



2022 - 2023 REPORT TO THE COMMUNITY



Canadian Mental
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All statistics from April 1, 2022 - March 31, 2023

EXECUTIVE MESSAGES

I am very proud to have spent the last year chairing the Board of Directors of the Canadian Mental Health Association – Calgary Region. My original connection to this organization and its amazing work has come from witnessing family members struggle with their mental health. It is very clear to me that our mental health not only determines how we participate in the world, but is also key factor in our overall well-being.

This has been no more obvious than in the last three years, when we know that Canadians, Albertans, and Calgarians in large numbers have struggled with their mental wellness. People were isolated and fearful, not knowing when the pandemic would become less threatening. We know from data reported by [CMHA National](#) that 77% of adults have felt that their mental health has been affected by the pandemic, including being stressed, lonely or isolated. In addition, the CMHA National research indicated that 54% of Albertans were unable to receive the mental health support they needed because they couldn't afford to pay.

CMHA Calgary responded to the needs of Calgarians throughout the pandemic and continues to do so, now in a world that is moving forward from those times. The end of the worst of the pandemic has not reduced the need for mental health services in our city. In fact, demand for CMHA Calgary's programs has increased, such as our Welcome Centre which saw a 67% increase in total contacts from April 1, 2022 to March 31, 2023, and the organization continues to grow and adapt to the ever-changing needs of our clients.

However, as more and more people are experiencing mental health challenges and the complexity of needs increases, we have seen the funding environment throughout the city and the country evolve and change as well.

Calgary Chamber of Voluntary Organizations (CCVO) states in their [Too Essential to Fail Report](#), that non-profits in Calgary "are experiencing higher demand for their services and higher complexity of community needs – all while adapting to a new context with fewer resources." Their survey also indicates that 48% of non-profits have identified an ongoing reduction in revenue. [Imagine Canada](#) states that across Canada more than half of non-profits are dealing with revenue declines of more than 40%.

CMHA Calgary has unfortunately not escaped the reality of seeing funding changes affect the organization. As a result of reduced funding, extremely tough decisions had to be made. We were very disappointed to have closed the Counselling Programs within the organization. The niche services of suicide bereavement, grief and loss, and family support have helped many over the years. Unfortunately, we understand that there is still a great need for these services in our community. We are pleased that our Community Navigator is able to help individuals and families find similar services and resources in the community to help in these difficult times.



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EXECUTIVE MESSAGES

While financially, this year has been challenging, we also celebrate that CMHA Calgary has a large network of caring Calgarians who have continued their support of the organization and its programs. We are so grateful to our individual donors, funders, corporations, and communities who held fundraising events in support of CMHA Calgary. We know that there are many competing and worthy options for your hard-earned money, and we appreciate your ongoing support and trust in CMHA Calgary to deliver the best services to our clients.

I would like to extend my deepest thanks to my fellow Board Members for offering your time and expertise to help guide CMHA Calgary this past year. The Board welcomed several new members this year and we have worked very hard to provide excellent guidance and governance to the organization. The Board is hopeful that in the coming year, our core funding and ongoing donations will continue to grow and increase so we can continue to expand CMHA Calgary's programs and service offerings.

As our organization continues to expand, we have continuously seen a small, but extremely dedicated, group of volunteers who offer their time to CMHA Calgary. There are those who assist regularly at our bingos, and also those who have helped out at our community fundraising events. All of these volunteer roles are incredibly important to helping CMHA Calgary expand our reach, while also bringing in funding to support the organization.

A volunteer's work is so extremely important to any organization, and CMHA Calgary wants you to know that your time and commitment to this cause are appreciated more than you can know. Like funding, there are many competing and worthy places to dedicate your time and we are so grateful that you have chosen to spend some of your time with us.

On behalf of the Board of Directors, I would like to thank Sara Jordan, our Executive Director, and all of the CMHA Calgary employees who have brought their care, support, and talents to help our clients and community each and every day. Your steadfast commitment to CMHA Calgary over the last very challenging years has allowed this organization to continue to provide the critically needed services to Calgarians. You are the reason we are able to strive towards providing mental health for all.

We look forward to this next year and all of its opportunities, while remembering to reflect on the successes, learning opportunities, and joys from this past year.

Kerry Brown
Chair of the Board
Canadian Mental Health Association
- Calgary Region



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EXECUTIVE MESSAGES

The past year at CMHA Calgary came with many new beginnings, successes, challenges, and tough times. More individuals than ever are experiencing mental health challenges and as an organization, we continue to see clients who have more complex needs.

