



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all



Stronger Together

Celebrating Our Accomplishments & Moving Forward to the Future

Annual Report
2016 | 17

Message from **Board Chairperson & Executive Director**

We have had another year of exciting partnerships, service delivery excellence and new opportunities. Our Board of Directors led a very successful strategic planning process for our organization and this work was further developed and affirmed by all staff at our retreat in November 2016. We now have a renewed mission that speaks to our provincial and regional role and clearly voices our commitment to a broad mandate of promoting mental health and well-being, and supporting mental illness and addictions recovery.

THE THEME FOR OUR 2017 CMHA Provincial Conference is Stronger Together: Bridging Mental Health and Addictions Supports in Manitoba. As we enhance our capacity to serve more Manitobans in recovery, we know that working in collaboration with the addictions sector is critical. With a new Mental Health and Addictions Strategy for Manitoba in development we look forward to working with our provincial partners to strengthen the bridge between these two systems of care to better meet the needs of Manitobans across the province.

We continue to develop our Divisional role within our CMHA federated structure and the theme Stronger Together carries into our regional relationships as well. Over the year we have been working with the CMHA Interlake Eastern board and staff to integrate the governance and operations under the umbrella of CMHA Manitoba and Winnipeg. It's also been a busy year with numerous branch visits to support board governance including education and coaching for CMHA Parkland and CMHA Central.

Our Mission: To honour and promote the mental health of all Manitobans and to support individuals who experience mental illness and addictions issues to achieve recovery and well-being within healthy and supportive communities.

We have been actively involved in several CMHA national initiatives including the Health Accord Working Group which played an important role in advancing the federal government's commitment to mental health and addictions in Canada. We were pleased to see dedicated funding ear-marked for mental health in the Federal Health Transfer Fund and we are optimistic that this will make a difference for Manitobans who need mental health and addictions care.

This year we also brought in several new community engagement and educational initiatives. We held our Inaugural Ride Don't Hide at Fort Whyte Alive and had over 160 participants and volunteers, raising over \$33,250. We launched Talk Today, a nation-wide youth mental health promotion program reaching junior hockey players. In December 2016 we trained the entire team of the Brandon Wheat Kings in Safetalk, an evidence-based suicide alertness program aimed at promoting prevention and help-seeking. In partnership with CMHA Westman and the local mental health resources in the Brandon area we hosted the Talk Today Game Day which raised awareness about mental health resources in the community.

With the growth of our organization, we've taken on new challenges and embraced new experiences, while continuing to provide high-quality services in our communities. For example: assisting individuals

who are homeless to access safe housing; helping individuals find jobs and keep them; reducing isolation and increasing connections and support pathways to full citizenship by providing rehabilitation and recovery services; reaching individuals with mild or moderate depression or anxiety with early intervention CBT thus improving quality of life and well-being; building psychologically healthy workplaces; and increasing mental health literacy through education and community engagement.

This coming year is gearing up to be a very exciting one as we approach our 100th year anniversary in 2018. We will use this milestone to continue to influence social justice, build mentally healthy communities and be the trusted resource and leader in mental health.

CMHA Manitoba and Winnipeg's success is a direct result of the dedication and tremendous efforts of our 48 staff and over 80 volunteers. Thank you for going above and beyond to advance the mission of CMHA.

Onward,



Debra Radi
Chair



Marion Cooper
Executive Director

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
Treasure Garrett Surcon
Secretary Lisa Erickson

Directors Betty Edel, Damon Johnston
Dessalegn Melesse (until May 2016), Michael Jordan
Reid Hartry, Stephanie Dudok, Yutta Fricke

Impact in Programs & Services



Take Stigma to the Trash is a third party fundraiser lead by Junel. Over 40% of donations come from 3rd party fundraising events like this one.

75% of participants in our Rehabilitation and Recovery Service met their goals in the area of housing, education, relationships, parenting or employment.

