

CANADIAN MENTAL HEALTH ASSOCIATION

WOOD BUFFALO



ANNUAL REPORT 2018/2019

TABLE OF CONTENTS



06 COMMUNITY EVENTS



09 YOUTH PROGRAMMING



10 LEARN MORE ABOUT PAWS FOR PEOPLE

03 CMHA WOOD BUFFALO

A detailed look at our vision and board of directors.

04 MESSAGE

Directly from CMHA's Executive Director and President of the Board.

05 ABOUT US

Learn more about CMHA and our strategic priorities.

05 CMHA STAFF

Who's who of the office.

06 COMMUNITY EVENTS

Explore our list of mental health awareness campaigns and events.

07 FUNDRAISING EVENTS

Find out more about our fundraisers and take a look at our sponsors.

08 ADULT PROGRAMMING

Read about the programs and services offered for adults

09 YOUTH PROGRAMMING

Have a look at our extensive work with the youth community in Fort McMurray

10 PAWS for People

Taking a look at pets and wellness, the PAWS volunteer group

10 MEMBERSHIP

Find out how you can become a CMHA member!

11 CONTACT US

Looking to get in touch with CMHA? This page will help you reach out.





OUR VISION

Mentally healthy people in a healthy society.



OUR MISSION

A nation-wide voluntary organization that promotes the mental health of all and supports people experiencing mental health issues.



OUR GOAL

To provide services to all demographic areas in the region.

2018/2019

BOARD OF DIRECTORS

Steve Kelly
Corinna Pirie
Consuelo Alfaro
Caitlin Hardes
Tracy Meyers
Carina Francis
Tyler MacDonald
Charles MacDonald

President
Vice-President
Secretary
Treasurer
Director
Director
Director
Director



Message from the Executive Director

This report will review the 2018/2019 programming year. This year has been an exceptional year for CMHA Wood Buffalo – one of progress, growth and success.

Over the past year, there has been a continuous theme of growth. Growth in the programs and services we provide, and in the staff and resources that make these services possible. The truth - which many outside of our region don't realize - is that our community is still struggling with the effects of the wildfire. Suicide, addiction, trauma, even sheer exhaustion is overwhelming people in our community. Due to these pressing needs within our community, we have pushed hard throughout this past year to bring this progress, growth and success into reality.

The biggest achievement and area of growth this year has been the development of the Centre for Excellence in Recovery and Peer Support. This facility is centered around providing immediate access to individuals struggling with Mental Health or Addiction issues, and to helping them on their recovery journey through continued peer-to-peer support. There are no barriers to access – anyone, any time, can come in through the centre's doors and find help in different forms, free of judgement, free of stigma, and free of charge.

Another area of growth and achievement to be highlighted is the strides made in our Indigenous Services. In working with the Red Cross, and indigenous community leaders, we are seeking to lower the rate of suicide and help communities heal after suicide through prevention, intervention, and postvention. We are working to build community capacity to deal with this need in a manner that is effective, respectful, sustainable, and in keeping with traditional worldviews and values. Our final area in which we experienced significant operational growth has been in our staffing and budget capacities. The needs of the community were – and still are – great. So I'm proud to say that today we've made significant strides in increasing our staff and our budget to support the needs of this community. In addition to this, we're building and training a strong base of Peer Support volunteers who will be working with The Recovery College to extend and enhance the ways we help our community. In conclusion, this has been an incredible year. We've grown so much, achieved so much. There is as always so much more to do. The need is real, but so is the progress. And I know that with your continued supports and efforts, we'll be able to fulfill our three-part mission: To provide mental health services that improve the quality of people's lives, To reduce the stigma of mental illness, And to advocate for a better health care system for you, your families, and our community.

Christine Savage
Executive Director



Canadian Mental Health Association
Wood Buffalo
Mental health for all

Welcome to CMHA - Wood Buffalo!

The Canadian Mental Health Association is a national organization, focused on the mission to promote mental health for all and to support people experiencing mental illness.

Since the 1980's we have been focused on supporting the mission to bring awareness and support to our community in regards to mental health. Our organization was incorporated in 1994 and we moved into our new location at the Recovery College and Welcome Centre in September 2019.

