

ANNUAL REPORT 2015-16



Canadian Mental
Health Association
British Columbia
Mental health for all



BE MIND FULL

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



Get Involved!

TAKE ACTION

We are calling on all British Columbians to get loud for mental health. We would never knowingly wait until Stage 4 to intervene for cancer or other illnesses. We start way before Stage 4. We need to do the same for mental illnesses.

Join our b4stage4 campaign to improve mental health and addictions care in BC. Get loud and take action today at b4stage4.ca

BECOME A MEMBER

When you become a member of CMHA, not only are you showing you care about mental health in BC and in your community, you are joining a movement to build a community of hope, support and inclusion for people with mental illness. You also receive a free subscription to the award-winning *Visions Journal*.

VOLUNTEER

CMHA BC is a volunteer-driven organization that depends on volunteers like you to help us to develop our vision and provide services. We can use help in many different areas of interest and skill, from participation on our board and advisory committees, to community outreach and education.

DONATE

If you like what you've read in this report, help us further our goal of *mental health for all* with a donation. There are many ways your donation can make a difference and every gift helps.

STAY CONNECTED

Sign up for email updates to stay on top of the latest mental health news, programs and resources from CMHA and beyond! Don't forget to follow us and join the conversation on Facebook and Twitter.



Complete the sign up form on the back page of this report, or learn more and get started by visiting www.cmha.bc.ca/get-involved

CONTENTS

ANNUAL REPORT 2015–16

EXECUTIVE MESSAGE

ABOUT US

Framework for Support	7
BC Partners	7

STRENGTHENING OUR VOICE

Getting Loud for Mental Health	8
MLA Breakfast	
Dr. Nancy Hall Award	10
Public Education and Outreach	11
Visions Journal	15
Beyond the Blues	16

ENSURING QUALITY SERVICES

Wellness Programs	17
Bounce Back	
Confident Parents: Thriving Kids	
Living Life to the Full	
Workplace Training and Workshops	21
Bottom Line Conference	22
Understanding Addiction	24
Community Gatekeeper Suicide Prevention Training	25
CMHA in Victoria	26
Healthy Minds Healthy Campuses	27
International Campus Conference	
BC Campus Summit	
Scholarships and Bursaries	30
Blue Wave for Youth	32
Talk Today	34

ENHANCING OUR ORGANIZATIONAL HEALTH

Ride Don't Hide	35
Strengthening CMHA nation-wide	36
Strengthening CMHA in BC	38
Board Development Conference	
Community Partners	40
Endowment Funds	42
Financials	43

OUR PEOPLE

Board of Directors	44
--------------------------	----

EXECUTIVE MESSAGE

ANNUAL REPORT 2015–16

Looking back over the past year, we continue to accomplish more than ever before, and remain convinced that mental health and addictions is firmly on everyone's agenda. We are beyond the tipping point. We have tipped and we must continue the momentum.

ENHANCING OUR ORGANIZATIONAL HEALTH

The Canadian Mental Health Association (CMHA) in BC, through our partnership with 14 branches, delivers services and supports to over 100,000 children, youth and adults. We are focused on building our internal capacity to better respond to the needs of all people, of all ages, across the lifespan. Like the board members that volunteer their time and contribute their expertise, the staff team is driven by our vision to create a mentally healthier British Columbia. It is this drive and commitment that fuels our desire to deliver innovative and evidence-based programs, that will reach the maximum number of people, while maintaining high standards of effectiveness.

Across BC, CMHA has been working together to accomplish accreditation across the association. After two years and many meetings and processes, we will be a fully accredited organization by the end of 2016. Currently, two CMHA branches have been accredited through the Commission on Accreditation of Rehabilitation Facilities (CARF), five branches are accredited through Imagine Canada, and eight more have either submitted their application or are awaiting results of the peer review process. Together we are joining 175 non-profits currently accredited through the Imagine Canada Accreditation Program.

We continue to build our expertise in the areas of substance use and addictions. Our recruitment processes for both board and staff include identifying candidates with knowledge and experience in developing policies focused on, and supporting people with, substance use problems. We are building our internal capacity through initiatives like our new Understanding Addiction online learning program and have developed resources in this area through the HeretoHelp website, Healthy Minds | Healthy

Campuses initiative, *Visions Journal* and Beyond the Blues events, which include screening for risky drinking. We are speaking out more about issues related to addictions, the people affected and their families, with a much louder public policy voice.

ENSURING QUALITY SERVICES—B4STAGE4

Our organization is committed to improving care and advocating for a system that intervenes b4stage4. We want to build a system that is less reliant on emergency care and the justice system when it comes to mental health and addictions services.

One of the ways in which we are supporting families b4stage4 is through our **Confident Parents: Thriving Kids** program, helping parents and guardians better respond to the early signs of behavioural problems in their children through phone-based coaching. It's been proven to reduce mild to moderate behavioural problems and promotes healthy child development in children ages 3–12. Eighty percent of participants said their child showed significant improvements or that problematic behaviours had been resolved.

To continue to strengthen and grow the program, this year we launched a Parent Advisory Council. The council provides a meaningful opportunity for caregivers who have completed the program to share their experiences with the goal of improving the service provided to BC families.

Including the voices of people experiencing mental illness is a key value of our organization. It dates back to the beginning when our founder, Clarence Hincks, was motivated by his own lived experience to advocate for change. It's a value we carry into all of our work.

One of the ways we are helping adults access b4stage4 mental health care is by expanding our **Bounce Back** program across BC and beyond. Bounce Back is an evidence-based self-management program for adults experiencing low mood with or without anxiety. Thanks to support from the Ministry of Health and the Provincial Health Services Authority, we have been offering Bounce Back to British Columbians since 2008.

Like Confident Parents: Thriving Kids, this program is making a difference. Eighty-six percent of participants showed improvement in depression symptoms and 85% showed improvements in anxiety symptoms.

Since 2008, over 30,000 referrals have been made to the program, and 139,000 self-help DVDs distributed. Seven CMHA branches are the leaders in delivery of Bounce Back at the local and regional level. These branches include Vancouver–Fraser, North and West Vancouver, Cowichan Valley, Vernon and District, Prince George, Kamloops and Kootenays.

This year, we are increasing access to Bounce Back by developing an online platform so people can find help from anywhere in BC, without need for a referral.

Bounce Back is cost-effective and it works. Not surprisingly, CMHA branches from Manitoba and Ontario are implementing the coaching program in their communities.

STRENGTHENING OUR VOICE

It is important to acknowledge and shine a light on the volunteer service of our Board of Directors. This year has been a year of heavy lifting, including work focused on the Branch Licensing Agreement, continuing work under the nationwide strategic plan, while stewarding our resources for years to come. Thank you for your volunteer service, commitment, and leadership in helping us all move forward toward mental health for all.

Further, our mission and vision continue to be supported by our donors and corporate sponsors. We have long standing relationships with sponsors like Shoppers Drug Mart across BC, Great-West Life and Pacific Blue Cross, who continue to help us make a significant difference. Each of our individual donors charge us with the privilege of stretching the reach of our services and supports. Thank you for your ongoing support.

And finally, our staff team includes a talented, committed, and very skilled group of professionals working toward our shared mission and vision. Thank

you to each of you for all that you do to make our organization stronger while demonstrating a sincere, caring approach to the many people and organizations we serve.

It's been a long year but one filled with thriving kids, confident parents, healthier communities, stronger branches and dedicated volunteers. It's not always easy but it's always worthwhile. And we have a long road to go to make change in our communities.

We hope that next year you will join us in improving mental health and addictions care in BC. We hope you will stand alongside us in advocating for a health system that provides community mental health care b4stage4. To learn more, visit www.b4stage4.ca.



A handwritten signature in black ink that reads "Barb Keith".

Barb Keith,
CMHA BC
Board Chair



A handwritten signature in black ink that reads "Bev Gutray".

Bev Gutray,
CMHA BC
Chief Executive Officer

ABOUT US

WHO WE ARE



CMHA'S VISION, MISSION AND VALUES

Our vision: Mentally healthy people in a healthy society.

Our mission: As the nation-wide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Our mandate and scope: In BC, mental health, substance use and addictive behaviour are within the scope of the organization.

Our key values and principles:

- Embracing the voice of people with mental health issues (in BC includes people with addictions)
- Promoting inclusion
- Working collaboratively
- Influencing the social determinants of health (e.g. housing, justice)
- Focusing on the mental health needs of all age groups
- Using evidence to inform our work
- Being transparent and accountable

Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

Through our family of over 100 local, provincial and national locations across Canada, CMHA provides a wide range of innovative services and supports tailored to and in partnership with our communities. Mental health begins where you live, learn, work and play. Together, we are making a difference.

CMHA is uniquely positioned in Canada as a charity that brings together experience and expertise on community-based mental health promotion and support

for people with mental illnesses. We are unique not only in our approach but also in our ability to speak to a broad range of issues surrounding mental health and mental illness.

CMHA BC has been accredited through Imagine Canada's national Standards Program. The Standards Program awards accreditation to charities and non-profits that demonstrate excellence in five fundamental areas: board governance; financial accountability and transparency; fundraising; staff management; and volunteer involvement.



FRAMEWORK FOR SUPPORT

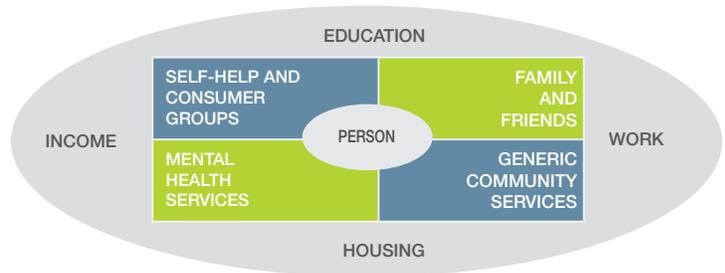
The Framework for Support is the central philosophy guiding the activities of CMHA. This philosophy holds that the person experiencing mental illness is at the centre of any supportive mental health system.

The Community Resource Base outlines a range of possible resources in addition to the formal mental health system, which can provide support to a person with mental illness. Housing, income, work and education represent four basic elements of citizenship.

The ultimate goal of the Framework is to ensure that people with serious mental health problems live fulfilling lives in the community. The Framework is referred to

as the most comprehensive model for mental health planning by federal and provincial governments as well as by the Centre for Community Change in the US, and the Government of Ireland.

COMMUNITY RESOURCE BASE



BC PARTNERS

CMHA BC is a proud member of a group of seven provincial mental health and addictions non-profits working together to help British Columbians improve their mental well-being.

The BC Partners for Mental Health and Addictions Information (BC Partners) first came together in 2003 and recognize that by working together, we have a greater reach and impact in our mission to provide helpful, good-quality information on mental health and substance use, including how to prevent, recognize and manage problems.

In addition to CMHA BC, the BC Partners include:

- AnxietyBC
- BC Schizophrenia Society
- Centre for Addictions Research of BC
- Institute of Families for Child and Youth Mental Health/FORCE Society
- Jessie's Legacy eating disorders prevention and awareness, a Family Services of the North Shore program
- Mood Disorders Association of BC

Funding for the BC Partners is provided by BC Mental Health and Substance Use Services, an agency of the Provincial Health Services Authority.

PROJECTS LED BY CMHA BC ON BEHALF OF THE BC PARTNERS IN 2015–16:

- **Here to Help Website** (p.11)
- **BC Partners Public Outreach** (p.14)
- **Visions Journal** (p.15)
- **Beyond the Blues: Education and Screening Days** (p.16)
- **Healthy Minds | Healthy Campuses** (p.27)



GETTING LOUD FOR MENTAL HEALTH

One of our key activities is looking at the policies and systems that have an impact on mental health in our communities, and providing values-based and evidence-based contributions, insights and recommendations. This past year, we have continued to work across a number of core public policy priorities.

One of our projects is focused on improving the interactions between people with mental illness and/or substance use problems at key interfaces with police services and health care providers on behalf of the Ministries of Health and Public Safety & Solicitor General and Vancouver Coastal Health Authority. We are developing a guide to support the care of people with mental illness and/or substance use problems who interact with health care providers and police.

