



2015/2016 Annual Report



Canadian Mental
Health Association

Haliburton, Kawartha, Pine Ridge
Mental health for all

Joint Message From The CEO & Board Chair

The Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge (C.M.H.A. H.K.P.R.) 2015-16 annual report highlights the organizations' activities and initiatives over the past year and marks our third year as the amalgamated branch of Peterborough and Kawartha Lakes, promoting and supporting mental health recovery and wellness by working with individuals, families and community partners throughout Haliburton, City of Kawartha Lakes, Peterborough and Northumberland.

We continue to work collaboratively demonstrating high standards of practice and providing the highest quality of care. Our second accreditation, through Accreditation Canada in May 2014, exemplified this ongoing commitment. The board and staff have begun preparations for our third accreditation scheduled for November 20-23, 2017.

Other aspects of our work continue to grow. We are pleased to launch a pilot trustee program in Northumberland this fall, modeled after the Peterborough and City of Kawartha Lakes successful trustee services.

As one of three community crisis service project leads, we look forward to submitting our detailed report, June 30, 2016, to the Central East Local Health Integrated Network (C.E.L.H.I.N.) outlining the requirements necessary to address the gaps in our crisis services throughout H.K.P.R. In the interim, through donations received through Team55's "Breakfast with Babcock" we will launch a 2 year pilot project in June 2016, Assertive Outreach for Suicide Prevention (A.O.S.P.) to support those identified to be at high risk of suicide.

We are extremely well positioned to continue providing the vital services our community has come to rely on. We will continue to focus on

making the best use of our resources and on finding ways to meet everyone's needs.

On March 31, 2016 C.M.H.A. H.K.P.R. successfully negotiated our first 2 year collective agreement with CUPE Local 5258. Through the dedicated commitment of our staff and volunteers, we will continue to support individuals and families as we pursue our vision of mentally healthy people living in an inclusive society free from stigma.

Looking ahead, the board has embarked on updating the strategic plan of the branch commencing in June 2016 and wrapping up early in 2017. We invite you to read our annual report, share our pride and celebrate all the work we do at C.M.H.A. H.K.P.R.



A stylized, handwritten signature of Mark Graham in black ink.

Mark Graham
Chief Executive Officer



A stylized, handwritten signature of Judy Dickson in black ink.

Judy Dickson
Chair of the Board

Four County Crisis and the Safe Beds Program

We Can Help – 24 Hours A Day!

Four County Crisis (4CC) Response is available to community members age 16+, 24 hours a day, 7 days a week. Callers may be experiencing a mental health crisis; overwhelmed by a financial or personal situation or worried about a family member. Regardless of the nature of the call, professional crisis workers will listen, offer information on other supports that may be needed and, if necessary, respond to the crisis through mobile outreach. 4CC includes a Safe Beds Program, providing a short term stay in a safe, peaceful and supportive environment. During their stay, individuals are assisted in finding housing, healthcare support, financial assistance and an opportunity to recover from their crisis.

Need Help?



Family Life, Work, Health,
Concerned About Someone?
Free Professional Crisis Support

705-745-6484
1-866-995-9933
Help Available 24-7

Four County Crisis

20%

16-24 years old

41%

25-54 years old

19%

55-84 years old

20%

age unknown



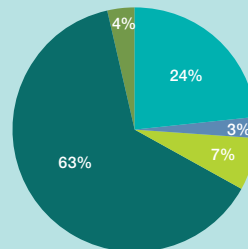
13,006

Phone Calls to 4CC



91

Individuals Received
A Mobile Visit



Individuals Served
By County

City of Kawartha Lakes
Peterborough
Northumberland
Haliburton
Other

Safe Beds Program



156

Individuals Served



1,567

Resident Days
at Safe Beds

31%

16-34 years old

63%

35-64 years old

5%

65-84 years old

1%

age unknown

Health Promotion & Education

 **7,429**
Individuals Received Mental Health Education

 **144**
Individuals Trained in ASIST

 **11,811**
Individuals Received Public Education

 **369**
Individuals Trained in safeTALK

 **136**
Individuals Trained in Mental Health First Aid

Kids on the Block

A troupe of life size puppets available to elementary school audiences relaying mental health and mental wellness messages. Thank you to our Collaborative Presentation Partners for 2015/16: The Council for Persons with Disabilities, Peterborough Public Health, Peterborough Petes and Peterborough Northumberland Crimestoppers.

