



Canadian Mental  
Health Association  
Algoma  
*Mental Health & Addiction Services*

Association canadienne  
pour la santé mentale  
Algoma  
*Services de santé mentale et de toxicomanie*



# ANNUAL REPORT

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# 2022 2023



Canadian Mental Health Association  
**ALGOMA**

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## LAND ACKNOWLEDGEMENT

CMHA Algoma is dedicated to honouring Indigenous history, culture and traditions and we acknowledge that we live and work in the Robinson-Huron and Robinson-Superior Treaty territories and that the land on which we are gathered is the traditional territory of the Anishnaabek and Métis people.



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## BOARD OF DIRECTORS

Charlene Wilson, Board Chair  
Jonathan Nolan, Vice Chair  
Jennifer Dickson, Treasurer

### Directors

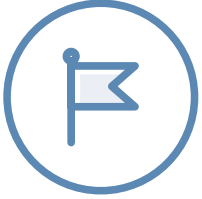
Carolyn Hepburn  
Katie Kirkham  
Catherine Thibeault  
Sandy MacDonald

# VISION, MISSION, VALUES



## VISION

Thriving, inclusive communities that value and nurture recovery, resilience and hope for all



## MISSION

To improve the well-being of our community through advocacy and the provision of safe, inclusive and accessible mental health and addiction services



## VALUES

**Person Centred Approach:** We build on the strengths of people and support their involvement in decisions that affect their lives.

**Inclusivity:** We respect the dignity, integrity, beliefs and cultures of all people.

**Collaboration:** We build strong relationships with all stakeholders including the people we serve, our colleagues, partners and funders.

**Innovation:** We encourage new ways of working that are responsive to emerging trends and practices.

**Service Excellence:** We are committed to quality, consistency, continuous improvement and transparency.



## STRATEGIC DIRECTIONS

**Advocacy and Promotion:** Promote wellness, resilience and hope for individuals, families, workplaces and communities.

**Organizational and Service Excellence:** Build organizational capacity and ability to deliver responsive, effective and community-based mental health and addiction services.

**Partnership and Innovation:** Expand and enhance collaboration to increase access to a range of recovery oriented services, and provide an integrated continuum of services to promote social change.

# A MESSAGE FROM THE BOARD CHAIR & CEO

Greetings mental health advocates! This has been a year of getting back to work in a “normal” way and also a year of acknowledging that we are not the same agency that we were before the pandemic. Amalgamation brings changes and we are still realizing what some of those changes are as we continue to bring programs and services to clients who are living with mental health and addiction issues in Algoma.

CMHA Algoma continues to be an active member of the Algoma Ontario Health Team (AOHT), working together towards a more integrated health system for the people of Algoma. CMHA is at the Leadership Table, the Governance Table, and is leading the design and implementation of the Addiction and Mental Health Systems Planning Table with our many partners. If the pandemic taught us anything it is that together we can do so much more than on our own.

With the integration of services with Algoma Public Health, board members spent many hours reviewing and updating all governance policies - this has put us in a good position as we align the agency under the Ontario Not-for-Profit Corporations Act, which comes into effect November 2024. We will continue this work in order to meet the deadline and most importantly the work of ensuring that board members receive the education and information so that the Board can continue to provide the level of oversight that is needed in these changing times.

For CMHA Algoma, the past year has offered continued opportunities to work within our mission, vision and values and to make great strides in our strategic directions. Together with our partners we work to maximize our ability to serve the members of our community. We gratefully acknowledge the dedication and hard work of our volunteers, staff, supervisors, and senior staff. Their efforts ensured that our clients received valuable programs and timely supports. We look forward to continuing to serve our community in this important work of mental health and addictions.



**Charlene Wilson,**  
Board Chair

**Annette Katajamaki,**  
Chief Executive Officer



# STAFF TRAINING & EDUCATION

CMHA Algoma was able to take great strides in staff training and development this past year. The agency supported all staff to complete trainings in: CPR/First Aid, active offer for French language services, Naloxone administration, Your Health Space and Foundations of Indigenous Safety Training.

**CPR/First Aid:** A full certification course that develops vital life-saving knowledge and skills. This training is invaluable to staff should they encounter someone in medical distress. There have been numerous instances where our staff have saved lives using these essential skills.

**French Language Services:** Our agency is mandated to make an active offer to provide services in French. This comprehensive training gave staff the knowledge of how to make an active offer in an equitable and inclusive manner. It identified what qualified as an active offer as well as the responsibilities in service delivery with using French language.