CMHA BC is pleased to have contributed to a significant shift in policy and practice in sharing personal mental health information. Based on the feedback of many stakeholders, including CMHA BC, police will no longer share any mental illness-related information in a standard Police Information Check. This change is a step in the right direction, helping ensure people with mental illnesses have the same opportunities to pursue career, educational, and vocational aspirations.

In line with this work, with support from the Ministry of Health, we developed a set of best practice resources. These resources support improved understanding and application of BC's privacy legislation for practitioners, individuals and families that access mental health and substance use care.

MLA BREAKFAST EVENT



**87 ATTENDED, INCLUDING
6 CABINET MINISTERS, 33 MLAs,
CMHA BRANCH PRESIDENTS,
EXECUTIVE DIRECTORS, AND STAFF**

On May 5th, 2015 CMHA BC, in collaboration with CMHA branches in BC, convened a legislative breakfast event in Victoria with the goals of:

- Strengthening the relationship between CMHA and BC MLAs across all parties
- Positioning CMHA as the BC government's partner in community, striving toward mental health for all
- Strengthening the collective voice of the CMHA in BC and its ability to speak as one organization
- Presenting a robust policy paper and proposals to be taken up by CMHA in BC

Our proposals included asking the BC government to:

- Work with CMHA in asking the federal government to create a dedicated fund to improve access to community-based mental health care
- Adapt the Shelter Aid for Elderly Renters (SAFER) program in a targeted BC community
- Invest funds in the Ministry of Children and Family Development equal to 2008/09 levels with an emphasis on child and youth mental health
- Work with CMHA to develop a plan to enhance the ability of community-based organizations to support young people in care and leaving care

The event was attended by 87 people, including CMHA leaders and staff, 33 MLAs and several invited speakers and guests, including Coquitlam Mayor Richard Stewart and his daughter, Vanessa Stewart, who spoke about her experience with mental illness.



Vanessa Stewart at the MLA Breakfast with MLA for North Vancouver–Seymour Jane Thornwaite and Coquitlam Mayor Richard Stewart (left to right)

Vanessa Stewart, Mental Health Advocate

“My name is Vanessa Stewart. I started talking about my mental illness at the 2013 Ride Don’t Hide bicycle event. It was one of the rare times I had left the house to go anywhere that year, let alone to a mental health event. I hadn’t spoken to anyone about my mental illness and was having trouble doing activities I once loved due to the onset of depression.

The ride was exhilarating. And shortly after we returned from the ride to the stadium, a reporter approached my dad. The reporter asked him what the event meant to him and his community. As dad started to answer, I stepped out from behind him to speak: ‘He’s here because of me...I suffer from a mental illness.’ No one moved. No one said a word. I started to tell the reporter about my journey, and then dad asked me, ‘Are you really ready for this, Vanessa?’, and I replied, ‘Yes...yes, I am.’”



BC Minister of Health Terry Lake shows his support for mental health

QUOTES FROM MLA BREAKFAST SURVEY

“Keep up the great work and thank you for the opportunity to attend the face to face meeting.”

“Incredibly powerful speakers, especially the First Nations chief who gave welcome and the young woman’s [Vanessa Stewart] personal story.”

PUBLIC POLICY AWARD

DR. NANCY HALL PUBLIC POLICY LEADERSHIP AWARD

In honour of the late Dr. Nancy Hall, this distinguished award recognizes an individual or group in BC that has influenced mental health policy and contributed to positive mental health. A \$500 gift is designated for the recipient's charity of choice.

For more than 15 years, Dr. Nancy Hall acted as a key advisor, consultant and friend to CMHA BC. She was also the BC government's Mental Health Advocate from 1998 to 2001.

CMHA BC was pleased to present the 2016 awards to Dr. Ron Remick and Project Link. The awards were presented by Dr. Hall's mother, Agnes Hall, and CMHA BC Board Chair, Judy Moore, at CMHA BC's 62nd Annual General Meeting in September.

Past winners of the award include Moms Like Us, The BC Aboriginal Network on Disability Society, From Grief to Action, Paola Ardiles, Stephen Smith, Doctors of BC and Michael Schratte.



Agnes Hall presented the award to Dr. Ron Remick

LEADERSHIP AWARD: DR. RON REMICK

Dr. Ron Remick was the recipient of our Leadership Award for his work in pioneering and advancing the practice of Group Medical Visits. He is the co-founder Medical Director of the Urgent Care Psychiatric Program for the Moods Disorders Association of BC.



Dr. Vijay Seethapathy, Andrew MacFarlane and Howard Tran (left to right) accepted the award on behalf of Project Link

AWARD OF MERIT: PROJECT LINK

Project Link, a collaboration between representatives from Vancouver Coastal Health Authority, Providence Health Care, and Vancouver Police Department, were the recipients of the Award of Merit. Project Link focuses on responding in a more robust way to some of the most marginalized and vulnerable citizens of Vancouver and diverting people living with mental illness away from the criminal justice system.

PUBLIC EDUCATION AND OUTREACH

CMHA BC ONLINE

CMHA BC's website is a key way of sharing news, resources and information on CMHA's programs and services with members, partners and the public. The website also includes a directory of CMHA branches in BC, information on mental health and related topics, policy research and reports, secure online donation options, an online store and subscription options for CMHA BC's popular e-newsletter, Mind Matters.

Mind Matters continued to connect subscribers with monthly updates on what's new in mental health news, programs, and events in BC. Each issue contains CMHA news and profiles stories from people who have been impacted by CMHA programs.

Social media channels such as Facebook and Twitter are an increasingly popular way to stay in touch with CMHA BC. This year the number of people following us on Facebook and Twitter grew 32%.



OUR WEBSITE REACHED 185,000 VISITORS, WITH 230,940 VISITS



MIND MATTERS MONTHLY E-NEWS REACHED OVER 2,300 SUBSCRIBERS



OVER 5,300 FOLLOWERS ON TWITTER AND FACEBOOK



We want to stay in touch! Sign up for Mind Matters e-news on our website at www.cmha.bc.ca

HERETOHELP.BC.CA

The HeretoHelp website is a trusted source of mental health and substance use information for individuals and families in BC and beyond. The site features thousands of plain-language resources including personal stories, *Visions* articles, factsheets, workbooks, screening self-tests, and content in 11 languages. CMHA BC manages this service on behalf of the BC Partners.

HeretoHelp content has been included in dozens of learning contexts this year including in a new stress management app for young people (thinkFull by Telus), in a national healthy living app (Carrot Rewards by the federal government), by the Doctors of BC in its Practice Support Program, and as part of a US research study on building resilience.

This past year, we developed and added a host of new content to the website including 11 articles for our Ask Us section; eight e-newsletters; and new resources on mindfulness, using technology in a mentally healthy way, and body image and self-esteem.

As we begin a process of retiring 220 translated resources from HeretoHelp that are now out of date, we undertook a series of key informant interviews with experts from BC's leading multicultural and settlement agencies, alongside our partners at the Centre for Addictions Research of BC. The consultations helped inform next steps around creating the most useful new resources for immigrants and refugees in BC whose primary language isn't English.



1.47 MILLION VISITS AND 2.74 MILLION PAGE VIEWS LAST YEAR



85% INCREASE IN VISITS AND PAGE VIEWS OVER PREVIOUS YEAR



85% RATED SITE AS EXCELLENT OR GOOD AT PROVIDING HIGH-QUALITY, USEFUL INFORMATION THAT IS EASY TO READ AND UNDERSTAND



Message from a HeretoHelp website visitor

“I am having many difficulties coping and managing things presently in my life,...and living in rural British Columbia OMG what was I going to do?

...Then your link came up so I clicked it ***BEST CLICK EVER*** I started crying. I felt elated someone got it. Someone said YA it's okay, yes we care, yes we understand, we have resources, we will respect you, and most importantly we will be able to help...and you're Canadian and right here in BC...but mostly your site made me feel good

enough today to make the appointment I need for a diagnosis.

I feel confident that I can turn to your website or use a useful resource you provide, to help guide me navigate.

...I am feeling so confident now to go forward and see where it takes me, because I know I can turn here for support and info...maybe I'm a nut, maybe I'm not...but I'm sure glad I found my nut cracker... this website. Thank you.”

 Visit the HeretoHelp website at www.heretohelp.bc.ca

CMHA BC PUBLIC OUTREACH

Another way CMHA BC helps promote mental health is by reaching out one on one through public information displays and through direct requests for information via our other communications channels. These services help people find the information they need to care for themselves and their loved ones.

Each year, CMHA BC receives hundreds of direct requests for information, support and referrals by phone, voicemail, email, social media or walk-in. The most common questions are around accessing free or low-cost counselling; help for depression, anxiety and/or suicidal thinking; and how to get help for and support a loved one who is struggling.

Our new help-desk software helped us respond to an increasing number of requests direct to CMHA BC. We responded to 733 requests for help, information or support. These are over and above the nearly 1,300 requests received through HeretoHelp channels.

To better support public and program needs for our resources, we moved tens of thousands of publications and products from our former vendor to a new

warehouse and order fulfillment business based out of CMHA Vernon. The social enterprise is staffed in part by people with mental illness working on their employment goals.

This year we also provided valuable input on Greenthumb Theatre's new educational play called Still/Falling about depression, anxiety and self-harm, performed for youth in schools across BC.

MENTAL HEALTH WEEK

For CMHA's 64th annual Mental Health Week, during May 4–10, 2015, CMHA asked Canadians to Get Loud for mental health. Millions were reached through the campaign which included videos, posters and events.



RESPONDED TO 733 REQUESTS FOR HELP, INFORMATION OR SUPPORT



SHOWCASED CMHA BC WITH DISPLAYS AT 19 EVENTS

“Thank you very much for all your help. You should know that I think you are very good at your job! Caring and informative. Thanks again.”
—information requester

Community members connect with resources at a CMHA BC display



BC PARTNERS PUBLIC OUTREACH

One of the features of the BC Partners' HeretoHelp website is an online information and referral service. CMHA BC manages this service on behalf of the BC Partners, helping hundreds of British Columbians find local, trustworthy mental health and addictions resources for themselves and their loved ones.

In 2015–16, we researched and installed new help-desk software to monitor, delegate, standardize and evaluate the increasing volume of requests from the public for information, support and referrals. We also recruited and trained three new information-referral volunteers.

In addition to managing the online help desk, CMHA BC helps share resources and distribute products through the HeretoHelp online store and at community events and displays.

Over 100,000 informational and promotional products from HeretoHelp were distributed via the nine provincial displays, the 70 local Beyond the Blues events, and direct asks from the public.



RESPONDED TO 1,281 REQUESTS FOR INFORMATION VIA HERETOHELP CHANNELS



SHOWCASED HERETOHELP WITH DISPLAYS AT 9 EVENTS



DISTRIBUTED OVER 100,000 RESOURCES AND PRODUCTS



“Thank you so very much for your advice and resources. It is so good that you are there for people in need of a lifeline, especially since you can fully understand what it’s like.

Everything you listed is what I need so I will give it all a try and I’m sure it will help. For now I’m quite alone in this and I really appreciate your help.”

— information requester

HeretoHelp resources on display

VISIONS JOURNAL

Visions, BC's mental health and addictions journal, celebrated its 20th year. The theme-based quarterly magazine is written by and for people with lived experience, their families, service providers and policy-makers. *Visions* is produced by CMHA BC on behalf of the BC Partners.

Subscribers have grown by 24% this past year, due to marketing efforts reminding people that anyone in BC can now receive *Visions* free of charge.

Our Indigenous People: Reconciliation and Healing issue featured powerful and humbling stories from the First Nations Health Authority, Friendship Centres,

Elders, service providers and Indigenous people with lived experience.

The Treatments: What Works? issue, guest-edited by a physician expert, took a critical look at what we mean by "evidence-based" and debunked myths about several alternative treatments and misunderstood conventional treatments.

Transitions was voted as the subtheme for both our Workplace issue (transitions out of the workplace) and our Young People issue (transitions from youth to young adult), guest-edited by the Representative for Children and Youth's office.



