

REPORT TO COMMUNITY

2018/2019

Growing Youth Engagement & Discovery College



94%

of schools participating in the YouthSMART Summit completed student led action plans for awareness and resiliency focused activities in their schools

2,457

students participated in mental health and suicide awareness educational sessions

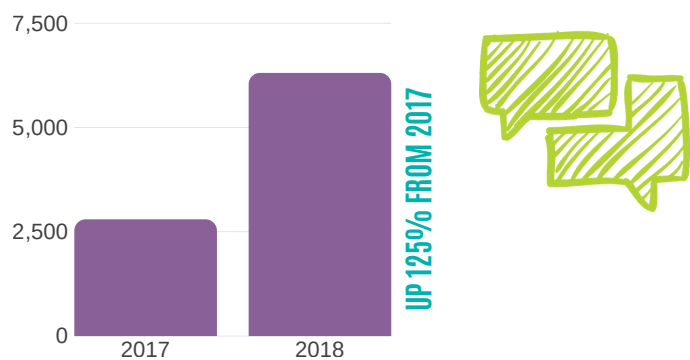


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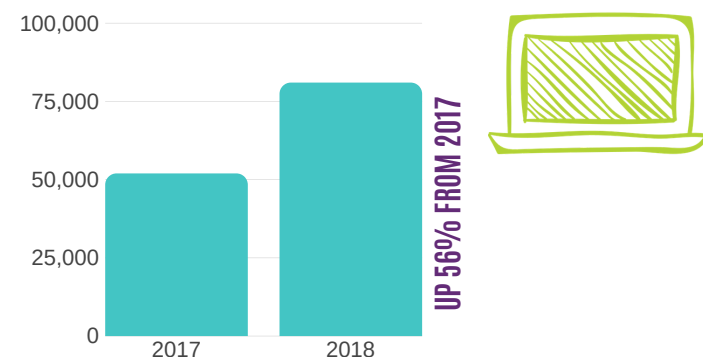
youth enrolled in Discovery College course offerings

Community Impact of Our Support

6,300 Connections at wellness fairs and community events



80,908 Unique website users in 2018



0% Hospital re-admission rates within 30 Days of Post-Discharge Program

WELL BELOW THE 8.3% ALBERTA HEALTH SERVICES PROVINCIAL AVERAGE



FINANCIALS

For the year ended March 31, 2019

	2019	2018
REVENUE		
Alberta Health Services	\$4,081,463	\$4,015,290
Fund Development	\$1,471,858	\$1,257,431
Province of Alberta	\$924,668	-
United Way	\$600,000	\$599,934
City of Calgary	\$544,753	\$687,787
Grants - other	\$425,568	\$273,888
Other Revenue	\$685,071	\$455,261
	\$8,733,381	\$7,289,591
EXPENSES		
Salaries and Benefits	\$5,739,225	\$5,431,838
Building Occupancy	\$705,977	\$657,543
Operating Expenses	\$2,289,186	\$1,195,652
	\$8,734,388	\$7,285,033
Excess of (expenses over revenue) revenue over expenses	(\$1,007)	\$4,558

BOARD

Officer

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Past President: Ross Manning
Vice President: Deborah Saari
Treasurer: Diane Yuill
Provincial Board Representatives: Diane MacIntyre, Dr. Michael Trew

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Curtis Stange	Jennifer Fuhr	Stacey Meyer
Deborah Saari	Joshua Fraese	Steven Sproule
Diane MacIntyre	Rick Wise	Ted Bobier
Diane Yuill	Ross Manning	

In a year of unprecedented growth, CMHA Calgary continues to innovate and build expertise in the areas of peer support and recovery, all while providing evidence-based services to those in our community who need support for mental health or substance use concerns.

Our new space has allowed us to continue developing longstanding partnerships, and to create new ones with organizations in Calgary, Alberta and beyond. We are bringing together organizations to look at how refugees and newcomers access mental health support after moving to Calgary. We continue to partner with organizations on co-developing Recovery College courses, and we are working on bringing our Peer Support training to workplaces.

Our Recovery College has seen the number of registrants and course offerings double, while offering courses in 21 locations. Our Centre for Excellence in Recovery and Peer Support is working with other CMHA sites in Alberta to fill huge system gaps by providing prevention and early intervention. Scaling Recovery College across the province to Edmonton, Wood Buffalo, Lethbridge and Central Alberta will help achieve the common goal of building resilience, empowerment and supporting individual and family recovery journeys.

THE GROWTH AND UPTAKE WE HAVE SEEN WITH INDIVIDUALS CONNECTING TO OUR SERVICES, WHILE OPERATING OUT OF OUR NEW LOCATION FOR THE PAST YEAR, SHOWS THAT MORE THAN EVER PEOPLE ARE REACHING OUT FOR SUPPORT.

We continue to grow our engagement with youth through co-development and design in Discovery College and at our YouthSMART Summit. The YouthSMART toolkit, which provides resources for schools to implement mental health and awareness projects within their schools, was given to each student at the Summit and accessible online, was downloaded by over 100 schools, school boards, and communities across four countries (Canada, USA, South Africa and Pakistan). It had an indirect impact on an estimated 10,000 individuals outside of our YouthSMART Schools, which reached an estimated additional 35,000 young people.

We could not do what we do each day without the passion and support of our CMHA Calgary team of staff and volunteers who work side-by-side with those we serve. We would like to thank our grant funders, Alberta Health Services, United Way, FCSS, Calgary Foundation and RBC Foundation. We could not reach the number of individuals we do without the support of our partners and generous major donors, including W. Brett Wilson, Friends of Rob McAlpine (fORM), and Cody Snyder Charity Bullbustin'.

We were honoured to be chosen by The Lucas Fiorella Friendship Bench Foundation and supported by Strategic Group in unveiling the #YellowIsForHello Friendship Bench right outside our office. The bright yellow bench will serve as a safe space for anyone to connect with peers and serves as a permanent visual reminder of the importance of speaking openly about mental health issues. CMHA Calgary is the first location in Calgary to receive a Yellow Friendship Bench, and the first non-school location in Canada.

"One of the reasons we chose CMHA Calgary Region as the first location is because of the Recovery College, and is because this group in particular really does open its doors and welcomes the community," said Sam Fiorella, founder of the Friendship Bench.

As we move into the last part of 2019 and into another new year, we are excited to see how much further we can reach in the community who need us most.



JENNIFER FUHR
Chair of the Board



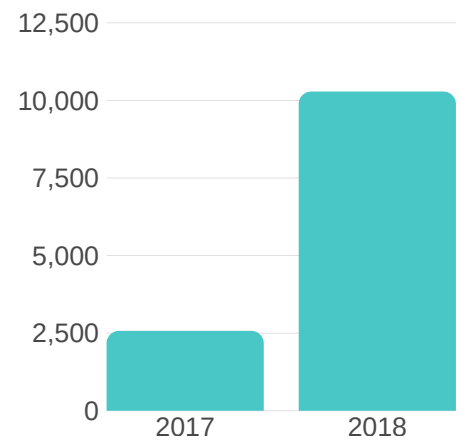
LAUREEN MACNIEL
Executive Director



CONNECTION

301% Increase in intensive peer connections from 2017

with an average 29 minute conversation



BELONGING

98% Of Recovery College students felt a sense of belonging in their course

3,048 Class registration in Recovery College



HOPE

84% Of students feel more confident socializing following participation in a course or group

4,627 People participated in 452 drop-in sessions