



THE YEAR
IN REVIEW
CMHA
CALGARY

"Both my time as a client and as a facilitator with CMHA have allowed me to continue my relationship with my brother. It's the way I stay connected with him. It's when I feel his presence most."

Greg Duhaney, Survivor of Suicide Loss

2014/2015



**Canadian Mental
Health Association**
Calgary
Mental health for all

OUR MESSAGE



Laureen MacNeil,
Executive Director



Jim Merchant,
Board Chair

As we turn the corner on the 2014 – 2015 year at CMHA Calgary Region, awareness around the issue of mental health and addiction has piqued public interest in a way we haven't seen in the 60 year history of our agency. The face of mental health and addiction today is one of open conversation with a genuine intention of reducing or eliminating stigma and leading individuals with these challenges to a recovery-focused future.

The year past has been one where several significant endeavours highlight the public's interest in our agency and the work we do. Our staff is receiving recognition for the commitment to excellence they exhibit in their work. Debbie Wiebe received Calgary Learns' Life of Learning Awards' (LOLA) 2015 Learning Champion and Brenda Vanderwal received United Way's 2015 Bhanyana Family Foundation Award for Innovation and Creativity. Congratulations Debbie and Brenda!

We held a community wide gathering to develop a collective response to the Alberta government's *GAP MAP Report*, a deep analysis of the status of mental health and addiction services in the province. Additionally we are leading an AHS Strategic Clinical Network project on Peer Support. We launched the beautiful coffee-table book *Sick to Death of the Silence*, an awareness campaign and fundraising opportunity led by volunteers. We participated for the first time in the national flagship bike ride, *Ride Don't Hide*. We hosted the 2014 Nationwide CMHA Conference, *Strengthening Our Collective Voice*, which was the largest in CMHA's history. Our 10th Annual *Survivors of Suicide Loss* day provided the opportunity for individuals to gather, share and learn together. Our agency was honoured to host Her Excellency Sharon Johnston, where we were able to showcase not only our work in community, but also honour

some of our long-time volunteers with the Governor General's Caring Canadian Awards. We were the recipients of funds raised by an internationally reaching and viral social media campaign, *#CHHSLetsTalk*, created by local high school students. And, we hosted our first ever *Headstrong Youth Anti-Stigma Summit* alongside the Mental Health Commission of Canada, just to name a few of the groundbreaking and headline gathering activities we found ourselves involved in this past year.

We've put significant resources into how we strategically respond to the increased need this awareness is driving: Our Board has approved a three year strategic plan and CMHA Calgary has launched the development of a *Recovery Framework (2015)* that shapes the delivery of recovery-oriented best practices. These practices ensure that our mental health services are delivered in a way that supports individuals and families within a client-centred, recovery-oriented community-based operating model. This new framework strengthens our ability to work with clients at all stages of their illness and recovery journey, equipping them with the necessary skills, resources and support they need. The ability to share one's story has a life-changing impact, and provides hope for others. As our clients find confidence and voice, we continue to focus on creating opportunities for them to share their stories of recovery in many different ways.

This year, we celebrate the 60th anniversary for CMHA Calgary as positive champions for mental health in the city. We have a long-standing tradition of advocating for our clients while offering community-based services which are both creative and pioneering. This solid foundation positions us to continue our vital work in community; providing quality support for those with mental health and addiction challenges.

CMHA Calgary Region has a significant social impact on our city

26,655 Calgary and area
YOUTH

have participated in Community Mental Health Education programs focusing on mental illness, stigma and suicide prevention.

1,760 Unique **clients**

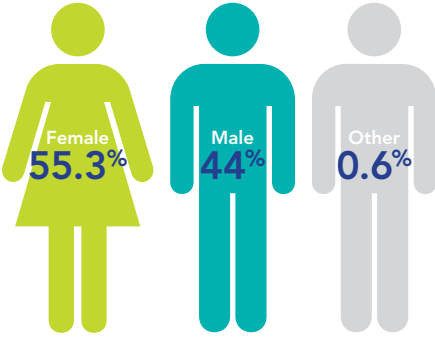
impacted by mental illness have accessed the supports and services available through CMHA's program offerings.

15 Community based
Programs include

mental health recovery, family support, peer support, suicide bereavement support, mental health promotion and anti-stigma initiatives.

