



**ANNUAL
REPORT
2014/15**

**MENTAL
HEALTH
FOR ALL**

Cover artwork entitled "Finding Your Own Way, 10 Cell Art Group



**Canadian Mental
Health Association**
Thunder Bay
Mental health for all

40 YEARS
1975 - 2015



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LETTER FROM CHIEF EXECUTIVE OFFICER AND BOARD CHAIR

A highlight for CMHA Thunder Bay this past year was the signing of its "Declaration of Recovery." This declaration, supported by a resolution from the Board, demonstrates our commitment to continue to learn, grow and change; to expand and sometimes challenge our previous understanding, skills and expertise of what it means to be a recovery focused organization; and to be open to building new knowledge, skills and practices that support an authentic recovery focused provision of care for the people we serve.

Our mission states that "we are committed to supporting individual recovery and promoting mental wellness within families and communities." Regardless of an individual's past history, personal story, or current circumstances, our primary focus is to work with our clients to explore creative and innovative strategies that will help them succeed in their journey of recovery. In the year ahead, we will continue to ensure evidence based recovery care and support is provided across all areas of the organization.

Thank you to our Board, volunteers, staff, management, and the people we serve, for your contributions to this journey! It is through our shared efforts that we will make our commitment to recovery a reality and support Mental Health for All in the year ahead!



Sharon Pitawanakwat, CEO



Michael Lewkin, Board Chair



2014/15 BOARD OF DIRECTORS

Michael Lewkin
(Chair)

Mark Mikulasik
(Vice-Chair)

Robert Mawhinney
(Treasurer)

Kim Facca
(Secretary)

Cassandra Martin
(Member-at-Large)

Devon Teeple

Gina Winters

Ken Commisso

Kristen Jones-Bonofiglio

Maria Vasanelli

Nancy Veal

Neil Ronald Irvine

Reese Little

Ryan Lehto

Sharon Bak

VISION

An inclusive community that promotes emotional well being, human dignity and social justice where people are valued and opportunities in all aspects of life are available to everyone.

MISSION

We are committed to supporting individual recovery and promoting mental wellness within families and communities.

VALUES

A Client Centered Approach

We are committed to maintaining an environment that respects diversity and is inclusive of all. We acknowledge and honour the fundamental value and dignity of all persons.

Commitment to Recovery

We are committed to implementing recovery based practices.

Excellence

We are committed to ongoing quality improvement.

Innovation & Creativity

We are committed to learning and growing as an organization.

ORGANIZATIONAL HIGHLIGHTS

2014/15

May 2014

CMHA's Board of Directors declared its Commitment to Recovery in partnership with the *Mental Health Commission of Canada*.

June 2014

The Fanny Rajala Endowment Committee awarded three individuals a \$500 educational bursary.

With support from the *Paterson Foundation*, Dr. Henry Emmons (author of *The Chemistry of Joy*) facilitated resilience training for 30 professionals and an evening presentation attended by 160 people.

August 2014

In collaboration with *New Foundations*, the Crisis Response Team implemented walk-in services.

September 2014

Beaux Daddy's hosted a Camo Formal in support of CMHA and The United Way.

October 2014

In recognition of *Mental Illness Awareness Week*, renowned mental health advocate Kim Mik inspired an audience of 270 people with her story of recovery.

December 2014

With support from the Advancement Committee, CMHA was the recipient of a December Fundraiser with Landale Gardens and Dominion Lending Centres.

The Board of Directors officially named Sharon Pitawanakwat as the organization's new Chief Executive Officer.

January 2015

The Education and Training program launched its first 10-week *Pathways to Resilience* workshop, supporting 16 participants with depression and anxiety in enhancing their wellness.

February 2015

In celebration of our 40th year as a chartered branch of CMHA, our branch launched its first "40 in 40" donor campaign with a goal to raise \$40,000 in 40 weeks.

March 2015

Styles & Smiles 2015, organized in partnership with Children's Centre Foundation, raised over \$32,000.

