



**Canadian Mental
Health Association**
Haliburton, Kawartha, Pine Ridge

ANNUAL REPORT 2013-2014

Annual Report 2013-2014



Staff outside our office at 466 George Street, Peterborough.
Photo by Miranda Studios

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Board President

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Staff outside our office at 33 Lindsay Street, Lindsay.

About US

Our Mission

To promote and support mental health recovery and wellness by working with individuals, families and community partners.

Our Vision

Mentally healthy people living in an inclusive society free from stigma.

Our Values

CMHA HKPR adheres to the following client-centred values:

Self-Determination – We support an individual’s involvement in decisions that affect their life.

Diversity – We value diverse perspectives and the lived experience that all people bring.

Social Justice – We are committed to removing barriers and discrimination that impact quality of life and supporting equitable access to resources, so that people can fully participate in society.

Creativity – We encourage innovative ideas and new ways of working that are responsive to the changing needs of our community.

Social Responsibility – We are environmentally responsible and committed to working in the public interest and for social good.

Integrity – We value honesty and ethical behaviour.

Respect – We honour and support the dignity of each individual.

Accountability – As a publicly funded charitable organization, we are committed to using our funds as efficiently and effectively as possible and to being open to the highest standards of public scrutiny.

Foundation

Knowledge, Hope and Belonging is the foundation that supports our belief in Mental Health for All.

Knowledge - Through education and open dialogue, we can help to provide our community with a greater understanding of mental illness, thus eliminating stigma.

Hope - Through our services we are able to foster hope that we are a community where everyone who needs help, gets help.

Belonging - Through our programs we are able to promote belonging to a community which is an important part of recovery.

Board of Directors 2013-2014

Front Row (L-R) *Starr Olsen, Judy Dickson-Vice President, Margaret Seaton-President, Mary Reader, *Danielle Carter

Back Row (L-R) *Adam Guzkowski, Robert Allen-Secretary, Ted Smith, *Paul Forget, Mark Graham-CEO

Absent - Sue Grant, Patrick Dunn-Treasurer, *Patti Ley

*New Board Member 2014-2015



A Joint Message from our Board President and CEO:
TOGETHER AS ONE

The theme of this year’s Annual General Meeting, “Together As One”, is quite fitting as we celebrate our inaugural incorporation as Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (CMHA HKPR). With the amalgamation of CMHA Peterborough and CMHA Kawartha Lakes branches, on April 1st, 2013, we have built on the strengths of each other to further improve mental health services in the four counties.

As we reflect over the past year, we are especially appreciative of the dedication, and hard work of our board, staff, volunteers, and student placements. This shared commitment in our work unites us in creating the best possible integrated services in our community.

The following highlights a number of activities and initiatives undertaken in the 2013/2014 fiscal year:

- Through the amalgamation back office savings (\$230K), we expanded peer support programs in Kawartha Lakes, enhanced the Hospital-to-Home (H2H) position in Peterborough, and created a housing support/retention worker position in Kawartha Lakes.
- We rented 1300 sq. ft. of office space to the Ontario Shores ACTT Team as a new tenant at 415 Water Street, Peterborough. This increase in rental revenue offsets the operating expenses of the building.
- We received a three year Ontario Trillium Foundation grant (\$225K) to develop Trans-Gender services within the HKPR region and are proud to be providing peer support, education and counselling to this group.
- We were successful in accessing funding from the Central East Local Health Integration Network (CELHIN) for capital improvement projects totaling (\$188K). Among other improvements these funds allowed us to upgrade our telephone and computer systems.
- We received a Ministry of Training Colleges and Universities grant (\$34k) to purchase additional computers, SMART Board, lab work stations, meeting tables and chairs for our vocational services.
- Due to health and safety concerns at 3 Kent Street in Lindsay, we successfully moved Kawartha Lakes Reach for Recovery to 64 Lindsay Street in the “Place Called Home” building.

- We completed a relocation of PHOENIX and Vocational & Consumer Initiatives back to 466 George Street, Peterborough, in late February 2014. This included all services on the main floor of 466 George Street being relocated to the 2nd floor. We are very proud of this new state of the art facility.

- We successfully relocated the Kawartha Lakes office at 2 Kent Street to 33 Lindsay Street effective March 2014. The move now offers accessible services to clients and staff of the agency.

- We received two grants from the Community Innovation Fund for the Eastern Ontario Development Program through Peterborough Community Futures Development Corporation including a grant of almost \$4K to provide suicide prevention training and a grant of \$12K to purchase new fridge and freezers for Catering PLUS. This program has undergone significant changes to improve quality, efficiency, training and ultimately employee satisfaction.

