



Canadian Mental Health Association Sault Ste. Marie Branch Annual Report 2016/2017



Message from the Executive Director & Board Chair

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

The following highlights a number of activities and initiatives undertaken in the 2016/2017 fiscal year:

- A committee comprised of service users, board and staff worked together with our landlord to renegotiate our lease at 386 Queen Street East, with no increase in rent for the next 10 years. Included in the negotiations was the construction of a new accessible entrance directly into our space and many other needed renovations including paint, floors and kitchen updates.
- The Walk In Counselling Service went from being a pilot project with three agencies to a full program comprised of five agencies fully participating in this downtown community service.
- As we work together in promoting recovery we also are mindful of our need and obligation to enhance learning opportunities for students. We believe that we have many things to teach those pursuing careers in mental health

and in turn we still have much to learn. This year we had students from the SSW, BSW, MSW and BScN programs complete on-site learning practicums with us.

- CMHA participated at various levels in developing and implementing the Sault Ste. Marie Health Link, a plan to redesign care for those with complex health care needs. The Health Link has played a key role in attaching patients to primary care providers, improving coordinated care for patients living with multiple complex chronic conditions, and more meaningfully, engaging patients in their own health care. In addition, it has been very helpful in strengthening relationships and communications between providers.

We wish to acknowledge and thank our staff, our many volunteers, board members and students for their caring, hard work and collaborative efforts in continuing to make our communities mentally healthy.

Gary Brown

Gary Brown
Board Chair

Annette Katajamaki

Annette Katajamaki
Board President

2015 – 2018 Strategic Plan

Advocacy

Leaders in advocacy and promotion of mental health and wellbeing in our communities.

- Increase our agency's profile across our communities
- Promote understanding and awareness of mental health needs in our communities
- Leverage and promote the CMHA brand

Organization & Service Excellence

Building organizational capacity and ability to delivery responsive and effective services.

- Build a culture and practice of continuous improvement
- Sustain a strong workplace environment
- Leverage existing relationships and pursue new opportunities for additional resources
- Ensure leadership and administrative capacity and resources are in place to meet strategic directions and organizational goals

Partnerships & Relationships

Collaboration with community partners to facilitate and provide access to a holistic range of services and supports.

Our Mission

To promote the mental health of all people

Our Vision

Mentally healthy people in a healthy society

We fulfill our mission by:

- Building Capacity
- Influencing Policy
- Providing Services
- Developing Resources

Strong Partnerships bring Unique Outcomes

Partnerships by their very nature are a challenge but also a great learning experience. They are generally defined as voluntary collaborative agreements between two or more parties in which all participants agree to:

- Work together to achieve a common purpose
- Undertake a specific task
- Share risks, responsibilities, resources, competencies and benefits

Some partnerships see the exchange of funds for services, but many partnerships are grounded in the belief that together we can accomplish more that separately. This year saw the strengthening of our collaborative efforts for the Walk-In Single Sessions service. Sault Area Hospital and John Howard Society joined forces with the existing partnership of Algoma Family Services, Algoma Public Health and CMHA – together bringing same day counselling sessions to our community.

For many years, partnerships have been forged within our own system of mental health and addictions. Looking ahead, we are quickly realizing that some of the best partnerships with the best outcomes are when partners from different systems collaborate together. Examples of these unique collaborations include the Neighbourhood Resource Centre, Indian Friendship Centre, the Mental Health Hub at Sault College, the Talk Today program with the OHL, NOJHL and Sault College athletes, the Mobile Community Police/Crisis Response and expanding housing options for the most vulnerable.



Service and Stats

928 unique individuals registered in programs

74 presentations reaching 10,000+ participants

8,516 service requests for mental health/addictions information

45 staff employed full-time, part-time or on a casual basis

430 people trained in safeTALK

86 people trained in ASIST

122 people trained in Mental Health First Aid

25 people participated in Living Life to the Full

28 people participated in Anger Solutions

628 Walk In Counselling sessions held



Canadian Mental Health Association - Sault Ste. Marie Branch

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Sault Ste. Marie Branch

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Email: information@cmhassm.com

Elliot Lake Consumer Initiative – Beehive

118 Ontario Avenue
Elliot Lake, Ontario P5A 1Y2
Tel: 705-461-3912

Wawa Consumer Initiative – Iris Place

10 Mackey Street
Wawa, Ontario P0S 1K0
Tel: 705-856-1894

Supported by:



Mental Health Promotion and Community Engagement

CMHA Sault Ste. Marie believes in the importance of promoting mental health through community engagement. Here are just a few examples of some of the events.

Push for Change

On February 1st, Joe Roberts travelled through Sault Ste. Marie as part of the Push for Change campaign. Roberts was walking across Canada with a shopping cart to raise awareness and dollars to end youth homelessness. This national trek started May 1, 2016 from St. John's Newfoundland and will end September 30, 2017 in Vancouver, British Columbia. As a former heroin addict who lived on the streets of Vancouver, Roberts tells a remarkable story of how he was able to turn his life around to become a successful CEO and businessman. CMHA Sault Ste. Marie was on the organizing committee and raised \$200 for Push for Change.



World Suicide Prevention Day

We held our annual event at Sault College where the community lit candles to honour loved ones lost to suicide and to show support for survivors.



