



Canadian Mental Health Association
Halton Region Branch
Mental health for all

2013-2014 ANNUAL REPORT

OUR IMPACT

4366

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

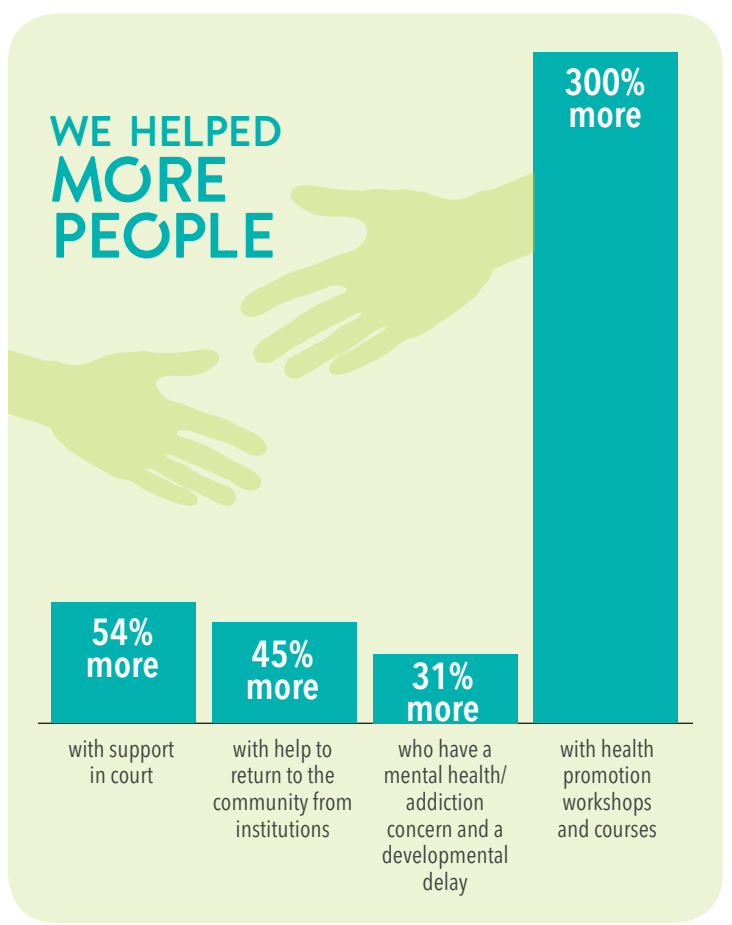
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people learned more about mental health, addictions, and community services at events, presentations, and courses, and through Information and Referral



"One of the best, most helpful therapeutic experiences in my 20+ years' experience."

- CMHA-HRB client



DOING MORE

WE BELIEVE IN LEARNING

- Mental Health First Aid, Living Life to the Full, and safeTALK courses are now provided to help our community learn about mental health, addictions, and supporting others.
- 79% of our full-time direct service staff are becoming experts in mental health and addictions by completing concurrent disorders best practice training. We are striving to have 100% of our full-time direct service staff complete this training over the next year.
- We are now on Facebook to share ideas, information, and journeys about mental health and addictions.

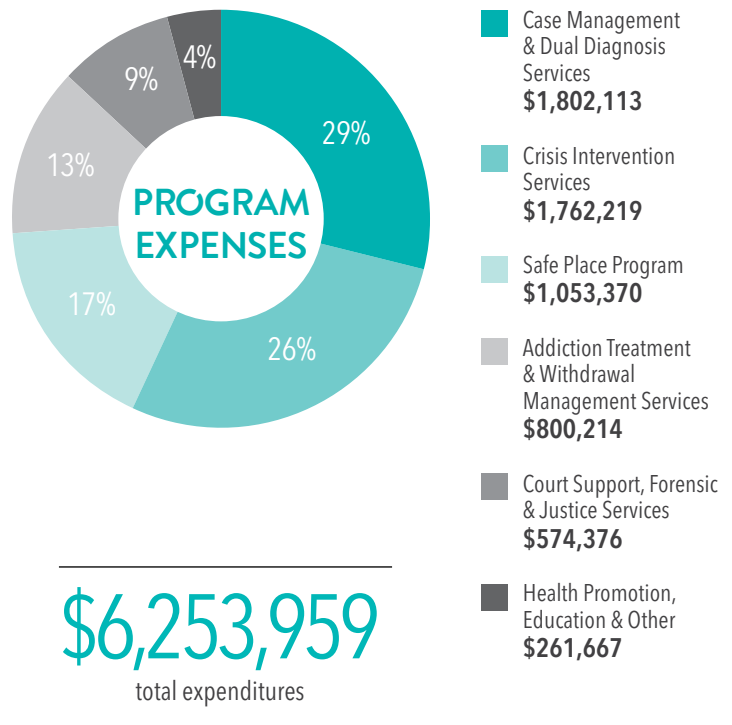
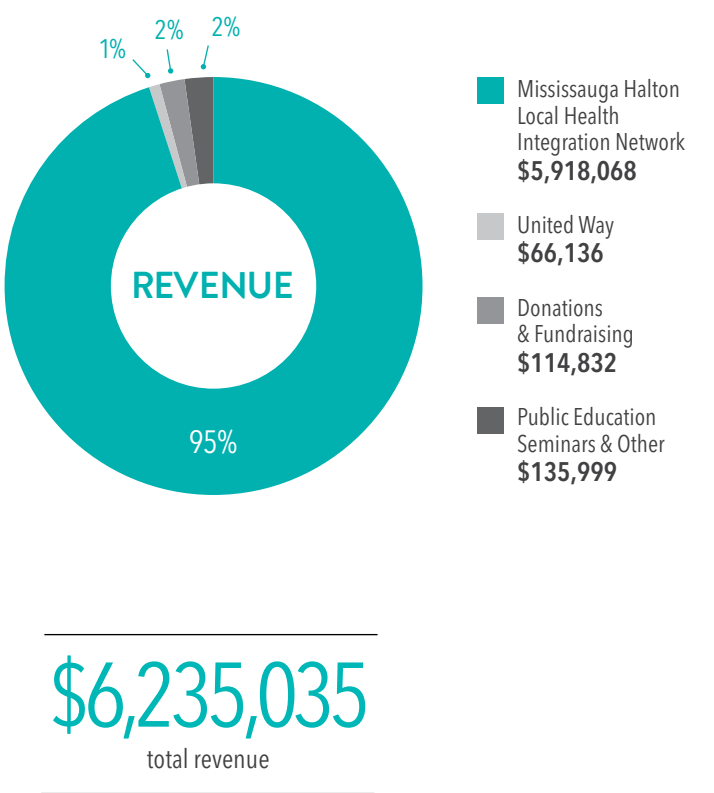
WE BELIEVE IN PARTNERSHIP