There is much to celebrate from this past year with new beginnings and re-openings. As pandemic restrictions eased even more in the summer of 2022, our staff were finally able to fully open in-person services at our Welcome Centre so that we could engage face-to-face with our clients while offering our Peer Support Services. We also welcomed students back to in-person classes in our Recovery College, while still having virtual options for individuals.

Our School of Peer Support doubled its intake this year to 64 students. Our School of Peer Support provides training for individuals with lived experience with a mental health or substance use concern to become Peer Support Workers and provide support to others in the community. The 110% increase in the number of students provides even more individuals with the skills to help others in the community once they finish their training and practicums.

Through our partnership with Alberta Health Services (AHS) and Horizon Housing, we opened 5 additional beds this past year to help our clients move towards increasing their level of independence while still having support available from CMHA Calgary Supportive Living Coordinators.

Our Continuing Connections Program, which operates out of long-term care facilities to provide recreation and leisure activities for those facing loneliness and isolation, expanded its services to those aged 65 plus.

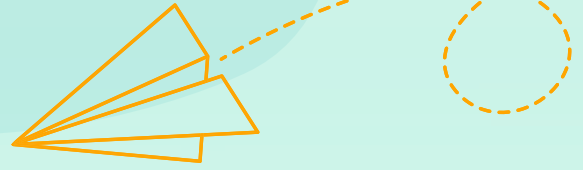
In our Post-Discharge Transition Program, which sees individuals being discharged from hospital inpatient psychiatry units to our supportive housing program, we moved to have 24/7 staffing in two homes to better support our clients as we have seen acuity levels have risen with substance use and mental health challenges.

Our Community Education Team worked extremely hard this past year to launch our new self-guided online mental health program, called EQUIPPED. It builds on the basic concepts taught in our YouthSMART programming, but is expanded for a slightly older audience of emerging adults from ages 16 to 24. The first learning modules launched in September 2022, while the new Skills for Being There module launched in May 2023. We are extremely thankful to an anonymous donor for providing the funds to reach this new age range.

Even with all of these accomplishments, it was with great sadness that we had to announce the closure of our Counselling Program, including individual counselling, closed group counselling, Survivors of Suicide Loss Day, and drop-in counselling. This program has provided services to those who have lost someone to suicide, dealt with grief and loss, or had a loved one struggling with a mental health or substance use concern. Closures were made due to funding changes.



EXECUTIVE MESSAGES



We appreciate all the efforts and contributions that our supporters have made over the years to the Counselling Department. We truly are thankful for the time, dedication, and support you have shown our staff and organization.

We continue to expand our reach in the Calgary community to promote our programs and services. In particular, we were extremely thankful to the Ismaili Group of the Prairies for selecting us as their feature charity in the 2022 Stampede Parade. Their large group of volunteers put in thousands of hours to create a wonderful float to promote mental health.

We were very thankful to so many community fundraisers who chose us as their charity of choice for events over this past year. This includes Bullbustin', the Calgary Chamber of Commerce Golf Tournament, BlueStar Engineering Invitational Golf Tournament, and Hockey Talks with the Flames Foundation, just to name a few. We also held our last ever Energize Don't Hide Event, which saw participants raise almost \$70,000! Thank you to everyone who has participated, volunteered, and donated towards our Ride Don't Hide and Energize Don't Hide events since 2014.

As I reflect on all these accomplishments from the past year, I want to acknowledge that as an organization, we have faced many changes, along with an increasing need for mental health support in the community. On behalf of the Executive Leadership Team, I want to thank our amazing team of staff who worked so hard over the past year. Thank you all for being committed to CMHA Calgary as we have had to navigate these challenges, while also providing excellence in care, service provision, and concern for our clients.

As we move forward in our next fiscal year, we are excited to expand on the work from the past year. We are thrilled to launch more programs for emerging adults, expand our reach through workplace mental health education, and educational materials for kids, while providing enhanced mental health support for our clients in our housing programs.

Sara Jordan
Executive Director
Canadian Mental Health Association -
Calgary Region



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HOUSING, OUTREACH, AND SUPPORT



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POST-DISCHARGE TRANSITION PROGRAM: MOVING TO 24/7 AWAKE STAFFING

CMHA Calgary's Post-Discharge Transition Program supports clients from inpatient psychiatric units in the Calgary area with severe and persistent mental health challenges. It provides a supportive environment to help clients stabilize clinically and learn independent living and life skills.

"We are hoping that the clients come to us and they leave better off than when they started with us," said Abdulla Moussa, Senior Manager of Housing, Outreach, and Support.

