



Canadian Mental
Health Association
Kelowna
Mental health for all

ANNUAL REPORT



2015–16



INSPIRING! A MENTALLY HEALTHY KELOWNA



Megan Brisebois
Board Chair



Shelagh Turner
Executive Director

A message from the Chair and Executive Director

Amazing things can happen when a community pulls together. We are witnessing unprecedented levels of collaboration and coordination as some of the most (historically) silo-ed systems and services come together to tackle our community's most pressing issues.

At CMHA Kelowna we have an unwavering vision for a mentally healthy community. Over the past year we have seen momentum build towards this vision, and we won't stop now. We must keep our foot on the gas by continually shining the light on how every sector and person in our community can engage in activities to support mental wellness for themselves, their family, their workplace, and their community.



“Big life changes happened
because I had support.”

ANOTHER YEAR OF IMPACT AND INNOVATION.

Last year, collaborations and partnerships with more than 20 incredible organizations and individuals formed our submission to participate in the BC-Integrated Youth Services Initiative. This initiative is a game changer in the delivery of youth and family primary care and mental health substance use supports and services. It will create a centre where any youth or parent in our community can walk in and find the help they need, when they need it. We plan to open the clinic in 2017.

Homelessness and the need for affordable housing have reached a critical point in our community and communities across Canada. Through our Scattered Sites program and Housing First pilot project, we are addressing the immediate need for a roof, and with sustained support of CMHA staff we are ensuring participants remain housed.

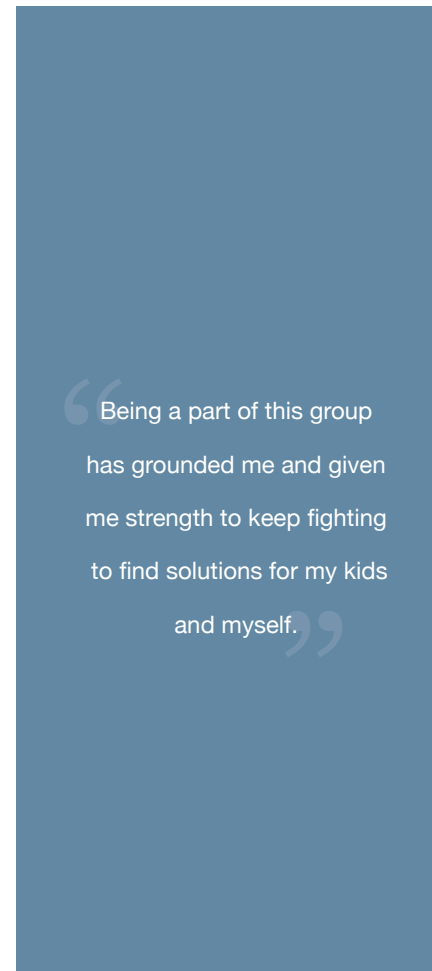
Our #GetLoud pledge, launched last year, has inspired people to shout from the roof tops that it's okay to talk about mental illness and that help is available. So far, 7,000 people of all ages have taken the pledge to end the silence by talking, showing, and sharing their own mental health stories.

CMHA Kelowna is committed to excellence and has worked hard to ensure we have the highest standards of governance, financial and fundraising management, human resource, and volunteer development practices. We are proud to have received accreditation through Imagine Canada for excellence in non-profit management.

Innovation and impact is most powerful when we work together. Thank you to our outstanding volunteers, staff, donors, sponsor and funders. We are so grateful for your contributions towards creating a mentally healthy Kelowna.

Megan Brisebois
Board Chair

Shelagh Turner
Executive Director



“Being a part of this group
has grounded me and given
me strength to keep fighting
to find solutions for my kids
and myself.”



“I come to CMHA to make
connections and learn about
things I can do for myself
in order to feel better.”



YOUTH & FAMILY

CONNECTED BY 25 (CB25)

For many young people, supports and connections that many take for granted are simply not there. Lacking support to navigate day-to-day life along with the impact of mental illness and substance abuse puts young people at risk of falling through the cracks. Our Connected By 25 program builds social and life skills and makes connections to services so vulnerable youth, 16 - 24 years old, can thrive as adults. In 2015, thanks to the generous support of community donors, 712 young people shared in 48 meals through Supper Club.



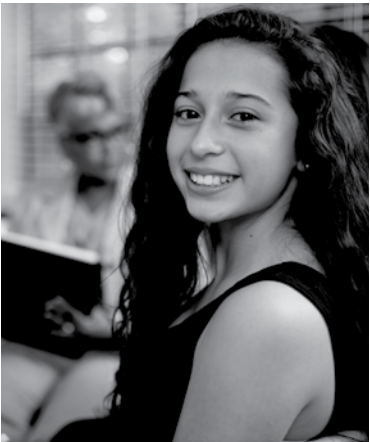
FAMILY SUPPORT

It is not an easy job to raise children, and when they are facing mental health or substance use challenges, the difficulties can be overwhelming. For parents, trying to find the right help is their common experience. Our Family Navigation team provides support and resources for families caregiving for a child, youth or young adults struggling with mental health concerns. New in 2015, the Take a Break peer support group was established so that parents and caregivers can make connections, share experiences and support, and learn enhanced coping skills.