- We received (\$43K) fiscal funds from the CELHIN to continue OTN Nursing Clinic service levels for 2013-14. Ongoing annualized funding for this program do not meet the service volumes. There is potential to grow the clinic with enhanced investment.


- In our first year of initiating a Fund Development program at CMHA HKPR, we have significantly increased the visibility and public image of the branch.

- We established a (.8 FTE) dual diagnosis case manager in Kawartha Lakes, through overnight restructuring, within the Barker program.

- The Board of Directors revised all board policies to bring together the best practices of the two Agencies. Due to board member attrition and expansion into Haliburton, and Northumberland, the Board recently recruited five new board members. We are pleased to advise we attracted some very qualified new directors.

We invite you to read our Annual Report and share our pride in all the work we do at CMHA Haliburton, Kawartha, Pine Ridge.




Mark Graham,
Chief Executive Officer


Margaret Seaton,
Board President

“Coming together is a beginning, keeping together is progress, working together is success.”
- Henry Ford

Programs and Services

Intake & Brief Services

Intake is the first point of contact for individuals requesting mental health case management or brief mental health support. The process is client-centred and recovery-focused. This support is generally available for 1-3 months and during that time individuals can work on short-term goals including referrals to other agencies, basic coping skills, and symptom management. If an individual is requesting case management services, the Intake Worker will complete an Ontario Common Assessment of Need and together develop a treatment plan. The Intake program is also the gateway for CMHA HKPR Housing Support Services. Individuals must be involved in CMHA programming prior to becoming eligible for this service.

Clients served: 624 Admissions: 167
Wait List: 9

Hospital to Home

A Mental Health Case Manager is available to provide crisis support and intervention to individuals who access the Crisis Unit and Inpatients Unit at both Peterborough Regional Health Centre and Ross Memorial Hospital, Lindsay.

Client served: 333 Discharges: 279
Admissions (first service): 273

Health Promotion and Education

Includes support groups, presentations, workshops, seminars, Mental Health First Aid Training, ASIST (Applied Suicide Intervention Skills Training), safeTALK (3-hour course to increase suicide awareness for community members), Open Your Mind (high school presentation on LYNX - Early Psychosis Intervention), Kids on the Block (life size puppet presentations to elementary schools on mental health and wellness) and the Interlink Choir. Corporate Services are also available to support workplace mental health information sharing and education.

KOB presentations: 139
Health Promotion presentations: 167
Health Promotion participants: 3272

Peer Support

Peer Support is based upon the principle that people who have common life experiences have something to offer each other, which cannot be provided by others. This approach assumes that individuals who have experienced a mental illness or have a close relationship to someone who has, can better understand and relate to individuals during their recovery. Peer Support provides trained professionals with peer experience to work one-on-one with clients, to set and achieve individual goals.

Homelessness Partnering Strategy

This program provides accessible, client-centred outreach and integrated case management support to high need individuals who are homeless, or at-risk of homelessness. Additional services available include an ID Safe Place, the Trustee Program and a Mailbox Program. Individuals do not need to have a mental health diagnosis to participate in these services.

Unique individuals referred: 168
Clients housed: 74

Dual Diagnosis Case Management & PHOENIX Day Program

The team supports adults living with a dual diagnosis (intellectual disability and mental health issues) through a Supported Independent Living (SIL) program. Case Managers provide client centred support services that promote stabilization and independent living as mandated by the Ministry of Community and Social Services. Intake is done through Developmental Services Ontario. The PHOENIX Day Program provides a skill building environment through community, social, physical, nutrition and mental wellness activities.

Dual Diagnosis clients served: 40
Admissions: 4 Discharges: 8
PHOENIX Clients: 59 Visits: 2370

Mental Health Case Management

Consumers receive services that will allow them to increase their ability to live quality lives and develop their own support system. Supports include crisis intervention, assessment, identifying goals, mental health support and discharge planning.

Clients served: KL-164 PTBO-115
See Program Highlights Page 10

Catering PLUS

Catering PLUS is a CMHA HKPR consumer/survivor initiative. Catering PLUS provides life and work skill development, and recovery for consumers by operating a social enterprise that provides food services to the local market.

Events: 413 Total revenue: \$96,000
See Program Highlights Page 12

Trustee Program

Trustee Programs are voluntary and provide flexible financial management programs. These programs assist clients in budgeting, paying bills, maintaining housing, advocating with creditors, decreasing debts and developing savings, while ensuring that the clients’ needs are met.

Client served: 219 Discharges: 49
Admissions (first service): 14

Justice Services

The Court Support Program offers assistance to those dealing with mental health issues who become involved with the justice system. Working in collaboration with clients, court officials and other community agencies, Court Support staff assist to develop Diversion and Community Support plans for individuals to help manage their mental health concerns and prevent further involvement with the justice system.