Our staff supported 61 clients in our two Post-Discharge Transition homes in the past year, including 45 new clients. On average, clients stay in these homes between 3 - 6 months.

As we continue to see more clients with more complex needs, CMHA Calgary noticed the need to change our staffing model in our Post-Discharge Transition homes to offer 24/7 awake-at-night staffing to clients in April 2022, with one of our Supportive Living Homes making the transition to this schedule in May 2023.

This means the overnight shift has a CMHA Calgary staff member onsite, available, awake, and ready to support clients. Previously, this was a scheduled sleep shift and staff were expecting to have 8 hours of sleep. Unfortunately, this did not always occur because of the needs and support required in a group home.

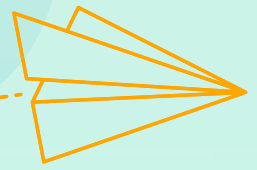
"A former client identified that Robert's House helped them learn the coping skills needed to not only live independently but also to re-enter the world of employment and navigate challenges within their family dynamic. This client mentioned how important the sense of community was to their recovery, even though they didn't notice this at the time of living at Robert's House. This has helped them to foster an appreciation for recreating this sense of community in other capacities, specifically through CMHA Calgary's Peer Support program. They shared fond memories of their time at Robert's House and wanted to say thank you to all who helped them through some challenging times."

- Adapted from a Supportive Living Team Lead's narrative



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POST-DISCHARGE TRANSITION PROGRAM: MOVING TO 24/7 AWAKE STAFFING



"Clients can come back outside of curfew hours, for example for a job, and because we have 24/7 awake-at-night staffing there will be someone there to support them," said Abdulla.

"If we have clients who require medication or support throughout the night, our new schedule will be able to support those clients better. Over time, with the increase in acuity, we have had to evolve and provide the support that the clients really need."

In the upcoming year, we are excited to continue meeting the needs of our clients and better support our staff. We are grateful to do so by expanding the staff-to-client ratio with further funding from AHS across all of our Post-Discharge, Supportive Living, and Apartment Programs.

"The increase in funding we recently received from AHS has been a great success for us because it will allow us to provide supports that we weren't able to before," said Abdulla.

After living in a Supportive Living or Post-Discharge Transition Home

81% of participants **increased self-care skills and knowledge**



85% of participants **increased a sense of purpose**



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ADDITIONAL SUPPORTIVE LIVING BEDS: OPENING OF HORIZON RIDGE

CMHA Calgary's Supportive Living Program serves individuals who have been diagnosed with a severe and persistent mental health condition and/or concurrent disorder that has affected their ability to live independently. Clients in the program work with CMHA Calgary's Supportive Living Team to increase their level of independence through individualized support and goal setting.

"The idea of this program is that we support clients to just shape a little bit more of their skills," said Azucena Rocha Vielma, Supportive Living Program, Team Lead at EDGE House and Horizon Ridge. "The idea is that we are going to mimic what it's like to live independently in the community."

CMHA Calgary currently operates out of four group living settings, including the newest location Horizon Ridge, located in the northeast community.

In the Horizon Ridge building, which was developed by Horizon Housing, CMHA Calgary has three apartment units, with a total of five beds. We operate the three units like a group home, so that clients have the support to further gain skills to move out independently in the community eventually. The first clients moved into CMHA Calgary's units at Horizon Ridge in August 2022.

"It was a lot of work and a lot of fun," said Azucena on the opening. "From the point of view of the clients, it was a little bit to get used to more of an independent space."



Apartments at Horizon Ridge



ADDITIONAL SUPPORTIVE LIVING BEDS: OPENING OF HORIZON RIDGE

Clients in the Supportive Living Program focus on skill development and wellness, goal setting, and establishing a network of support and connection to community resources. These elements could include anything from cooking, cleaning, and learning basic hygiene, to making sure they are building relationships with their clinical teams.

After clients feel ready, they can move out into the community or other housing programs, including CMHA Calgary's Apartment Program - whichever is a better fit for them.

The team at Horizon Ridge has already transitioned several clients out into the community and other housing programs over the past year.

"It was really cool to see some people be very independent and excited about being independent and moving out by themselves," said Dre Parra, Supportive Living Coordinator at Horizon Ridge. "Seeing that they've struggled in the past about being able to afford things, but knowing that they have to pay bills and things of that nature and wanting to do so is really cool."