LINC HUB

The earlier in life a young person gets help, the better they will function socially, at home and at school. Our LINC program functions like the hub of a wheel to bring services and supports together in one room so that a plan of action can be developed simultaneously for multiple services. Once a week, we bring together health and community supports to interact with individual youth who help form a collaborative plan. This provides immediate access to clinical, vocational and community services. In 2015, 180 young people attended LINC and were connected with the services they need.



INNOVATION

Ready to Rent
Ready to Rent for Youth
opens doors to housing. Through
education and resources we help youth
make a plan to get the housing they need.
Teaching them how to be a great tenant, how
to interact with landlords, and how to create
a spending plan, means more youth can
find and keep a place to live.

SPOTLIGHT

RIDE DON'T HIDE/ DILLON BUDD MEMORIAL RIDE

With a shared goal to raise awareness and help break the stigma surrounding mental health, 343 people participated in a community bike ride in June 2015. Ride Don't Hide raised over \$66,000 to support mental health programs in Kelowna.



WOMEN & WELLNESS

Women & Wellness is an annual event designed to bring together socially-conscious women for a great evening of food, conversation, a wellness marketplace, keynote speakers and fundraising. Thanks to our event sponsors and the 166 amazing women who attended in April 2015 raising \$19,382.



HOUSING & NAVIGATION

HOUSING NAVIGATION

Imagine not having a roof over your head, not knowing how to find housing or access financial assistance, health care or specific services to promote wellness and recovery. Our Community Navigation and Outreach team works with individuals (19+), couples, and families who are homeless, or at imminent risk of homelessness. Mental illness and homelessness are diseases of disconnection. We help people make connections so they can thrive. In 2015, we helped 448 individuals find and access vital services to break the cycle of homelessness.

TRANSITIONAL & SUBSIDIZED HOUSING

For many, a roof alone is not the solution to remaining housed. Our transitional housing project, Willowbridge, provides a safe and supportive environment for individuals to address the diverse challenges they each face to remain housed. In 2015 CMHA's Willowbridge housed 61 individuals varying in age from 20-80, and provided them with the opportunity to focus on themselves, to make social connections and to reconnect with programs they needed to be mentally well. Additionally, CMHA's Rosemead, our low-income, low-barrier apartment building, provided stable long-term housing for 23 individuals with mental illness living on limited incomes.

INNOVATION

Scattered Sites
A small amount of support can
mean the difference between staying
housed or becoming homeless. Scattered
Sites Housing is a unique and cost effective
solution. CMHA holds the apartment lease,
participants pay monthly rent and work with our
housing navigators. The landlord has guaranteed
rent for 1 year. It is a win for everyone! Last year,
we secured 17 new sites, for a total of 22.

SPOTLIGHT

GROUNDBREAKING IDEAS

A CULTURE OF INNOVATION

Though we've been around for 60 years, we are a modern and forward thinking organization. Connected By 25 is one example. Recognized nationally by Eva's Initiatives, CB25 provides help for homeless and at-risk youth at their key transitional moments in life.

AMPLIFIED SERVICES THROUGH COLLABORATION

The key to providing cost efficient and improved access to our services is collaboration with agency service partners. By working together we can amplify our positive impact on our community through innovative models like LINC that functions as a hub, bringing youth and families access to a range of services.

EVIDENCE BASED IMPACT

Our work stands up. Our success stories are based on proven real world strategies. Many of the people we help go on to help others by becoming mentors within the programs that assisted them. It is a place where participants know they are safe and won't be judged. By breaking down these barriers, they are able to flourish.

EMBRACING LIVED EXPERIENCE

As leaders in proactive support of mental health for all, we know that the greatest successes are achieved when people can play an active role in their recovery. So rather than simply prescribing a cookie cutter treatment, we work with the individual to determine the most effective activities for their personal journey.

ARTISTS AMONG US ART GALA

Creative expression through art is great for one's mental health and many participants take part in regular art classes or open studio times offered in our ArtWorks Studio. Once a year, we celebrate their accomplishments at The Artists Among Us art gala. Last year, more than 180 community members attended the gala showcasing the art of 51 ArtWorks Studio participants.

COMMUNITY EDUCATION

Workplaces, and society at large, are asking for mental health education more than ever before. Our Community Education Services team has responded to the demand driven by increased awareness and regulatory changes, providing 86 education and training presentations on mental health to 2,236 people, spanning workplaces, schools, families and community audiences.