CLIENT EXPERIENCE SURVEY TOOL

146 RESPONDENTS

From 146 respondents to our
Client Experience Survey Tool
the following was noted:

OVERALL SATISFACTION
WITH CARE AND SERVICES

96.4% VERY SATISFIED -
SATISFIED

“I WAS TREATED WITH
DIGNITY AND RESPECT.”

97.2% VERY SATISFIED -
SATISFIED

“I WAS INVOLVED AS MUCH AS
I WANTED IN PLANNING AND
MAKING DECISIONS ABOUT
SERVICES PROVIDED TO ME.”

92.9%
VERY SATISFIED -
SATISFIED

“THE SERVICE TOOK
INTO ACCOUNT NEEDS
RELATED TO LANGUAGE,
CULTURE OR RACE.”

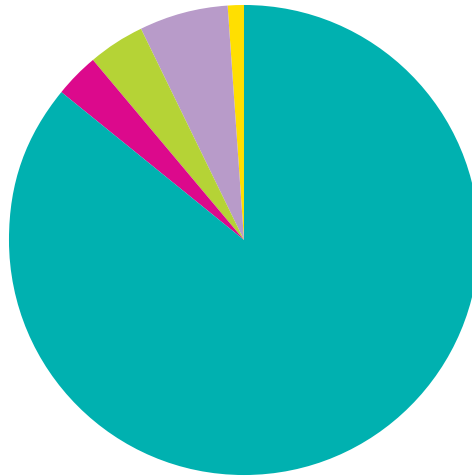
86.8%
VERY -
SATISFIED

FINANCIAL SUMMARY

Revenue by Source

(less amortization)

\$5,333,708

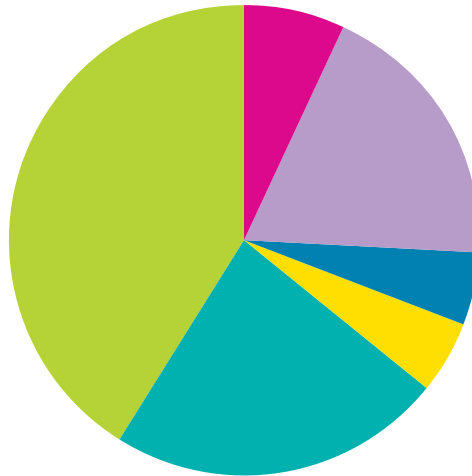


- LHIN - Health (86%)
- Donations/Fundraising/Grants/Other (3%)
- Ministry of Children's and Social Services (4%)
- LHIN - Housing (6%)
- District Services Administration Board (1%)

FINANCIAL SUMMARY

Fundraising, Workshops, Donations, Dragon Boat, Gaming & Events

\$107,041 (Gross Earnings)



- Workshops (7%)
- Donations (19%)
- Dragon Boat (5%)
- Gaming (5%)
- (Styles & Smiles) (23%)
- Other Events (41%)

Statement of Revenue & Expenditures April 1, 2014 to March 31, 2015

Full Audited statements are available upon request.

ADVANCEMENT COMMITTEE REPORT

The Advancement Committee, as directed by the Board of Directors, aims to engage and build relationships within the community, and to secure the funds required for all non-funded budgetary needs of CMHA programs, services and special projects. ●

STATISTICS

▶ \$5800+ raised at the *Family of Dragons Festival 2014*

▶ 70 people attended *Beaux Daddy's CAMO Formal* in support of CMHA

▶ \$6000 raised by CMHA Staff through Untied Way payroll deductions and *The Great Billboard Rescue*

▶ \$32000+ raised at *Styles & Smiles 2015* for CMHA and the Childrens Centre Foundation





Above Photo: June 2014, Restoring Resilience
Joanne Otte, Elly Tose, Don Paterson



Above Photo: June 2014, Henry Emmons and
Partners in Resilience Team

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Above Photo: October 2014, Keynote speaker event "Kim Mik, That's Crazy Talk", Victoria Inn



Above Photo: 2015 Styles and Smiles event, A Tribute to the Society of Excellent Men



PORTRAIT OF AN EXCELLENT MAN

The Society of Excellent Men is about more than looking good in a suit; the Society's goal is to raise funds for and awareness of mental health in our community. When asked to join the *Society of Excellent Men*, the word "excellent" makes most men nervous. Hugh Briggs, who joined the Society in 2011, had this to say on the subject:

“ At first I thought it would be difficult asking for donations for what sounded like an elitist group. I took a bit of ribbing from a couple of close friends but in all honesty, everyone really got behind the cause and the name of the group wasn't an issue.