All our mental health programs are based on principles of empowerment, participation in decision-making, citizenship, inclusion in community life, peer and family support. We seek to consistently improve and build upon our past successes, so as to better connect and help individuals in the community.



Alberta Northeast Region

Strategic Priorities

RAISE AGENCY PROFILE

Maximize stakeholder engagement and funding opportunities.

STABILIZE OUR DIVERSITY

Continue to source funding to ensure a sustainable future.

INCREASE OUR SCOPE

Provide services to our outlying Aboriginal Communities.

ATTRACT AND RETAIN

To become employer of choice.

Staff:

Christine Savage

Monica Viel

Katie McDonald

Jasmeen Toor

Kristin Gear

Maryann Cortes

Krista Anthony

Angela Betts

Janene Hickman

Jacqui Everson

Bernie Lalor-Morton

Executive Director

Manager of Operations

Mental Wellness Program Coordinator

Marketing & Community Education Strategist

Consumer Advocate

Youth Programming Coordinator

Youth Programming & Caregiver Connections Coordinator

Peer Mentor & Manager - Recovery College

Mental Health Engagement Strategist

Manager - Recovery College

Facilitator - Recovery College



COMMUNITY EVENTS

Throughout the year, CMHA staff, board members, and volunteers take part in a variety of special community events and programs.

In addition to conferences and public forums, CMHA was involved in the following community initiatives in 2018-2019:

- Mental Health Week
- Suicide Prevention Week
- Mental Illness Awareness Week
- Consumer Christmas Dinner
- Seniors Month
- Adopt-a-Trail
- Community Registration Day
- STHT (Support Through Housing Team)
- United Way “Seeing is Believing” Tours
- Community Registration Day at MacDonald Island Park
- Anti-Stigma ‘Make Noise’ Campaign at Keyano College
- Information booths at MacDonald Island Park
- Homeless Connect
- Keyano College Orientation Day
- Peter Pond Mall Wellness Fair
- Volunteer Management Breakfast
- Urban Market
- Bell Let’s Talk
- Community Café



World Suicide Prevention

In 2018-2019, CMHA in partnership with SOS and the Fort McMurray Public School District hosted the

Ceremony of Hope, a Smudging, Blessing and Tree Planting ceremony to celebrate life during World Suicide Prevention Week. Thanks to the generosity of our event partner, All Senior's Care, a \$10,000.00 donation was made towards suicide awareness and education for our community.



FUNDRAISING EVENTS

CMHA held a variety of successful fundraising events in 2018/2019! These fundraisers would not have been possible without the tremendous, ongoing support from community members and local businesses, along with the hard work of our staff, board members, and volunteers. The events included:

- First Responders Golf Tournament
- Casino Night at Boomtown Casino
- March Mullets for Mental Health
- Charity Jam and Silent Auction

THANK YOU!

We would like to express our heartfelt gratitude to all of our partners, donors and sponsors, for making these events such a resounding success. Your dedication and ongoing support are making a larger impact to help so many in our community. We couldn't do it without you!



Education and Services - Adult Programming

It is our mandate to provide Mental Health programs and services that are responsive to local needs. We provide training and workshops to adults on a variety of topics affecting individuals in our community through 2018/2019 including:

- Empowering Women's Self Esteem
- Anger Management for Adults
- Stress Management
- Living Life to the Full
- SafeTALK
- ASIST (Applied Suicide Intervention Skills Training)
- Mental Health First Aid Training for Adults
- Basic Facilitator Training

Community areas serviced in 2018/2019 include: Fort McMurray, Fort Chipewyan, Janvier, Conklin and Anzac.

661 Individuals took part in CMHA mental health education programs

36 Workshops offered **7** Peers who became program facilitators

29 Average monthly caseload for Consumer Advocate

Reflected in the data are new partnerships we created to allow for specialized offerings in the community, such as:

- Youth Suicide Prevention Plan Development Focus Group
- LGBTQ2S+ Creating Safer Spaces for Individuals
- Understanding Human Rights & Gender Diversity
- Compassion Fatigue

Success story:

In August of 2018, CMHA was honoured to be the recipient of the Oil Royal's "Non Profit Ally" category for RMWB LGBTQ+ Leadership Awards. We were also present with a booth at the second annual YMM Pride Celebration. Individuals indicated they were happy to see CMHA present, and that they had heard about the work being done to support LFBTQ populations in the community.