The Release from Custody Program partners with community agencies in planning and providing short term case management services immediately following discharge from jail, to prevent further involvement with the criminal justice system. It includes the provision of an individualized assessment and support plan, systematic advocacy and coordination of services, and connection with local long-term mental health supports.

Client served: 541 Admissions (first service): 217
Discharges: 253

REACH - Recovery Empowerment Advocacy Community Hope

The REACH For Recovery Centre is a community based day program organized through CMHA HKPR in Lindsay. REACH provide services to individuals living with mental health concerns or other significant challenges. These services assist the person in gaining skills necessary to be participating members of their home and community.

Four County Crisis & Safe-Beds

Four County Crisis (4CC) provides a continuum of 24-hour crisis response services to individuals sixteen or older. 4CC includes a Safe-Beds program which provides a free short-term stay in a safe and supportive environment. The Safe-Bed stay assists individuals to decrease or alleviate their crisis through individualized services.

Face to face visits: 2,723 Calls to crisis line: 10,556
Clients receiving services in the four counties: 1,705
Clients receiving case management services: 116
Safe-Beds clients served: 161 Admissions: 225
Age: 16-24: 22 25-64: 126 65+: 13

Lynx – Early Psychosis Intervention

CMHA HKPR is one of eight partner agencies in a four county rapid response treatment and education service for young people and their families, in the early stages of a psychotic illness. Early identification, assessment and treatment leads to significantly improved outcomes.

Clients Served: 364 Families Served: 136
New Clients: 168
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Lighthouse Community Centre

See Program Highlights Page 10

Ontario Telemedicine Network (OTN)

See Program Highlights Page 9

Vocational Services

CMHA HKPR offers two vocational programs, Partners in Employment and Making it Work. These programs provide services to clients with mental health barriers by connecting them to unique and relevant employment opportunities, offering specialized interventions to obtain and maintain employment.

2,863 individuals accessed Partners in Employment
108 workshops offered
90 Making it Work clients
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Supportive Housing

Supportive Housing provides mental health support, flexible and barrier free housing for persons with a serious mental illness or dual diagnosis. The goals of supportive housing are for clients to live as independently as possible, and be participating members of the community.

Harrison House is a unique transitional, eight-bed, co-ed rehabilitative housing program in Kawartha Lakes 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. If required, individuals can also work with a mental health Case Manager.

The Kawartha Lakes Homelessness Rapid Response Program assists individuals with mental health concerns, who are homeless or at risk of homelessness, to secure housing.
101 rent supplement units in Peterborough
8 Addictions Supportive Housing units in Peterborough
41 units in CMHA HKPR owned properties (KL and PTBO)
23 units in Northumberland
51 rent supplement units in Kawartha Lakes
See Program Highlights Page 9

Our People

The Human Resources Department has been reorganized to better serve the needs of our newly amalgamated agency. During the past year, the role of Human Resources Manager was created and our cross-functional team which operates at 3 agency sites, includes human resources, health and safety, reception and administrative support, cleaning and property maintenance services.

During the past year, there has been an increase of more than 20 employees to bring the total number of employees to 185. 18 of these employees are administration and senior management staff.

As well, volunteers are indispensable in the delivery of our programs and services. We have 155 volunteers throughout our organization who contributed almost 10,000 hours.

Events

Herod Financial Services Golf Tournament
June 7th, 2013

On June 7th, 2013 at The Quarry Golf and Country Club in Ennismore, CMHA HKPR was delighted to welcome Herod Financial Services as Platinum sponsor for our “Healthy Mind, Healthy Life” 8th Annual Golf Tournament. Kevan and Roberta Herod approached CMHA HKPR early in 2013, expressing an interest in getting more involved in CMHA HKPR. Sponsorship of the golf tournament was the perfect fit.

In a letter to her clients, Roberta said, “Like everyone, we have family and friends who are affected by mental health issues and through our business we regularly support clients and their families with the same challenges. We know how hard it can be for those affected and for those who love and support people living with mental illness. The services of the CMHA HKPR make a difference in their lives. This is why we decided to support CMHA HKPR by sponsoring their annual golf tournament.”

Over \$8,500 was raised at the 2013 tournament, including Herod Financial Services platinum sponsorship of \$2,500 and generous donations from Norm’s Plumbing and Heating and Stevenson and Hunt. As well, there were 23 Hole Sponsors; a putting competition by Marc Trudeau of Manulife

Bank and Trust and a “Money Hole” sponsored by Trish Sweeting of Royal Lepage and her friend Cheryl Nunn. As well, Stan Hammond and “The Blues Brother’s” provided entertainment and a generous donation from their bike draw. The tournament funds will be used to further education and health promotion initiatives to break the stigma of mental illness. The 2014 tournament will take place June 6th at The Quarry and -Save the Date- the 2015 tournament has already been booked for June 26th, with plans to double the attendance and sponsorship!