VISIONS IS SHARED WITH MORE THAN 24,000 PEOPLE IN PRINT OR VIA EMAIL



VISIONS ARTICLES WERE ACCESSED ONLINE MORE THAN HALF A MILLION TIMES LAST YEAR



60-70% SAID THEY HAVE USED INFORMATION FROM SOMETHING THEY READ IN VISIONS IN THEIR WORK OR TO IMPROVE THEIR HEALTH OR SOMEONE ELSE'S

Letter from a *Visions* reader

"Ever since I worked as a direct service clinician on a mental health team, I have greatly valued *Visions* magazine and continue to recommend it to service users and clinicians alike.

The topics covered by *Visions* have always been closely aligned with the issues identified as most important by the people we serve and by our service providers. The content is not watered down or too academic but seems to find a respectful, professional and accessible middle ground that clearly highlights important, useful and often inspirational information. I have not

seen another periodical that provides such well-presented, helpful and hopeful content.

When I found out we could send *Visions* totally free of charge to people that wanted it, we took the opportunity to ask that several be sent to every Island Health mental health and substance use related facility for both professionals and clients to access. We would definitely recommend other health authorities/organizations do the same.

Thank you to everyone behind *Visions* and please keep up the fantastic work!"

—Director of Operations, Mental Health and Substance Use, Island Health



Sign up for your free subscription to *Visions* at www.heretohelp.bc.ca/visions

BEYOND THE BLUES

EDUCATION AND SCREENING DAYS



“One participant scored very [low-risk] on the well-being score. However, during the debrief, this participant ended up disclosing a traumatic event that occurred at the age of 14 and which is still affecting their life in their twenties.

This was the first time they spoke to someone about what had happened. Our clinician was able to connect the person to the supports they needed.” —Beyond the Blues event planner

Beyond the Blues: Education and Screening Days is an annual mental health awareness campaign featuring a series of free community events in BC. Featuring optional, confidential screening self-tests and on-site clinicians, the event is about education, empowerment and connecting to local resources. Led by CMHA BC on behalf of BC Partners, Beyond the Blues is intended to help people start conversations about mental well-being, mood, anxiety and risky drinking as well as when and how to get help.

Despite fewer sites in 2015, the overall number of people screened was up by a third compared to last year and community site attendance remained as high as ever. We also saw the highest number screened via paperless screening than ever before and a 10-fold increase in online screenings during the fall season.

This year we conducted the first-ever external evaluation in two decades of the program. Researchers followed up with participants after their experience at Beyond the Blues to find what difference, if any, it had for them: the evaluation confirmed the success of the model.

Survey respondents valued most the event engagement activities especially screening, personal experiences, friendly staff, the information/content provided and what they were able to take away from the events including practical strategies, knowledge of community resources and confidence to support themselves or a loved one.

Many thanks to the additional funding from the Ministry of Children and Family Development, as well as in-kind support from provincial media sponsor Black Press, and 18 endorsing agencies.



90% PLANNED TO USE THE INFO TO IMPROVE THEIR OWN OR A LOVED ONE’S WELL-BEING



79% FOUND THE EVENT USEFUL AND WOULD RECOMMEND IT TO A FRIEND



5,950 PEOPLE ATTENDED 70 EVENTS

OVER 85,000 PEOPLE HAVE BEEN HELPED OVER 21 YEARS

See more results in our 2015 event report at www.heretohelp.bc.ca/beyond-the-blues

BOUNCE BACK®

RECLAIM YOUR HEALTH

Bounce Back is a free program that teaches effective skills to help adults overcome early symptoms of depression, and improve their mental health. Through an instructional video or workbooks with coaching sessions by phone or videoconference, participants can learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive. Bounce Back is available across BC in English, French, Mandarin, Cantonese and Punjabi.

Bounce Back materials were enhanced with several updates this year. In addition to a revised and redesigned suite of workbooks, the Bounce Back video

was updated with new interviews, a fresh look and feel, and Canadian content. To increase accessibility, an online platform was developed so that participants can also access the workbooks and video online.

The program received the 2015 BC Health Care Award of Merit: Top Innovation—Affiliate, which recognizes Bounce Back’s contribution to innovative delivery of population-level mental health care and promotion through its telephone coaching.

Bounce Back is funded by the Provincial Health Services Authority.



5,383 REFERRALS WERE RECEIVED
16,103 DVDS WERE DISTRIBUTED



89% WOULD RECOMMEND THE PROGRAM TO FRIENDS OR FAMILY



86% OF PARTICIPANTS SHOWED IMPROVEMENT IN DEPRESSION SYMPTOMS AND 85% SHOWED IMPROVEMENT IN ANXIETY SYMPTOMS



“This program and these workbooks have helped me move beyond just getting through my day. I’m actually enjoying life again and so proud of myself.”
— participant

A new look and updated content for Bounce Back materials



Bouncing Back from anxiety—Wendy’s story

My involvement with Bounce Back began after I found myself struggling to cope with anxiety and feeling overwhelmed. As a solopreneur in a ministerial and teaching role, a personal challenge transformed into an anxiety condition that I couldn’t “make go away.”

After multiple doctor appointments with physical pain I didn’t understand and bursting into tears in my appointments, it was clear I needed more assistance than she could provide. She asked me if I had heard of Bounce Back and explained it to me, after which I asked to be referred to it.

As a professional in the community, I valued the opportunity of a confidential service that was both educational and supported with coaching. That it was a free service for me was also a de-stressor.

Working with Bounce Back materials, which I found very easy to read and understand, I was able to work at my own pace. With the regular support of my Bounce Back community coach, I learned how to take charge of my thoughts and emotions, set manageable goals, be more gentle with myself, and to deal with the anxiety

I was experiencing—and to move forward in my life in a very satisfactory manner. As well, I could relate with the examples used in the materials, which helped me to feel less alone in the challenges I was experiencing.

Each week, I found myself feeling stronger and my confidence grew. My coach validated my actions and progress and kept me on track with my action items. As well, I have the Bounce Back materials for ongoing reference when I require them to help remind me of my personal power, to choose what works for me, and how I can do it with success.

I don’t think the majority of people feel comfortable asking for help when struggling mentally or emotionally. Thanks to the work of Dr. Chris Williams, the author of the Bounce Back materials, and CMHA working as a team, Bounce Back offers professionals and non-professionals confidential access to mental health support, and support to return to being contributing members of our communities and living a higher quality, conscious life.

CONFIDENT PARENTS: THRIVING KIDS

Confident Parents: Thriving Kids is a free, family-focused phone-based coaching service effective in reducing mild to moderate behavioural problems and promoting healthy child development in children ages 3–12.

Through a series of 6, 10 or 14 weekly coaching sessions, along with exercises and workbooks, trained coaches empower parents and caregivers to learn effective skills and techniques that support social skills and cooperation in their child. The program is grounded in the Parent Management Training–Oregon Model (PMTO), shown to be effective in preventing, reducing and reversing the development of mild to moderate behaviour problems.

In 2015–16 we received a record 1,066 referrals from 383 physicians, pediatricians and psychiatrists. 80% of families completing the program reported either significant improvements in their child’s problem

behaviours or that the behaviours have been resolved as a result of their participation in the program.

Over the year, seven coaches completed the rigorous certification process to be qualified as PMTO Specialists. These PMTO Specialists will form the foundation of our ability to proliferate the program through the training and support of other practitioners throughout BC.

In January, a Parent Advisory Council was launched to provide a meaningful opportunity for caregivers who have completed the program to share their experiences with a goal to improving the service provided to BC families. This inclusion of participant voice is a crucial value of CMHA.

CMHA BC would like to recognize the Ministry of Children and Family Development for the funding they provide to support the program.



1,066 REFERRALS FROM 383 PHYSICIANS, PEDIATRICIANS AND PSYCHIATRISTS IN 2015–16



94% OF FAMILIES COMPLETING THE PROGRAM WOULD RECOMMEND IT TO OTHERS



80% SAID THEIR CHILD EITHER SHOWED SIGNIFICANT IMPROVEMENTS OR THAT PROBLEM BEHAVIOURS HAD BEEN RESOLVED AFTER COMPLETING THE PROGRAM



93% BELIEVE THEY WILL CONTINUE TO USE SOME OR ALL OF THE SKILLS LEARNED



“The program has not only improved our communication and helped me set more effective boundaries/discipline, it also has positively affected our overall relationships with each other as a family.”
— participant

Program tools include reward tokens and an incentive chart

LIVING LIFE TO THE FULL

VIVRE SA VIE, PLEINEMENT

Living Life to the Full is a fun, interactive community-based course that provides simple, practical skills for coping with stress, problem solving, boosting your mood, and busting bad thoughts. Living Life to the Full certified facilitators bring the skills to life through booklets, worksheets, group activities and discussions.

The course is based on principles of cognitive-behavioural therapy (CBT), and has been shown to be effective at improving resilience, well-being, mood, anxiety and social support. The CMHA flagship program for youth, adults and older adults has been

used in diverse settings such as workplaces, schools, prisons and reserves.

This was a landmark year for Living Life to the Full as it has grown to become a truly nation-wide and bilingual program. In the past year, we trained 80 facilitators, bringing the number of facilitators close to 200. The program is now offered in Yukon and all provinces but Newfoundland & Labrador.

We have supported many regions across the country in their rollout of Living Life to the Full, such as presentations to multiple stakeholders in Yukon, delivery of a pilot course for older adult caregivers in Ontario/Toronto and a youth course in New Brunswick.

We are also excited to have launched the course in French. All course materials are now available in French and there are already a number of francophone facilitators available.



OVER 100 COURSES WERE DELIVERED IN THE PAST YEAR



AROUND 1,200 INDIVIDUALS REACHED THIS YEAR ALONE



32,729 LIVING LIFE TO THE FULL BOOKLETS SOLD IN 2015-16

AVAILABLE IN 80 LOCATIONS—URBAN, RURAL AND REMOTE—ACROSS 9 PROVINCES AND 1 TERRITORY

DELIVERED BY 65 COMMUNITY PARTNERS INCLUDING 11 CMHA BRANCHES

FOR NEW MOTHERS

An evaluation report on Enjoy Your Baby, a new companion course aimed at new mothers, was completed this year. Co-developed by Living Life to the Full author Dr. Chris Williams, and Dr. Michelle Haring, a registered psychologist and perinatal expert, the course was generally well-received. With some modifications, we will be rolling the course out nationally. A special thank you to CMHA Vancouver-Fraser, CMHA Prince George and CMHA BC staff in Victoria for participating in this pilot.

“This course really helped me to identify negative things I was doing in my life and made me feel like I could change those things and take control. It also reminded me of the things I do well.”
— participant



WORKPLACE TRAINING AND WORKSHOPS

CMHA BC offers a number of education and training events and workshops aimed at helping workplaces protect the psychological health and safety of their employees, and build mentally healthier workplaces. This year we continued to expand our training programs for BC workplaces.

In 2015–16, workplace training was delivered to over 2,500 individuals by CMHA BC trainers either in workshops, presentations or webinars.

The Safe and Sound psychological health and safety training program, which was initiated by a grant from the Ministry of Health, continues to evolve to meet the needs of health and safety professionals in BC. Meanwhile, CMHA's nation-wide and recently revised

Mental Health Works program continues to gain traction in BC to support the needs of leaders and managers to better support employee mental health.

CMHA BC also expanded its For My Health program by hosting events for the City of Vancouver and TECK in Trail, BC. In total, four screening events invited workers to check in on their mental and physical health and provided guidance on steps they can take to improve their health.