 **11,060**
Children Attended KOB Presentations

 **5,000**
Kms Travelled for Presentations

 **126**
Presentations

 **60**
Venues Attended

 **4**
Cost in Dollars For A Child to Attend a Kids On The Block Presentaion



Ontario Telemedicine Network

 **1,334**
Mental Health Appointments

 **262**
Medical Appointments

 **118**
Different Consultants

 **19**
Different Areas of Clinical Services

The Lighthouse Community Centre

How a cup of coffee can change a life

The Lighthouse Community Centre provides support to individuals living in poverty, providing a hot meal while connecting them to programs and services. While the staffing of the mental health professionals are paid for through a partnership with the City of Peterborough, C.M.H.A. relies on Kawartha Food Share and community donations to provide the food. Through a partnership with Kawartha Fest and over 400 hours of volunteer work a month, 140 meals a day, over 44,000 meals a year, are prepared and served to the Lighthouse visitors.

Every day we go through two large 930 gram cans of coffee, countless cups providing comfort and a reason to drop by. As one visitor states “I have been a single mom for 4 years and have gone through a lot. It’s nice to come to the Lighthouse where I can have a coffee and talk with friends I have met. Many just come for coffee and chat. They are people like me who have no family.”

Over a cup of coffee, visitors will connect with mental health professionals. Another visitor states, “I come to the Lighthouse every day and look forward to coffee. It gives me a reason to come here. The Centre has changed my life through the people I meet and the people I help. The Lighthouse has shown me how to be a whole person.”



400

Volunteer Hours
Per Month



44,000

Meals Served A Year



730

Kgs of Coffee
Per Year

C.M.H.A. H.K.P.R. invites the community to help keep the coffee flowing at the Lighthouse and keep the connections going. Donations of coffee, sugar and whitener can be dropped off at 415 Water Street, Peterborough. As well, as local gardens burst with produce over the summer, donations of fresh produce is also welcome.

Making it Work and Partners in Employment

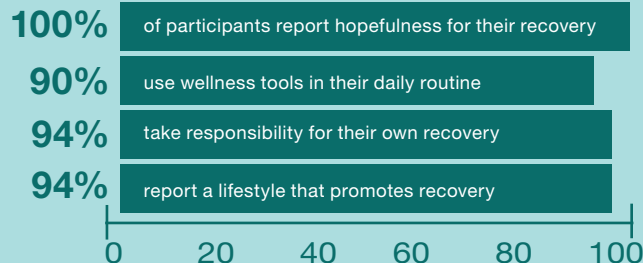
Having a job is life changing, but it's not just about providing financial security. Having meaningful employment is about dignity, about being able to make choices, to have a sense of self-worth, autonomy and empowerment.

Local business owners, such as this year's Champion of Mental Health, Shawn Wilson of Freshco on Landsdowne Peterborough, is a valuable partner of C.M.H.A. H.K.P.R. and our Making it Work Program and Partners in Employment Vocational Services. Mr. Wilson provides employment opportunities and works together with the client and C.M.H.A. to create stability, work through challenges and ensure that the employer/employee relationship is productive and positive.

Wellness Recovery Action Plans Developed Through Peer Support

The W.R.A.P Program, supported by Peer Support and Outreach workers make significant impacts in peoples lives through this self-management and recovery system developed by people living with mental health difficulties who are struggling to incorporate wellness tools and strategies into their lives. W.R.A.P. participants report an ability to decrease and prevent intrusive or troubling feelings and behaviours, increased personal empowerment, improved quality of life and success in achieving their goals and dreams.

After completing the W.R.A.P:



Family W.R.A.P. program was launched in the spring of 2016 to support individuals supporting loved ones living with mental illness.

R.E.A.C.H. for Recovery

Recovery – Empowerment – Advocacy – Community – Hope

The R.E.A.C.H. for Recovery program in Lindsay provides a therapeutic, safe environment that promotes personal recovery through psychosocial educational programming in a community setting. Following a desire to reach out to the community while celebrating local talent, “Café Nights” were created in 2011. Through music, poetry, story telling and spoken word, participants further one of the goals of R.E.A.C.H. to help break down the stigma surrounding those living with mental illness. Since 2011, 7 events have taken place, including the most recent Spring Café Night 2016. Funds raised at the Café Nights go towards the purchase of equipment to enhance R.E.A.C.H. programming, including saving for a new sound board for the musical group “The Reachers”.