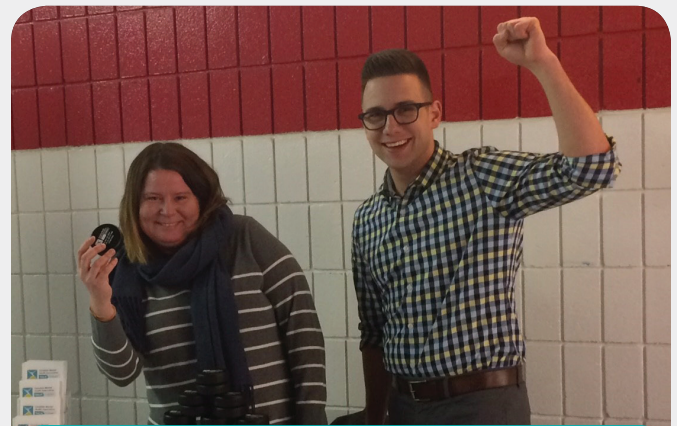
3,550 people were reached through our direct services, health navigation, brief intervention and school based programming.



Eric Glass of the Manitoba Paramedics Association, Ron Schuler, Minister of Crown Services and Marion Cooper at the launch of the Paramedic Licence plate campaign raising funds for PTSD and First Responders Initiative at CMHA.

355 people were served through Bounce Back and over 115 primary care providers can refer to this program.

800 families and caregivers received service navigation assistance and 45 family members participated in our Mental Health Education for Families courses.



Talk Today – Stacey Shule and Jordan Friesen support the Talk Today Game Day in Brandon with the Brandon Wheat Kings.

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

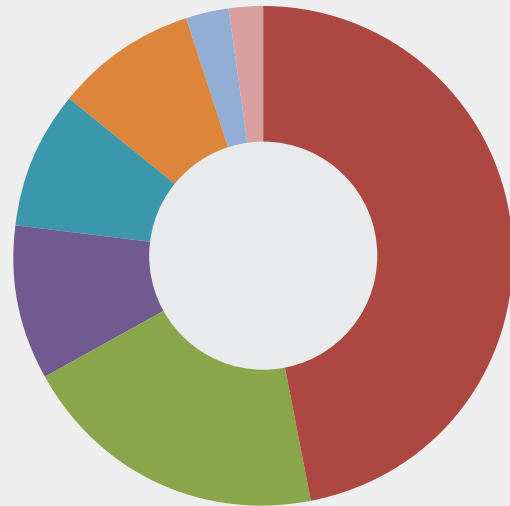
39 people received one-on-one assistance to understand their rights under the Mental Health Act.

40,000 copies of the Mental Health Resource Guide distributed.

Financial

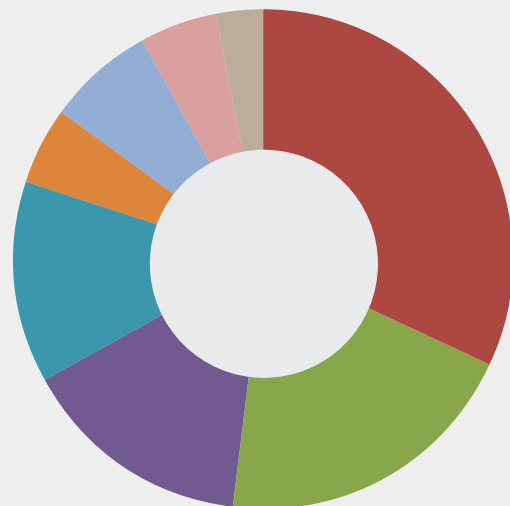
REVENUE

- 47% WRHA
- 20% Province of Manitoba
- 10% United Way
- 9% Grants
- 9% Fee for service
- 3% Donations
- 2% Other



EXPENSES

- 32% Rehabilitation & Recovery Services
- 20% Housing & Community Supports
- 15% Administration, Operations & Support Services
- 13% Information Services and Education
- 5% Divisional Supports, Policy & Communications
- 7% Bounce Back
- 5% Employment Supports
- 3% Futures Forward



Highlights

Building Futures Collaboration received confirmation in November 2016 of the Government of Manitoba's Department of Education and Training commit to ongoing funding and enhancement to the program to include tuition waiver program and the addition of a second youth service navigator. In partnership with Youth Employment Services and Community Financial Counselling Services we have rebranded the program as Futures Forward.

