

*Together we
continue
our journey*



Annual Report
2012-2013

Canadian Mental Health Association - Kawartha Lakes Branch



2 Kent Street West, 2nd Floor
Lindsay, ON K9V 2Y1
Tel: 705-32802704
Email info@cmhahkpr.ca
www.cmhahkpr.ca



Canadian Mental
Health Association
Kawartha Lakes



Canadian Mental
Health Association
Haliburton, Kawartha, Pine Ridge

Canadian Mental Health Association
Kawartha Lakes Branch

AGENDA

Thursday, June 20, 2013
Royal Canadian Legion Hall
12 York Street North, Lindsay, ON

- | | |
|--|------------------|
| 1. Welcome, Call to Order Vice President's Remarks | Judy Dickson |
| 2. Approval of Minutes of the Last Meeting (June 21, 2012) | Judy Dickson |
| 3. Introductions | Judy Dickson |
| 4. Auditors' Report (April 01, 2012-March 31, 2012) | Alex Richardson |
| 5. Acceptance of Audited Financial Statement | Pat Dunn |
| 6. Achievement Through Adversity Award | Laurie Green |
| 7. Caregiver Family Champion Award | Laurie Green |
| 8. Naresh James-Champion of Mental Health Award | Naresh James |
| 9. Volunteer Recognition | Ann-Marie Covert |
| 10. Staff Appreciation | Board Members |
| 11. Future State CMHA HKPR | Marg Seaton |
| 12. Motion to Adjourn | |

Reception/Refreshments/Social Hour

President's Report-June 2013

This year has been an exciting, frustrating and challenging one for CMHA-KLB. There have been happy moments and sad moments. In the end I think that this year has been successful for our branch and I look forward to working on the board of the New Branch – CMHA Haliburton, Kawartha, Pine Ridge (HKPR).

In April 2012 a Joint Executive Governing Committee was formed with four board members from each branch and a Management Integration Team to work on developing integrated policies and procedures. The end result that we were striving for was to save significant amounts of money, about \$230,000, by streamlining administrative functions to enhance existing programs and to develop new programs with this savings.

On April 1, 2013 the new organization officially commenced operation. From our point of view, we have gone from a budget of about 1.5 million to one of about 12 million. We went from 25 staff to about 140 staff. This growth will provide staff with more learning opportunities and lateral and upward movement within the organization. We have purchased a new communication system and new computers, and banking and benefits packages have been awarded following a Request for Proposal (RFP) process. Annual audits have been completed. It is now time to move into our “new” future.

One of the more obvious enhancements is the closing of the former SPAN program and the opening of the REACH Centre as a storefront highly visible program. More recently the staff at the REACH Centre has been increased to meet the variety of needs of the clients.

The new Strategic Plan is ready to be released after a process of community consultation with clients and community partners. The two offices will continue to operate and all existing programs will continue.

A sadder part of this process has been the choice of some staff to move on. It is hard to say goodbye to people who have been so involved with our program but, to my knowledge, all those who have left are happy in their chosen jobs.

Other highlights in 2012-2013 include the approval of United Way funding towards our trustee program and continued funding from the municipality for the homelessness project. The new organization has received funding to pay for equipment to join the Ontario Tele-Medicine Network and we have already made use of this with the help of the Ross Memorial Hospital by holding a board meeting with the board located in 2 different cities. This system offers amazing potential for treatment and diagnosis as well as conference attendance and other possibilities.

In the past year we have also arranged for Market Square Apartments to be managed by a new corporation as a separate entity. The biggest challenge at the moment is to find new, accessible office space for the Lindsay office and to determine how to maintain and improve current programming.

As founding president of CMHA Victoria County Branch I wish the new entity and its board every success in the years to come.

Respectfully submitted,

Judy Dickson, Vice President
CMHA Kawartha Lakes Branch

Programs and Services Report 2012-2013

Court Support and Diversion Programs – Staff: 2

This program offers support to individuals who are in conflict with the law who present with mental health issues, dual diagnosis, or concurrent disorder. Individuals receive assistance to navigate the criminal justice system and develop a plan to work towards their personal goals.

Clients served: 152

First time Admissions: 94

Discharges: 112

Bail Support: 20



Release from Custody Program – Staff: 2

This program provides services to individuals as they plan for their release from incarceration. Information and referral services are offered to those returning to a home community outside of HKPR. Short-term case management is offered to individuals returning to the HKPR community, and the focus is to assist individuals to connect to supports that are critical to their success in the community.

Clients served: 302

Kilometers travelled: approx. 20,000 (to provide outreach services in HKPR)



Journeying Together –Staff: 1

The Journeying Together program provides support to family members and caregivers of people with mental illness. There are two primary components of this program including an 8-week educational support group as well as one-on-one support with the Family Education and Support Worker.

Family members served: 45

Admissions: 31

Discharges: 28



Brief Services-Staff:

Recovery-focused and goal-oriented, this support is generally available for 1-3 months. During that time individuals can work on brief goals including referrals to other agencies, basic coping skills, and symptom management.

Clients served: 139

Admissions: 90

Discharges: 139



Programs and Services Report 2012-2013

Voluntary Financial Planning and Monitoring Program — Staff: 2

This program offers individuals with mental health issues an opportunity to have a trustee who can assist them with managing their money. Individuals in this program receive assistance regarding financial management, reducing or eliminating debt, and learning budgeting and money management skills.

