

# SUPPORTIVE LIVING - IMPACT REPORT

Thank you for choosing to promote resiliency and mentally healthy communities through your support of Canadian Mental Health Association - Calgary Region's (CMHA Calgary) Supportive Living program, including our Post-Discharge Transition Homes, Group Homes, and Apartments. This program provides a supportive living environment for individuals 18 years of age and over with moderate to severe mental health and substance use concerns. Thanks to your support, clients work regularly with our staff to increase their level of independence through individualized support and goal setting.

We aim to help clients advance their mental health and substance use recovery journey so they can gain independence and thrive. Your act of generosity, combined with support from our community and corporate partners, allowed our program to impact hundreds of people this year and contribute to establishing accessible mental health assistance within our community.

87% of participants increased self-care skills and knowledge



93% of participants increased a sense of purpose



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

## Post-Discharge

This year, the Post-Discharge program supported 64 clients with 52 new clients



## Supportive Living

This year, the Supportive Living program supported 52 clients with 41 new clients



## Apartments

This year, the Apartments program supported 162 clients with 13 new clients



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A current participant and newer addition to Hamilton House has shown remarkable progress since joining in September 2023. Transitioning from 10 years of homelessness, he continues to utilize CMHA Calgary's programs, resources, and clothing donations.

Arriving with only a garbage bag of clothing, he gratefully accepts donations. The joy on his face when receiving new runners or trying on new outfits is incomparable, sharing a sense of joy and gratitude with everyone around.

– Adapted from a Supportive Living Team Lead's narrative



CMHA Calgary provides mental health and living supports at 12 different locations, including the new Pine Ridge location.



Through donations, grants, and community support, we provide our clients with special holiday meals to celebrate together.

Your contributions, along with support from all partners, can enable our team to empower each individual served by this program to live independently and advance in their mental health and substance use recovery journey.

We are deeply grateful that you chose to support our vision of Mental Health For All.

## Stay Connected



[www.cmha.calgary.ab.ca](http://www.cmha.calgary.ab.ca)



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