Now, I don't even think about it. The opportunity to raise awareness about mental health issues and to help break down the barriers created by stigma is what matters.

It's been a good experience and I've had some fun. I've acquired my SmartServe training and I learned how to walk the runway in a fashion show. Neither will help if I'm ever stranded on a deserted island, but they're not bad skills to have. In the end, the fundraising that the Society does is important because those dollars support programs at CMHA and the Children's Centre. What may be more



Photo: Hugh Briggs

important is the frank and open discussion we are encouraging everyone to finally have about mental health—their own and those around them, at home, at work and in their community. When you look at it that way, I guess we are a Society of Excellent Men! ”

PARTNERS IN EXCELLENCE: 7 YEARS OF STYLES & SMILES

Seven years ago, the Canadian Mental Health Association formed a partnership with the Children's Centre Foundation to organize a unique event that would provide an opportunity to share mental health issues with the community, focus on breaking down barriers and reducing the stigma around mental illness, and raise funds for both organizations at the same time. This event is *Styles & Smiles: A Tribute to the Society of Excellent Men*.

The partnership with the Children's Centre Foundation, was formulated mainly through two men; Tom Walters, former Executive Director of the Children's Centre, and John Ramage, former CMHA Board member. The inspiration for the Society of Excellent Men came from CMHA lifetime member Shirley King's late husband, Howard, who always set an example of kindness and caring for others.

The ongoing partnership with the Children's Centre Foundation has proven to be a good fit as the two organizations provide similar services, although to different populations. By combining our efforts we have been able to reach a broader audience and open up the conversation about men's mental health issues.

We are all looking forward to partnering again for Styles & Smiles 2016!

Elly Tose ●

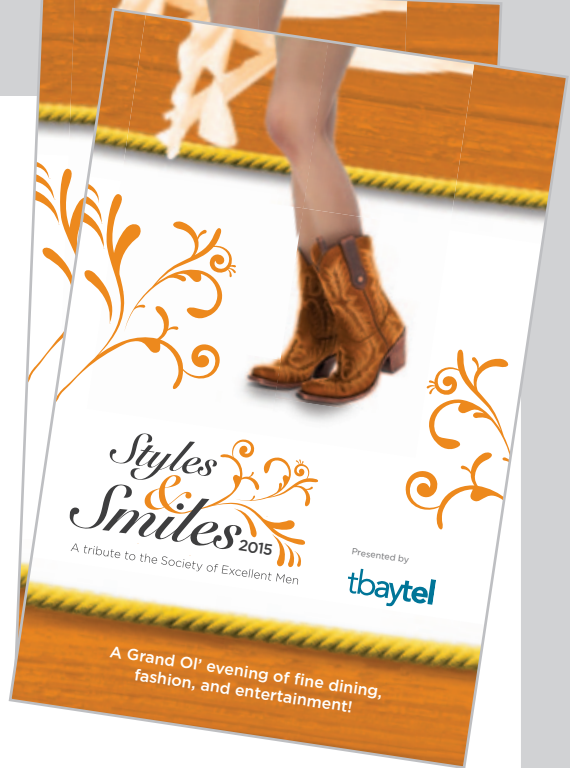


Photo: From left to right - Alexa Bettcher, Theresa Graham, Alana Bencharski and Cassandra Cory. Others who served on the Planning Committee from the Children's Centre Foundation - Diane Walker, Tracey Tieman, Brad Maxwell and Dave Facca; from the Canadian Mental Health Association - Gina Winters, Mark Mikulasik, Tiffany Stubbings, and Elly Tose and community volunteers John Colledanchise, Jim Henderson, Hugh Briggs, Shirley King, Fiona Macdonald, Marcel Gagnon, Sherry King, and Sharon Bak. With special assistance from Carole Lem and Janice Kirychuk.