WELLNESS PROGRAMS

PEER SUPPORT

The journey of recovery is built on hope, support, personal responsibility, self-advocacy and education. Peer Support is core to our wellness programs. Volunteer peer mentors are there to listen, understand, and assist with goal-setting and recovery options. Last year, 81 individuals shared their experiences and discussed strategies through one-on-one meetings or weekly in groups.



WELLNESS DEVELOPMENT CENTRE, SENIORS & NUTRITION SERVICES

Our Wellness Development Centre is a safe haven and the results are impressive. It is a destination for those dealing with mental health issues to learn and improve themselves both physically and mentally. Our services help contribute to a vibrant and thriving community. Fitness, recreation, art projects and socialization are all part of the mix. The numbers reveal many success stories: last year we served or sold over 8,800 meals, engaged almost 600 active participants in Wellness Development, provided creative inspiration to 165 participants in the art studio, and created engaging activities for 42 seniors.

VOLUNTEERS

Volunteers are the life-blood of our organization; they make it possible to be sustainable and relevant in our community. Volunteer support has grown tremendously over the last five years. We are grateful for the commitment of 220 volunteers who provided 6,913 hours of service in 2015.

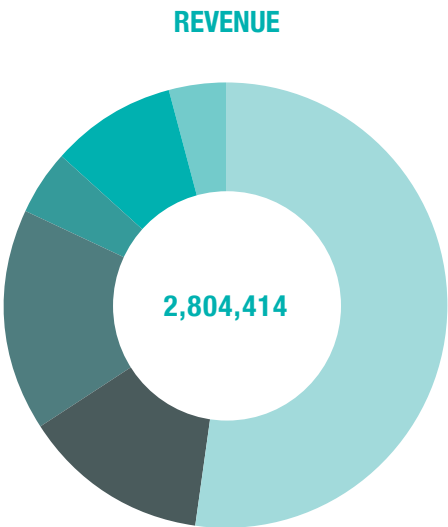


#GETLOUD PLEDGE

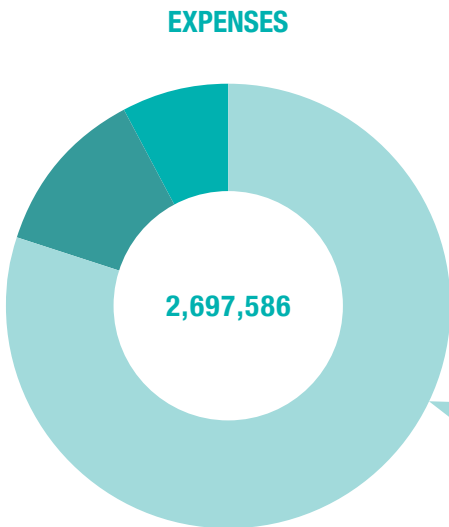
Launched in 2015, more than 7,000 people have taken the #GetLoud pledge to help break the silence that surrounds mental health and keeps many people from getting the help they need! Find out what our community leaders say a mentally healthy community would look like at getloudkelowna.com and join us in building a mentally healthy community by taking the pledge.



FINANCES

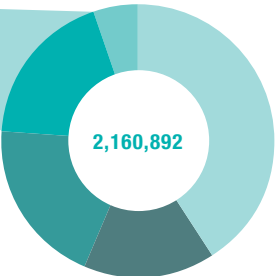


PROVINCIAL FUNDING	52%
DONATIONS	13%
GRANTS	16%
OTHER	4%
SOCIAL ENTERPRISE	5%
TENANT RENT	9%



PROGRAMS & SERVICES	80%
COMMUNITY ENGAGEMENT & EDUCATION	12%
ADMINISTRATION & GOVERNANCE	8%

BREAKDOWN OF PROGRAMS & SERVICES



HOUSING	41%
WELLNESS PROGRAMS	16%
OUTREACH/NAVIGATION	20%
YOUTH SERVICES & FAMILY SERVICES	19%
NUTRITION	5%

HIGHLIGHTS

\$159,496

through 15
Community
Partner Events



lives honored
& remembered
through gifts
in memory



Christmas dinners & gifts

The generosity of CMHA Kelowna donors, sponsors and funders, gives individuals and families the support they need to live their best lives. Thank you!

Recognition and acknowledgement of their valuable contributions is available at cmhahkelowna.org

Year ended March 31, 2016. This information has been extracted from the audited financial statements prepared by Adams Heymen Owen Chartered Professional Accountants. The full statements are available at cmhahkelowna.org or by request.



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Mental health for all

Canadian Mental Health Association | Kelowna

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Charitable #: 10686 3392 RR0001

IMPACT 2015-16



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