THE FACE OF CMHA'S 1,76

GENDER



AGE

MORE THAN HALF OF OUR CLIENTS ARE OVER THE AGE OF 45

0.4% 0 – 17

7.2% 18 – 24

16.0% 25 – 34

15.5% 35 – 44

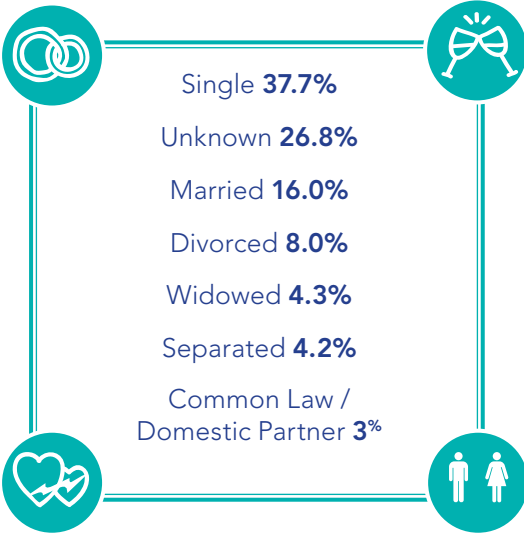
23.5% 45 – 54

24.6% 55 – 64

7.4% Over 64

5.4% Unanswered

MARITAL STATUS



CULTURAL BACKGROUND

71.8% of clients identify as Canadian

88% of clients list English as their primary language

30 CLIENTS IN 2014 – 2015

HOW PEOPLE IDENTIFY WITH THEIR MENTAL ILLNESS



30.1%

Anxiety Disorders (includes generalized anxiety, OCD, phobias)

26.7%

Psychotic & Personality Disorders (includes Schizophrenia, Schizoaffective Disorder, Psychosis)

23%

Mood Disorders (includes depression, bipolar, substance induced mood-disorders)

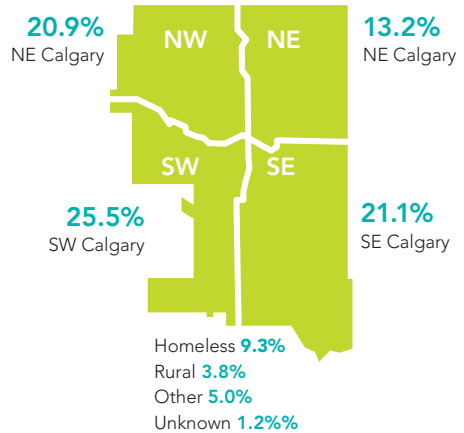
HOW WE ENGAGE

« Almost **73%** of our client interaction is face-to-face

GROUP INTERVENTIONS

« **531** sessions held in Education, Skills, Counselling & Peer Support for **4,376** participants

WHERE THEY ARE FROM



STREET OUTREACH AND STABILIZATION CLIENTS



77.7%

Aboriginal



15.5%

Non-Aboriginal



7.4%

Undetermined



1. CMHA Calgary hosted our 10th Annual Survivors of Suicide Loss Day featuring Dr. Clem Martini as guest speaker. **2.** Our 10th Annual Fish & Chips event co-hosted with Horizon Housing once again raised money to support individuals with mental health disorders in both programming and housing. **3.** In conjunction with the Mental Health Commission of Canada and the Sheldon Kennedy Child Advocacy Centre we hosted a hugely successful Youth Mental Health Summit. **4.** We hosted our first Ride Don't Hide biking fundraiser as part of the national flagship campaign. **5.** January of 2015 started with the #CHHSLetsTalk social media campaign raising awareness and funds for CMHA Calgary. **6.** Several groups of seniors in High River were supported through the hugely successful Living Life to the Full program.

FINANCIALS

(As of March 31, 2015)

REVENUE

	2015	%	2014	%
Alberta Health Services	\$4,156,895	64.44	\$3,898,005	60.91
United Way	529,976	8.22	546,393	8.54
City of Calgary	300,912	4.66	300,911	4.70
Fund Development	1,145,964	17.76	1,286,940	20.11
Public Support	–	–	18,750	0.29
Other Revenue	317,408	4.92	348,491	5.45
	\$6,451,155	100.00	\$6,399,490	100.00

EXPENSES

	2015	2014
Salaries and Benefits	\$4,678,105	\$4,761,302
Building Occupancy	555,859	597,699
Operating Expenses	1,533,643	1,119,622
	\$6,767,607	\$6,478,623

	2015	2014
Excess (deficiency) of revenue over expenses before amortization	\$ (316,452)	\$ (79,133)
Amortization	–	1,839
Excess (deficiency) of revenue over expenses	\$ (316,452)	\$ (80,972)

OUR VISION:

Mentally healthy people
in a healthy society.

OUR MISSION:

A leader in reducing the impact of mental disorders and
addiction in promoting mental health, wellness
and recovery through community-based services.

BOARD OF DIRECTORS

Officers

President: Jim Merchant
Past President: Barbara Tate
Vice President: Catherine Connolly
Vice President: Simon Vincent
Treasurer: Diane Yuill
Provincial Board Representative:
William Bone
Provincial Board Representative:
Ross Manning

Board Members

William Bone
Catherine Connolly
Dr. Deborah Dobson
Joshua Fraese
Jennifer Fuhr
Paul Kelly
Diane MacIntyre
Ross Manning
Craig McDougall
Jim Merchant
Cindy Radu
Dennis Niebergal
Barbara Tate
Simon Vincent
Candace Watson
Diane Yuill



**Canadian Mental
Health Association**
Calgary
Mental health for all

**For more information, contact
CMHA Calgary Region**
#400, 105 – 12th Avenue SE
Calgary, AB
T2G 1A1
403.297.1700
info@cmha.calgary.ab.ca