Horizon Ridge



Dre and Azucena

Post-Discharge

This year, the Post-Discharge program supported **61 clients with 45 new clients**



Supportive Living

This year, the Supportive Living program supported **42 clients with 41 new clients**



Apartments

This year, the Apartments program supported **170 clients with 22 new clients**



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CONTINUING CONNECTIONS: EXPANSION OF AGES

CMHA Calgary's Continuing Connections program connects clients in long-term care facilities who are facing both physical challenges and mental health concerns to leisure and recreation activities to help them with hopelessness, isolation, or boredom and to help them to restore hope.

The Continuing Connection program partners with select long-term care facilities and Alberta Health Services Applied Behavioural Collaboration team and is available at Bethany Care Centre, Carewest Dr. Vernon Fanning Centre, Garrison Green, Glamorgan Care Centre, and SkyPointe.

For many years, CMHA Calgary's Continuing Connections Program only supported clients between the ages of 18 - 65, but this year we expanded that age range to help anyone over the age of 18!

"Having the opportunity to open the program to individuals over the age of 65 has enabled the clients to have access to that Continuing Connections program," said Melissa D'Souza, Community Recreation Coordinator with the program.

"Overall, it has not been limited to having a client that's once they have crossed that age limit of 65 they are not suddenly restricted from having those programs offered still. Having that variety past that age is so beneficial and has helped so much."

Melissa said there isn't much difference between the interests of those in their 20s and those in their 70s.

Many individuals have interests in electronic devices, physical fitness, listening to music, going for walks, and having the ability to connect to the community.

The most significant difference is being adaptive based on each individual's mobility and supporting them based on their required adaptations.

"When it comes to programs, age is just a number. If you are interested in music at 17, you will like that music at 70. That's where there are similarities; it's just the type of adaptation that's different."

Melissa is looking forward to bringing more changes and opportunities, including connecting those at SkyPointe to the new amenities including a community kitchen, library, art studio, woodworking, and games room.

"I'm really excited because seeing someone progress from being in their room to being able to enjoy an activity is huge. Being able to deliver that through this program, there are so many words I can use, but I'm very excited for the next year."

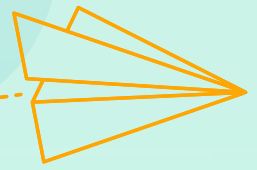
88% of participants reported a sense of purpose

Continuing Connections



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CONTINUING CONNECTIONS: EXPANSION OF AGES



"With one client that I first connected with, the client presented with severe OCD (Obsessive Compulsive Disorder), depression, and isolation in their room. I went in, introduced myself, talked to them about the different recreation and leisure interests and then introduced a program called motivational cards to hand out to people. At the start, the client looked at me and just laughed, and thought 'who I am going to give these out to'. We continued working on that positive aspect of recognizing a staff member, a friend, or someone in that client's day that made just a little bit of a difference. Slowly, the client started to pick up on some of the pieces we were discussing and then when I got back the week after, the client said, 'I'm actually out of my 20 cards. They are all given out'. So to me, that was huge. Getting someone that didn't see that limelight before, but then getting them to recognize individuals for their strengths was huge."

- Melissa



Melissa in the Community Kitchen at SkyPointe



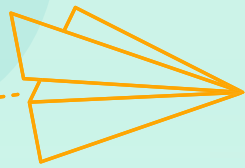
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COMMUNITY MENTAL HEALTH AND WELLNESS



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DOUBLING OUR SCHOOL OF PEER SUPPORT

CMHA Calgary's School of Peer Support provides a unique opportunity for people who have a lived history with a mental health or substance use challenge to use their experience to support their community and make a difference. We provide 83 hours of training and a 50 hour unpaid practicum experience to equip graduates of the program to assist others.

The School of Peer Support curriculum has core competencies that are woven throughout the course with the hope that students take away the ability to support others on a path of recovery, find their voice and purpose, gain dignity, have the opportunity to pursue meaningful work, and find a sense of belonging and community.

For the 2022 - 2023 cohort, CMHA Calgary doubled its initial intake from previous years to 64 students.

"Doubling the initial intake this year was the result of two important factors: the level of interest, and the quality of the applicants," said Andrea Gordon, Team Lead for the School of Peer Support.

"Through the selection and interview process, we noted that not only did we have an elevated number of applicants this year, we also had an incredible calibre of applicants to choose from with a very diverse range of lived and living experience in recovery."

One of the other factors for doubling the initial intake was through the generous support of Cenvous Energy who is sponsoring part of the program for the next three years.


"It is through donations such as this that we are able to continue the good work we do, helping people change their own lives and the lives of everyone they encounter through Peer Support," said Andrea.