**Naloxone Administration:** Given the current opioid crisis, it is critical that front line health workers recognize the signs and symptoms of an opioid poisoning or overdose, as well as how to appropriately intervene in order to save a life. Some of our staff encounter this several times per shift and respond effectively to reverse the effect of a potentially fatal overdose. We extend gratitude to our employees for going above and beyond in administering Narcan, as well as performing life saving chest compressions and CPR. You have saved so many lives and you are recognized for your ability to respond in these highly stressful and traumatic occurrences.

**Your Health Space:** CMHA Algoma strives to provide a psychologically safe and healthy workplace. Each of us has a responsibility in achieving this goal. Your Health Space offered several workshops to employees and management to help us create and maintain a healthy environment.

**Foundations of Indigenous Safety Training:** In today's climate, a commitment to equity, diversity and inclusivity is essential. Making this training mandatory for all staff was a first step for our organization to ensure we honour this commitment to Indigenous Peoples in the District of Algoma. We are committed to continuing work in this area.



# PROGRAM HIGHLIGHTS



## Counselling

**223**  
individuals  
served

**4,513**  
client  
contacts

**5,044**  
provider  
contacts

**456**  
sessions in  
the walk-in/  
virtual session  
at a time (in  
partnership)



## Case Management

**395**  
individuals  
served

**13,428**  
client  
contacts

**15,508**  
provider  
contacts



## Addictions Supportive Housing

**80**  
individuals  
served

**2,202**  
client  
contacts

**3,570**  
provider  
contacts



## Justice

**245**  
individuals  
served

**4,665**  
client  
contacts

**5,711**  
provider  
contacts



## Dual Diagnosis

**57**  
individuals  
served

**1,391**  
client  
contacts

**1,894**  
provider  
contacts



## Hope House/ Clubhouse

**267**  
individuals  
served

**4,918**  
client  
contacts

**5,874**  
provider  
contacts



### Harm Reduction Hub

**8,101**  
visits



### Peer Support

**414**  
individuals served



### Access

**5,277**  
navigation requests



### Health Promotion

**39**  
presentations  
  
**811**  
participants



### Community Wellness Bus

**4,339**  
visits



### East Street, Willow Haven, Kingsford Residences

**41**  
residents served

### Rent Supplements and Supports

**148**  
residents supported with rent supplements

### Housing Outreach Supports

**1,030**  
people provided supports to obtain and maintain housing

### Men's Low Barrier Shelter

**286**  
guests served  
  
**14,915**  
number of bed nights  
  
**103**  
individuals receiving housing outreach supports

# PARTNERSHIP ACTIVITIES

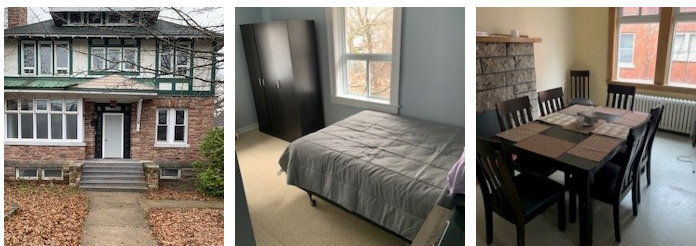
## YOUTH WELLNESS HUB

Algoma Family Services announced that a Youth Wellness Hub was approved for Algoma which will provide integrated youth services to the community, improving mental health and substance use service access and outcomes, as well as community and social supports for our local youth. A site was found, construction began and community partners, including CMHA Algoma, were brought together to build this exciting new addition. CMHA Algoma is a full partner in this endeavour and have contracted with Algoma Family Services to provide the services of two Peer Specialists.



## PILGRIM STREET RESIDENCE

The Sault Ste. Marie Social Services bought and updated an eight-bed house that CMHA Algoma furnished and has readied so that eight men can move out of shelter and into a home. The home will be staffed by CMHA during the day and is located in a quiet neighborhood not far from the downtown and has access to a beautifully landscaped yard.



## IRIS PLACE

Since the beginning of the pandemic, Iris Place, the peer-led centre in Wawa has been closed. In partnership with the Wawa Family Health Team, who supplied both monetary resources and human resources we together, were able to re-open the Centre and again welcome the people of Wawa, struggling with mental health and/or addiction issues into a place of friendship, education, peer support and fellowship.