**OUR WORKPLACE TRAINING WAS
DELIVERED TO OVER 2,500 PEOPLE**

Case Study: Working on Wellness

A partnership with the BC Healthy Living Alliance led to the development of workplace mental health resources for the resource and industrial sector:

- A mental health awareness poster series
- A customized Safe and Sound training course
- Videos illustrating the connection between mental health and health and safety, featuring the personal experiences of men from industrial backgrounds

The Safe and Sound training was delivered to 144 supervisors and employees at the Diavik mine in Northwest Territories:

- 100% were satisfied with the training with 88% reporting they were very satisfied
- 100% would recommend the training

As a result of the training:

- 86% indicated they had a better understanding of their responsibilities as a supervisor regarding workplace mental health



Videos of workers sharing their lived experiences were created as part of the training program. Watch them at www.youtube.com/cmhabc

- 81% indicated they feel more confident in their ability to help someone experiencing a mental health issue at work

Thank you to the BC Healthy Living Alliance for the opportunity to support the Healthy Minds component of their Working on Wellness campaign.

BOTTOM LINE CONFERENCE

WORKPLACE MENTAL HEALTH

On February 22–23, 2016 we held our 13th annual Bottom Line Conference in Vancouver. The sold out conference hosted over 370 delegates from across Canada. Delegates enjoyed two days of plenary speakers and breakout sessions that provided new perspectives, skills and the opportunity to celebrate individuals and organizations as they move forward in the journey to improve workplace mental health.



88% RATED THE CONFERENCE AS “VERY GOOD” OR “EXCELLENT”



94% SAID THE EVENT INCREASED THEIR UNDERSTANDING OF HOW TO ACHIEVE PSYCHOLOGICAL HEALTH IN THE WORKPLACE

The conference theme, *Heroes in the Workplace: Stories from the Champions of Change*, struck a chord with the delegates, who gave its relevance an average rating of 4.5 out of 5. Keynote speakers Ann Dowsett Johnston, Michael Bryant and Silken Laumann earned high ratings and praise for telling their personal stories that illuminated the realities of addiction and mental illness, and the urgency for change. A panel of employers spoke about creating culturally inclusive workplaces from a First Nations perspective and shed light on the importance of protocols, dialogue and awareness to build trust and celebrate diversity.

The 2016 conference would not have been possible without the generous support of Great-West Life Assurance Company, Pacific Blue Cross and WorkSafeBC. We would also like to recognize the support of our many labour partners, like the BC Federation of Labour, who promote the conference with their members.

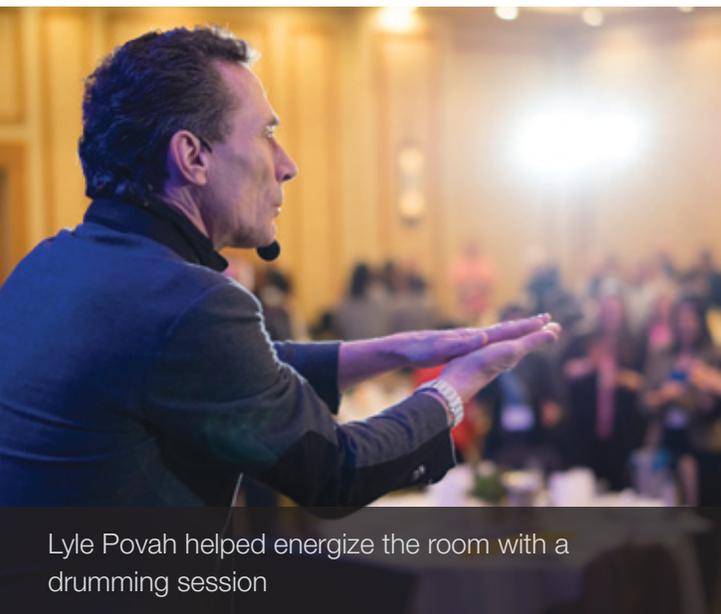
“The keynote speakers were fantastic—their stories were both inspiring and heartbreaking. It was eye-opening.” — participant



Keynote Silken Laumann inspired participants with her personal story

Honouring Kevin Hegarty

For many conference attendees, another highlight of the conference was the touching tribute to Kevin Hegarty, BC firefighter, mental health advocate and former Bottom Line Conference panelist who died by suicide in 2015. Introduced by Kevin's friend and colleague, firefighter Mike McNamara, his remarks and the video presented reminded everyone of Kevin's dedication to improving workplace mental health, the importance of reaching out to connect with others and the power of speaking out in the battle against stigma.



Lyle Povah helped energize the room with a drumming session

PARTICIPANTS SAID

"It was inspiring, authentic and raw. I loved how panelists openly shared their mental health and illness experiences."

"Excellent speakers from across industries, ethnicities and genders—generally diverse."

"Very impactful. Pushes me and motivates me to take action in my workplace."



Conference MC Kathryn Gretsinger moderated a panel of worker champions including Patricia Doiron, Bruce Taiji and Carolyn Unsworth.



CMHA's Clarence Hincks Award was presented by Sarika Gundu (centre) to Tracey Hawthorn and Miranda Massie of UBC

Read the conference final report at www.bottomlineconference.ca

UNDERSTANDING ADDICTION

Understanding Addiction is an online learning program that helps equip non-specialist workers and volunteers with knowledge, skills, and attitudes to confidently help people who face challenges with substance use and addictive behaviour. The goal of the course is to ensure that anyone in a “helping role” will be able to respond effectively to a wide range of people, promoting healthy relationships and supportive environments.

Through the course, participants gain a better understanding of addiction, learn effective, practical skills to increase comfort in responding to addiction in a positive and respectful way, develop confidence in working with challenging clients while protecting workplace safety, and build greater comfort in having conversations that promote inclusion and healthy communities.

The course launched on January 15th, 2016, with three-month learning sessions beginning every four months after that. Survey results from the first group of learners indicated that 100% found the website well-organized and content easy to understand. All reported that they had a clearer understanding of the complexity of addictive behaviours, and that the content would be useful in their work or life.

Understanding Addiction was developed by CMHA BC in partnership with BC Non-Profit Housing Association, BC Government and Service Employees’ Union, Centre for Addictions Research BC (University of Victoria), 7th Floor Media (Simon Fraser University) and Walden Media Group with funding provided by the Community Action Initiative.



92% SAID THEIR KNOWLEDGE ABOUT ADDICTION HAD INCREASED



83% SAID THEY HAD INCREASED THEIR SKILLS AND CONFIDENCE



83% SAID THEY INCREASED THEIR AWARENESS OF ATTITUDES THAT CONTRIBUTE TO STIGMA AND DISCRIMINATION TOWARDS PEOPLE WHO STRUGGLE WITH ADDICTION



PARTICIPANTS SAID

“I have really enjoyed the course! It’s really interesting and really well laid out. I’ve enjoyed the activities and like the layout of the material.”

“Excellent course content and delivery.”

The online program features a video interview with Tom Regehr, Founder of Come and Sit Together (CAST) Canada, who shares his personal story of addiction

COMMUNITY GATEKEEPER SUICIDE PREVENTION TRAINING

Our new Community Gatekeeper training program is designed to help make BC communities safer by preparing key members of every community with skills to help people who are at risk of suicide. We aim to train 20,000 people by December 2018.

Two levels of training are available:

- **safeTALK**—basic half-day workshop for anyone to help recognize a person who might be at risk and help connect them to life-saving community supports and resources
- **ASIST**—a two-day practice-focused workshop in suicide intervention and personal safety planning

Since the program launch in October 2015, we have developed the program structure and currently have in place Regional Coordinators at CMHA branches in Nanaimo, New Westminster, Salmon Arm,

Prince George and Cranbrook. In addition to these coordinators, 18 CMHA branch staff are also trained to deliver safeTALK and ASIST in communities across BC.

We are also developing several community partnerships supporting the local delivery of training and building community capacity. Through these partnerships we have trained five facilitators from the First Nations Health Authority and four additional Crisis Centre staff.

We are fortunate to benefit from a very diverse and passionate Provincial Advisory Committee. The committee includes people with lived experience of mental illness, First Nations and LGBTQ perspectives, and representation from government, academia, community service, sport, health, mental health and addictions sectors.

The program is funded by the BC Ministry of Health.



**DELIVERED ACROSS BC THROUGH
NETWORK OF CMHA BRANCHES**



**31 TRAINERS LOCATED IN
16 CITIES ACROSS BC**

**BASED ON CURRICULUM SHOWN TO BE EFFECTIVE AT INCREASING KNOWLEDGE, SKILL
AND WILLINGNESS TO INTERVENE, AS WELL AS HELPING REDUCE THE RISK OF SUICIDE**

Putting training into action—Amy's story*

Part of my role is to support and backup others who help people in distress who contact our office. I wanted to make sure I had the same training they had so we would all be consistent in our approach.

Within two months of taking safeTalk I noticed one family member and two close friends struggling with what looked like depression. I felt confident asking them directly and non-judgementally if they were having thoughts of suicide. Each of them said yes; each was glad I asked. None of the conversations were scary because they knew I cared and they wanted to talk. I was so glad I could connect them to help or hear they were already connected.

I'm glad I had the confidence to help people I care about say out loud something that distressed them and that they hadn't told anyone else.

I would highly recommend this training. Every older teen and adult in Canada should take safe-TALK. Just three hours out of your day would save countless lives. If you regularly work with people in distress, then you should also take ASIST.

CPR first aid is the kind of training you hope you'll never need and probably won't. Suicide prevention first aid is the kind of training you hope you'll never need but probably will.

*pseudonym

CMHA IN VICTORIA

Our efforts in Victoria this past year have focused on strengthening the availability of our range of wellness services, launching a new federally funded employment program, and building relationships with community agencies and the public in the Victoria community.

LIVING LIFE TO THE FULL FOR YOUTH

Living Life to the Full for Youth is a fun course shown to improve mood and well-being and reduce stress and anxiety (see p. 32 for more on this program).

This past year, the Victoria office was pleased to be able to offer the Victoria District 61 five sessions of Living Life to the Full for Youth. One teacher at Victoria High School decided to implement the program in her Psychology 11 program, which was completed in March 2016. Pacific Christian School offered a Living Life to the Full for Youth course for 18 young people experiencing marginalization with excellent levels of participation and feedback.



THE COURSE WAS DELIVERED TO 70 YOUTH IN VICTORIA



80% SAID THEY FELT BETTER AFTER TAKING THE COURSE



100% WOULD RECOMMEND THE COURSE TO A FRIEND

100% of students agreed in self-evaluation reporting that the program was helpful and 80% reported they felt better. We were able to serve 70 youth during this period.

We want to express our sincere gratitude to the Victoria Foundation, the Margaret Roche Heywood Foundation, and the Noodlebox (Shelbourne) for their financial support in making Living Life to the Full possible in Victoria.

AT WORK | AU TRAVAIL

In August 2015, CMHA Toronto selected Victoria to be one of 13 national sites to implement the At Work | Au Travail program. The program assists people living with mental health or addiction problems. Based on the Individualized Placement Support of Supported Employment (IPS) model, At Work | Au Travail is client driven, focuses on outcomes, and is effective.

The vision is to create unique job development opportunities with several mental health-focused employers through connections with families of people with mental health concerns. Work has started to share resources and build relationships with over 30 local non-profits and service agencies. The plan is to add capacity to pre-existing wait lists and offer an evidence-based supported employment program that supports community integration and recovery with a continuum of resources.

We want to express our sincere gratitude to Service Canada and CMHA Toronto for their financial support in making At Work | Au Travail possible in Victoria.



The At Work | Au Travail program works with people living with mental illness or addiction and employers, to help remove barriers to meaningful employment

HEALTHY MINDS | HEALTHY CAMPUSES

Healthy Minds | Healthy Campuses supports BC campuses in developing networks, activities and policies to promote post-secondary student mental health and healthier relationships with alcohol and other drugs. The initiative engages students, counsellors, faculty, staff, senior administrators government and community leaders to share experiences, co-develop resources and explore innovative ways of bringing promising theories and practices to life.

Our community is growing! In our 11 year history, we have engaged all 25 BC public post-secondary institutions, 12 BC private institutions, 74 post-secondary institutions from outside of BC and 112 community and government organizations.

This year we hosted a variety of virtual learning events including webinars on advocacy strategies for student leaders, academic accommodations for students with mental health disabilities, and the role of food, drugs and health in college life.

We also facilitated interactive engagement events on campuses to support their collective action towards the promotion of student mental health and well-being and the reduction of risky substance use, and helped develop an active Student Engagement Committee to continue to encourage sharing and collaboration between students across the province.

