

Imagine...

Mental Health for All

Ride Don't Hide is Your Ride, Your Way!

Each June, the Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR) joins branches and communities across Canada for the largest nationwide mental health bike ride, Ride Don't Hide. As our largest fundraising event, Ride Don't Hide raises money for CMHA HKPR's mental health programming and sees roughly 130 cyclists participating each year, all with one common goal – to bring mental health into the open and to help individuals in our community get the help they need.

In 2019, CMHA HKPR's Ride Don't Hide event raised over \$23,000 for a new Survivors of Suicide support group. Unfortunately, in 2020, due to the COVID-19 pandemic and provincial restrictions, CMHA HKPR was unable to host a Ride Don't Hide event.

This year, CMHA HKPR is excited to announce that Ride Don't Hide is back and in an exciting new way, with our first ever virtual Ride Don't Hide event, presented by Tom's Heating and Cooling!

Being a virtual event, this year's Ride Don't Hide is 'your ride, your way,' and we're encouraging individuals to get outside and ride or do whatever activity supports your mental health, be it walking, running, yoga, swimming, etc.!



Money raised from this year's Ride Don't Hide will be used to fund mental health crisis programming. By directing Ride Don't Hide funding towards crisis programming, we are supporting some of our community's most vulnerable individuals and helping them on their path to recovery.

This year's Ride Don't Hide event will run until the end of June, with a closing ceremony being held on Sunday, June 27th at 10 a.m. via Zoom. All event registrants will be sent an invite to join the closing ceremonies. You can also keep an eye out on the CMHA HKPR social media pages - @cmhahkpr!

CMHA HKPR would like to sincerely thank all who have participated in this year's Ride Don't Hide event, especially our sponsors - without them this event would not be possible! Thank you to our presenting sponsor Toms Heating & Cooling as well as Diamond Sponsors Corus Entertainment's the Wolf 101.5, Global News Peterborough, 100.5 Fresh Radio, and Scotia Wealth as well as Silver Sponsors AON Inc. and Tim Nicholls Chartered Accountant!



You can register for FREE at ridedonthide.com/cmhahkpr and start tracking your activity and begin fundraising! Top fundraisers will have a chance to win exciting prizes, including a Master Chef Prime 5-Burner Stainless Steel Propane BBQ, cycling kits, and more!



Canadian Mental Health Association
Haliburton, Kawartha, Pine Ridge
Mental health for all

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Our First Ever Virtual Annual General Meeting



CMHA HKPR is pleased to report that we successfully ran our first ever virtual Annual General Meeting, on September 23, 2020. This event was moderated by then CMHA HKPR Board President, Drew Merrett, using Zoom.

“It went like clockwork. It was the quickest AGM in the history of the organization. It was well planned, well organized, well implemented, and well attended! Hats off to the AGM Organization Committee for a job well done,” says Mark Graham, Chief Executive Officer.

The AGM started with a presentation where staff and our Board of Directors were recognized for their years of service. Notably, Linda Saunders, then Director of Corporate Services, was recognized for 25 years of service with CMHA HKPR.

Changes amongst our Board of Directors was presented, including the addition of Board Member Krystina Cunningham; and farewells to longstanding Board Members Pat Dunn, Sue Grant, and Rob Seguin.

The Annual General Meeting is typically where CMHA HKPR announces the recipients of our Community Mental Health Awards, the Tam Grant Bursary, as well as the recipient of our staff award - the Exemplary Values through Service Award. This year, the awards and bursary were presented virtually.

CMHA HKPR would like to congratulate Andrew Hodson, who was presented the Exemplary Values through Service Award which recognizes a CMHA HKPR staff member who demonstrates the values of self-determination, social justice, collaboration, diversity and inclusion, innovation and accountability in an outstanding way while delivering service.

Congratulations to Karen and Jim Vaughan, recipients of the Maurice Lovnes Award, which recognizes an individual or individuals who have volunteered with CMHA HKPR and who have exemplified during the year.

CMHA HKPR would also like to congratulate past Board Member Pat Dunn who was presented the Naresh James award which recognizes an individual who has championed critical issues, pioneered initiatives and who has achieved lasting impacts in support of those who live with mental health issues.

Congratulations to Rachel Petty and Dr. Tom Bell who received the Champion of Mental Health Award which recognizes individuals or organizations that have made outstanding contributions in the community. These contributions should support knowledge, hope and belonging, the three pillars that form the foundation of our organization to enable mental health for all.