## ALGOMA ONTARIO HEALTH TEAM

The Algoma OHT continues to mature and work collaboratively on projects that benefit the community. CMHA Algoma is a part of this journey and currently sits at Leadership Table, the Governance Table, the Digital Health Table and is working on designing and implementing an Addiction and Mental Health Systems Planning Table. The work involves many community partners from Sault Ste. Marie and is beginning the work of engaging with our district partners with the hope that many will join the OHT.

## ONGOING PARTNERSHIP ACTIVITIES

Walk-In/Virtual Counselling Service, Downtown Ambassadors Program, Garden River First Nation Mental Health & Addictions Service, Community Wellness Bus, Low Barrier Shelter, East Street Residence, Willowhaven, Sault Ste. Marie Drug Strategy and Talk Today.



# STAFF APPRECIATION DAY

On June 22, we hosted our first All Staff Day as the fully integrated CMHA Algoma. The day was filled with fun, networking, education, and great food. To mark the one-year anniversary of the integration between CMHA and the mental health and addictions services from Algoma Public Health, we started the day with some ice breakers and activities to introduce ourselves to our new team members. We cheered one another on with rapid rounds of Rock/Paper/Scissors and viewed program display boards to learn about the full range of services we offer. The Stages of Change Model was then used to highlight our successes within our first year together as well as to help us understand some of the challenges we continue to experience.

Over the course of the morning, several community presentations enhanced our day. Kyla from Fit Bodies, Fit Minds provided education about the mind body connection and led us in some exercise to improve mental and physical well-being. Ali Juma, Algoma Family Services, shared information about

the New Youth Wellness Hub initiative and Lisa Case and David Nanchin, Sault Area Hospital, presented on the new Withdrawal Management facility, both to open in 2023/2024.

A highlight of the day was our keynote speaker, Rob Hawke. Rob is a well renowned comedian who discussed his own journey with mental health, as well as how he worked through the darkest days of his depression. He was able to bring the personal perspective to mental health while also providing us with a lot of laughter in a positive and uplifting address.

To cap off our day, service recognition awards were presented to staff and a celebratory cake was shared as everyone mingled with one another before heading home. It was a truly wonderful opportunity for our full staff across the Algoma District to come together and share in the day. We look forward to doing this annually!



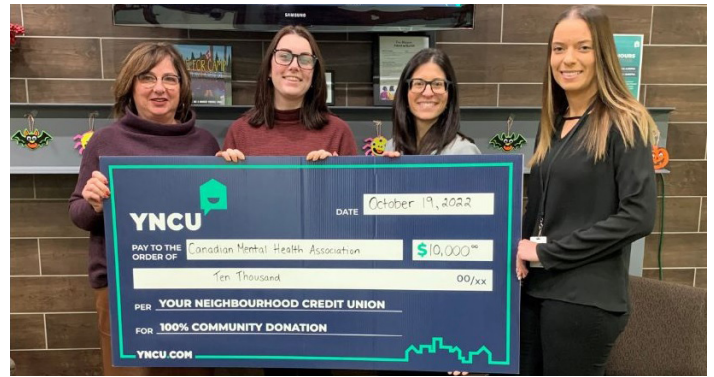
# DONORS & FUNDRAISERS

CMHA Algoma would like to thank all of our generous donors! Here are some fundraising highlights from last year.

Second Annual Andy Buffone Memorial Golf Tournament **\$16,000** raised to support suicide prevention/intervention training for staff and community.



Thank you Community First Credit Union for your **\$10,000** donation.



A random act of kindness from S&T! A very yummy goodie tray that went to the clients of our Clubhouse Program and Harm Reduction Programs. Thank you, S&T, for all you do in our community.



CMHA Algoma thanks Eugene Caputo and USW 9548 for their very generous donation of **\$1,000**.



*we inspire you to move!*

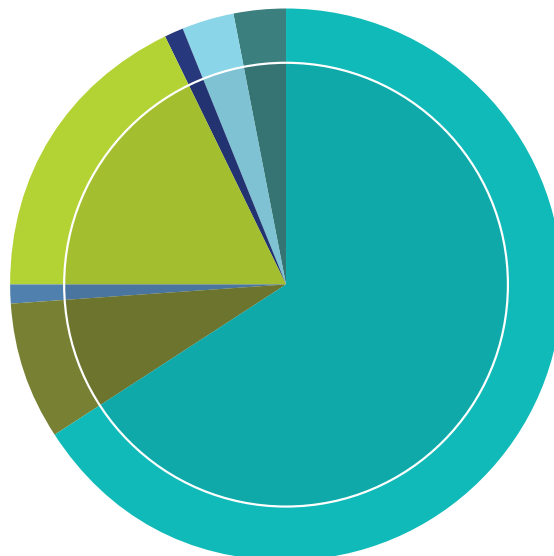
Fit bodies. Fit minds  
raised **\$1,500**