Kevan Herod, Kerri Davies, Margaret Seaton and Mark Graham.

Harvest of Hope
October 24th, 2013

“Mental Health Rocks” was the word on the street following an outstanding performance at The Venue by Canadian rock icons “April Wine” and local band “Balls and Jane”. The benefit dinner and concert was a collaboration between CMHA HKPR and Kawartha Fest to raise funds to support the Lighthouse Community Centre and celebrate the third graduating class from the Lighthouse Learning Centre.

Kawartha Fest began partnering with CMHA HKPR early in 2013, creating an educational program for people receiving Ontario Works or Employment Insurance Benefits to learn to cook and ultimately gain employment. To date, over 70% of the trainees who have participated in the program are now employed.

The Harvest of Hope brought positive messages about mental health programs and services to a new audience, furthering CMHA HKPR’s initiative to break the stigma of mental illness and support a community of mental health for all.

Lindsay Rib Fest
August 15th - 18th , 2013

CMHA HKPR was pleased to be invited to participate in the 2013 Lindsay Rib Fest, held August 15th to 18th. CMHA HKPR staff hosted an information booth over the four day event and many clients and other friends of CMHA HKPR provided valuable volunteer support for parking and traffic control. Young’s Community Foundation, the host of the Lindsay Rib Fest, presented CMHA HKPR with a cheque for \$2,500, following the event. We are pleased to advise that CMHA HKPR will be returning to the Lindsay Rib Fest again in 2014, taking place August 14th-17th. CMHA HKPR will be hosting a breakfast on Saturday Aug 16th in collaboration with the Rotary Club of Lindsay.



18th Annual Paul’s Dirty Enduro
September 19th, 2013

It was the dirtiest of Paul’s Dirty Enduros ever, as the rain poured down virtually the entire day. However, the rain did not dampen the spirits of almost 400 participants who showed up to pedal over huge puddles, up slippery slopes and through endless mud.

Paul’s Dirty Enduro is named after Paul Rush, a young man who sadly took his own life after years of struggling with mental illness. Although shaken by his tragic death, his friends Rob and Monique Cox in collaboration with Paul’s family started this annual event in 1996 to honour Paul’s love of mountain biking and to help raise funds for education to promote suicide prevention and erase the stigma of mental illness. Bloomfield Bicycle from Prince Edward County have since taken over from the Cox and Rush family as the organizers and sponsors of this annual event and have helped raise \$100’s of thousands of dollars.

Each year the Enduro, which takes place in the Ganaraska Forest, features new trails including 15k, 30k, 60k and 100k challenges. Registration is now underway for the 2014 event, taking place September 20th. To register, please contact www.bloomfieldbicycle.ca.



Bikers prepare for the start of the 60K race through the Ganaraska Forest.

Clara’s Big Ride for Bell Let’s Talk
March 22nd & 24th, 2014



Clara Hughes at Shimano Canada.



Sponsors of “Mental Health for All”.



Clara at Adam Scott with Dave Pogue.

Beginning March 14th, 2014, and spanning 110 days, Clara’s Big Ride will cover 12,000 kilometres through every province and territory, visiting 95 communities and connecting Canadians to the importance of mental health and the supports available to those struggling with mental illness. CMHA HKPR is delighted to be chosen as one of the 95 communities on Clara’s epic journey, which was sponsored by Bell Let’s Talk.

Clara’s visit to Peterborough began March 22nd at Shimano, one of Clara’s Big Ride’s national sponsors, and CMHA HKPR was there! Clara talked about her special connection to Peterborough, where she qualified for her first Olympics, winning bronze in Atlanta in ‘96. Clara took the time to meet three Fleming students, who each spoke at a sold-out fundraising dinner, “Mental Health for All”, held later that evening at Fleming College. After the dinner, Clara joined the audience of over 200 and shared her own story of her struggle with depression. Her words were impactful, poignant, yet full of hope that depression was treatable and recovery was possible. Included in the audience were performers from Art for Awareness, who presented pieces from the stage production, “Erasing the Stigma”. Many thanks to our sponsors Redpath, Wolf-Kruz, AON Inc., Wild Rock Outfitters, Peterborough This Week, Kevin Duguay

Community Planning and Consulting, Bryston Limited, Tim Nicholls Chartered Accountant and Denise Darling Insurance Agency Inc. The Co-operators.