PROGRAM REPORTS

CASE MANAGEMENT SERVICES

Case Management Services offers mental health support and diversion within the court system to youth and adults. It also offers housing support and outreach to individuals in the community who are not connected to traditional services, may be homeless and have serious mental health and addictions issues. ●

STATISTICS

103 INDIVIDUALS SECURED AND MAINTAINED APPROPRIATE HOUSING IN OUR HOUSING PROGRAMS

992 INDIVIDUALS WERE SERVED THROUGH THE HOMELESS OUTREACH PROGRAM

115 YOUTH AND ADULTS WERE SERVED IN COURT DIVERSION PROGRAMS

2014 DIRECT CLIENT INTERACTIONS BY GAPPS PROGRAMS

OFF THE BEATEN PATH

Mark Myers & Joan Robinson

Case Manager Joan Robinson has been taking her clients out to the forest. Based on the Japanese concept of “Shinrin-Yoku” —literally, forest bathing—Forest Therapy is much more than a walk in the park. It is about taking the time to connect, reflect, and truly immerse oneself in nature.



Photo: Mark Myers and Joan Robinson

Studies have shown that a disconnect from nature can negatively impact mental and physical health. By taking clients for forest walks, Joan has been able to reconnect them with nature while simultaneously introducing them to mindfulness and the use of all five senses. Joan’s clients have reported significant mood improvements, feeling invigorated, and feeling a sense of connection and hope. Having gone for many forest walks with Joan, Mark Myers has found his

reconnection with nature to be very useful in his recovery journey.

“Forest Therapy has helped me establish a relationship with myself as well as let me think in a more positive way. My worker, Joan, has helped me get out in to the community, by showing up to take me out when I was at my lowest state of mind. When I started with one positive thing like forest therapy, it was a chain reaction of other avenues.” ●

CRISIS RESPONSE SERVICES

Crisis Response Services offers mobile crisis response, crisis support residence, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis. ●

STATISTICS

2097 TOTAL UNIQUE PEOPLE SERVED

13295 TOTAL CONTACTS

111 TOTAL YOUTH SERVED

102 TOTAL REFERRALS TO CRISIS SUPPORT RESIDENCE

MAKING CONNECTIONS

Carol Maxwell

As a crisis worker, I have been privileged to support individuals in their time of need, whether they are in the community or in our crisis residence—a place that offers nurturance and wellness planning during one’s stay. Crisis support may entail a comforting voice at the other end of the phone, reflecting hope for someone whose darkness has blinded them in the moment, or reassuring someone that a trained professional is there to assist with their crisis.

We value everyone in our community. All calls are assessed according to the principle that a person’s crisis is individual with individual experiences, circumstances and needs. The caller can be anyone—a child, an adult, a family member, or a friend. This has been a guide for me in making a connection; treating all individuals with the respect and dignity as I would a family member or friend, not unlike the golden rule: “do unto others as you would have them do unto you.” The mission and values of CMHA have provided an environment that has fostered this service and support for all persons in our community by committing to the principles of recovery and client centered approach respecting the diversity and strengths of those we serve. ●

EDUCATION & TRAINING PROGRAM

The Education and Training Program promotes wellness and recovery and provides initiatives to reduce the stigma of mental illness through community workshops, training sessions, individual and family education groups and online communications. ●

RESILIENCE IN ACTION

Velda Siciliano



I participated in *Pathways To Resilience: Restoring the Elements of a Joyful Life* offered by the Education and Training Program. This is a ten-week program based on *The Chemistry of Joy Workbook* by Dr. Henry Emmons.

Pathways to Resilience provided me with insight to help me restore my body, mind and spirit. It provided a safe, supportive environment where I learned how to use action based tools

STATISTICS

577 COMMUNITY MEMBERS
ATTENDED PUBLIC PRESENTATIONS

314 PARTICIPANTS ATTENDED
WORKSHOPS AND TRAINING
SESSIONS

46 INDIVIDUALS ATTENDED
EDUCATION AND SUPPORT
GROUPS

that helped restore my resilience. These are tools that anyone can use to empower their own sense of wellness. The knowledge and skills learned compliment the natural therapies I have incorporated into my life.