# FINANCIAL REPORT

## Revenue

total: \$ 9,584,604

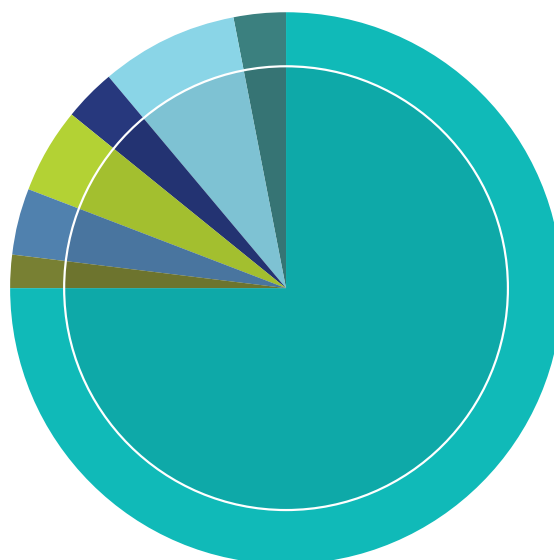
Ontario Health	6,280,261
Ministry of Health / Rent Supplements	741,045
United Way/Donations	101,662
Service Agreements	1,700,400
MCCSS	136,723
Health Canada	310,085
Other	314,428



## Expenses

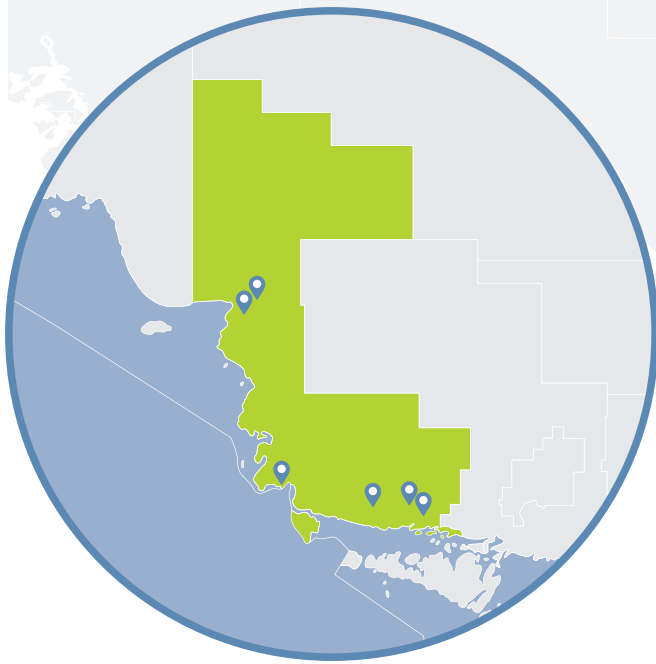
total: \$ 9,118,671

Salaries and benefits	6,848,661
Mileage/Staff development	142,374
Program supplies	372,175
Rent Supplements	449,416
Facilities	238,338
Corporate Services	764,386
Purchased Services	253,230



For a full copy of the audited financial statement, please contact the office.





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## CANADIAN MENTAL HEALTH ASSOCIATION ALGOMA

Central Access/Information/Referral:  
**705-759-5989 | 1-855-366-1466**

Crisis Line: **705-759-3398 | 1-800-721-0077**

 [ssm-algoma.cmha.ca](http://ssm-algoma.cmha.ca)

 [information@cmhassm.com](mailto:information@cmhassm.com)

 [@CMHA.Algoma](https://www.facebook.com/CMHA.Algoma)

Charitable Registration Number: 11883 4290 RP0001

### Sault Ste. Marie Services

386 Queen Street East  
Sault Ste. Marie, ON P6A1Z1  
Phone: 705-759-0458

### Beehive Peer Support

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

### Elliot Lake Services

31 Nova Scotia Walk, 3rd Floor  
Elliot Lake, ON P3A 1Y9  
Phone: 705-849-4115  
or 705-227-0690

### Blind River Services

2 Michigan Avenue  
Blind River, ON P0R 1B0  
Phone: 705-849-8971

### Iris Place Peer Support

10 Mackey Street  
Wawa, ON P0S1K0  
Phone: 705-856-1894

### Wawa Services

26 St. Marie Street  
Wawa, ON  
Phone: 705-254-8655  
or 705-914-0460