"As we continue to integrate the Peer Support model throughout our organization, the importance of high-quality training is paramount. With the number of Peer Support positions growing within our agency, we want to ensure that our folks receive the best education to support them towards success and that they are able to demonstrate a universal set of skills and competencies, which they learn during their time in our program."



This past year, we had **182 total applicants**
(An increase of over 200% year-over-year)

2022



Initial intake for the current year range was **64 students**
(A 110% increase from the previous intake)

2022 - 2023



DOUBLING OUR SCHOOL OF PEER SUPPORT

One of this year's School of Peer Support students was Kyla. Kyla applied and was accepted to the School of Peer Support in 2022, after dealing with mental health and substance use concerns for much of her life, but especially into 2021.

Kyla found information about the School of Peer Support on CMHA Calgary's social media channels in the Spring of 2022.

"Our compassion for others can absolutely rock our world and without a sense of boundaries, without a sense of support of community that can actually lead further into crisis," said Kyla. "I knew that I wanted to help people, that I wanted to be part of a solution, that I had experience and wisdom to offer, but I also knew that I needed to have boundaries, support, and accountability and a way to get into human services that drew on what I already had in my life."

For the past year, Kyla and the others in the School of Peer Support have been attending classes, offered both virtually and in-person. After finishing their curriculum and practicum, many will be eligible to work as Peer Support Workers not only at CMHA Calgary, but also at other organizations across the city.

"What has stood out to me the most is that the essence of Peer Support is holding space. I thought that that was such an intangible concept, but through what I've learned I realized there is tangibility to it. It is actionable. It's a skill that we can develop, and we develop it through vulnerability," said Kyla.



"I didn't expect it was going to create as much self-awareness for me as it has. It's been really crucial for my recovery. When I was in this early recovery sort of this last time in 2021, I knew that I needed some structure, I needed some accountability, and I needed support. I've been able to find all of that through my peers in the (School of Peer Support), and through the facilitators. I feel like I can reach out to anybody in that group at any time and that I'm also accountable to them to show up, and to listen, and I really love that. It's not just training for a job or a position, it's really become integrated into my life. I've noticed myself changing because of it."

- Kyla



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RE-OPENING THE WELCOME CENTRE & RECOVERY COLLEGE

CMHA Calgary's Welcome Centre offers a physical space for individuals to come and talk to a Peer Support Worker and make a connection with someone who has lived experience with a mental health or substance use concern and to be able to increase their sense of engagement.

"The Welcome Centre is what I like to call the place of opportunity. It's an opportunity for people to come to our walk-in Welcome Centre to spend time with a Peer Support Worker to talk about, deal with, and process anything they feel would be helpful to their recovery journey or their wellness journey," said Jytte Maleski, Team Lead for Recovery and Peer Support.

In addition to the Welcome Centre, CMHA Calgary's Recovery College offers short-term courses and discussion groups that focus on helping people develop their own resourcefulness in order to support themselves or their loved one's recovery.

"They are facilitated by a Recovery Trainer and a Peer Support Worker and what that does is it allows us always to ensure that our Recovery College classes are focused on recovery, on wellness, and on creating an environment where individual participants can learn in whatever way is meaningful for them," said Jytte.

During the pandemic, both services were held for the majority of the time virtually, so it was extremely exciting that in July 2022 we opened the doors to both the Welcome Centre and Recovery College to the public again.

"Re-opening the Welcome Centre and Recovery College was really like a breath of fresh air. It was a new opportunity, a new beginning. It felt like we were finally entering a phase where we could connect with each other again. We found that the people who came to our in-person services again were so grateful to have the opportunity to connect with people in very gentle, recovery-focused, and wellness-focused ways. It was a very exciting time for the staff. It was an exciting time for clients. Also, a time that created some challenges as people weren't really sure how to connect with each other again and what that meant. So, each of those spaces allowed people to do that in a way that was individualized and meaningful."

- Jytte



Our Peer Support Worker David at the re-opening



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RE-OPENING THE WELCOME CENTRE & RECOVERY COLLEGE

Going forward, CMHA Calgary plans to still offer both virtual and in-person services.

"Having both virtual and in-person allows us to reach many more people. One of the things we believe at CMHA Calgary is reducing barriers for people to access our services and having both virtual and in-person does reduce those barriers and allow people to access us in ways they are able to," said Jytte.

In the upcoming year, the team is looking forward to creating more partnerships that will allow us to expand Recovery College and Peer Support Services further into the community.

"That is part of reducing stigma. It's part of making mental health a conversation that people have every day," said Jytte. "Those partnerships will only increase the ability we are able to impact mental health in the community."