On the 24th Clara was at Adam Scott Secondary School, speaking to a packed gymnasium of over 1,200 people. CMHA HKPR Interlink choir greeted Clara with the singing of Oh Canada along with students from Prince of Wales School. Joining Clara on stage was Dave Pogue, founder of Team55’s initiative - Let’s Tackle Suicide Awareness. Clara spoke passionately about the need for everyone to be prepared to be involved in suicide prevention, to not be afraid to speak to someone who might be at risk of harming themselves - to “just talk”. Clara then left the school to a standing ovation and cheering fans, on her way to Kingston, a ride that would be one of her longest and most challenging of her journey.

The inspiration from Clara’s Big Ride continues, as the Blue Bike, created by Mr. McKinley’s class from James Strath Public School, continues to journey around the community at fundraising BBQ’s and other events, supported by Community Blue Bike Ambassador Drew Merrett, of Merrett’s Home Hardware. Local businesses can invite CMHA HKPR and the Blue Bike to their events by contacting Kerri Davies, Manager of Development at kdavies@cmhahkpr.ca

Supportive Housing Kawartha Lakes

Through the process of amalgamation, there arose many opportunities to re-evaluate client programs to gain efficiencies and ultimately improve service delivery. One exciting result of this review was a project undertaken in the Kawartha Lakes Supportive Housing Program (SHP). The project involved the implementation of a Housing Retention model with the goal to support clients towards more independent housing. This would increase the capacity of the organization to take on more new clients, while maintaining the housing stability and mental wellness of our current clients.

At the outset, the SHP consisted of 87 clients, all receiving services from a Mental Health Case Manager, even though many of them no longer required intensive mental health support. Providing case management to these 87 clients created a bottle-neck in the Case Management Program which did not align with the CMHA HKPR values of recovery-focused service delivery. Each of the 87 clients were contacted and asked if they would be interested in participating in a program designed to increase their independence and further their

recovery. After a review process, 60 clients were identified that might be appropriate for such a project. Of these 60 clients, 47 were appropriate for Housing Retention support and discharged from the active Case Management Program. Only 3 clients of the 47 transferred to the new model have required re-admission to case management.

This project has been considered very successful for a number of reasons. First, when clients were eventually transferred from the case management services to housing retention services, the wait list for those waiting for case management services was immediately reduced, thus allowing admission of new clients. Further transfers from case management services to housing retention will take place over 2014, following the hire of an additional Housing Retention staff member, allowing more new clients to be supported through case management. Secondly, the clients who moved to the housing retention program become more independent, thus meeting our recovery model, but remain secure in the knowledge that more support is available to them, if necessary.

Ontario Telemedicine Network Clinic

The Ontario Telemedicine Network Clinic opened at the new Water Street location in August 2013. Staffed by a Registered Nurse, the Telemedicine Clinic provides access to health care for the residents of Peterborough City and County who would otherwise be unable to attend a clinical appointment based on location and need for travel. Through telemedicine, patients are connected to health care providers and specialists using a two-way videoconferencing system, along with the latest tele-diagnostic instruments.

The move to the new site allowed for the addition of a second clinical room and separate office space for the nurses on staff. With the additional room the clinic saw an increase in referrals and through funding from

the Central East LHIN, the clinic was able to bring on a part-time nurse for a three month period. Throughout the year, the OTN Clinic saw a total of 1,654 patients, 1,479 of which were mental health related. Last year the clinic saw a total of 365 patients, 288 of which were mental health related.



Jill Staples, RN, sets up a client in our OTN Clinic located at 415 Water Street. Photo by Miranda Studios

Lighthouse Community Centre

The Lighthouse Community Centre provides a safe and supportive environment for individuals who are living in poverty.

Support for visitors includes engagement and assessment activities, crisis-intervention services, referrals when appropriate, advocacy, planning, promoting a positive and welcoming atmosphere and developing and maintaining collaborative relationships with other community partners. Partners include Kawartha FEST, the City of Peterborough and volunteers from local churches and students from Lakefield College School.

The Lighthouse Community Centre is open 7 days per week and snacks and a meal are provided daily. The Lighthouse served 34,345 meals. 4,129 volunteer hours were contributed to the centre.



The Lighthouse Community Centre located at 99 Brock Street, Peterborough.

Lynx - Early Psychosis Intervention

It was another busy and exciting year for the Lynx Early Psychosis Intervention Program. In September, Kelly Robinson joined the team as the new Clinical Program Manager after Gord Langill took a senior management position within the agency. Kelly brings with her years of experience as a front line worker as well as a program manager within the mental health field.