“The Reachers” performing at Fall Café Night 2015.

Supportive Mental Health Starts with Housing

Housing is a basic human right and requirement for good health. When housing is inadequate or unavailable, individual and community well-being may suffer. Adequate, suitable and affordable housing contributes to our physical and mental well-being. It leads to increased personal safety and helps decrease stress, leading to improved sleep and diet. All of these factors result in better mental health outcomes. C.M.H.A. H.K.P.R. is pleased to provide a total of 309 supportive housing units, including the addition of 24 new units this year.

Peterborough has 186 units including 7 new units in partnership with the Brain Injury Association, 5 new units for Transitional Aged Youth with a Dual Diagnosis (Developmental Disability and Mental Illness) and 8 new units in partnership with FourCast to support those living with addictions, who are homeless or those at risk of homelessness.

Kawartha Lakes has 99 units – no new units.

Northumberland has 24 units, including 4 new units to support individuals living with addictions who are homeless or at risk of homelessness.



309
Housing Units



24
New Units

My Name is Andrew – A Client Story

My name is Andrew and I would like to share my story of recovery from mental illness and addictions, with the hope that it will help others with their recovery. I've accomplished a lot, but it wasn't an easy road.

In 2004 I moved to Peterborough to be closer to my mom and brother. I was in crisis a lot because of my mental health symptoms and I needed support. I struggled with an unstable mood, anxiety and stress; financial troubles, intellectual and learning disabilities as well as drug and alcohol abuse. I was in emotional pain and I was trying to hide my emotions instead of managing them. My journey began when I filled out an application at C.M.H.A. to help me find my own housing, help with budgeting and help to stabilize my mental health.

“I've accomplished a lot, but it wasn't an easy road.”

I started work with a C.M.H.A. case manager and then I got my own apartment and help from a housing support worker. I also got a trustee worker to help me budget and pay my bills. Things went well for a time, but then my landlord sold my apartment and I started couch surfing; putting pressure on my friends. I also got back into drugs and alcohol to manage my stress and anxiety, which only made things worse. With the help of Four County Addictions Services Team (4CAST) I learned new skills to cope.

In 2011 I started the Georgianwood Concurrent Disorder Program in Penetanguishene to learn about my illness and my addictions. I was there for 2 ½ months and I learned a heck of a lot about how alcohol and drugs were harmful to me and how to stay clean and sober. I continue to work hard to strengthen my skills through C.M.H.A. groups including Mindfulness, Emotional Skills group and am now working on an Assertiveness Program.

Today, I have a heck of a lot to be proud of. I graduated from the Trustee Program and have been managing my own money for 5 years. I'm more independent, attending appointments on my own. I set better boundaries with friends and supports. Instead of calling an ambulance when I feel a crisis coming on I am more mindful and patient and let my anxiety pass away. I can't remember the last time I called the crisis line, but I know they are there if I need them. I attend NA and AA meetings and work the steps with my sponsor. I don't worry as much and have learned to stay in the moment, with my uncertainty.

I would like to thank all the professional and personal supports I have received, including P.R.H.C., Telehealth, The VON 360 Clinic, The Health Unit, 4Cast, Westmount Pharmacy, C.M.H.A. and their Four County Crisis Program, my psychiatrist, my friends and my family.



CMHA HKPR is proud to award Andrew the 2016 “Achievement through Adversity Award” for his courage and tenacity to reach his goals and his determination to be a role model to others.

Team55 - Let's Tackle Suicide Awareness



For the past three years Team55's suicide prevention initiative have encouraged community dialogue about the urgency to work toward a suicide safer community. Through public events such as Team55's annual "Friday Night Lights" football game and "Breakfast with Babcock", thousands of community members have heard the powerful story of one family's loss of a loved one by suicide and their determination through education and awareness to prevent others from this tragedy.

Since September of 2013, over \$200,000 has been raised. The Breakfast with Babcock event alone raised over \$73,000, which have been directed towards funding of the new program, Assertive Outreach for Suicide Prevention (A.O.S.P.). Other Team55 funds have been directed towards suicide prevention education, including supplementing the cost of safeTALK. This 3 hour certificate program teaches participants not to miss, dismiss or avoid conversations with people at risk of suicide and teaches skills to help them connect to those at risk to professional help. Team55 Dave Pogue states, "Team55 is very proud to have supported 934 individuals in our community to take safeTALK." Team55 was also instrumental in supporting the Ontario Hockey League in developing their Talk Today program, geared towards mental health education and suicide prevention for Junior A Hockey Players.