Clients served: 115

Clients Discharged: 52



Case Management

The Case Management program provides intensive mental health support within a recovery framework to individuals living with mental illness. The Case Manager promotes stabilization, independent living, and improved quality of life by providing individualized support and intervention to clients in their home and community. Supports include crisis intervention, assessment, identification of service plan goals and objectives, ongoing service planning and evaluation, coordination and consultation with other service providers, and discharge planning. These numbers also include the Senior Support Network and the Trauma Counselling program.

Clients served: 201

Admissions: 77

Discharges: 125

Waitlist: 13



Homelessness Rapid Response Program

The Homelessness Rapid Response Worker supports clients with mental health issues who are homeless or at risk of imminent homelessness. This program does not have a waitlist and provides a rapid response to assist individuals to secure safe, affordable, and appropriate housing.

Clients served: 88

Admissions: 58

Discharges: 77



Harrison House

Harrison House is a transitional, eight-bed, co-ed rehabilitative housing program for individuals with a diagnosed mental illness. Rental agreements are time limited and geared toward the goal of returning to independent living. The Housing Support Worker provides life skills coaching and promotes independence. Residents have the opportunity to participate in social recreation and psycho-educational programming provided in the home, as well; residents participate collaboratively in household duties.

Programs and Services Report 2012-2013

Supportive Housing – Rent Supplement

Funded by the Ministry of Health and Long Term Care, the Rent Supplement Program provides subsidy combined with portable and flexible mental health and housing supports to individuals struggling with mental health concerns.

Clients served: 72

Admissions: 19

Discharges: 19

Waitlist: 22



Health Promotion/Public Education:

CMHA is committed to promoting mental health awareness and reducing stigma. We offer a number of different workshops for the community addressing a wide range of issues related to mental health. During the last fiscal, the Kawartha Lakes branch facilitated a number of workshops for our community partners. This included six Mental Health First Aid trainings, an Applied Suicide Intervention Skills Training (ASIST) workshop, and 25 other presentations with topics that included CMHA programs and services, how to help someone with a mental illness, managing stress, healthy lifestyles, mental health and older adults, and the list goes on!

Total number of people trained in Mental Health First Aid: 74

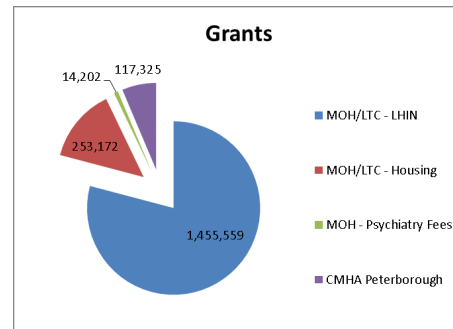
Total number of people trained in Suicide Intervention: 12

Total number of participants in other workshops - 1098



**Canadian Mental Health Association Kawartha Lakes Branch
Statement of Operations**

| For the year ended March 31 | Unrestricted Funds | | Restricted Funds | | | (Unaudited)* Total 2012 |
|---|------------------------|--------------------|-------------------|-----------------|-------------------|-------------------------------|
| | Branch (Unaudited)* | | Health 2013 | Housing 2013 | Total 2013 | |
| | 2013 | 2012 | | | | |
| Revenue | | | | | | |
| Grants | - | - | 1,587,086 | 253,172 | 1,840,258 | 2,026,809 |
| Memberships, donations and other revenues | \$ 12,732 | \$ 22,707 | \$ 167,680 | \$ - | \$ 167,680 | \$ 174,014 |
| Rent | 10,814 | 54,378 | - | 11,630 | 11,630 | 13,119 |
| | 23,546 | 77,085 | 1,754,766 | 264,802 | 2,019,568 | 2,213,942 |
| Expenditures | | | | | | |
| Administrative overhead | - | - | 73,307 | 34,346 | 107,653 | 105,138 |
| Amortization of capital assets | 1,837 | 9,855 | 4,509 | 21,349 | 25,858 | 27,046 |
| Branch expenditures | 17,530 | 113,479 | - | - | - | - |
| Capital reserve allowance | - | - | - | 1,727 | 1,727 | 4,419 |
| Interest on long-term debt | - | - | - | 10,061 | 10,061 | 10,700 |
| Materials & services | - | - | - | 12,939 | 12,939 | 23,084 |
| Rent & utilities | - | - | 45,278 | 16,185 | 61,463 | 66,586 |
| Rent subsidy | - | - | - | 167,931 | 167,931 | 179,867 |
| Supplies & other | - | - | 227,680 | - | 227,680 | 251,596 |
| Wages and benefits | - | - | 1,301,373 | - | 1,301,373 | 1,623,837 |
| | 19,367 | 123,334 | 1,652,147 | 264,538 | 1,916,685 | 2,292,273 |
| Surplus/(deficit) for the year | \$ 4,179 | \$ (46,249) | \$ 102,619 | \$ 264 | \$ 102,883 | \$ (78,331) |



Funders

Ministry of Health and Long Term Care
Central East Local Health Integration Network
City of Kawartha Lakes
United Way for the City of Kawartha Lakes
Ontario Trillium Foundations

Board of Directors 2012-2013

| | |
|------------------|----------------|
| Douglas Bothwell | President |
| Judy Dickson | Vice President |
| Patrick Dunn | Treasurer |
| Robert Allen | Secretary |
| Susan Grant | Director |
| Steve Oliver | Director |