In January 2014, Lynx moved into their new location at 415 Water Street. This opportunity has allowed the program to create a larger, youth-friendly space that can be used for meetings, social recreation and group activities.

The Lynx Program also began work on a design for a mural on the side of the building to brighten the wall and draw attention to the Lynx Program. They will be inviting a local artist to work with clients and staff to complete the mural.

Lynx also partnered with Art for Awareness, a local

theatre collective, in their creation of “Erasing the Stigma”, to provide education and reduce the stigma associated with psychosis.



The Lynx Program's youth friendly meeting space at 415 Water Street.

Mental Health Case Management

During the integration process, the Peterborough and Kawartha Lakes Intake staff worked diligently to ensure that services in both communities were aligned. The hope was to provide the same service regardless of what door the client happened to arrive at. We also wanted to support transitioning clients from one community to the next without

the need to repeat the assessment process. We are very pleased to report that over the last year we successfully aligned our program operating manual, our assessment process, and our Intake Worker position descriptions. We continue to collaborate and improve the quality of our processes, building on what each community has to offer.

Health Promotion

Team55 Tackle Suicide Awareness

Following the tragic death of their son, Dave and Heather Pogue approached CMHA HKPR for help in supporting a campaign focussed on suicide awareness. They wanted to host an event that would raise money to provide suicide prevention education. They also wanted to promote education to grade 9 students to emphasize the importance of mental health and suicide awareness, with the long term plan to see suicide prevention education expand to all grade 9 students, across the province. Their mission statement is simple; Team55 wants to create a suicide safe community.

Team55 is well on their way to doing so. They have inspired the community to come together to embrace the importance of suicide awareness and prevention. By engaging the Adam Scott Junior Football Team, they held a football match called "Friday Night Lights". \$20,000 was raised that night alone. Team55 then went on to secure tackle sponsors. Most sponsors donated \$426 each, matching the 426 tackles completed by the Junior Lions. As well, along with on-line donations, a number of local businesses held BBQ's and other fundraisers, bringing the fundraising total to \$55,000 by early 2014!

Two semesters of the pilot curriculum have been delivered at Adam Scott. Team55 has met with the local school board to discuss strategies for the 2014-15 school year, to expand the delivery of suicide prevention education. Team55 has directed \$10,000 towards CMHA HKPR programs including Kids on the Block and Four County Crisis, as well as \$1,000 to Art for Awareness. Furthermore, investments in suicide prevention training include educating trainers in safeTALK, a suicide prevention program



The Adam Scott Junior Football Team at the First Annual Friday Night Lights Football Game.

focussed on equipping the average person with life-saving skills in suicide prevention. Team55 then supplements the cost for community members to take the training.

Breaking the stigma of suicide has been critical to Team55's success. Through Team55's partnership with CMHA HKPR, our community is becoming more suicide aware. Through fundraising and awareness initiatives, we are one step closer to a suicide safe community. Team55 includes Dave and Heather Pogue, Brenda Hill, Cathy Bedford, Vik Kulla, Jeff Challice, Dani Buck and Ed Dillon. Team55 are recipients of the 2014 "Champion of Mental Health" award, for their work in promoting suicide awareness and prevention. If you need help now, call CMHA HKPR's Four County Crisis (4CC), available 24 hours a day, at 705-745-6484 or 1-866-995-9933.

For more information on suicide prevention training by qualified mental health professionals, call Kerri Davies at 705-748-6687 ext. 1048 or email kdavies@cmhahkpr.ca.

Art for Awareness

Art for Awareness (AFA), is a local performance group founded by Geoff and Rachel Bemrose and Marsi Lukianchuk. AFA's mission is to raise awareness of social issues through various art performances. In April of 2013 they presented "Next to Normal", a Pulitzer-prize winning production, exploring how a suburban household copes with mental illness. Following the spectacular reception of this performance, AFA presented "Erasing the Stigma" in October 2013.

"Erasing the Stigma" was an impactful and intelligent performance through vignettes of dance, music and spoken word featuring stories of persons living with various forms of mental illness. AFA was sponsored by



Lynx, the Schizophrenia Society of Ontario, CMHA HKPR and the Human Service Justice Coordinating Committee. Following a request by CMHA HKPR, excerpts of the performance was included as part of the "Mental Health for All" event at Fleming College with Clara Hughes. Through funds raised at that event and \$1,000 donated by Team55, the event was again launched at Showplace in 2014 and was seen by over 1,000 people, including over 600 high school students.

Art for Awareness are recipients of the 2014 "Champion of Mental Health" award, for their work in reducing the stigma of mental illness.