- Our residential crisis service relocated to the Salvation Army Lighthouse and our crisis bed capacity doubled.
- Shine Out! Shout Out!, a group started by the Sparling family and their friends who care about youth mental health, raised over \$30,000 with their first annual hockey tournament for youth support services at our branch.
- Our staff is providing IT support to two other health service providers in Halton.

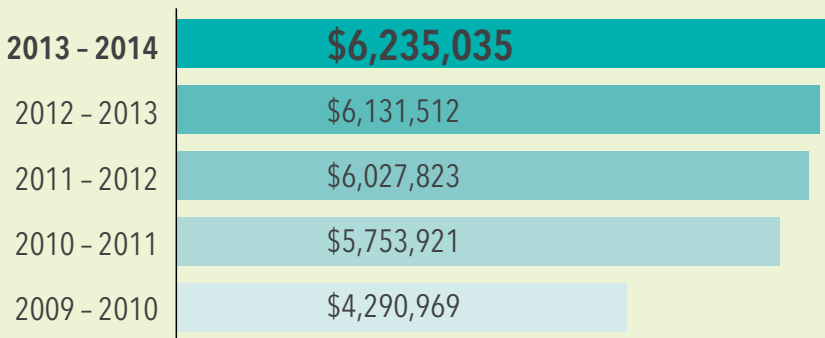
WE BELIEVE IN PROVIDING PEOPLE WITH THE RIGHT HELP AT THE RIGHT TIME

- We reduced the number of people waiting for support by 63%.
- We reduced the wait time for support by 83%.
- Walk-in counseling is now provided at our head office so people can get help quickly.

FINANCE



REVENUE TREND



ACCREDITATION

In 2013, we achieved Accreditation Canada's highest award, **Accreditation with Exemplary Standing**.



"This achievement demonstrates your organization's determination and commitment to ongoing quality improvement. We applaud your leadership, staff, and accreditation team members for their efforts and dedication to the provision of safe, quality health services."

- Accreditation Canada



"My [Case Manager] was very helpful in my recovery. Without her help, I would still be in the past."

- CMHA-HRB client

GROWING WITH OUR SUCCESSES AND PLANTING MORE SEEDS

DOING MORE FOR OUR **YOUTH**

BUILDING OUR **CAPACITY** IN MENTAL HEALTH AND ADDICTIONS

INCREASING **AWARENESS,** IMPROVING **WELLNESS,** AND **REDUCING STIGMA**



MESSAGE FROM THE CHAIR AND CEO

This past year has been one of pride and achievement for CMHA-HRB. Earning Accreditation Canada's highest award of Accreditation with Exemplary Standing reflects our passionate pursuit of excellence and our ongoing commitment to the three pillars of our strategic plan: Excellent Care, Continuous Quality Improvement, and Organizational Excellence.

The face of mental health and addictions continues to reveal its diversity. More people living with and receiving treatment for mental health and addiction concerns are speaking out and showing that mental health and addictions have no age, ethnicity, gender, or economic criteria. As we at CMHA-HRB continue our focus to reduce stigma and raise awareness, our community continues to liberate itself by talking, sharing, seeking support, offering support and, so importantly, accepting without judgment.

The commitment of governments, corporations, and communities to health and wellness, both nationally and locally, is demonstrated by the popularity and success of events such as Bell Let's Talk Day and CMHA's annual Mental Health Week.

We are inspired each and every day to continue these conversations about mental health and addictions, support people to improve their well-being and quality of life, and help to create a compassionate and supportive community.

As parents, knowing that agencies such as CMHA-HRB are paving a future for our children to have a positive sense of self is comforting. As children, knowing there is support and understanding for our parents is reassuring. And, as members of our community, contributing to acceptance of others and unleashing the potential of our youth to create a bright future is rewarding.

Sincerely,

Kimbalin Kelly
Chair, CMHA-HRB

Radhika Subramanyan
Chief Executive Officer



Kimbalin Kelly



Radhika Subramanyan



Celebrating our accreditation award



Shine Out! Shout Out! donation presentation



Michael Bryant and Radhika Subramanyan at the 2013 free community event



2014 Marlene Longdon Award presentation to Justice Stephen Brown



Mental Health Week Go Station Blitz

OUR MISSION

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

OUR VISION

Mentally healthy people in a healthy society.

OUR VALUES

RESPECT
EXCELLENCE
ACCOUNTABILITY
COLLABORATION
HOPE

BOARD OF DIRECTORS

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Ali Mir
Stephanie O'Keefe
Heather Anderson



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

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24/7 CMHA COAST
Crisis Line: 1-877-825-9011

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We gratefully acknowledge all of our donors and supporters and thank them for caring about mental health and addictions and helping us help our community.