In addition to our provincial initiatives, we partnered with the Canadian Association of College and University Student Services on two national webinars, and provided consultation and facilitation at the Atlantic Post-Secondary Mental Health Summit and Alberta's Campus Mental Health Wellness Summit.

Healthy Minds | Healthy Campuses is coordinated by CMHA BC and the Centre for Addictions Research on behalf of the BC Partners.

CHANGING THE CULTURE OF SUBSTANCE USE

Working with the Healthy Minds | Healthy Campuses Community of Practice, this project aims to help campus members build healthy relationships with alcohol and other substances within the context of a healthy campus culture by building local capacity and initiating mechanisms of change.

This year we hosted a series of webinars to promote dialogue on topics related to alcohol and other substance use, including low-risk cannabis use and healthier residence environments.

We also designed a series of evidence-based resources developed collaboratively with campus members on topics including lower-risk alcohol and cannabis use, engaging community in conversations about drinking culture and substance use, promoting healthier residence environments, and the “Drink with Class” initiative.

In addition, the project engaged 11 campuses across BC by asking difficult questions, providing support and offering consultation. We assisted community members in the process of developing local campus action plans and held bi-monthly support sessions to engage in dialogue around substance use and support them in moving forward with their local initiatives. At Summit 2016, we held a focused plenary dialogue session and a pre-Summit dinner and dialogue with representatives from nine post-secondary institutions.

The Changing the Culture of Substance Use (CCSU) Project is coordinated by CMHA BC and the Centre for Addictions Research of BC with funding provided by the BC Ministry of Health.



763 HAVE SIGNED UP TO RECEIVE OUR E-NEWSLETTERS



35,600 VIEWS ON THE WEBSITE HOME PAGE SINCE 2015 LAUNCH



425 COMMUNITY OF PRACTICE MEMBERS HAVE JOINED OUR ONLINE SOCIAL LEARNING PLATFORM TO CONNECT, DISCOVER, INSPIRE AND CO-CREATE TOGETHER

INTERNATIONAL CONFERENCE ON HEALTH PROMOTING UNIVERSITIES AND COLLEGES

Healthy Minds | Healthy Campuses co-hosted a unique conference on June 22–25th, 2015 with the University of British Columbia – Okanagan Campus. The *2015 International Conference on Health Promoting Universities and Colleges: 10 Years After the Edmonton Charter* created a dynamic meeting place for practitioners, administrators, students, researchers and policy-makers from around the world to explore pressing issues and identify promising paths for healthy and sustainable campus development.

The conference was intended to mobilize institutional influence and highlight the responsibilities and opportunities of higher education to develop vibrant campus communities where everyone thrives, provide exceptional learning opportunities, and advance knowledge and practices that can contribute to the health of campus communities locally and globally.

One of the outcomes of the conference was the signing of a new *Okanagan Charter: An International Charter for Health Promoting Universities and Colleges*. The charter development included contributions from conference delegates, as well as input from 200 pre-conference



380 PARTICIPANTS FROM
34 COUNTRIES ATTENDED

139 PRESENTATIONS AND 14 PLENARY
SESSIONS WERE HELD

survey responses and interview participants from a total of 45 countries.

Keynote speakers and panelists included representatives from the World Health Organization, Pan American Health Organization, UNESCO, UK Healthy Universities Network, BC First Nations Health Authority, Keeling & Associates, LLC and more.

The interactive conference design supported knowledge exchange among a diverse collection of people interested in the intersections of human well-being, environmental health, ecosystem sustainability, economic development, and productive learning on campuses and beyond.

Historic first signatures are added
to the Okanagan Charter

“I just want to thank Healthy Minds | Healthy Campuses for organizing and hosting innovative and informative events time and again. Had I not attended the conference last June, I cannot say that I would have had the chance to embark on this exciting journey before me.

Healthy Minds | Healthy Campuses has provided me with a platform by which I could connect with other like-minded individuals who are ready to act in ways that contribute to the well-being of our communities.” —participant



SUMMIT 2016

HEALTHY MINDS | HEALTHY CAMPUSES

The annual Healthy Minds | Healthy Campuses Summit took place on March 11–12, 2016 at the Morris J. Wosk Centre for Dialogue in downtown Vancouver. Participants gathered to advance collective action on campus mental health and substance use focusing on, “Cultivating a Campus Culture of Well-being with Intention: Aligning Policies, Practice and Core Mission.” A total of 184 participants represented 25 BC public post-secondary institutions, ten other post-secondary

institutions from across Canada and seven community and government organizations.

The event began with pre-summit workshops and a dinner and dialogue to explore what it means to change the culture of substance use. Summit session topics included translating policy into practice, the philosophical underpinnings of wellness within higher education, teachable moments on indigenizing campus culture and curriculum, and a look at burning topics or questions that campus members were grappling with.

Keynote speakers included Honourable Andrew Wilkinson, the Minister of Advanced Education, Donald W. Harward, President Emeritus of Bates College and Jenna Omassi, Vice President of Academic and University Affairs in the AMS Student Society of UBC.

Thank you to the 25 campus and community members who helped contribute to the planning of Summit 2016. Summit 2016 was funded by BC Mental Health and Substance Use Services, BC Government, and Post Secondary Counsellors Association. We are grateful for additional support from the Rossy Family Foundation.



99% WOULD RECOMMEND THE SUMMIT TO A COLLEAGUE



96% FELT IT ENHANCED THEIR SENSE OF CONNECTEDNESS WITH OTHERS WITH SIMILAR GOALS



91% WERE LIKELY TO CHANGE THEIR PRACTICE, DECISIONS OR INVOLVEMENT AS A RESULT



Participants connect at the 2016 Summit

“I feel better educated on topics about mental health and substance use and I feel well prepared on approaches to preventing these issues on campus, including having a much fuller list of resources.”
— participant



Read the Summit 2016 Report at www.healthycampuses.ca

BURSARIES AND SCHOLARSHIPS

LORNE FRASER BURSARIES AND SCHOLARSHIPS

Lorne Fraser started the fund using his own money, plus donations collected from his neighbours. Lorne helps present the scholarships and bursaries each year



Each year, the Lorne Fraser Educational Fund awards several bursaries to people with a mental illness to help further their pursuit of post-secondary education. The bursary amounts, \$700 each, are based on the annual interest of the fund and are awarded for the fall term of each year. In addition to the bursary program, a scholarship program annually awards \$1,000 or \$2,000 to two current post-secondary students living with mental illness, whose educational and career goals are related to mental health promotion. Over 180 British Columbians have been helped by the fund since it was started in 1982 by Lorne Douglas Fraser.

LORNE FRASER SCHOLARSHIP FOR MENTAL HEALTH PROMOTION

Scott, Vancouver (\$2,000)

- Career Goal: An Operating Room Nurse working in a community setting where he can promote the mental health of others
- School of Choice: British Columbia Institute of Technology
- Program: Bachelor of Science in Nursing

Moysal, Vancouver (\$1,000)

- Career Goal: A legal professional advocating for a justice system that incorporates health professionals and avenues that effectively address the needs of clients struggling with mental illness or addiction
- School of Choice: Simon Fraser University
- Program: Bachelor of Arts Degree, Criminology major

Letters from our 2015 recipients

“Your generous support has helped provide me with the financial resources I need to return to school and build a positive future for myself that does not revolve entirely around my mental illness and simply trying to keep alive. However, even more important than the financial resources you have provided the very fact that you have confidence that individuals with serious mental illness are capable of pursuing studies and building careers gives me so much hope.”
—2015 recipient

“This comes at a critical time in my education. When you are battling mental health, there comes a time when you border on giving up on your goals, and finding the means to push through and achieve beyond what you thought possible. I am proud to say I chose the latter path. I feel that what this scholarship stands for is especially important, because it has given me the opportunity to succeed and be positively recognized despite my history of mental health.”
—2015 recipient

LORNE FRASER EDUCATIONAL BURSARY

Esther, Burnaby

- Career Goal: Lawyer specializing in human justice and Aboriginal law
- School of Choice: Simon Fraser University
- Program: French major, First Nations Studies minor

Hannah, Victoria

- Career Goal: Nurse specializing in mental health
- School of Choice: Camosun College
- Program: Bachelor of Science in Nursing

Kristina, Powell River

- Career Goal: Elementary School Teacher
- School of Choice: Vancouver Island University
- Program: Post-Baccalaureate Bachelor of Education

Raymond, Vancouver

- Career Goal: Acute Care/Emergency Nurse
- School of Choice: British Columbia Institute of Technology
- Program: Bachelor of Science in Nursing

Sasha, Kelowna

- Career Goal: Law degree emphasizing Aboriginal and human rights law
- School of Choice: University of British Columbia
- Program: Law

Shilpa, Surrey

- Career Goal: Drama Therapist
- School of Choice: Simon Fraser University
- Program: Bachelor of Arts Program. Joint major in Gender, Sexuality, Women Studies and Psychology. Also working towards Certificate of Social Justice.

Tegan, Delta

- Career Goal: Sign Language Interpreter and Mental Health Interpreter
- School of Choice: Douglas College
- Program: Sign Language Interpretation Diploma

LGM CONTINUOUS LEARNING BURSARY

The LGM Continuous Learning Bursary was launched in 2014 to help empower those with mental health and substance use issues who are passionate about continuous learning. The bursary is worth \$800 and is awarded annually to an individual living in BC with a mental illness or substance use problem. The selected candidate must enroll at Athabasca University to complete a distance education course. The bursary is administered by CMHA BC.

LGM Financial Services Inc. recognizes the importance of health and wellness in the workplace. Along with CMHA BC, they want to remove the stigma of mental

illness at work and empower those with lived experience to achieve their career and education goals. Their generous funding of this award contributes to this goal.

2015 AWARD RECIPIENT

Brianna, Powell River

- Career Goal: Social Worker
- Program: Currently earning credits in arts and humanities and social sciences for admission to the Bachelor of Social Work program as a 3rd year student

“I am very thankful to accept the bursary, which will help go towards my schooling in Social Work. I have been working more than one job to pay for my school, so this bursary will relieve a great deal of stress for the coming semester. I plan on taking an elective that is not normally available to me in my online studies with the bursary.”

—2015 recipient

BLUE WAVE YOUTH MENTAL HEALTH PROGRAM

Many BC youth are struggling with mental health and substance use problems. We know the teen years are when mental health and substance use problems often show up for the first time. That's why Blue Wave is working to provide youth with skills and support to face challenges in their lives.

Blue Wave offers two main programs: **Living Life to the Full for Youth** course and the **Janice Lee Blue**

Wave Bursary. The programs focus on building skills, resilience and opportunities to help youth reach their full potential.

The Blue Wave Foundation was generously gifted to CMHA BC in 2013 by the Lee family, who remain annual supporters of our work through the Lee Clan Charity.

LIVING LIFE TO THE FULL FOR YOUTH

Our fun and interactive course has been shown to improve mood and well-being and reduce stress and anxiety. It offers tools for building problem solving skills, anger and anxiety management skills, social support, self-esteem and healthy thinking.

In the past year, we continued supporting branches in delivering Living Life to the Full for Youth. With funding from the Vancouver Foundation, six branches ran courses in 11 different communities reaching youth between the ages of 13 to 18. In this initiative extra effort was made to reach youth who may be more vulnerable or marginalized.

We were also successful in reaching out to BC schools. 41 educators and school professionals attended our workshop on Living Life to the Full for Youth at the 2015 Summer Institute provincial conference on school mental health.



**6 CMHA BRANCHES
DELIVERED THE COURSE TO
OVER 200 YOUTH IN BC**



**449 SOCIAL MEDIA POSTS—
30% MORE THAN LAST YEAR**

Thanks to support from Coast Capital Savings, we were successful in securing funding to work on a lower literacy version of the course in the coming year.

The Living Life to the Full for Youth course in 2015–16 was supported by Vancouver Foundation and Coast Capital Savings. We are also grateful for the support of the Kiwanis Club of Vancouver, KidzFirst Canada, Ismaili Walk 2015 and other donations, including from Giving Tuesday.



