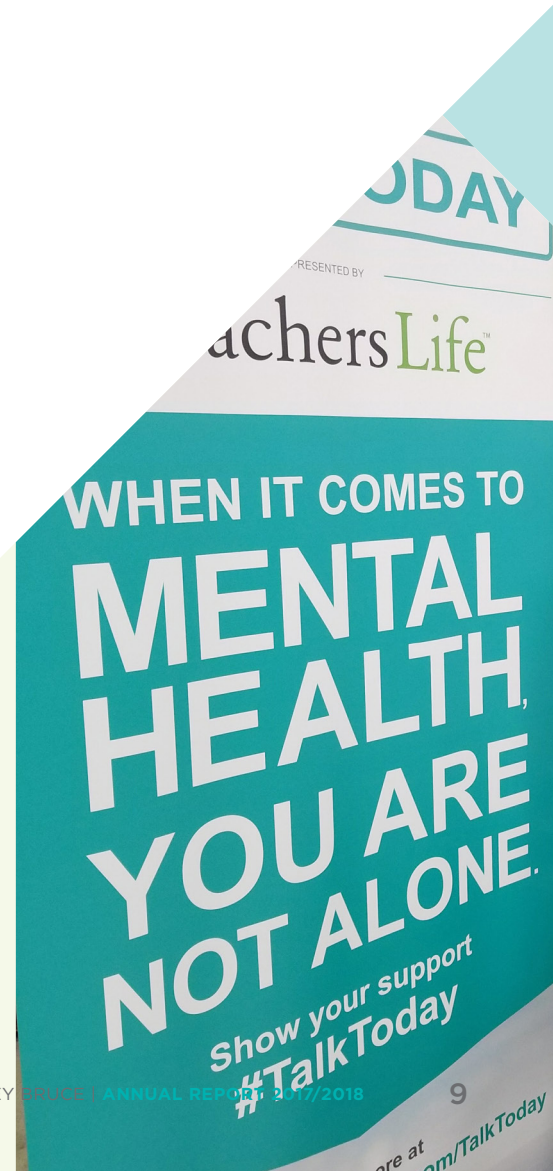
1,098 Counselling and Treatment

2,681 Court Support and Diversion

9,696 Social Rehabilitation and Recreation

3,994 Crisis Intervention

34,894 Health Promotions and Education

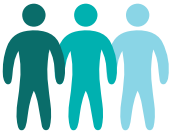


RIDE **DON'T** HIDE

Ride Don't Hide raised $60,040 last year for local mental health programs &and services with a total of 266 cyclists. With the funds, we expanded our community garden program, offered additional youth mental health programs, employed more individuals in our brunch programs for individuals and provided social supports to those in need.

$60,040
RAISED

266 CYCLISTS



70 VOLUNTEERS

SOCIAL ENTERPRISES
PROVIDE SPACE FOR WELLNESS AND LEARNING

Throughout Grey and Bruce, CMHA employs 30 people with mental health experience. Work responsibilities range from planting, harvesting and selling produce from the garden programs; kitchen duties and catering services from Fresh Roots Café and Catering; and reception duties, cleaning and snow removal. All programs are in response to local unemployment rates, poverty and food security for Grey Bruce residents.

30 people with mental health experience employed

Garden programs in full bloom

CMHA Grey Bruce manages several garden programs and employs a minimum of 10 client gardeners at its three sites in Owen Sound. The sites are located along the waterfront (called Walk and Snack), at the United Way, and the Food Forest program at St. George's Park.

St. George's Park includes a fruit orchard and 134 raised garden beds of which 41 are community beds. All three locations grow vegetables, herbs and other edible plants. This summer, CMHA Grey Bruce will have 18 additional beds ready for community harvesting. Over the last four years, this community hub has encouraged members of the community to gather, garden, learn and share their skills and stories in a safe and socially supportive environment. By growing and harvesting healthy food, our community is helping to protect and restore the local ecosystems, improve access to fresh, local food and be a centre for wellness and learning.

134 raised garden beds

Fresh Roots Café and Catering – a fresh approach

A portion of the funds raised from Ride Don't Hide was used to start a social enterprise program. Fresh Roots Café and Catering will be providing a supportive setting where as many as 10 people with lived experience of a mental illness work under the guidance of CMHA staff to learn cooking and catering skills.

While many people living with a mental illness are typically excluded from the mainstream economy, participants in this CMHA program receive an income as they prepare nutritious foods, make and sell homemade jams and sauces from CMHA's gardens and provide catering services to the community.