Shadows of the Mind Film Festival

Every year we work with a number of different sponsors to bring a selection of meaningful films to the community. Through the entertainment of film, this festival helps raise awareness about mental health, addictions and current social issues.



ride don't hide

Ride Don't Hide is our annual national fundraising event where bikers receive pledges to ride the hub trail. We started at Bellevue Park and riders chose a 5 km or 25 km bike ride. It was a great way for family and friends to raise awareness and funds for our local CMHA branch.



Raised **\$6,400**

36 Riders

15 Volunteers

After the ride, we all celebrated with a barbecue lunch where prizes were given out.

Look for us to participate again in 2017. Hope to see you on June 25, 2017!

Talk Today

This year, Sault College became the first post-secondary campus in Canada to adopt Talk Today.

Student athletes and those in their support network at the college have received training in safeTALK, a three-hour accredited session that teaches individuals the importance of mental health and how to recognize persons with thoughts of suicide.

"Talk Today has been a welcome addition to Sault College as students have been encouraged to discuss mental health more openly," said Michelle Morley, Sault College Mental Health Champion. "These awareness games will only enhance the conversation."

Talk Today began in the OHL. It is the most comprehensive Mental Health Program in sports today, providing support, education/training and community involvement for athletes.

CMHA Sault Ste. Marie currently runs Talk Today with Soo Greyhounds, Soo Thunderbirds, Soo Eagles, Blind River Beavers and the Elliot Lake Wildcats, along with the entire Sault College athletics program.

We are happy to announce that Talk Today is coming to Algoma University this fall!

148 athletes are safeTALK aware

29 coaches and athletics staff athletes trained in safeTALK

3 athletics staff were trained in ASIST



Community Members Recognized

Annual Christmas Party

O'Sullivan Funeral Home was the proud sponsor at this year's CMHA/Hope House Annual Christmas Party. Thanks to their generous donation, everyone who attended enjoyed a delicious, complimentary turkey dinner with all the trimmings!



Stomp out Stigma

We would like to thank Jodi Lind for organizing "The Stomp Out Stigma" Craft Fair. Now in its second year, the event raised \$4,356.32 for CMHA Sault Ste. Marie Branch. Congratulations to everyone who helped to make this event such a huge success! Your hard work and dedication is appreciated.

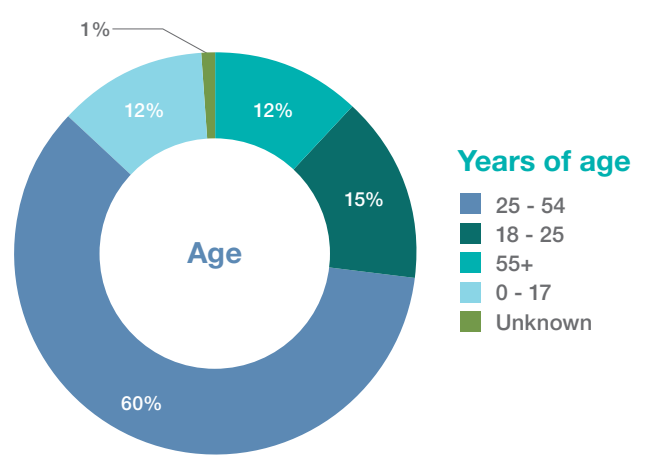
Raised **\$4,356**



Single Session Walk-In Counselling Service

The Walk-In Counselling Service is available to children, youth, adults, couples and families on a first come, first served basis. No appointment or referral is required. Our trained counsellors help individuals deal with life's challenges in a single-session service. The service is in partnership with Algoma Family Services, Algoma Public Health, John Howard Society, Sault Area Hospital and CMHA and has been in operation, every Tuesday, for the last 16 months.

570+ people received service

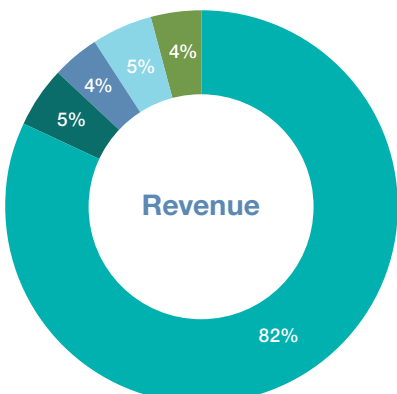


Half of the people using the service do not need a referral to more formal supports, and about half do.

The most common presenting issues include symptoms of serious mental illness; relationship problems, and activities of daily living.

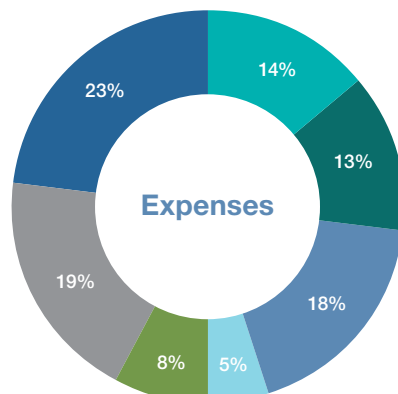


Finances



LHIN	\$2,209,666.30
MCYS/MCSS	\$134,735.75
United Way	\$107,788.60
Fundraising/Donations	\$134,735.75
Service Agreements/Fees	\$107,788.60

Total **\$2,694,715**



Justice	\$346,120.74
Counselling	\$321,397.83
Clubhouse	\$445,012.38
Dual Diagnosis	\$123,614.55
Peer/Family Support	\$197,783.28
Information/Access/Resource	\$469,735.29
Housing Supports	\$568,626.93

Total **\$2,472,291**