Congratulations to Lorraine Dykes, who was presented the Achievement through Adversity Award which honours a consumer/survivor who has shown continued courage and tenacity in reaching their goals.

Congratulations to Christine Gaston, who was presented the Caregiver Champion Award for Family Members which honours a family member/caregiver who has shown continued support to another family member living with mental health issues.

And lastly, CMHA HKPR would like to congratulate Elias Hickey, who was presented the Tam Grant Memorial Bursary which seeks to support and encourage individuals with schizophrenia or other serious and persistent mental illness as they pursue higher education.

During the business portion of the Annual General Meeting, the 2019 AGM minutes were approved and seconded, and Tim Nicholls, the Chartered Accountant for CMHA HKPR, reviewed the Financial Statements as of March 31, 2020, and was announced as the auditor for the fiscal year of 2020 – 2021.

The AGM was concluded with closing remarks by Chief Executive Officer, Mark Graham, who expressed his appreciation to staff and volunteers for all of their hard work throughout what proved to be a very challenging year.

Thank you to everyone who joined us for our first ever virtual AGM!

Quality Construction and Renovations Golf Tournament Raises \$18,500 for Community Mental Health Supports



In years past, the QCR Golf Tournament has supported youth mental health and education, but this year, given the impact of COVID-19 on our community, the money raised through the golf tournament was distributed across CMHA HKPR programming.

CMHA HKPR would like to thank all who participated or donated to the tournament, especially presenting sponsor Quality Construction and Renovations, as well as top sponsors Assante Wealth Management, Sine's Flooring, Comfort Zone, Marshman Brothers, Vout Welding, Colour Concepts, Autochek, Tim J. Haynes Professional Corporation, Cameco, Ricart, and Tim Nicholls Chartered Accountant!

On September 19th, CMHA HKPR hosted its biannual Quality Construction and Renovations Golf Tournament, raising an impressive \$18,500 for community mental health supports!

The tournament took place at the beautiful Dalewood Golf and Country Club in Cobourg, with 25 golf foursomes participating (following public health directives to ensure the safety of all golfers).



Team 55's Virtual Silent Auction Raises \$17,311 for Assertive Outreach for Suicide Prevention



Annually, Team55 collaborates with CMHA HKPR to host a showcase of high school football and rugby games known as 'Friday Night Lights.' The event raises awareness for suicide prevention as well as funds for CMHA HKPR's Assertive Outreach for Suicide Prevention program, which provides support and follow-up to individuals who have made a serious suicide attempt.

Unfortunately in 2020, due to the COVID-19 pandemic, Team55 was unable to host Friday Night Lights. Instead, the team hosted a virtual silent auction and premiered a suicide prevention video which featured famous athletes, musicians, actors, and friends of Team55, including Michael Landsberg, Pinball, Neil Sanderson, Chad Brownlee, Mike Fisher, Kyle Dubas, Jay and Dan, and many more.

The suicide prevention video premiered in schools in Peterborough and Kawartha Lakes on October 2nd. If you didn't get a chance to watch the video, you can check it out on the CMHA HKPR Youtube channel here: <https://www.youtube.com/watch?v=IPLyfB6PFC4&t=69s>.

The virtual silent auction was a huge success, raising \$17,311 for CMHA HKPR's AOSP program. CMHA HKPR would like to sincerely thank Team55 as well as all who were featured in the video and who donated items to the silent auction! Without you, the lifesaving AOSP program would not be possible!

CMHA HKPR Social Enterprise: An Update



Since 2005, CMHA HKPR has been helping individuals in our community who have a mental health concern with employment and training through the social enterprise, Catering PLUS. Catering PLUS provided catering services to local businesses for meetings and functions as well as catered special events and tradeshows in Peterborough and the surrounding area.

Unfortunately, the COVID-19 pandemic and provincial restrictions presented many concerns for the future of Catering PLUS. CMHA HKPR was concerned with the long term effects that the pandemic will have on business functions and special events, with many businesses now working remotely and with special events postponed indefinitely.

Ultimately, CMHA HKPR made the difficult decision to close Catering PLUS and shift the focus of our Social Enterprise program to a more sustainable endeavor.

“I would like to thank all who have been involved in the evolution of Catering PLUS over the years, particularly our catering staff and managers who have guided the program, as well as all of the businesses and individuals who supported us. As a social enterprise, this program has been successful in improving the mental health and stability of our catering staff and we wish them all the best as they use the transferable skills they learned through their time with the program and go off to pursue new endeavors,” says Chief Executive Officer, Mark Graham.