Pictured top left to right: Dave Pogue with Toronto Maple Leafs Head Coach Mike Babcock, Team55 volunteers at Friday Night Lights. Bottom: Dave Pogue, Tracy Graham - Program Manager 4CC, former CFL Grey Cup Champion Gabe Robinson, Crestwood student winners of 'That's What Kids Can Do!' Julia Leeson, Olivia Earl and Jacob Parnell, Keynote Speaker Michelle Mackey - National Weather Anchor, Weather Network.

"Team55 is very proud to have supported 934 individuals in our community to take safeTALK."
— Dave Pogue, Team55

Talk Today

Talk Today is a joint initiative of C.M.H.A. Ontario and the Ontario Hockey League (O.H.L.) originally developed by C.M.H.A. H.K.P.R. and piloted with the Peterborough Petes. The program promotes the mental health of young athletes and raises awareness about suicide. Since it's inception in 2014, 670 players, 160 billets (families who house players) and more than 85 coaches and office staff have been trained in the 3 hour safeTALK training. A further 8 coaches, 10 billets, three players and three office staff have taken the two day Applied Suicide Intervention Skills Training (A.S.I.S.T.) Both are accredited training programs designed to recognize persons with thoughts of suicide and how to take action.

We know that the number of 12 to 19 year olds at risk for depression is a staggering 3.2 million. Furthermore, suicide is the second-leading cause of death for young Canadians between the ages of 10 and 24, and 70 percent of mental health problems appear during childhood or adolescence. As of 2016, Talk Today has been implemented across Canada, linking 60 of the major Junior A teams with their local C.M.H.A. branch, including the Western Hockey League and the Quebec Hockey League. The Talk Today program has been instrumental in creating community opportunities to talk about teen mental health, within the sports community and beyond.



Peterborough Petes Captain Eric Cornel, CMHA HKPR Manager of Development Kerri Davies, CMHA HKPR CEO Mark Graham, RBC Royal Bank Regional Vice President Scott Mancini, Hamilton Bulldogs Captain Niki Petti.

CMHA HKPR and Team55 pilot new Suicide Prevention Program

In early 2015 our local community was devastated by a number of suicides of individuals of various ages, genders and backgrounds. As part of Team55's ongoing efforts to work with the Canadian Mental Health Association to support a suicide safer community, they challenged us to develop a new strategy to help support people in our community identified to be at high risk of suicide. Through research and collaboration with our community partner, the Peterborough Regional Health Centre, the Assertive Outreach for Suicide Prevention (A.O.S.P.) two year pilot project was developed.

Commencing in the summer of 2016, A.O.S.P. will operate under the umbrella of C.M.H.A. H.K.P.R.'s Hospital to Home Program, connecting hospital and community health services through the H2H Program and our Four County Crisis and Four Counties Safe Beds Programs. The A.O.S.P pilot project is funded entirely through donations, with Team55 providing 50 percent of the funding for two years.

60 JUNIOR A
teams now linked with
their local CMHA branch

80,000 INDIVIDUALS
attended OHL awareness games to hear
positive messages about mental health

800 PLUS
participants trained
in safeTALK, plus
another 25 trained
in ASIST

3,000,000 REACHED
through social media using
the hashtag #TalkToday



Paul's Dirty Enduro Celebrates 20 Years

On September 19, 2015 over 300 mountain bikers took to the hills of the Ganaraska Forest Centre in celebration of the 20th Anniversary of Paul's Dirty Enduro. This cycling event was founded by the family and friends of Paul Rush to remember and celebrate his love of mountain biking, while also creating an opportunity to talk about ways to support people living with mental illness and help prevent suicide. Over the years, over \$250,000 has been raised from this annual event supporting mental health education including Kids on the Block and suicide prevention initiatives, including training trainers for Applied Suicide Intervention Skills Training (A.S.I.S.T).

After 20 years, the Rush family has decided to re-vision the annual event and in September 2016 will gather together with friends and long-time riders at "Paul's Tune-Up" to see what the next 20 years will bring.

Herod Financial Services 10th Annual Golf Tournament



Sunny skies and a record number of golfers turned out to celebrate the 10th Anniversary of the Canadian Mental Health Association's "Healthy Minds, Healthy Life" Annual Golf Tournament, sponsored by Kevan and Roberta Herod of Herod Financial Services.