Youth Mental Health Program Expansion education programming in schools continues to be a priority area for reaching youth. We continue to have more demand for the Mile 5 program than we can respond to and as a result we have developed a strategy for increasing our capacity through the development of a Mile 5 train the trainer that will equip schools to deliver the program in classrooms and have CMHA coordinate this work, ensuring up to date tools, resources, youth speakers and supports. The program is also growing outside of Winnipeg with schools in the Southern region delivered by CMHA Central with further expansion planned for the 2017-18 school year.

Legal Aid Duty Counsel Pilot Project is a partnership with the Mental Health Review Board, Public Interest Law Centre, and Legal Aid Manitoba that established a new process to fast track and improve access to legal representation for persons appealing their involuntary status with the Mental Health Review Board. This work has been honoured through a nomination for the Partnership Award for the 19th Annual Manitoba Service Excellence Awards.

Quality Improvement Accountability initiatives are essential to service delivery excellence. This year the Quality Improvement Committee identified priority areas including outcomes measurement and policy and practice review. Partnering with our CMHA colleagues in Toronto we are taking some of their lessons learned in a journey to excellence. An agency research and evaluation strategy has been finalized and outcome data is being collected including the measurement of recovery and personal goal attainment. The Recovery Assessment Scale: Domains and Stages (RAS-DS) is a psychometrically tested outcome measurement tool that has been implemented across our programs.

Youth Homelessness Research Project is currently underway to explore the potential of Futures Forward (formerly Building Futures) as a made-in-Manitoba model for youth homelessness prevention, funded by Employment & Social Development Canada, CMHA Manitoba and Winnipeg is leading this work but also working very closely with multiple partners including Youth Employment Services, Community Financial Counselling, Ma Mawi Wi Chi Itata Centre Inc., CMHA Thompson and CMHA Central.

Our Vision Mentally healthy people in a healthy society.

Priorities | Moving Forward in 2017 | 18

Partnership with Ma Mawi Wi Chi Itata Centre

for Youth Mental Health Promotion recently received funding with donation from Bell MTS and Unifor for \$200,000. Through the Strengthening Wellness Education to Love Life (SWELL) program, Ma Mawi and CMHA will deliver culturally relevant mental health programs to Indigenous youth and their families. Together with Ma Mawi we will partner to deliver promising practice programs including Listening to One Another, Mental Health First Aid for First Nations and Living Life to the Full programs, which will equip Indigenous families with healthy tools for mental health promotion.

Recovery Supports Program Innovation

is a partnership with CMHA National that we have embarked on to establish a “Recovery Learning Centre” that includes both in-person and virtual opportunities for connection, community and access to evidence based supports. This work is operating from the principle of “nothing for us without us”,

therefore we are working closely with people with lived experience to co-create content and find innovative ways to build community to support recovery.

Service Navigation Hub is an exciting service enhancement that we have prioritized. Our re-organization of intake processes, and referral linkages will allow us to enhance our service navigation supports for individuals, families and others. By streamlining program intake we will ensure seamless transition to needed services.

Organizational Health is a priority at CMHA as we strive to be a healthy place to work. We are working to implement the Psychological Health and Safety Standard and have learned so much from the Guardian Minds@Work survey that staff completed this year. We recognize that we do many things well but have also heard from our staff how we might improve our workplace culture and strengthen the psychological health of our organization.



Getting ready in the Rain – Inaugural Ride Don't Hide at Fort Whyte Alive with over 160 participants and volunteers.



Thank You to Our Major Funders



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



United Way
Winnipeg



The General Child and Family Services Authority



Interlake-Eastern Regional Health Authority

Canada

Thank You to Community Sponsors and Supporters



Wawanesa Insurance



Bell Let's Talk