This year, CMHA HKPR began exploring a new social enterprise venture involving pest control, specifically, bed bugs.

Bed bugs make up a large portion of situations that we, along with our community partners, deal with involving clients in their housing. Bed bugs create a lot of anxiety for people and this is magnified for someone with mental health issues, particularly anxiety disorders. This is why a new social enterprise venture involving pest control seemed like a natural fit for the organization. And so, Bed Bugs B' Gone was born!



BED BUGS B' GONE

LOCAL, ECO-FRIENDLY, THERMAL
BED BUG TREATMENT

Bed Bugs B' Gone will operate out of Peterborough. The business is a joint venture between CMHA HKPR and community partners such as Community Care, with some provincial funding from the LHIN.

Bed Bugs B' Gone will use an eco-friendly, chemical-free, heat-treat system to treat bed bugs. While the heat-treat system is more time consuming, it is safer for customers, pets in the home and employees. Furthermore, bed bugs don't become immune to the heat over time as they do pesticides, which need to be changed constantly. Heat also kills the bed bug eggs (which leads to future infestations if left untreated using pesticides).

As a social enterprise, Bed Bugs B' Gone will work with and train individuals who have lived-experience with a mental health concern and who may also face physical, age-related or financial barriers, giving them an opportunity to learn valuable skills that they can apply in the workforce.

Stay tuned for information on an official launch of CMHA HKPR's latest social enterprise venture, Bed Bugs B' Gone!



Community Mental Health
Crisis Response Program

705-745-6484 • 1-866-995-9933

Fax: 705-745-5519

Check out these Upcoming Mental Health Events!

Ride Don't Hide

Join us throughout June for our first ever virtual Ride Don't Hide! This year's Ride Don't Hide event is 'your ride, your way,' and we're encouraging individuals to get out and do whatever activity supports their mental health! Register for free at ridedonthide.com/cmhahkpr. Contact Caitlin McIntosh at cmcintosh@cmhahkpr.ca for more details.



ridedon'thide

World Suicide Prevention Day

September 10, 2021 is World Suicide Prevention Day and CMHA HKPR will be hosting a virtual vigil. Contact Jack Veitch at jveitch@cmhahkpr.ca for more details.

Annual General Meeting

Join us for our Annual General Meeting happening on September 22, 2021! Our Annual General Meeting is a great opportunity for members, donors, staff, and volunteers to get together and reflect on the past year as well as plan for the year ahead. For more information, please contact Caitlin McIntosh at cmcintosh@cmhahkpr.ca.

Donor Spotlight!

We'd like to shine a spotlight on Herod Financial Services!

Herod Financial Services recently donated \$20,000 to CMHA HKPR's Journeying Together program, which provides education and support to caregivers and family members of individuals with a mental health concern. The program supports approximately 250 individuals per year, helping them learn how to better support their loved ones and themselves.

The Herods have championed our Journeying Together program since 2014 and have been instrumental in the success of the program!



HEROD
Financial Services

Volunteer Opportunities!

We're always looking for volunteers to assist with events as well as our Delta Bingo program. If you're interested in becoming a CMHA HKPR volunteer, please visit www.cmhahkpr.ca/get-involved/volunteer/ or email volunteering@cmhahkpr.ca.

Support CMHA HKPR and our Clients through Membership

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Email: _____

I would like to become a CMHA HKPR:

Friend - by your monthly gift of \$16.67/ \$200 annual gift

Partner - by your monthly gift of \$41.67/ \$500 annual gift

Advocate - by your monthly gift of \$83.33/ \$1000 annual gift

Champion - by your monthly gift of \$166.67/ \$2000 annual gift

Unique Supporter - by your monthly gift of \$_____ (you choose)

All monthly donors are also automatically CMHA HKPR members as of September 2017!

Annual Membership: Corporate \$50 Individual \$25

Family \$35 Student \$5 Fixed Income \$1

Cardholders Name: _____ Card Type: _____

Credit Card #: _____ CVV: _____ Expiry - MM/YY: ____/____ Signature: _____

Please charge my credit card*:

On a monthly basis

For the annual amount

One-time donation of \$ _____

*Donors may withdraw from the monthly giving program at any time
**Automatic withdrawal also available

Please send completed form to: CMHA HKPR Manager of Community Engagement 415 Water Street, Peterborough, ON K9H 3L9.
Inquiries can be directed to Jack Veitch at 705-748-6687 ext. 1015 or jveitch@cmhahkpr.ca. Charitable Registration No. 10686 3889



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