This course is really about healthy living and taking care of yourself first! For me that includes surrounding myself with people who are supportive and non-judgemental. Pathways gave me a rope to grab on to. I have to do it myself by tapping into my own inner wisdom and the wisdom learned in the course. I know that I can do this instead of depending on others to do it for me. I now have the skills to steer my own bus! ●

FIRST PLACE CLINIC AND REGIONAL RESOURCE CENTRE

First Place Clinic and Regional Resource Centre offers community based consultation and treatment for individuals who are experiencing a first episode of psychosis. ●

FINDING YOUR OWN WAY

Elizabeth Buset



Photo: Lee, a youth at First Place participated in the 10 Cell art group, pictured in front of the group artwork titled, "Finding Your Own Way"

an 8 week stencil workshop at the Thunder Bay Art Gallery. Participants created self portraits using stencils and spray paint. Elizabeth began each class with a presentation on the history of Street Art. The group, called 10 Cell (a play on stencil and the 10 participants) also created a collaborative artwork called "Finding Your Own Way". An eclectic combination of patterns, the painting shows a school of stenciled fish swimming, with a single, brightly coloured fish swimming in the opposite direction. The work celebrates the unique artistic spirit fostered during the workshop. Using the same stencils the youth regrouped in March 2015 to create a fish painting for the Gallery's Art Auction fundraiser, and a rain barrel to support Eco Superior's rain barrel auction.

Youth commented that the project "was a good learning experience" and that "stencil cutting was hard work." Others stated that they "liked the art history lessons about graffiti artist." They were all pleased with their finished pieces of art, which were on display at the gallery for one month. ●

STATISTICS

115 CLIENTS SERVED

39 NEW REFERRALS

38 NEW ADMISSIONS

59 DISCHARGES

Local artist and educator Elizabeth Buset began working with First Place Clinic in 2014, providing a four part series investigating alternative art practices for young clients. The youth were introduced to the art of Japanese Bookbinding, stencil making, and drawing. Building on the success of the workshop, Elizabeth and clinic staff developed

NEW FOUNDATIONS

New Foundations offers a range of supports to assist people in developing skills in education, employment, housing, and social rehabilitation. ●

STATISTICS

▶ 369 PROGRAM MEMBERS

▶ 73 NEW MEMBERS

▶ 6021 MEALS SERVED

▶ 14589 TOTAL ATTENDANCE DAYS

A RECIPE FOR RECOVERY

Robert Schumacher

A Place to Come. Meaningful Relationships. Meaningful Work. These three statements sum up



Photo: Robert Schumacher

Robert's formula for success in his path to recovery.

Robert's leadership and dedication is demonstrated by the fact that he has virtually not missed a day throughout his tenure at New Foundations. He has become such a mainstay that he is commonly referred to as our executive chef. He has taken countless cooking classes, is always willing to try a new innovative recipe and has been part of a team that has served well in excess of 100,000 meals in the program.

Robert has many passions and is a great role model. Cooking, and spending time with family and friends is important to him and his well being. Robert has been a loyal and committed volunteer and fundraiser for the Schizophrenia Society of Northern Ontario.

CMHA has provided opportunities for Robert, such as volunteering with the local humane society, and as one of Thunder Bay's *Excellent Men*. Robert had the distinction of being one of the top fundraisers for *Styles & Smiles*. Participation in CMHA programs and events has provided a strong base for Robert to prosper, grow and feel like a valued member of our community. If one has a sense of purpose and meaning in their day, their road to recovery can be paved in gold—or, in Robert's case, chocolate chip cookies. ●



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 Thunder Bay, ON P7A 4B8
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Supported by:



Ontario

North West Local Health Integration Network
 Ministry of Children and Youth Services
 Ministry of Community and Social Services



United Way
 Thunder Bay
 Change starts here.



THE DISTRICT OF THUNDER BAY
 SOCIAL SERVICES ADMINISTRATION BOARD



The Canadian Mental Health Association, Thunder Bay Branch, is part of a national non-profit organization that is dedicated to enhancing and promoting the mental health of individuals, families and community through advocacy, education and mental health services.

Cover artwork entitled "Finding Your Own Way, 10 Cell Art Group