



Canadian Mental Health Association  
Calgary  
Mental health for all

# NOW WE'RE STRONGER

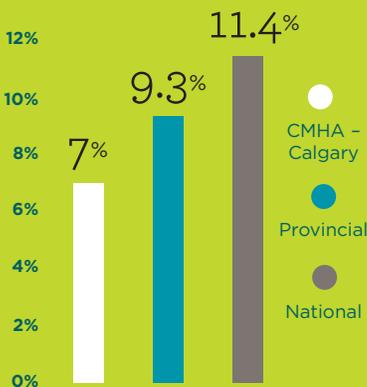
2015/2016 REPORT TO COMMUNITY  
cmha.calgary.ab.ca

TOTAL INDIVIDUALS SERVED THROUGH ALL CMHA – CALGARY PROGRAMS/SERVICES **32,615**

CMHA – Calgary Region  
Post-Discharge Program demonstrates

## LOWER HOSPITAL READMISSION RATES

Unplanned 30 day hospital readmission rate 2015/2016



## HOUSING SUPPORT



## OUTREACH

**153%**

increase in individuals served from 2014/2015 to 2015/2016 in our SOS and Advocacy programs

**63%**

of individuals accessing support are first time service users

## PARTICIPANTS IN THE ART OF FRIENDSHIP PROGRAM REPORTED:

**34%** decrease in feelings of isolation

**33%** decrease in feeling anxious in social situations

**36%** increase in knowing what skills they need for healthy friendships

## PEER SUPPORT

## EDUCATION

### COMMUNITY EDUCATION AND COMMUNITY HELPERS:

Total Participants:

**25,508**

### COMMUNITY HELPERS AND PARTICIPANTS:

**53%**

improvement in knowing how to approach someone who looks like they are having a rough time.

**44%**

improvement in knowing how to help someone to work through a problem.

**47%**

increase in awareness of issues and challenges facing youth, young adults and/or adults in their community.

## FINANCIALS AS OF MARCH 31, 2016

REVENUE	2016	2015
Alberta Health Services	\$4,358,369	\$ 4,156,895
Fund Development	1,186,897	1,145,964
United Way	527,284	529,976
City of Calgary	307,667	300,912
Other Revenue	311,559	317,408
	<b>\$ 6,691,776</b>	<b>\$ 6,451,155</b>
EXPENSES		
Salaries and Benefits	\$4,842,986	\$4,678,105
Building Occupancy	561,083	555,859
Operating Expenses	969,321	1,533,643
	<b>\$6,373,390</b>	<b>\$6,767,607</b>
Excess (deficiency) of revenue over expenses	<b>\$ 318,386</b>	<b>\$ (316,452)</b>

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Jim Merchant

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Barbara Tate

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# NOW WE'RE STRONGER

CMHA  
Calgary champions  
for change

Looking back and reflecting on our 60<sup>th</sup> year in community, there is a renewed sense of hope, purpose and engagement in the work we do. Our community is reaching out and supporting mental health as donors, volunteers, peers and mentors.

Each year one in five people in Calgary will experience a mental illness or addiction. Many don't reach out for help due to the fear of stigma. Our work in community is about addressing the issue of stigma, increasing mental health literacy and helping individuals and families develop the skills that will decrease feelings of isolation and increase empowerment. For 60 years, CMHA - Calgary has walked side by side with those living with a mental illness, knowing that recovery is possible and that everyone should have the opportunity to live well in their community.

At CMHA - Calgary, we are champions for change. We have taken a leadership role in helping build a coalition of mental health and addiction serving agencies to combine strengths and efforts to better serve our community. In February, we were honoured to be invited by the Minister of Health to the release of the *Valuing Mental Health* report that outlines 32 recommendations to improve mental health and addiction in Alberta.

As Calgary faced a very difficult economic climate, CMHA - Calgary served a record number of 32,615 individuals.

We continued to grow our services to support all ages and stages of life. To address gaps in prevention and early intervention we offered two new programs, *Community Helpers* and *Living Life to the Full*.

We value every dollar we receive. A focus on operational effectiveness allowed us to serve more individuals, decrease our cost of administration and cost to raise a dollar - all of which are important to demonstrate stability and sustainability. We are measuring client outcomes and Key Performance Indicators that allow us to monitor and compare our year-over-year results.

## We know we are making a difference.

We are proud of what we have accomplished over the past 60 years and are reimagining a future over the next 10 years that supports our vision: mentally healthy people in a healthy society.



**Lauren MacNeil**  
Executive Director



**Jim Merchant**  
Chair of the Board

## LEADERSHIP IN PARTNERSHIPS



Calgary Council for  
Addiction and Mental Health

"CMHA - Calgary is one of the most committed catalysts for change in Calgary's Mental Health and Addiction landscape. It mobilized the collective commitment and will into a journey towards meaningful change. Such selfless leadership reminds us of the words of Henry Ford;

*'Coming together is a beginning  
Keeping together is progress  
Working together is success.'*

— Yared Belayneh,  
Community Planner, United Way  
Calgary and Area



sheldon kennedy child advocacy centre

"Being able to work in an integrated manner with strong community partners like CMHA - Calgary is how we bring our individual strengths as organizations to deliver best practice for youth in our community."

— Bonnie Johnston,  
CEO, Sheldon Kennedy Child  
Advocacy Centre



"Suicide prevention is everyone's responsibility. Especially in times of economic downturn, agency collaboration is imperative to reach and support people in crisis. CSP works closely with CMHA - Calgary from a systems-planning level to a community service level, promoting mental health and supporting people through their recovery."

— Mara Grunau  
Executive Director, Centre  
for Suicide Prevention



## #NOWIMSTRONGER On January 18 - Blue Monday

— we kicked off a city-wide conversation about mental health. 60 Conversations in 60 days had Calgarians across the spectrum of age and walks of life share their own stories of recovery.

The campaign, intended to challenge stigma and inspire strength, had people focused on CMHA - Calgary for a two-month period as we provided the platform for their stories. As part of the campaign, we partnered with the University of Calgary to analyze the conversations and help guide us in our future work. Four themes emerged: community connections, story sharing, stigma and collective responsibility. It shows we are on the right track.