

Imagine...

Mental Health for All

A Final Friday Night Lights for Team 55

This fall, local fundraising group, Team 55 Tackles Suicide Awareness, held their 10th and final Friday Night Lights event at Thomas A. Stewart on October 7th. As the group reached their decade milestone, they announced that this fall's event would be their last football fundraiser. And in true Team 55 style, the event was a huge success, raising over \$28,000 for our Assertive Outreach for Suicide Prevention (AOSP) program.

Over the past ten years, Team 55's Friday Night Lights event has raised awareness for suicide prevention amongst local high school aged teens and fundraised for the Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge branch (CMHA HKPR). Team 55 has raised over \$600,000 for our organization through various fundraising events and initiatives.

Founded by Dave Pogue after losing his son Mitchell to suicide, the group is named after Mitchell's football jersey number, 55. Dave and Heather Pogue have been instrumental in our AOSP program, which provides follow-up to individuals and families of those who have made a serious suicide attempt. The program has helped hundreds of individuals since it launched in 2016.



The final Friday Night Lights event included an opening ceremony and double-header football games. The fundraiser also included a silent auction, which raised over \$12,000 alone. Auction items were donated by friends of Team 55 and local businesses and included big ticket items like Three Days Grace VIP concert tickets, a Peterborough Petes Private Suite, and a signed Carrie Underwood guitar.

CMHA HKPR would like to sincerely thank Team 55, especially Dave and Heather Pogue, as well as all volunteers, donors, and friends of Team 55, who have worked tirelessly to make the Friday Night Lights events a success year after year. The impact you have made on our AOSP program and the individuals it serves is immeasurable. From all of us at CMHA HKPR – thank you!

While this may have been the last Friday Night Lights football event, Team 55 has exciting fundraisers planned in the future. We can't wait to see what impact they have next!



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

466 George Street North, Peterborough, ON, K9H 3R7 Tel: 705-748-6711 Fax: 705-748-2577
33 Lindsay Street South, 2nd Floor, Unit C, Lindsay, ON, K9V 2L9 Tel: 705-328-2704 Fax: 705-328-2456
415 Water Street, Peterborough, ON, K9H 3L9 Tel: 705-748-6687 Fax: 705-748-4078



Like us on Facebook

Find us on the web at www.cmhahkpr.ca



@cmhahkpr

CMHA HKPR, CCRC, and One City Peterborough Launch Finding Home



The Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR), One City Peterborough, and The Housing Resource Centre (CCRC) launched a new program this fall called 'Finding Home'. This program is in response to an increasingly worrisome housing issue that members of the Peterborough community are facing, Housing Unit Takeovers.

Housing Unit Takeovers (HUTs) happen when a tenant has welcomed or unwelcomed guests, sometimes even friends or family, who are frequenting or have moved into the tenant's home and taken control. When a tenant loses control of their home, their safety, well-being, and housing can all be at risk, and the result can be that all involved become homeless.

HUTs are becoming a larger issue in light of unprecedented rent increases and the City's state of emergency on homelessness. Best practice has taught us that homelessness cannot be solved by one agency and that a collaborative approach is effective. To compliment the work being done at each agency, CMHA HKPR, One City, and CCRC have come together to close service gaps for clients experiencing HUTs and who are living rough.

CMHA's HUT pilot project demonstrated success last year by supporting tenants to keep their housing. This typically meant removing guests who are no longer welcome or allowed in the home, however, these individuals were often homeless themselves and unconnected to community supports. Once removed, they often approached One City or CCRC for support.

Many of these individuals are chronically homeless and sometimes hesitant to seek support.

Finding Home wants to ensure that when they do reach out, they are provided with appropriate wraparound supports that are accessible, efficient, and supportive, so that individuals are not referred from agency to agency or falling through the cracks.

