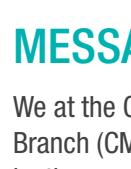


ANNUAL REPORT

2014–2015

“ ”



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

BE MIND FULL

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

MESSAGE FROM THE CHAIR AND CEO

We at the Canadian Mental Health Association Halton Region Branch (CMHA-HRB) have been encouraged and inspired by the growth and development we have experienced this past year as we continue to work towards the three priority areas of our strategic plan: Excellent Care, Continuous Quality Improvement, and Organizational Excellence.

We have continued to focus on nurturing our existing partnerships and building new ones to help more people learn about mental health, addictions, and improving their wellness. Everyone has a role to play in creating a healthy, caring, and supportive community, and we are proud to help lead the way to achieving this goal in Halton Region.

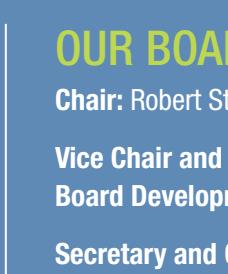
We are inspired by each and every opportunity we have to reach out and help to reduce stigma. As we are connecting with leaders in our community, we have increased our efforts to educate organizations about the importance of mental health and addictions in the workplace, and we have offered more educational courses and workshops to help people learn how to best support and encourage others.

We thank our staff, Board, volunteers, and supporters for their passion for health and wellness and for all that they have done and continue to do to improve and save lives every day.

Sincerely,

Robert Struthers
Chair, CMHA-HRB

Radhika Subramanyan
Chief Executive Officer,
CMHA-HRB



MISSION

Improving the well-being of our community through high-quality mental health and addiction services.

VISION

Mentally healthy people in a healthy society

OUR VALUES

Respect
Excellence
Accountability
Collaboration
Hope

OUR BOARD OF DIRECTORS

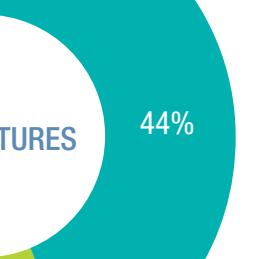
Chair: Robert Struthers

Vice Chair and Chair of the Nominating and Board Development Committee: Michele Sparling

Secretary and Chair of the Quality Committee: Peter Snow

Chair of the Audit Committee: Ali Mir

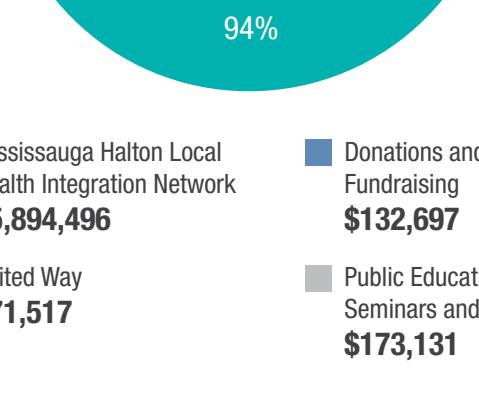
Directors: Betty-Lou Kristy, Stephanie O'Keefe, Karen Or, Heather Anderson, George Collett, Tony Nikolovski, Tracey McKinley



ACCREDITATION

We are proudly in our second year of Accreditation with Exemplary Standing with Accreditation Canada.

FINANCIAL POSITION



\$6,271,841

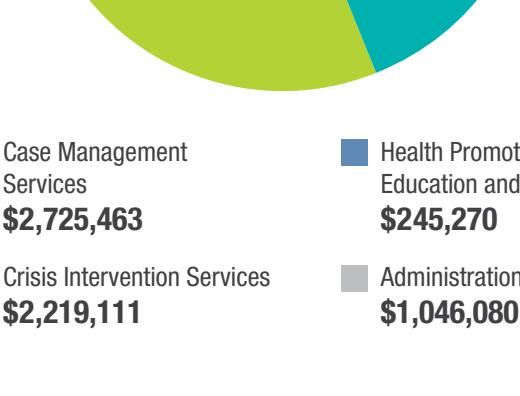
TOTAL REVENUE

Mississauga Halton Local Health Integration Network
\$5,894,496

United Way
\$71,517

Donations and Fundraising
\$132,697

Public Education Seminars and Other
\$173,131



\$6,235,924

TOTAL EXPENDITURES

Case Management Services
\$2,725,463

Crisis Intervention Services
\$2,219,111

Health Promotion, Education and Other
\$245,270

Administration
\$1,046,080

“You will never fully understand how your services and exceptional staff helped me.”