The initiative was designed to build food skills, reduce social isolation, and increase access to healthy food, while connecting people to other community-based resources including health, legal, and housing services.

Fresh Roots Café and Catering will be located beside CMHA Grey Bruce's Owen Sound office at 1028 2nd Ave. E.

FREE **DROP-IN CLINICS**

Four walk-in clinics are available across the Grey and Bruce counties for adults over the age of 18 now provide accessible counselling services, without a need to book a long time in advance. Walk-in services are helpful for many issues such as family conflict, stress, grief, depression, anxiety, relationship issues, separation, divorce or abuse. This is a joint effort with staff from Grey Bruce Health Services.

At CMHA Grey Bruce, no appointment is required. "Our walk-in counselling clinics provide free single session counselling on a drop-in basis and offers quick access to support for individuals in the community," said Executive Director Claude Anderson, CMHA Grey Bruce. "Counsellors are available to help individuals learn to take charge of their mental health and can easily connect you to other services should that be required."

CLINIC LOCATIONS:

Day	Time	City	Address
Tuesdays	1 to 3 pm	Hanover	The Loft 290 10th St.
Wednesdays	1 to 3pm	Meaford	Bethany Church 34 Trowbridge St. W.
Wednesdays	1 to 3 pm	Owen Sound	Grey Bruce Health Services Units 8-4 1800 8th St. E.
Thursdays	1 to 3pm	Owen Sound	CMHA Grey Bruce 1024 2nd Ave. E.

For more information please call 519-371-3642 or visit www.cmhagb.org.

FINANCIALS

REVENUE BY SOURCE:			
	2017-2018	2016-2017	2015-2016
Ministry of Health & Long-Term Care	$3,287,638	$3,092,648	$3,121,076
Ministry of the Attorney General	$130,851	$130,851	$118,955
Bruce Grey Child & Family Services	$57,550	$29,345	$37,067
Client Fees	$16,646	$14,348	$12,887
Fundraising and Grants	$646,198	$200,662	$145,973
Other— Interest, Memberships	$2,271	$489	$1,578
TOTAL	**$4,141,154**	**$3,468,343**	**$3,437,536**

EXPENDITURES:			
	2017-2018	2016-2017	2015-2016
Salaries, Benefits & Travel	$2,830,340	$2,730,422	$2,725,502
Supplies & Professional Fees	$803,101	$392,823	$357,779
Building & Ground	$200,850	$186,919	$164,491
One Time Expenses	$275,494	$20,000	$51,693
Sessional Fees		$14,593	$24,597
Equipment	$46,498	$41,156	$44,170
TOTAL	**$4,156,283**	**$ 3,385,913**	**$3,368,232**

KEY STATS FOR THE YEAR 2017-2018	
CLIENT INTERACTIONS	
Intensive Case Management	3,583
Counselling & Treatment	1,098
Court Support & Diversion	2,681
Social Rehabilitation & Recreation	9,696
Crisis Intervention	3,994
Health Promotions & Education	34,894

Note: interactions include: face to face, non face to face, not uniquely identified recipients & individuals served

THANKS TO **OUR SUPPORTERS!**

The Lafler Foundation

Canadian Mental Health Association
Grey Bruce
Mental health for all

100 *years of community*

Canadian Mental Health Association - Grey Bruce

www.cmhagb.org | @cmhagb | @cmhagb

CONTACT **US:**

CMHA Owen Sound Site & Union Place
1024 2nd Avenue East
Owen Sound, ON N4K 2H7
(519) 371-3642

CMHA Markdale Site & The Coach House
55 Victoria Street
Markdale, ON N0C 1H0
(519) 986-7491

CMHA Hanover Site & The Loft
290 10th Street East
Hanover, ON N4N 1P2
(519) 364-0184

CMHA Southampton Site Bruce Shoreline Team
353 High Street
Southampton, ON N0H 2L0
(519) 797-2880 or 1-877-888-5855

CMHA Kincardine Site & The Dory
865 & 867 Queen Street
Kincardine, ON N2Z 2Y2
(519) 396-4523 or 1-877-888-5855

CMHA Walkerton Site
104 Catherine Street, Box 897
Walkerton, ON N0G 2V0
(519) 507-6500

Ontario
South West Local Health Integration Network
Réseau local d'intégration des services de santé du Sud-Ouest

ACCREDITED WITH EXEMPLARY STANDING
ACCREDITATION AGRÉMENT CANADA