Catering PLUS

There has been no slowing down for the cooks at Catering PLUS. In September, Catering PLUS hired Ben Anderson as the new Head Chef and Catering Services Team Leader. Ben has spent the past fourteen years honing his skills in various restaurants throughout Peterborough. Most recently, Ben worked as the Head Chef at the Black Horse Pub and Restaurant.

Catering PLUS has been working diligently to create fantastic new dishes for their Take Home Meals and Wedding menus.



The Catering PLUS staff members Jim Vaughan, Ben Anderson - Head Chef, Ann Marie Bakker and JoAnne Klinkhamer. Photo by Miranda Studios

Catering PLUS received a \$12,000 grant through the Community Futures Development Corporation in March of 2014. With this money Catering PLUS was able to purchase 2 industrial fridges, 2 stainless steel prep tables, a mini industrial dish washer, a bun rack and a GPS system for deliveries.

Along with these exciting new additions, Catering PLUS also welcomed a new logo and menu makeover.



A look inside the kitchen of Catering PLUS, located at 386 Water Street, Peterborough. Photo by Miranda Studios

Staff Story: Kait Kelly

It is very apparent that Kait Kelly is invested in the work that she is doing at CMHA HKPR. Her experience within the organization began as a placement student, shortly thereafter extending into positions in Safe-Beds relief, 1:1 support through the Dual Diagnosis Program, Peer Outreach Kawatha Lakes, Peer Outreach Peterborough, PHOENIX and Reach for Recovery Kawartha Lakes.

Throughout each experience, Kait has kept the focus of her work where it matters most, on the client. Using the principles of hope and recovery, mutual respect, dignity, authenticity, trust, integrity, wellness and personal growth, Kait consistently demonstrates these qualities as the foundation of her work.

Her strength also extends into dynamic and creative program development; some examples are Photo-Voice, Life Skills for Homelessness Prevention, Threads of Hope and Art Opportunities. Most recently her work with community partner "Seeds of Change" was recognized and featured in their newsletter and website.

Each program that she has been involved in has been impacted positively by her presence, through improvement in the quality of its curriculum, positively influencing the dynamic of the team and emphasizing the message to each and every client that hope and recovery are possible.

- Christine Crough, Program Manager



Kait Kelly sings at the Winter Cafe Night.

Accessibility at CMHA HKPR

The Accessibility for Ontarians with Disabilities Act, 2005 includes provisions to benefit all Ontarians by developing, implementing and enforcing accessibility standards in order to achieve accessibility for all Ontarians. Compliance to these standards may include removing barriers that prevent a person from accessing services, accommodations or employment. CMHA HKPR is proud of the steps we have taken over the past year to improve accessibility to our clients and employees.

Four County Crisis Safe-Beds program provides short term respite for members of the community experiencing a crisis, which may not necessarily be mental health related but may require the need for a supportive living environment. Only one of the six rooms provided access to an accessible washroom and was located on the ground floor of the building. Since the common lounge area was located on



the second floor, persons with mobility issues were unable to access areas of the home beyond the ground floor. In July 2013, following a suggestion made by Safe-Beds Supervisor Jean Kehoe to explore the possibility of installing a stair lift, estimates were obtained from various local suppliers and a fundraising campaign was undertaken. Medichair was selected as the supplier of the stair lift, providing a substantial discount on the final costs of

the project. Brendan Moher, a local lawyer who had grown up in the home where Safe-Beds is located was the first donor. Donations were received over the following months, including a large donation from Forecast, a community partner providing addictions treatment.

The stair-lift was installed in the spring of 2014 and access is now available for all suites. As well, funds raised were also

used to create an accessible bathroom on the second floor, thus enabling persons with disabilities to be accommodated in all rooms.

415 Water Street provided more office space for CMHA HKPR, following amalgamation, moving Finance, Human Resources, Development and Communication departments from the overcrowded space at 466 George Street. As well, the Ontario Telemedicine Network (OTN), Supportive Housing and the Lynx Program were also relocated. While 415 Water Street offered more space, the steps from the street level to the offices provided a challenge. Thus a grant from the Federal Government in the amount of \$50,000 was obtained, along with CE LHIN funding of \$68,000 allowing a lift to be installed at the main entrance to the building and a barrier free washroom. This feature has been particularly important in providing barrier free access to clients in the OTN clinic.

Kawartha Lakes REACH location and the Kawartha Lakes CMHA HKPR office were also both re-located in the spring of 2014, providing improved accessibility to clients and employees. Staff and clients have enjoyed the expanded space and the convenience of street level access.



Picture Above - REACH for Recovery in Kawartha Lakes provides improved accessibility to clients and employees through a side entrance and a lift.
Picture Above Left Tracy Graham, Program Manager, stands beside the new stair-lift at Four County Crisis Safe Beds.