"I found each class we learned about exactly how I was feeling that day and it made a difference in my day, my week and it will make a difference for the rest of my life."

— participant

JANICE LEE BLUE WAVE BURSARY

This post-secondary bursary program is open to BC youth under the age of 20 who have experienced a significant mental health or substance use problem.

In Spring 2015, four youth were chosen as bursary recipients, each receiving \$750. Letters of hope and encouragement—asked from each applicant—continue to be posted on the Blue Wave website anonymously to support youth who are still struggling.

We are grateful for the 11 volunteers from our Bursary Review Panel who gave their time to mark and discuss the applications.

In the past year, the Janice Lee Blue Wave bursary was financially supported by the Face the World Foundation in honour of Glenn McPherson, the Lee Clan Charity and Bursary Review Panel volunteer, Andrew McClune.

2015 RECIPIENTS

Christina aims to become a registered nurse, specializing in pediatric or cardiac nursing. She'll be entering UBC's Bachelor of Science program.

Maria intends to be a recording and performance artist, working with a variety of creative mediums including music, writing and theatre. She'll be entering the Theatre Performance Program at SFU.

Nathalie enjoys working with people with disabilities, and aims to become a special education teacher. She'll be working towards a Bachelor of Education at SFU.

Rachael plans to pursue a degree in creative writing, with the aim of going into writing for TV or theatre. She is entering the Bachelor of Arts Program at UBC.

Letter of hope to youth—from a bursary applicant

Now I can't say that I know exactly how you feel right now because everyone experiences things in different ways, but I can share with you my story and some advice that I can offer. At the beginning of my journey, I felt anxious, lonely, pessimistic, hopeless, and all of these other negative feelings. I had people around me who would have been more than happy to help but I was always too afraid to ask for help. This led to me spending almost three years living in anxiety along with sleep deprivation, which at one point caused me to have suicidal thoughts. Throughout all this, I also had the constant pressure to do the best in everything whether it was school, volunteer, work, or a social life. Everyone knew me as the "shy girl" and someone who didn't share much about my personal life. However, to me I knew this wasn't true because I had so much to share and I was in desperate need of help as I felt conflicted with every thought and action. I

had several thoughts of giving in to substance use as well. But deep inside of me, I knew that I didn't need any of that because I knew that I was strong enough to deal with these issues. Conquering all of these problems didn't take a day—it took months, and I'm still working on it. I realized that everyone has a purpose in this world whether it's big or small. It took me a while to realize and learn the importance of my life and how valuable it is, which then allowed me to have hope for the future. I thought about all of the people around me, and most importantly, my goals and hobbies. Personally, I love photography and I took time each day for this, and that's what allowed me to be where I am today. So whatever you're going through, just clear your mind and go do whatever you love one step at a time.

Sincerely,
Me

 Read more letters of hope from bursary applicants at www.bluewavebc.ca

TALK TODAY



“It was a great workshop last night...very informative and thought provoking...I’m glad that the BCHL is taking steps to educate those who are most involved with these players.”

—Parent of a BCHL player

Launching the program with John Grisdale, BCHL Commissioner, Myles Mattila, Mental Health Advocate, Bev Gutray, CMHA BC CEO, Rob DeClark, Assistant Coach Cowichan Valley Capitals (left to right)

In June 2015 an agreement was reached between the BC Hockey League (BCHL) and CMHA in BC to build awareness and capacity so that players and supporters know how to recognize the warning signs present when someone is struggling with a mental health or addiction issue and how to access support.

The Talk Today mental health education program provides a local CMHA liaison to help connect players to community supports, mental health and suicide awareness training for players, parents and staff, as well as local game-day community awareness events. By building relationships between BCHL teams and local CMHA branches, we aim to help athletes connect with the mental health support and resources they need to thrive.

Through Talk Today, close to 220 BCHL players, staff, parents and billet parents attended a **Mental Health**

and Addictions 101 workshop. CMHA branches fielded requests for player support from three teams.

The **BCHL game-day awareness events** provided CMHA branches with an excellent opportunity to showcase the supports and services available to local residents. The majority of information booths experienced very steady traffic from fans of a wide age range. Fans were very encouraged to see BCHL teams stepping up in this area and championing mental health. The events also helped raise funds for CMHA branches through donations from game-day ticket sales, 50/50 draws, “chuck a puck” fundraisers, frisbee sales and the BCHL-initiated Captain’s Circle posters.

The success of the Talk Today program has led to a partnership with the Canadian Hockey League (CHL) and CMHA to support players in 60 CHL teams during the 2016–17 hockey season.



4,300 COMMUNITY MEMBERS WERE REACHED AT 9 BCHL GAME-DAY AWARENESS EVENTS IN BC



OVER \$1,400 WAS RAISED FOR CMHA BRANCHES THROUGH BCHL EVENTS AND FUNDRAISERS



CMHA BRANCHES DELIVERED MENTAL HEALTH AND ADDICTIONS 101 WORKSHOPS TO CLOSE TO 220 PLAYERS, STAFF, PARENTS AND BILLET PARENTS



SHOPPERS
DRUG MART

ride don't hide

On June 21st, 2015, over 6,000 cyclists joined the Ride Don't Hide movement. Each year, CMHA calls on Canadians to get on their bikes and Ride Don't Hide with their communities to help end the stigma around mental illness while raising funds to support CMHA programs and services.

This year, for the first time, the annual ride hit the \$1 million mark for funds raised across Canada. Since the inaugural ride in 2012, the event has raised over \$2.5 million for mental health programs.

In 12 communities across BC, 3,215 riders cycled in Shoppers Drug Mart Ride Don't Hide, raising \$571,550 supporting mental health for women and their families. Shoppers Drug Mart was the title sponsor for the events in BC.

CMHA BC provides centralized support and resources to local Ride Don't Hide event coordinators across



6,004 RIDERS IN 27 COMMUNITIES
ACROSS 3 PROVINCES



\$1,165,000 RAISED FOR
MENTAL HEALTH



80,347 WEBSITE VISITS
—A 45% INCREASE



OVER 137 MEDIA STORIES
ACROSS CANADA

Canada. Because of Ride Don't Hide, more than 30,000 Canadians were able to access services and programs at CMHA branches across the country.

“Each community event has its own unique flavour, but across the map people are coming back year after year and bringing their friends, families and colleagues. We are ready to come together to banish the stigma for good. And it’s about time!” —Bev Gutray, CEO of CMHA BC

27 RIDES WERE HELD ACROSS CANADA:

British Columbia

- Port Alberni
- Nanaimo
- Duncan
- Victoria
- Greater Vancouver
- Penticton
- Kelowna
- Vernon
- Kamloops
- Salmon Arm
- Williams Lake
- 100 Mile House
- Prince George

Alberta

- Calgary

Ontario

- Greater Toronto
- Brant Haldimand-Norfolk
- Cochrane-Timiskaming
- Grey Bruce
- Halton
- Kenora-Fort Frances
- Lambton Kent
- Middlesex
- Niagara Oxford County
- Peel Region-Caledon Hills
- Sault Ste. Marie
- Sudbury/Manitoulin
- Windsor



STRENGTHENING CMHA NATION-WIDE

CMHA BC provides a variety of supports to help strengthen the CMHA movement across the country. We are proud to contribute to building CMHA's capacity nationally to provide evidence-based programs and initiatives that enhance our organizational health.

RIDE DON'T HIDE

Across Canada, the fifth annual Ride Don't Hide was a huge success this year. Over 6,000 riders in 27 communities across five provinces took to the streets to battle stigma one pedal at a time. CMHA BC provides national coordination of the event by supporting CMHA branches and divisions to host events in their community including media support, maintaining a common online registration portal, centralized purchasing to allow for consistent elements and sponsorship coordination.

BOUNCE BACK

Bounce Back, a CMHA flagship program, is an evidence-based self-management program for adults experiencing low mood or stress with or without anxiety. CMHA BC has been offering Bounce Back to British Columbians since 2008. This year we supported implementations of the Bounce Back program in CMHA Winnipeg and Manitoba and CMHA York and South Simcoe Branch in Ontario with more branches projected to adopt the program next year.

LIVING LIFE TO THE FULL

VIVRE SA VIE, PLEINEMENT

Living Life to the Full is a 12-hour, eight-week mental health promotion course giving participants skills to deal with life's challenges. Now recognized as a national CMHA flagship program, it was designed by Dr. Chris Williams, a UK psychiatrist and international expert in cognitive-behavioural therapy. Across the country, a combination of 57 CMHA branches and divisions have trained Living Life to the Full facilitators delivering courses. CMHA BC provides training for facilitators, an online store for material purchases as well as a well-attended facilitator community of practice.

CAMPUS MENTAL HEALTH

Healthy Minds | Healthy Campuses supports BC campuses in developing networks, activities and policies to promote post-secondary student mental health and healthier relationships with alcohol and other drugs. In addition to our provincial initiatives, Healthy Minds | Healthy Campuses partnered with the Canadian Association of College and University Student Services on two national webinars, and provided consultation and facilitation at the Atlantic Post-Secondary Mental Health Summit and Alberta's Campus Mental Health Wellness Summit.



RIDE DON'T HIDE EVENTS HAVE HELPED RAISE OVER \$2.5 MILLION FOR CMHA ACROSS CANADA



BOUNCE BACK, AVAILABLE ACROSS BC, IS NOW OFFERED BY CMHA IN MANITOBA AND ONTARIO



57 CMHA BRANCHES AND DIVISIONS HAVE TRAINED FACILITATORS DELIVERING LIVING LIFE TO THE FULL COURSES ACROSS CANADA



RCMP Assistant Commissioner Gilles Moreau's Story

RCMP Assistant Commissioner Gilles Moreau came forward with his personal story about mental health recovery in a video encouraging fellow Canadians and RCMP officers to join Ride Don't Hide. Moreau has experienced depression and suicidal thoughts; overcoming these challenges has inspired him to become the RCMP's National Champion for Mental Health. His story reached over 57,300 people on Facebook as it spread throughout the RCMP and across Canada.

Moreau believes that—while the public as a whole should be more open and accepting when it comes to mental illness—RCMP officers, in particular, often forget that acknowledging and facing mental health challenges is a marker of strength, not weakness.

“We are all human beings. Underneath these red tunics, the Red Serge, we are human beings first. Some of us will have mental health issues, whether

it be in our private life, or because of the stuff we see as police officers. I had issues with mental health,” says Moreau.

“Because of our culture, our policing culture, where everyone has to be strong and be the superheroes, what I'm trying to do is break down that barrier.”

Moreau feels empowered by his own experiences to spread the word about the importance of mental health recovery.

“I have been very successful at gaining back my mental health and having a balance in my life. I used exercise, I used defining the work that I wanted to do and always maintain my drive to be successful in my own life while I was serving Canadians.”



Watch RCMP Assistant Commissioner Gilles Moreau's story at www.youtube.com/habc

STRENGTHENING CMHA IN BC

BUILDING OUR COLLECTIVE IMPACT

CMHA BC is proud to work together with and alongside a network of 14 CMHA branches in BC. Collectively, we are working toward our shared vision and mission, guided by our values and strategic goals.

STRENGTHENING OUR VOICE

STRATEGIC PLANNING SUPPORT

CMHA BC has received three invitations this year to facilitate the strategic planning process for individual CMHA branches. CMHA Kamloops, CMHA Vernon and CMHA Vancouver-Fraser all leveraged CMHA BC's experience in developing strategies to amplify the organization's National goals at the local level.

ENSURING QUALITY SERVICES

PERFORMANCE MEASUREMENT

A Branch–Division working group was struck this year with the intention to develop a common performance measurement strategy. CMHA EDs and Presidents are collaborating on these common measures that will inform our ability to assess the collective impact of CMHA in BC.

ENHANCING OUR ORGANIZATIONAL HEALTH

BRANCH AGREEMENT

Throughout the year, work was undertaken to update the existing Branch–Division Agreement that governs the relationship between individual CMHA branches in BC and CMHA BC. Branches were encouraged to provide feedback on the content of a new agreement so that local issues and concerns could be identified. This process resulted in a revised document that

strengthens the federation and sets clear roles and responsibilities for both BC branches and CMHA BC.

