



Canadian Mental
Health Association
Halton Region
Mental health for all

Annual Report

2018 / 2019

Canadian Mental Health Association
Halton Region Branch



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Accreditation

We are currently in year two of a three-year accreditation award from Accreditation Canada.



Message from the Chair and the CEO



Michele Sparling
Acting Chair,
Board of Directors

We are proud of the achievements of CMHA-HRB in 2018-2019, a year of great change across the provincial healthcare landscape. We continue to nurture strong partnerships within the local mental health and addictions sector to drive impact, involve all levels of staff in quality improvement, prepare to open a brand new location in Milton, and focus on providing diverse, equitable, and client-focused services.

We are always inspired by our Board, staff, funders, donors, and supporters whose passion and commitment to making a difference in our community amaze and motivate us each and every day. Thank you for a wonderful year.



Radhika Subramanyan
Chief Executive
Officer

We keep our former Board Chair Robert in our hearts with gratitude for all we gained from his quiet leadership and great sense of humanity. He will be greatly missed.

Our Vision

Mentally healthy people in a healthy society.

Our Mission

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

Our Values

Respect | Excellence | Accountability | Collaboration | Hope



Our CMHA-HRB family was saddened by the sudden passing of our great friend and Board Chair Robert Struthers on June 29, 2019. Robert's legacy will be of the values that we all hold so dear: compassion, respect, and open-hearted devotion to bringing the light of hope to those who need it most. We are better for having known him.

Reaching out and Enriching Lives: 2018-2019 Highlights



The impact that the Mental Health First Aid course had on me was incredible and positive throughout. Not only was I able to utilize what I learned through the course and apply it to my professional workplace, but I was able to inspire my staff that may have had personal struggles feel comfortable speaking with me about their mental health, which lead to higher quality of work in our environment, and positive mental health!"

~ One of over 100 YMCA of Oakville staff who completed the Mental Health First Aid course at CMHA-HRB

At our biggest Annual Mental Health Week Speaker Series yet, Steven Page, mental health advocate, solo artist, and founding member of the Canadian band Barenaked Ladies, shared his recovery journey and performed some of his iconic songs.

Thanks to our riders, donors, sponsors, and volunteers, the fourth annual Halton Ride Don't Hide community bike ride raised \$70,000 for our community services.



The 2018 Bell Mobility Golf Tournament.

We adopted a Transitional Case Management model to provide more intensive support services more quickly, eliminating our waitlist for case management support in just four months. Three of our team members were invited to present on this service transformation at the CMHA National Conference in the fall of 2018.



Our team attends Indigenous Cultural Safety Training.

We merged two of our crisis programs to create a new Crisis Outreach Program that provides comprehensive crisis supports throughout our community.

We were a leader in responding to the opioid crisis, providing overdose awareness and response training throughout our community while supporting clients affected by opioid misuse.

We launched a bi-weekly column that appears in local newspapers as well as on the Inside Halton website to provide information and tips about mental health and wellness.



Our team members present at the CMHA National Conference.

We collaborated with The Indigenous Network (formerly the Peel Aboriginal Network), the Mississauga Halton Local Health Integration Network, the Central West Local Health Integration Network, and other partners to provide novel and diverse services by linking traditional Indigenous health and CMHA mental health and addiction supports.

We expanded the services we provide at the Salvation Army Lighthouse shelter, including regular groups and aftercare to provide ongoing support following a shelter stay.

Future Directions



I have been receiving different supports for 10 years, and CMHA's services have been the most helpful I've ever received."

~ a CMHA-HRB client

Providing new services to improve stability and access to emergency housing for those involved with the justice system.

Working with the emerging changes in the Ontario health system to be a leader in local

collaboration and help meet our community's health needs.

Cultivating a rigorous focus on quality improvement at all levels through our current Quality Improvement Plan.

Our Impact



7,075

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



4,686

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



You are earth angels – compassionate, empathic, cool, real, professional, and kind.”

~ a client speaking about our staff

We Helped More People*



42%

more who received case management support to reach recovery goals and improve wellness



24%

more who received walk-in counselling to make positive changes and cope with challenges



75%

From April 2018 to March 2019, the number of people waiting to receive case management support was reduced by 75%.

*compared to 2017-2018

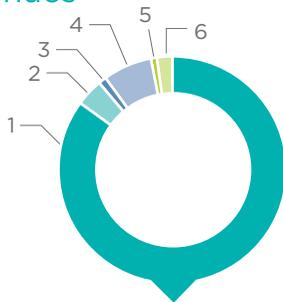
Making a Difference



Jerry began receiving supports from CMHA-HRB when he was released from a correctional institution. He was very upset that the person caring for his dog Ocean while he was in the institution had given her to a shelter out of town, and he did not have the means to get there or rescue his pet. We advocated for Jerry and helped him secure transportation to the shelter, and it warmed our hearts to see him reunited with his best friend.

Financials

Revenues



1	● Mississauga Halton LHIN	\$6,487,199	85%
2	● Donations and Fundraising	\$297,610	4%
3	● United Way	\$78,602	1%
4	● Halton Region	\$561,875	7%
5	● Health Promotion and Education	\$66,188	1%
6	● Other	\$148,313	2%

Total \$7,639,787

Expenditures



1	● Case Management Services	\$3,362,488	44%
2	● Health Promotion, Education and Fundraising	\$374,849	5%
3	● Crisis Intervention Services	\$2,808,892	37%
4	● Administration	\$1,041,902	14%

Total \$7,588,131

Revenue Trend



Thank you to our sponsors

for Ride Don't Hide



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Sponsors



We gratefully appreciate our Mental Health Week Speaker Series Sponsors



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Contact Us

1540 Cornwall Road, Unit 102,
Oakville, ON L6J 7W5
905-693-4270
Toll-free: 1-877-693-4270

24/7 CMHA COAST Crisis Line
1-877-825-9011
TTY
1-844-646-1700

Thank you to our funders, donors, and supporters
for helping us help our community.



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