Recovery College



supported **2,062 unique individuals**

Recovery Recreation



supported **1,466 total participants**

99% of participants said they would come back to CMHA Calgary and participate in a Recovery College course



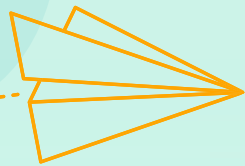
97% of participants said they gained a skill or information to support their wellness during a Recovery College course



97% of Recovery College participants had a good or very good experience in this program



Our Welcome Centre, which employs graduates from our School of Peer Support, saw a **67% increase in total contacts participants, while serving 2,264 total participants.**



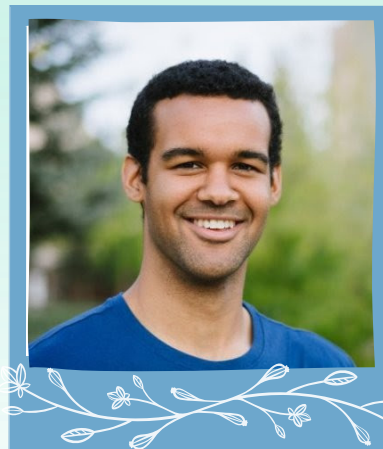
LAUNCHING EQUIPPED: MENTAL HEALTH TOOLS AND TRAINING FOR YOUNG ADULTS

For many years, CMHA Calgary's YouthSMART program has provided a menu of mental health learning sessions and engagement opportunities for Calgary and area schools, youth groups, and sports organizations. While these facilitated offerings have been critical in introducing youth to mental health topics, our goal as an organization has been to offer self-guided courses so emerging adults can further their mental health literacy skills.

In September 2022, we launched EQUIPPED - free, online, self-paced mental health training and tools for young adults. It provides a digital platform for learning, through modules and workbooks. EQUIPPED builds on the basic concepts taught in our facilitated YouthSMART programming, but expands the knowledge for a slightly older audience of emerging adults – ages 16 to 24.

"CMHA Calgary knows that the young adult years are a critical time in the promotion of life-long wellness, and for young adults the social stigma, lack of accessible resources, and inaccurate information surrounding mental health can create monumental barriers in finding appropriate, timely interventions and supports," said Ashley Lamantia, Senior Program Manager of Community Education and Wellness.

The first two modules, Mental Health Awareness, and Stress Management and Healthy Coping were both made possible through an anonymous donation in memory of Phillip Thomas.



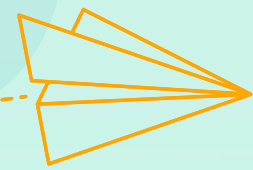
Phillip was a special student at the University of Calgary. Intelligent and athletic, he had an incredible ability to make everyone laugh. As a member of the University of Calgary Dinos tennis team, and a master's student in Math and Computer Science, Phillip had a bright future. However, Phillip passed away in 2019 at the age of 25, following a mental health battle.

Emerging adulthood is a unique life stage that brings its own opportunities and challenges. CMHA Calgary knows young people are busy, and in a stage of life with many transitions in big areas, like living arrangements, education, and employment.

We hope to "EQUIP" young people with the skills they need to become more resilient as they move through this phase and to empower them to support their own mental health, as well as the mental health of their peers.