Vocational Services

Following the receipt of a \$34K grant from the Ministry of Training, Colleges and Universities, “Partners in Employment” now has a state of the art employment resource lab. This new technology enhances our capacity to offer training and assistance with job search and resume development. Partners in Employment's “Preparing for Success” Program has been listed as a critical life skill intervention in the Ontario Work’s report “Building Employment Readiness.” The program assists people with progression in career management, job search, work history, career decision making, self efficacy and social supports. Through “Making it Work” we were able to engage with 239 new employers to develop a network of job prospects.



Vickie Wilson and Amanda Stuart of Vocational Services.
Photo by Miranda Studios

CANADIAN MENTAL HEALTH ASSOCIATION,
HALIBURTON, KAWARTHA, PINE RIDGE BRANCH

STATEMENT OF OPERATIONS
For The Year Ended March 31, 2014

	Operating Fund \$	Reserve Fund \$	Total 2014 \$
Revenue			
Grants			
Ministry of Health and Long-Term Care/LHIN	8,453,517	-	8,453,517
Ministry of Health and Long-Term Care - Housing	1,069,434	34,348	1,103,782
Ministry of Community and Social Services	1,072,022	-	1,072,022
Ministry of Children and Youth Services	65,214	-	65,214
Ministry of Training, Colleges and Universities	197,800	-	197,800
Ministry of Health Promotion and Sport	1,855	-	1,855
City of Peterborough	170,393	-	170,393
City of Kawartha Lakes	62,072	-	62,072
United Way - Note 8	220,832	-	220,832
Other	114,663	-	114,663
Rental income	118,468	-	118,468
Donations and fundraising	238,665	-	238,665
Interest	17,915	6,325	24,240
Sales	95,723	-	95,723
Training	20,306	-	20,306
Miscellaneous	76,404	-	76,404
	11,995,283	40,673	12,035,956
Expenditures			
Salary and benefits	7,628,103	-	7,628,103
Staff training and travel	355,590	-	355,590
Program costs	599,511	-	599,511
Payments to other organizations	978,227	-	978,227
General office expense	169,467	-	169,467
Professional fees	101,362	-	101,362
Professional fees - psychiatry	302,957	-	302,957
Repairs and maintenance	132,651	-	132,651
Occupancy costs - all facilities	488,415	-	488,415
Interest on long-term debt	155,352	-	155,352
Amortization	312,005	-	312,005
Fundraising	89,833	-	89,833
Rent supplement	609,386	-	609,386
Purchases	43,078	-	43,078
Bad debt expense	1,003	-	1,003
	11,966,940	-	11,966,940
Excess of Revenue Over Expenditures For The Year	28,343	40,673	69,016

Major Funders

Ministry of Community & Social Services
Ministry of Health & Long Term Care
Central East Local Health Integration Network
Ministry of Municipal Affairs & Housing
Ministry of Training, Colleges & Universities
Ministry of Children & Youth Services
Ministry of Health Promotion & Sport

Ontario Trillium Foundation
Community Futures Development Corporation
United Way of Peterborough
United Way of City of Kawartha Lakes
Human Resources and Skills Development Canada
City of Peterborough
City of Kawartha Lakes

Imagine...Mental Health for All

The Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge Branch is undertaking an Annual Giving Program, "Imagine...Mental Health for All". We're keeping it simple! We are inviting community members to join us by pledging monthly, to ensure that we will have the funds to continue and expand the Mental Health Programs and Services in our community.

Knowledge

Hope

Belonging

Your gift can change a life.

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Email: _____



**Canadian Mental
Health Association**
Haliburton, Kawartha, Pine Ridge

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/ \$2,000 annual gift

Please charge my credit card*:

- ☐ On a monthly basis
- ☐ For the annual amount
- ☐ One-time donation of \$ _____

*Members may withdraw from the program at any time.

Cardholder Name: _____

Card Type: _____ Credit Card #: _____

Expiry - MM/YY: _____ Signature: _____

Please send completed form to: CMHA HKPR Manager of Development 415 Water Street, Peterborough, ON K9H 3L9. Inquires can be directed to Kerri Davies at 705-748-6687 ext. 1048 or donate@cmhahkpr.ca.

Charitable Registration No. 10686 3889



United Way
Member Agency

466 George Street, North
Peterborough, ON
K9H 3R7
Tel: 705.748.6711
Fax: 705.748.2577

415 Water Street
Peterborough, ON
K9H 3L9
Tel: 705.748.6687
Fax: 705.748.4078

33 Lindsay Street, South
2nd Floor, Unit C
Lindsay, ON K9V 2Y1
Tel: 705.328.2704
Fax: 705.328.2456