Did You Know?



4,268
Case Management
Recipients



1,928
Twitter Followers



26,012
Phone Interactions



934
Facebook Likes



22,417
Face to Face Interactions



1,353
Tweets Since 2013



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

Statement of Revenue and Expenses Year Ended March 31, 2016

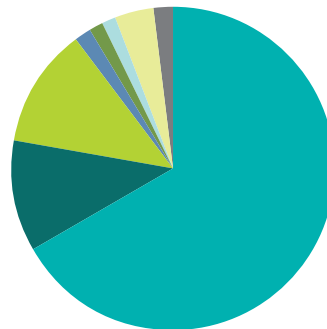
REVENUE

	2016	2015
Ministry of Health and Long-Term Care/LHIN	\$7,904,398	\$8,579,948
Ministry of Health and Long-Term Care-Housing	1,308,893	1,228,555
Provincial Funding	1,361,750	1,320,486
Municipal Funding	205,856	208,177
Other Charitable Grants	163,414	365,059
Rental Income	140,506	136,988
Donations/Fundraising/Training Revenue	463,927	279,552
Interest/Sales/Misc.	219,868	177,550
	\$11,768,612	\$12,296,315

EXPENSES

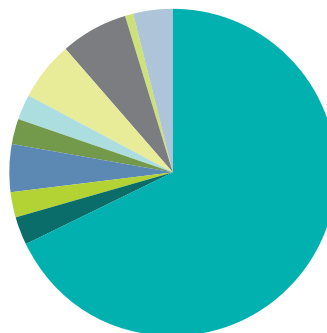
	2016	2015
Salary and Benefits	\$7,830,999	\$7,793,822
Staff Training and Travel	327,211	344,091
Payments to Other Organizations	297,151	1,033,695
Program Costs	534,073	486,201
General Office Expenses/Professional Fees	288,456	255,336
Professional Fees - Psychiatry	297,07	300,367
Repairs/Maintenance/Occupancy Costs	676,589	760,943
Rent Supplement	769,831	674,858
Fundraising	82,920	96,806
Interest on Long-Term Debt/Amortization	440,475	429,416
	\$11,544,778	\$12,175,535

EXCESS OF REVENUE OVER EXPENSES	\$223,834	\$120,780
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REVENUE

- Ministry of Health and Long-Term Care/LHIN
- Ministry of Health and Long-Term Care-Housing
- Provincial Funding
- Municipal Funding
- Other Charitable Grants
- Rental Income
- Donations/Fundraising/Training Revenue
- Interest/Sales/Misc.



EXPENSES

- Salary and Benefits
- Staff Training and Travel
- Payments to Other Organizations
- Program Costs
- General Office Expenses/Professional Fees
- Professional Fees - Psychiatry
- Repairs/Maintenance/Occupancy Costs
- Rent Supplement
- Fundraising
- Interest on Long-Term Debt/Amortization



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

PETERBOROUGH PROGRAMS & SERVICES

466 George Street North, Peterborough, ON K9H 3R7
Phone: 705-748-6711

KAWARTHA LAKES PROGRAMS & SERVICES

33 Lindsay Street South, 2nd Floor, Lindsay, ON K9V 2L9
Phone : 705-328-2704

ADMINISTRATIVE OFFICE

(Ontario Telemedicine/Early Psychosis Intervention)
415 Water Street, Peterborough, ON K9H 3L9
Phone: 705-748-6687

Email: info@cmhahkpr.ca
www.cmhahkpr.ca

EDUCATION & TRAINING

Jack Veitch
Phone: 705-748-6687 ext. 1015 or Email: jveitch@cmhahkpr.ca

DONATIONS

Kerri Davies
Phone: 705-748-6687 ext. 1048 or Email: kdavies@cmhahkpr.ca

MAJOR FUNDERS

Central East Local Health Integration Network
City of Kawartha Lakes
City of Peterborough
Human Resources and Skills Development Canada
Ministry of Children & Youth Services
Ministry of Community & Social Services
Ministry of Health & Long Term Care
Ministry of Health Promotion & Sport
Ministry of Municipal Affairs & Housing
Ministry of Training, Colleges & Universities

MAJOR DONORS

Community Foundation of Greater Peterborough
Community Futures Development Corporation
Ontario Trillium Foundation
RBC Foundation
Team55 Let's Tackle Suicide Awareness
United Way of City of Kawartha Lakes
United Way of Peterborough & District

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.