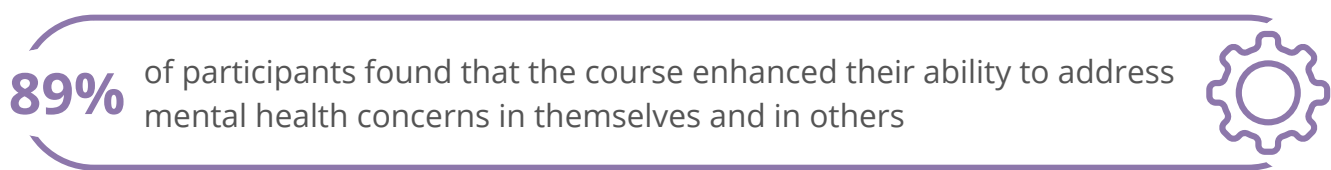
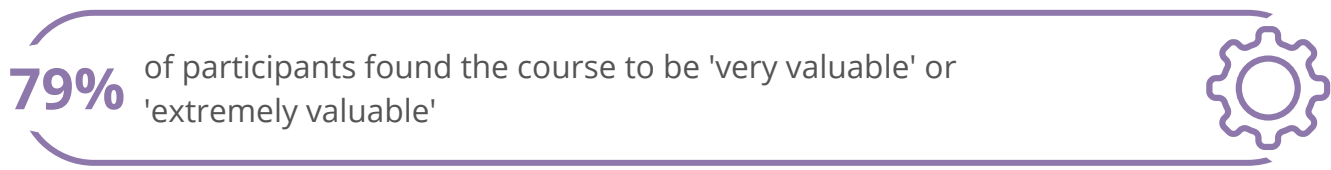
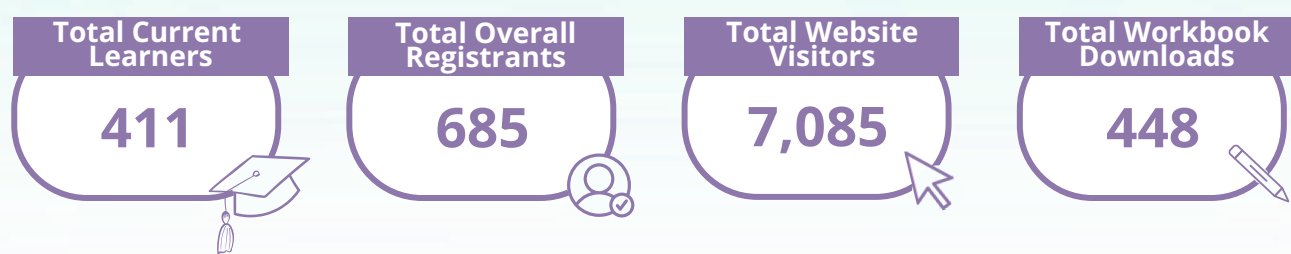
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LAUNCHING EQUIPPED: MENTAL HEALTH TOOLS AND TRAINING FOR YOUNG ADULTS

"We hope that EQUIPPED provides the opportunity for young adults to learn something new, gain mental health literacy, and bust through stigma, while also reflecting, brainstorming and exploring concepts through activity-based learning," said Ashley.

Our third module, Skills for Being There, launched in May 2023, with more modules planned.





IN THE COMMUNITY



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IN THE COMMUNITY

CMHA Calgary is extremely thankful for all the support we receive from the community. From being asked to attend wellness fairs, speeches, and tours to those who select us as their charity of choice for their community fundraisers, here is just a snapshot of where we were in 2022 - 2023.



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ATTENDANCE AT EVENTS INCLUDING WELLNESS FAIRS, TRADE SHOWS, AND COMMUNITY FUNDRAISING EVENTS



49

MEDIA APPEARANCES, PRESENTATIONS, SPEECHES, AND TOURS

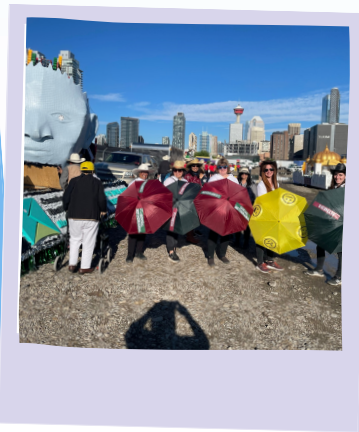


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IN THE COMMUNITY



51
TOTAL NUMBER OF COMMUNITY FUNDRAISERS IN SUPPORT OF CMHA CALGARY



110,762
TOTAL INTERACTIONS AT EVENTS - INCLUDING THE STAMPEDE PARADE!



IN THE COMMUNITY

Community Fundraiser Spotlight

Tina Tran - March4Mike

Tina lost her older brother Mike to suicide. He was a social worker who worked with youth struggling with mental health. He was a pure, kind-hearted soul, who made jokes, and was genuine and kind. Through her business Sweetstems, which sells edible arrangements she has found a way to give back to the community by donating each year to CMHA Calgary.



"March4Mike, I started back in March of 2021 in honour of my brother Mike. His birthday is on March 4. Through my business, I was like, 'How do I give back to my brother as a gift and how do I give back to the community.' So, I kind of connected making this fundraiser through my sales and donating to the Canadian Mental Health Association (Calgary Region), and raising money to raise awareness for mental health and also breaking stigmas of mental health. We try to do it each year. This would be our third year actually, and our goal is to raise \$12,000 just because that is what my brother left for me to pay off my debt."

- Tina



Community Fundraiser Spotlight

100 Men Who Give A Damn

We are thankful to 100 Men Who Give A Damn Calgary for voting for CMHA Calgary as your charity of choice in March 2023. 100 Men Calgary's mission is to spark real change and improve the lives of the people around them. Each quarter, three charities present a 5-minute presentation and the members vote to whom they give the winnings that night.