"I just want to thank you all for coming today. By having classes like this (Supporting LGBTQ2S+), and by attending, you show you care about people like me and want to make a difference." - Guest speaker, age 17.

Education and Services - Youth Programming

Our programming is not limited to only adults. CMHA believes in the development of our youth, and has a well-developed partnership with the Fort McMurray Public School District and Fort McMurray Catholic School District, allowing us to offer in-school programming to youth, grades K – 12 helping them reduce the stigma and learn coping skills.

Programming includes:

- WITS
- The Fourth R – Healthy Relationships Plus Program (HRPP)
- Mental Health and High School Curriculum
- Headstrong
- Be Safe!
- School presentations on stress, anxiety and other mental health topics.

As part of the **WITS** program, in 2018-2019 CMHA held **11 school-wide assemblies** to discuss **anti-bullying** and **peer skills**.

1,450

students were reached on average each month during the 2018/2019 school year.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

HEADSTRONG



BE BRAVE
REACH OUT
SPEAK UP

Students had two **Youth Summits** presentations in November 2018 and March 2019 apart of the **HEADSTRONG** program.

Paws for People

Volunteer Pet Visitation Program

Pet therapy originally began in Fort McMurray in 1989 with two residents and their dogs visiting seniors. Since these beginnings the program grew into a network of volunteers and pets with more visitations being added.

In 2010 PAWS for People joined under the CMHA umbrella as a local volunteer group interested in the therapeutic effect of animals on people. These volunteers and their dogs/cats are screened and trained to make visits to multiple locations across town.

The program continues to grow and is coordinated by Koralee Samaroden.



The PAWS team loves to travel! In the 2018/19 year, PAWS went on 195 venue visits, connecting with over 5000 individuals in our community.

Membership CMHA – Wood Buffalo is seeking passionate individuals to become Association Members.

By Becoming a CMHA – WB Member you help by:

- Supporting specialized services across Alberta and in your local community
- Joining a movement to build a community of hope, support and inclusion for people experiencing mental illness
- Showing you care about mental health in Alberta and your community

Annual membership fees:

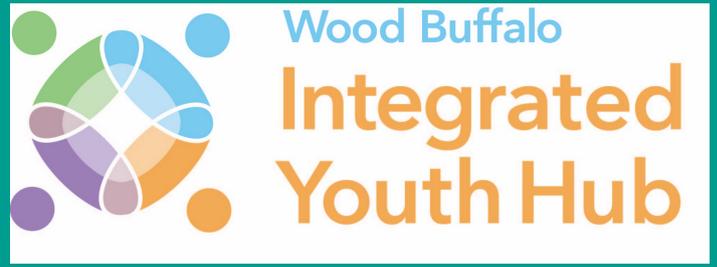
- \$5 Individuals on a limited income
- \$20 Individual
- \$50 Organization

What Do You Gain?

- Membership with your local CMHA region and the CMHA Alberta Division
- The opportunity to vote for members of our governing board of directors
- The opportunity to attend our divisional annual meeting
- Information and news about mental health in your community



Coming in 2019-2020



Learning experiences for everyone

With 11 courses to choose from and more to come, there is something for everyone. They cover topics such as establishing boundaries, dealing with anxiety, creating healthy relationships, beginning your recovery journey, how to stay healthy while caring for someone else, learning positive communication styles, and building personal resiliency. This model has been proven to help reduce stigma, and foster connection, belonging and hope. With this initiative we can increase access to mental health and addiction recovery, prevention and promotion services.



Stay Connected

Canadian Mental Health Association Wood Buffalo

111 - 8530 Manning Avenue, Fort McMurray AB T9H

Phone: 780-743-1053 Fax: 780-743-0959

Office Hours: Monday to Friday 8:30 AM to 4:00 PM

Follow us



CMHA - Wood Buffalo

@CMHAWB

@CMHAWB

Website: woodbuffalo.cmha.ca

Thank you to our Primary Funders



CANADIAN RED CROSS



United Way