In addition to HUT interventions and housing retention support, the Finding Home team works to bolster HUT prevention in the community. The Case Manager provides education and consultation to individuals in supported or subsidized housing and staff work with vulnerable or precariously housed clients and agencies throughout the community. At the same time, CCRC is providing ongoing support for housing retention and One City's Outreach Workers are connecting with community members who are living rough. Assisting with service navigation and providing harm reduction and survival gear gives people support and options other than taking over another person's home.

When vulnerable tenants are involved in HUTs, nobody wins. When they become connected to Finding Home, nobody goes unsupported.



The Impact of Fundraising



Providing mental health care in communities like Peterborough, Kawartha Lakes, Haliburton and Northumberland can be a formidable task. A large geographic catchment with a spread out population creates a variety in presentation and need. While our major funders like the Ministry of Health and Long-Term Care provide us the financial resources to be able to deliver many of these supports, other programs are reliant on alternative forms of support.

This is where our fundraising department comes into the picture. Working closely with our community members, private businesses and community groups, our fundraising team works hard to try and supplement the funds our branch receives. Many of the supports our community utilizes are provided thanks in part to the generosity of our donors, this includes our Health Promotion, Assertive Outreach for Suicide Prevention, and Family Support programming just to name a few. Let's not forget to mention the capitol purchases that we are able to make thanks to the generosity of donors.

Fundraising and donations are an integral part of any non-profit organization. In many cases, organizations that receive annualized funding are fixed in their scope of service. The funds allocated to a predetermined program are inevitably expected to be used for that program. However, much like life, it can be difficult to predict what will happen each year. In many of the communities we serve the needs of our clients are evolving and ever-changing. Sometimes an unexpected need can leave our branch in a position with little to no course of action. By raising money for programs that work to fill these unexpected gaps, we can work to create a service that meets people where they are at, when they need it most.

These past few months, our branch has been fortunate to partner with community members to raise money through the QCR Golf Tournament, Bell Let's Talk Game Night and 8-Hour Ski Marathon. Proceeds from these events supported the purchase of our brand new Mobile Mental Health and Addictions clinic (now referred to as "the Road Ahead"), as well as our exciting new Garden Homes project. Without the support of these event organizers and generous donors, much of what CMHA tries to do would be impossible, so thank you!



Accredited with Exemplary Standing



We're thrilled to announce that this year, CMHA HKPR earned Exemplary Standing with Accreditation Canada, meeting or exceeding 99.8% of Accreditation standards. This is the second consecutive time CMHA HKPR has been awarded with this distinction.

Every four years, a team of Accreditation Canada surveyors are invited to CMHA HKPR to evaluate hundreds of criteria, based

on best practices in the areas of health care quality and safety. Based on a site visit in late May and early June 2022, Accreditation Canada has advised that CMHA HKPR met or exceeded 99.8% (504 of 505) total criteria. This is our best-ever result.

Accreditation with Exemplary Standing is awarded to an organization that goes beyond Accreditation Canada's requirements and that demonstrates excellence in quality improvement.

Most notably, the surveyors noted that our response to the COVID-19 pandemic was and is client-centred, that we are responsive to the increased complexity of client issues and the multiple challenging determinants of health that affect our clients' wellbeing, and that our staff are "passionate and dedicated to their work", with a "dedication to helping others and teamwork that could not be more evident."

Check out these Upcoming Mental Health Events!

Mental Health Week

Join us as we celebrate Mental Health Week from May 1st to 7th. The theme of this year's Mental Health Week is 'My Story' and we will be helping to amplify the voices of our community and what community-based mental health care means to them. Stay tuned for more details and initiatives happening this Mental Health Week!

Annual General Meeting

Our Annual General Meeting will be taking place on September 20th at Peterborough Golf and Country Club. Please stay tuned for more details!



Change the Cycle!

Change is in the air! Stay tuned for more details on the launch of our NEW cycling fundraiser happening on June 24th! Details launching in April.



Volunteer Opportunities!

We are always looking for volunteers to assist with events as well as our Delta Bingo program.

If you are interested in becoming a CMHA HKPR volunteer, please email cmorris@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 the September AGM!

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 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

