



BE MIND FULL

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

MESSAGE FROM THE CHAIR AND EXECUTIVE DIRECTOR

It has been a year of growth and renewal for CMHA in Manitoba. We visited each branch multiple times to identify opportunities for working together, and to develop branch—partnership agreements, which are now near completion. CMHA was also a key partner in the Provincial Recovery Initiative led by the Province of Manitoba.

Two new initiatives were launched. Bounce Back: Reclaim Your Health works with primary care to offer Cognitive Behavioural Therapy-based skills to people experiencing low mood or mild-to-moderate depression. It's a program we want to see available to all Manitobans. The second program is Employment with Supports. We are one of 13 CMHA branches participating in this initiative led by CMHA Toronto, which focuses on competitive employment and sustained recovery.

We continue our work to improve access to mental health supports and client-centred care. Our team expanded to include a clinical psychologist to support Winnipeg's Housing First projects, including our own Housing with Supports program. We also invested in a new education program to support workplaces to implement the Psychological Health and Safety Standards. Six staff across the province are

now trained as Psychological Health and Safety Advisors and ready to assist with implementation.

Quality is top of our agenda. We established a Quality Improvement Committee and have led several program review and evaluation initiatives. Our Board completed a visioning process that identified priorities such as equity, indigenous mental health, and youth and families. A new strategic plan will be ready for Fall 2016, and we will continue to enhance peer support, recovery and evidence-based programming.

Thank you to the 71 volunteers and 50 staff at CMHA Manitoba and Winnipeg whose actions exemplify commitment to our goal of mental health for all. You are an amazing team.

Debra Radi
Chair



Marion Cooper
Executive Director



VISION

Mentally healthy people in a healthy society.

MISSION

As a champion for mental health, CMHA exists so that all Manitobans are mentally healthy and people experiencing mental illness have support for their resilience and recovery.

CHAMPIONS FOR EXCELLENCE

We aim to be the very best at helping people with mental illness become full participants in society and creating understanding for all to be mentally healthy.

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FACTS AND FIGURES

Third-party fundraising is **40%** of the total fundraising revenues. Fundraising revenues are used to supplement youth mental health programming and other special projects.

22 staff have specialized training to deliver unique courses or programs like Living Life to the Full and Psychological Health and Safety.

11 students completed practicum placements in social work, psychiatric nursing and communications.

6 program evaluations and best practice investigations are underway or completed—all aimed at incorporating up-to-date evidence-based practices in our work.

FINANCES



Revenue

- Winnipeg Regional Health Authority 53%
- Province of Manitoba 21%
- United Way 13%
- Grants (Bell Community Fund, IERHA, Winnipeg Foundation) 5%
- Donations 4%
- Fee for Service 3%
- Other 1%



Expenses

- Rehabilitation and Recovery Service 38%
- Information Services and Education 18%
- Housing and Community Services 17%
- Administration, Operations and Support Services 15%
- Regional Affairs and Public Policy 5%
- Bounce Back 4%
- Employment Supports 3%

OUR BOARD OF DIRECTORS

CMHA is a registered charity, governed by a volunteer Board of Directors. Our Board adheres to a policy-governance model, meeting regularly to provide organizational oversight and monitoring.

Chair: Debra Radi

Vice-chair: Glen Mazur

Treasurer: Garrett Surcon

Secretary: Lisa Erickson

Directors: Rudy Ambtman, Yutta Fricke, Damon Johnston, Betty Edel, Reid Hartry, Stephanie Dudok, Michael Jordan, Dessalegn Melesse, Paula Hendrickson, Irene Merie

IMPACT

47% of participants in our general Rehabilitation and Recovery service sought and reached an employment or volunteer goal.



Mental Health Week 2015 started with a kick off at Hydro Place. Dean Brody, the MC, got the crowd to get loud for mental health!

3,200 people reached in our direct services, service navigation services and school-based education.

689 people improved their mental health literacy and well-being by taking one of our courses or workshops.



Bell Let's Talk Community Fund supported our work to bring Bounce Back: Reclaim Your Health to Manitoba.

200 people learned how to respond to a mental health crisis by taking Mental Health First Aid training.



Recipients of the 2015 Heroes of Mental Health Awards were presented with a unique artwork by Winnipeg artist Kathleen V. Crosby. The luncheon was held at the Delta Hotel October 8 with Wawanesa Insurance as the lead sponsor.

450 families and caregivers received service navigation assistance and 35 family members participated in our Mental Health Education for Families course.

42 people received one-on-one assistance to understand their rights under the Mental Health Act and received patient representation or support at the Mental Health Review Board.



Third party fundraisers are a growing revenue source and support youth programming and new initiatives.

40,000 copies of our Mental Health Resource Guide were distributed in Winnipeg.

HIGHLIGHTS

Service excellence was acknowledged in the fidelity testing of Housing and Community Supports undertaken by Pathways to Housing and the Mental Health Commission of Canada. The service was evaluated on various aspects of service delivery including assertive community outreach, separation of housing from treatment, participant engagement and choice, service array, landlord relations as well as staff competencies. The service was positively evaluated with recommendations to strengthen the service with investments in staff and team development.

Recovery focused approaches can be seen across our agency—from our Rehabilitation and Recovery Service to our policy work. Recovery is central in our mental health education activities, often including speakers with lived experience. We regularly bring recovery perspectives to media stories. This year, we participated in the Province of Manitoba's Recovery Working Days and preliminary indicator report on recovery-based mental health services in the province. We also provided training in PSR (Psychosocial Rehabilitation) training to staff at CMHA Thompson.

Meaningful partnerships included a partnership for health promotion with the Lung Association of Manitoba that launched two new informational resources, participation in National Non-Smoking Week, and the addition of a new series of recovery workshops focused on maintaining good mental health while reducing or quitting smoking. CMHA was also one of the organizers of the Winnipeg Street Census, which sought to gather information about homelessness in our city. The census offered insight into some of the circumstances that lead to first-time homelessness as well as barriers and challenges to finding housing.

MOVING FORWARD IN 2016/17

Champions for excellence: Program evaluation and staff training are underway in the Parent Wellness Initiative (PWI), and we are supporting a full organizational evaluation at CMHA Central. A province-wide staff conference will take place in June, and the agreements between regional offices and our own will be completed in the coming year. These investments in staff education, participant resources and community outreach will continue to strengthen the services offered by all CMHAs in Manitoba.

Strategic development and renewal: The Board invested in board training around governance at a retreat this year. One outcome of the retreat were new ENDS for the organization, which will be used to shape the priorities and activities in coming years. Another change has been to retire the long-standing and very successful Political Linkage Committee of the Board in favour of organizing standing committees on key public policies. These and other exciting activities will be shared on our new mobile-friendly website and incorporated into a web-based Mental Health Resource Guide that includes specific information on resources for refugees and newcomers.

New fundraising initiative: We will be rolling into a new fundraising and mental health awareness activity on June 26 with our first Ride Don't Hide at FortWhyte Alive. Mayor Brian Bowman is the Ride's ambassador.

Thank you to those who made it possible:



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé



Interlake-Eastern Regional Health Authority



United Way
Winnipeg



THE WINNIPEG FOUNDATION
For Good. Forever.



Bell
Let's Talk

Sponsors of Heroes of Mental Health Awards



Wawanesa
Insurance