IMAGINE CANADA ACCREDITATION

CMHA BC and many CMHA branches are earning accreditation under Imagine Canada's national Standards Program. The program is a rigorous, peer-reviewed process based on a nation-wide set of shared standards for charities and non-profits. To date, CMHA Kelowna, CMHA Cariboo-Chilcotin, CMHA South Cariboo and CMHA BC have all achieved accreditation under Imagine Canada. In addition, CMHA Vancouver Fraser and CMHA Kootenays are both accredited by the Commission on Accreditation of Rehabilitation Facilities. All CMHA branches in BC have committed to achieving accreditation by 2016.

IMPACTBC THANK YOU

One of the final decisions made by the Board of ImpactBC, prior to winding down the society's operations last fall, was to approve a donation to CMHA BC in the amount of \$159,000. The Board Chair, Sue Iles, advised "Our hope is that these funds may be used to carry on the legacy of ImpactBC in CMHA's work related to patient and public engagement in health care." Each CMHA branch received \$10,000 of this donation in order to continue ImpactBC's legacy.

FUNDRAISING COMMITTEE

Over a decade ago, seven CMHA branches and CMHA BC came together to collectively raise funds to support much needed services in their communities. While the committee ceased new activities in 2007, revenue from monthly donors continues to be shared amongst these partners on annual basis. In 2015–16, \$22,877 was shared between these original partners.

CMHA BC helped facilitate a strategic planning session at CMHA Vernon



BOARD DEVELOPMENT CONFERENCE

On September 26 and 27, the 2015 CMHA Board Development Conference was held at the Marriott Hotel in Richmond, BC. This overwhelmingly successful and energetic conference was the second of its kind for CMHA in BC.

The Board Development Conference was created as a governance development opportunity for CMHA board members across BC. In total, 38 board members representing CMHA BC and 13 CMHA branches across the province came together for one weekend to focus on strengthening their organizations. The focus of learning was to better understand the roles Directors play in supporting strong governance and fundraising.

The conference was facilitated by Faye Wightman, one of Canada's foremost philanthropic leaders who has served as President and CEO of the Vancouver Foundation, CEO of BC Children's Hospital Foundation and continues to serve on many boards including BC Housing and as past Chair of the interim Portland Housing Society Board.

Overall, the Board Development Conference provided an invaluable opportunity for new and long-time board members to learn from a leading expert in the field of non-profit governance, and to network and learn from each other as peers and volunteer leaders for CMHA.



38 BOARD MEMBERS ATTENDED



13 OUT OF 14 CMHA BRANCHES IN BC WERE REPRESENTED



100% SAID THEY FELT THEY HAD LEARNED SOMETHING NEW



100% SAID THEY WOULD LIKE TO ATTEND THE NEXT CONFERENCE



PARTICIPANTS SAID

"I am eager to share my findings and feel well equipped to contribute to my board."

"I feel educated and look forward to sharing."

"I feel more confident!"

CMHA board members from across BC came together to learn from other leaders and experts

COMMUNITY PARTNERS



A ribbon-cutting ceremony helped kick off the Ismaili Walk at Stanley Park in support of mental health in BC

Our funders, sponsors, donors and other community partners are heroes in our community. They care, they collaborate, and most importantly, their investment in CMHA BC and its events and programs show their community leadership. Together we are making mental health possible for all British Columbians.

PACIFIC BLUE CROSS

For over ten years, Pacific Blue Cross has generously supported CMHA. Their 18th Annual Charity Golf Classic in 2015 raised \$42,500 for CMHA, bringing their total support over the years to over \$392,500. Pacific Blue Cross employees engaged with CMHA as volunteers on the Bottom Line Conference steering committee and through fundraisers such as the sale of squishy stress toys!

GREAT-WEST LIFE

As workplace mental health leaders, Great-West Life develops best practice policies at their Great-West Life Centre for Mental Health in the Workplace, and they continue to demonstrate this kind of leadership with their support and volunteer engagement at CMHA's Bottom Line Conference. Over the past twelve years, they've contributed over \$1 million in sponsorship and countless volunteer hours to CMHA's Bottom Line Conference.

SHOPPERS DRUG MART

Shoppers Drug Mart are heroes for making mental health their cause in BC. Shoppers Associates across

BC held fundraisers, sold Ride Don't Hide bracelets in stores, and staff teams rode with us at the largest-ever Ride Don't Hide. In their third year of sponsorship Shoppers Drug Mart raised over \$122,000 for CMHA.

PROVINCE OF BC

Our provincial government continues to invest in CMHA. Their support helps us deliver evidence-based services and programs and work to help strengthen public policies.

ISMAILI WALK

Hosted by the Ismaili Muslim Community of BC, the annual Ismaili Walk raises awareness and funds that further the mandate of partner organizations. CMHA BC is honoured to have been chosen as a partner organization for the 2015 event.

On September 20th, 2015 the event raised \$248,727 for the VGH/UBC Hospital Foundation and CMHA BC's Blue Wave youth program. CMHA Staff enjoyed working alongside the Ismaili Council and VGH/UBC Hospital Foundation Staff to help plan and coordinate the event. Twenty volunteers attended the event and helped out, and many more of CMHA's friends came to enjoy the walk, entertainment, and fun. CMHA BC received a 10% portion of the Ismaili Walk net proceeds and looks forward to working with the Ismaili community again next year!

THANK YOU TO ALL OF OUR HEROES

OUR FUNDERS, SPONSORS AND PARTNERS, INCLUDING:

- BC Mental Health Foundation
- BC Ministry of Children and Family Development
- BC Ministry of Health
- BC Post Secondary Counsellors Association
- BC Psychiatric Association
- BC Teachers' Federation
- Bell Canada Employee Giving
- Best Service Pros
- Coast Capital Savings
- Doctors of BC
- First West Credit Union
- Health Sciences Association of Alberta
- Health Sciences Association of BC
- Heywood Foundation
- Impact BC
- KalTire
- KGHM
- Kidzfirst Canada After-School Program Society
- Kiwanis Club Of Vancouver
- KPMG
- Life Foundation
- Mental Health Commission of Canada
- Morneau Shepell
- NAV Canada
- Pacific Blue Cross
- Po Lam Buddhist Association
- Provincial Health Services Authority
- PS Production Services
- Roper Greyell
- Shoppers Drug Mart
- Smythe Ratcliffe
- Solareh
- Sun Life Financial
- Telus Employee Giving
- The Dick Irwin Group Ltd.
- The Great-West Life Assurance Company
- The Margaret Roche-Heywood Foundation
- The Noodle Box
- TRG Group Benefits and Pensions Inc.
- University of Fredericton
- Vancouver Coastal Health
- Vancouver Foundation
- Victoria Foundation
- WorkSafe BC



Shoppers Drug Mart staff teams came together in support of mental health at Ride Don't Hide 2015

ENDOWMENT FUNDS

CMHA BC has established a number of endowment funds to help support mental health for generations to come. The conditions of the funds provide donors with the security that their initial donation will not be eroded as only the interest from the fund is available for CMHA BC to draw on annually. Donors can designate contributions to any of the funds to help build the sustainability of programs they care most about.

CMHA BC ENDOWMENT FUND

CMHA BC has established an endowment fund with the Vancouver Foundation, the largest community fund in Canada. CMHA BC's goal is to contribute to and seek donations for the fund until it reaches \$5 million—the amount expected to earn enough investment income to help ensure CMHA BC's long-term sustainability. During the year, CMHA BC contributed \$26,126 to the fund, with its market value coming to \$443,943.



LORNE FRASER EDUCATIONAL FUND

The Lorne Fraser Educational Fund provides bursaries and scholarships to help people with mental illness achieve their post secondary goals, whether at

college, university or a trade school. Bursaries and scholarships are funded from the annual interest from the fund, so as to never erode the capital. The fund was created by Lorne Douglas Fraser using his own money plus donations from his neighbours in Surrey. Lorne's passion for increasing opportunities for people with mental illness stems, in part, from his own experiences with bipolar disorder. Since 1982, the Lorne Fraser Educational Fund has helped over 150 British Columbians pursue their educational dreams. The market value of the fund as of March 2016 was \$208,217.



DR. JEAN MOORE ENDOWMENT FUND IN CHILD AND YOUTH MENTAL HEALTH

This fund honours outstanding CMHA volunteer, Dr. Jean Moore, and her passion for child and youth mental health. Contributions to the fund

support CMHA BC activities that enhance, through innovation, the lives of children and youth living with or at risk for mental illness. CMHA BC is truly fortunate to benefit from the wisdom, commitment, leadership and dedication of one of the most outstanding volunteers in Canada. Her volunteer activity with CMHA has spanned over 30 years in Alberta and British Columbia, at branch, provincial and national levels of CMHA. With a further \$10,000 contribution by CMHA BC in 2015 along with other contributions, the market value of the fund as of March 2016 was \$85,336.



DR. NANCY HALL SPEAKING UP SPEAKING OUT ENDOWMENT FUND

Named in Dr. Nancy Hall's honour for the voice she brought to people with mental illness, this fund supports CMHA's

continued work in public policy and systemic advocacy at the provincial level, and provides an informed independent voice on the impact of the public mental health system on the lives of people with mental illness and substance use problems and on their families. In March 2011, CMHA BC made an initial investment of \$50,000 for the establishment of the fund plus a further \$50,000 in 2012, and \$25,000 in 2015. The market value of the fund as of March 2016 was \$195,243.



Learn more about making a contribution to these funds at www.cmha.bc.ca/donate

FINANCIALS

■ Grants—Provincial Health Services Authority
\$3,083,000

■ Grants—Ministry of Health, Ministry of Children and Family Development
\$1,835,000

■ Grants—Other
\$789,000

■ Donations, Bequests & Sponsorships
\$728,000

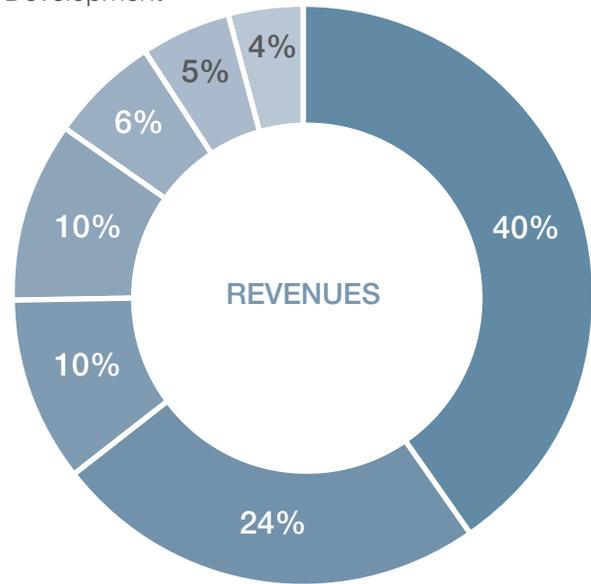
■ Registration Fees
\$492,000

■ Fee for Service
\$376,000

■ Other Income
\$344,000

\$7,647,000

TOTAL REVENUE



■ Bounce Back
\$2,362,000

■ Core programs (education, policy, communications, Living Life to the Full, sustainability, administration)
\$2,073,000

■ Confident Parents: Thriving Kids
\$1,154,000

■ BC Partners communications & projects
\$684,000

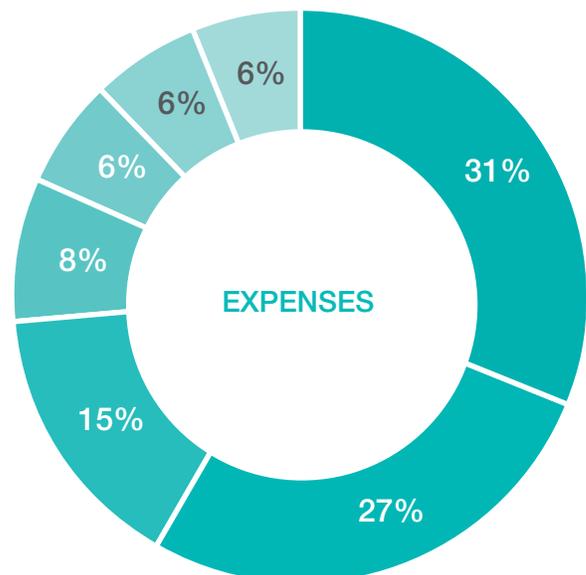
■ Community Gatekeeper
\$425,000

■ Workplace Services
\$483,000

■ Projects and Administered Programs
\$426,000

\$7,607,000

TOTAL EXPENSES



BOARD OF DIRECTORS

BARB KEITH (CHAIR)

Barb has a Masters degree in social work and stepped down as President of the BC Association of Social Workers in 2014. She is also registered with the BC College of Social Workers. She has over 25 years of experience in the addiction field, having worked in residential treatment, outpatient and support recovery in Prince George and Vancouver.