"Our members are more aware of, especially, men's mental health, so that's top of mind. These charities come through and present to our group. We see some outcomes of poor mental health, specifically for men. It kind of touches hearts when CMHA (Calgary) came through to present."

- Bryan Tomie, 100 Men Who Give A Damn



Canadian Mental Health Association
Calgary
Mental health for all

IN THE COMMUNITY

Social Media Followers



Facebook
4,639



Twitter
6,039



LinkedIn
22,512



Instagram
4,241

Total: 37,431

Website Visitors



Canadian Mental
Health Association
Calgary
Mental health for all

CMHA Calgary
4,639



YouthSMART
14,455



EQUIPPED

EQUIPPED
7,194
(from September 1, 2022)



Recovery College
25,856

Total: 102,139

Thank you to everyone who spoke with us at a wellness fair, shared our social media posts, or donated to CMHA Calgary. We are thankful for your ongoing support towards our goal for Mental Health for All.



Canadian Mental
Health Association
Calgary
Mental health for all

THANK YOU TO OUR SUPPORTERS



Bluestar Engineering Ltd.

Brown and Williamson Family Flow Through Fund at The Calgary Foundation

Flames Foundation

The Calgary Foundation

Cenovus Energy Inc.

Estate of Anne Florence Hollies

Estate of Linda Gael Blackhall

Glacier Communications Inc.

Flair Foundation at Aqueduct Foundation

Jim and Vicki Wilson Family Fund at The Calgary Foundation

Nickle Family Foundation

RBC Foundation

Shaw Charity Classic

TELUS Friendly Future Foundation

W. Brett Wilson Fund for Adolescent Mental Wellness at The Calgary Foundation

CMHA Calgary would like to thank all grantors, funders, corporations, and individual donors for your ongoing support so that individuals and families living with a mental health or substance use concern can find the help and resources they need.



FINANCIAL INFORMATION

	2023	2022
Revenue		
Alberta Health Services	\$ 4,994,933	\$ 4,088,011
Fund Development	2,694,972	1,769,382
City of Calgary	1,082,427	449,890
Other	485,800	900,389
Grants	386,882	343,366
United Way	300,000	300,000
Province of Alberta	25,000	327,228
Government of Canada (note 16)	-	234,627
	9,970,014	8,412,893
Expenses		
Salaries and benefits	7,691,480	6,309,733
Building occupancy	656,666	651,263
Purchased services	589,683	909,403
Other programs	381,104	344,231
Office and administrative	223,015	213,116
Amortization	154,553	154,553
Program travel and education	127,018	88,480
Promotion and education materials	61,421	12,539
Recruitment and recognition	51,996	64,994
Divisional fees	43,573	45,284
	9,980,509	8,793,596
(Deficiency) excess of revenue over expenses	\$ (10,495)	\$ (380,703)

See accompanying notes to the financial statements

Read the Full Financial Statements [here](#).

BOARD OFFICERS



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CHAIR



Heidi Schubert
VICE CHAIR



Nancy Laird
GOVERNANCE CHAIR



Kerilee Snatenchuk
FUND DEVELOPMENT
& ENGAGEMENT
CHAIR



Sandy Umpherville
TREASURER &
FINANCE CHAIR



Dr. Michael Trew
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Fraser Gordon



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John McDougall



Chris McNelly



Dr. Izu Nwachukwu



Karim Punja



Karlyn Roberts



Steve Sproule



COMMUNITY MEMBER
Alfred Han



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



Canadian Mental Health Association – Calgary Region

#105, 1040 – 7 Avenue SW, Calgary, AB T2P 3G9

403-297-1700

info@cmha.calgary.ab.ca

Registered Charity Number: 122013139RR0001

It is Canadian Mental Health Association – Calgary Region’s (CMHA Calgary) mission to be a leader in reducing the impact of mental illness and addiction in community. For more than 65 years, we have provided a person and family-centered integrated service model focused on early intervention and prevention of a mental health or substance use concern that delivers a measurable increase in community resiliency. We believe we have an obligation and duty to provide a platform for advocacy and leadership in the community. We have a proven ability to engage, help organize, empower and support the community in building the capacity to understand and support those living with mental health and substance use challenges.

Please Join our Newsletter, visit our website (www.cmha.calgary.ab.ca), and follow us on social media (Facebook, Twitter, Instagram, and LinkedIn) to receive news and stay informed on CMHA Calgary updates.



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