—a CMHA-HRB client

REVENUE TREND

2014–2015	\$6,271,841
2013–2014	\$6,235,035
2012–2013	\$6,131,512
2011–2012	\$6,027,823
2010–2011	\$5,753,921

OUR IMPACT

WE HELPED MORE PEOPLE*

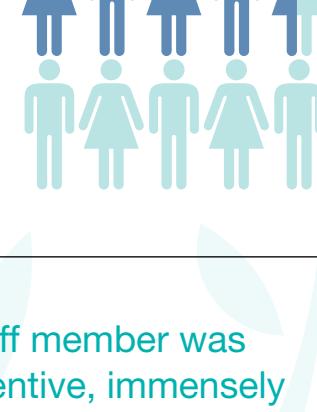
4,397

people living with mental health and addiction concerns were supported to improve their wellness, well-being, and quality of life through our services



43%

more people who have a mental health/addiction concern and a developmental delay



13%

more people in crisis to get help and stay safe

2,421

people learned more about mental health, addictions, and community services at events, presentations, and courses and through Information and Referral

250%

more people learned how to support others experiencing mental health concerns or crises at Mental Health First Aid courses

* Compared to 2013/14

REACHING OUT TO OUR YOUTH

We trained two team members as instructors of the Mental Health First Aid for Adults Who Interact With Youth course to help people learn more about mental health concerns, addictions, and providing support to youth.



We launched Just Be You, a weekly peer-to-peer support program for youth 15-22 who are impacted by mental health issues, with funding from Shine Out! Shout Out! and the Oakville Community Foundation.



Our staff takes on Probation and Parole in a friendly game of baseball



Representatives of Shine Out! Shout Out! accept the 2014 Marlene Longdon Award

CONNECTING WITH OUR COMMUNITY

We released our Wellness Now suite of educational offerings in February 2015 to help more workplaces and groups learn about health and wellness.

We hosted our annual free speaker's event featuring Michael Landsberg in June 2014 and our Mental Illness Awareness Week Green Breakfast featuring Karen Liberman in October 2014 to help people learn more about mental health, mental illness, and reducing stigma.

We increased the number of counselling appointments available at our free Walk-in Counselling program to provide accessible support with no wait list.

We completed renovations in our Georgetown office to create an accessible meeting space to better serve our clients. This space is also available to other mental health and addiction agencies in Georgetown.

"The level of professionalism has helped to restart me and has enabled me to start to continue to move in a positive direction."

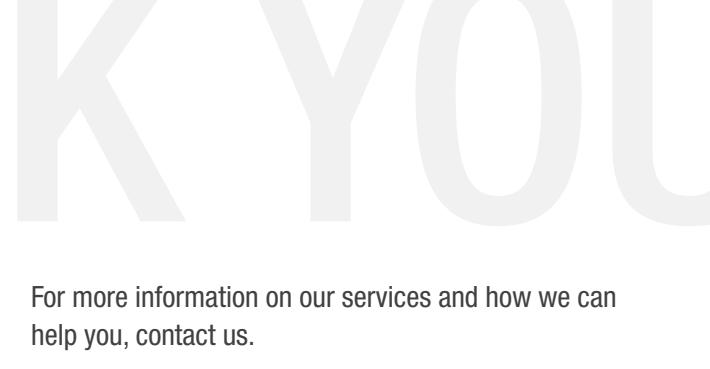
—a CMHA-HRB client



Free Annual Speaker's Event with Michael Landsberg



The Howard family accepts the 2014 Marlene Longdon Award



Our staff discusses COAST on Cogeco Cable's @Home show

WORKING TOGETHER TO PROMOTE WELLNESS

We participated in the Mood Walks program, a partnership between CMHA and Hike Ontario to promote physical activity for mental health, and guided participants on weekly walks at Halton trails and conservation areas during the spring and summer.

We were chosen by Tim Hortons as the beneficiary of their Smile Cookie campaign at their Georgetown locations in September 2014.

As part of our Community Concurrent Disorders Program (CCDP) partnership, we launched Take Time Fridays, a weekly education group that supports recovery and offers peer support for people living with addiction concerns.

FUTURE DIRECTIONS

- Helping to create and support mentally healthy workplaces
- Building our capacity in peer support
- Establishing and nurturing strategic partnerships

For more information on our services and how we can help you, contact us.

Phone: (905) 693-4270

Toll-free: 1-877-693-4270

24/7 CMHA COAST

Crisis Line: 1-877-825-9011

www.halton.cmha.ca

info@cmhahrb.ca

@cmhahalton

cmha.halton