PETER A. CSISZAR (VICE-CHAIR/REPRESENTATIVE TO THE NATIONAL BOARD)

Peter is a founder and partner of Harris Workplace Law. He advises and represents employers on human rights matters, collective agreement interpretation, discipline and collective bargaining strategy. He has clients in numerous sectors, including health care, food, broadcasting and education. He has won several awards, including Best Lawyers in Canada for labour and employment law. Peter has been a guest lecturer at UBC on labour and employment topics and is a member of the Labour Law Section of the Canadian Bar Association, BC Branch.

JUDITH MOORE (PAST CHAIR)

Judith is a retired Deputy Minister of Education (Yukon) and Social Services (Saskatchewan). She has served on numerous Boards, including the Saskatoon Centennial Auditorium and Convention Centre, the Canada-Saskatchewan Agri Food Fund and Ag Infrastructure Program, and the Regina Volunteer Centre (Chair). She is active in the volunteer community in the Comox Valley.

TOM MORTON (TREASURER)

Tom joined the CMHA BC board in 2011. He is a Tax Partner at Smythe Ratcliffe Chartered Accountants who works closely with private and family-owned businesses as chair of the firm's Business Transitions Industry, co-chair of the Business Transitions niche group and member of the firm's Charity Committee. He specializes in corporate and personal tax planning to owner-managed businesses in a variety of industries.

LIZ WHITE (SECRETARY)

Liz is the Director, Group Underwriting at Pacific Blue Cross responsible for risk evaluation and pricing, strategic planning and execution, and has significant experience with change management activities. She has completed the Institute of Corporate Directors Not-for-Profit Governance Essentials program, and the Canadian Board Diversity Council's Get on Board Education Program (Introductory Series). She is a member of Pacific Blue Cross Community Connection Health Foundation board, the board for Derby Reach Brae Island Parks Association, and previously served on the board for the Canadian Association for Relief of Pain and Disability.

OMAR ALASALY

Omar is currently the Pharmacist-Owner of two Shoppers Drug Mart franchises, the Pharmacy Manager for one of his pharmacies and also the Vice-Chair of the Injection Drug Administration Committee for the College of Pharmacists of BC. As the BC Peers Chair for

Committees of the Board

Finance and Audit

- Tom Morton (chair)
- Joan Hill
- Emily Burton-Brown
- Judy Moore
- Barb Keith (ex-officio)
- Judy Miller (staff resource)
- Bev Gutray (staff resource)

Governance and Bylaws

- Peter Csiszar (chair)
- Jesse McDonald
- Emily Burton-Brown
- Judy Moore
- Barb Keith (ex-officio)
- Bev Gutray (staff resource)

Nominating

- Judy Moore (chair)
- Willy Berger
- Sepp Tschierschwitz
- Alex Berland
- Linda Walker
- Barb Keith (ex-officio)
- Bev Gutray (staff resource)

Personnel

- Liz White (chair)
- Dave DeLong
- Barb Keith (ex-officio)
- Bev Gutray (staff resource)

Strategic Planning

- Liz White (chair)
- Alexa Geddes
- Jesse McDonald
- Dave DeLong
- Jacki McPherson
- Anne Johns
- Barb Keith (ex-officio)
- Bev Gutray/Jonny Morris (staff resource)

Fundraising / Sponsorship

- Omar Alasaly (chair)
- Alexa Geddes
- Dave DeLong
- Barb Keith (ex-officio)
- Bev Gutray/Dena Ellery (staff resource)

Shoppers Drug Mart, Omar serves as Chair of the Board for all elected Pharmacist-Owner Representatives in BC and as one of six Pharmacist-Owners on the National Pharmacist-Owner Board representing over 1,100 Shoppers Drug Mart Pharmacist-Owners in Canada. As a pharmacy student at UBC, Omar's internship focused on the treatment of mental health patients.

EMILY BURTON-BROWN

Emily Burton-Brown is a Research Assistant with NRG Research Group, where she is responsible for project management, report writing and proposal preparation for a variety of clients. She has past experience in event coordination, social media marketing and administration, and has volunteered with the Take a Hike Youth at Risk Foundation and the Canadian Cancer Society. Emily holds a Bachelor's degree in Political Science and International Relations from the University of British Columbia.

DAVID DELONG

David is the Director, Human Resources, Zinc Business Unit at Teck. Experienced in board governance, policy and strategic planning, he is currently on the Selkirk College Board of Governors as Chair of the Advocacy Committee and member of the HR Committee. David has a Master of Science – Safety Management, BA, BPE, and diploma in Strategic Human Resources Management. With over 20 years of experience in managing employee assistance and health and wellness programs, David has a strong understanding of aboriginal affairs, corporate relationships, and mental health in the workplace.

ALEXA GEDDES

Alexa Geddes has a Bachelor's of Science in Biology and is completing her Doctor of Medicine at the University of British Columbia. She currently volunteers at the REACH Community Health Centre, and acts as a Research Assistant at the Centre for Applied Research in Mental Health and Addictions. Alexa's past community involvement has included founding UBC Okanagan's Peer Support Network as well as roles in research, fundraising, and leadership. She spent one year as an elected Senator with the UBC Okanagan Senate, and has previously served as Secretary and Director-at-Large for CMHA Kelowna.

JOAN HILL

Joan Hill is the Director of Finance, Facilities and IT at the Canuck Children's Hospice, where she works with the CEO on strategic financial issues and monitors the day-to-day activities of the finance team. She is heavily involved with the construction and development of a second hospice, and oversees all matters related to budgeting, construction and IT. Joan holds a Bachelor's degree in Commerce from the University of Saskatchewan, and earned a Silver Medalist distinction on her Chartered Accountant Designation. She has served on several non-profit boards both locally and internationally.

ANN JOHNS

Ann has been a CMHA member since 1977 and joined the CMHA BC board in 2007. She was a board member of the CMHA White Rock/South Surrey Branch since 1987. Ann is experienced in providing direct service to children, youth, families and adults as a social worker and probation officer, with an educational background in clinical social work. She is the supervisor of Ministry of Children and Family Development Provincial After Hours Program.

JESSE MCDONALD

Jesse McDonald is enrolled in the Rural Pre-Medicine Program at Selkirk College. She has spent a time in South Africa as a Project Assistant with the Sinovuyo Teen Project, which aims to develop an evidence-based parenting and teen program for HIV/AIDS-affected youth and their families. Jesse is a current member of the Healthy Minds | Healthy Campuses initiative, and is involved with facilitating campus discussions around mental health and substance use.

JACKI MCPHERSON

Jacki is from the Okanagan Nation. She has worked in Aboriginal health for approximately 30 years. Jacki currently manages all health programs for the Osoyoos Indian Band, and is part of the Okanagan National Wellness Committee. In her previous role as President of the First Nations Health Directors Association of BC, Jacki was involved with the transfer of health services from Health Canada to the First Nations Health Authority. She has also worked closely with Interior Health Authority in all areas of health.

WE'D LOVE TO HEAR FROM YOU!

Just fill out this form and send it to our office at the address below!

Canadian Mental Health Association, BC
Division
905 - 1130 W Pender Street
Vancouver, BC V6E 4A4

Tel: 604-688-3234
or 1-800-555-8222 (toll free in BC)
Fax: 604-688-3236
Email: info@cmha.bc.ca

www.cmha.bc.ca

I WOULD LIKE TO SUPPORT CMHA BY:

- Signing up for email updates
- Becoming a member of CMHA
 - \$20 Individual**
 - \$5 Subsidized individual
 - \$50 Organization**
- Making a donation of
 - \$200 \$100 \$50 other \$ _____
 - \$85 \$150 \$35
 - I would like this to be a monthly donation*
- Learning about volunteer opportunities at CMHA
- Learning about including CMHA in my will

I WOULD LIKE MY CONTRIBUTION TO GO TO:

- Dr. Jean Moore Endowment Fund in Child and Youth Mental Health
- Dr. Nancy Hall Speaking Up Speaking Out Endowment Fund
- Lorne Fraser Educational Fund
- CMHA BC Endowment Fund

Name: _____

Address: _____

Phone: (_____) _____ - _____ Email: _____

I would like to pay by:

- Cheque Card no: _____ / _____ / _____ / _____ 3-digit security code (CVC) _____
- VISA
- MasterCard Expiry date: _____ / _____ Signature: _____

Please do not list me as a donor in CMHA Annual Reports or donor recognition projects

Please feel secure. We only use your personal information to provide services and to keep you informed and up to date on the activities of CMHA, including programs, services, special events, funding needs, opportunities to volunteer or to give, and more through periodic contacts. If at any time you wish to be removed from any of these contacts simply contact us by phone at 1-800-555-8222 or at info@cmha.bc.ca.

We do not trade or sell our donor lists.

* For monthly donations by cheque, please send a cheque marked "void" and this completed card by mail. Your charitable receipt will include all monthly donations made, to Dec. 31st for each calendar year. You can increase, decrease, cancel or restart your monthly donation at any time by notifying us at 1-800-555-8222.

** **Memberships expire March 31 of each year.** New, non-subsidized memberships that begin between September 1 and March 31 need only pay half of the regular membership fee.



CMHA BRANCHES IN BC

CARIBOO CHILCOTIN (WILLIAMS LAKE)

250-398-8220 | www.cariboo.cmha.bc.ca

COWICHAN VALLEY (DUNCAN)

250-746-5521 | www.cowichanvalley.cmha.bc.ca

KAMLOOPS

250-374-0440 | www.kamloops.cmha.bc.ca

KELOWNA

250-861-3644 | www.cmhakeLOWNA.com

KOOTENAYS (CRANBROOK)

250-426-5222 | www.kootenays.cmha.bc.ca

MID-ISLAND (NANAIMO)

250-244-4042 | www.mid-island.cmha.bc.ca

NORTH AND WEST VANCOUVER

604-987-6959 | www.northwestvancouver.cmha.bc.ca

PORT ALBERNI

250-724-7199 | www.portalberni.cmha.bc.ca

PRINCE GEORGE

250-564-8644 | www.princegeorge.cmha.bc.ca

SHUSWAP-REVELSTOKE (SALMON ARM)

250-832-8477 | www.shuswap-revelstoke.cmha.bc.ca

SOUTH CARIBOO (100 MILE HOUSE)

250-395-4883 | www.southcariboo.cmha.bc.ca

SOUTH OKANAGAN SIMILKAMEEN (PENTICTON)

250-493-8999 | www.sos.cmha.bc.ca

VANCOUVER-FRASER (VANCOUVER)

604-872-4902 | www.vf.cmha.bc.ca

VERNON

250-542-3114 | www.vernon.cmha.bc.ca

VICTORIA OFFICE (CMHA BC)

250-216-4228 | www.victoria.cmha.bc.ca





**Canadian Mental
Health Association**
British Columbia
Mental health for all

Charitable Registration No. 88844 1995 RR0001

Suite 905 - 1130 W. Pender Street
Vancouver, BC, V6E 4A4 Canada

Phone: 604-688-3234
Toll-free phone (BC only): 1-800-555-8222
Fax: 604-688-3236

www.cmha.bc.ca