

AGAINST ALL ODDS



Annual Report 2008-2009



Canadian Mental Health Association
(Saskatchewan Division) Inc.

TABLE OF CONTENTS

Global Ends Policy/Mission Statement & Values	Page 3
President's Report	Page 4
Executive Director's Report	Page 4
Social Work Practicum Report	Page 5
PUBLIC POLICY DEVELOPMENT	
Consumer Advisory Committee Report	Page 5
Community Partnerships	Page 6
PUBLIC EDUCATION AND AWARENESS	
Friends for Life Program	Page 7
Problem Gambling Community Program	Page 8
INDIVIDUAL AND FAMILY SUPPORT	Page 9
DIRECT SERVICE	
Battlefords Branch	Page 10
Kindersley Branch	Page 11
Moose Jaw Branch	Page 12
Prince Albert Branch	Page 13
Regina Branch	Page 14
Saskatoon Branch	Page 15
Swift Current Branch	Page 16
Weyburn Branch	Page 16
Yorkton Branch	Page 17
ADMINISTRATION	
Resource Development	Page 18
FINANCIAL STATEMENTS	Page 20
2008-2009 Board of Directors	Page 29
Division Office Staff	Page 29

Global Ends Policy & Mission Statement

The Canadian Mental Health Association (Saskatchewan Division) Inc. is a volunteer-based organization which supports and promotes the rights of persons with mental illness to maximize their full potential; and promotes and enhances the mental health and well-being of all members of the community.

Ends Policy 1 – Quality of Life

People with mental health problems will have healthy, personally satisfying relationships and an excellent quality of life. Such a life includes meaningful work, adequate income, good housing, accessible education and training, enjoyable recreational activities, friendship and fun with others. It also includes easy access to appropriate, effective, comprehensive health services in a community in which there is an understanding and acceptance of mental illness.

Ends Policy 2 – Promotion and Prevention

There will be a reduced incidence and severity of mental illness in the community; mental health will be promoted throughout the community; and high-quality information on mental health and mental illness will be available to all.

Ends Policy 3 – Autonomy and Human Rights

Mental health consumers, and families affected by mental illness, will be empowered and supported in their efforts to protect their human rights, and to freely make autonomous, reasonable and responsible choices and decisions.

Values

The Canadian Mental Health Association (Saskatchewan Division) Inc. endorses the following values essential to fulfillment of the Global Ends Policy/Mission Statement:

- The future well-being and the quality of life of persons with mental illnesses depends on our ability to change attitudes toward

mental illness. The Association must communicate that there is a high incidence of psychiatric and emotional disorders in our communities, which strikes more people every year than all other health problems combined.

- The Association is committed to promote a quality of life for people who are psychiatrically disadvantaged.
- The Association strives to prevent mental illness and promote mental health.
- The Association is firm in its conviction that persons with mental illness have the potential to live normal, or near normal live within the community and it, therefore, commits to advocating with them, or on their behalf, to promote awareness of conditions surrounding mental illness, to monitor inadequate care, and foster better mental health, dignity and quality of life through community-based support and services.
- In all its endeavours, the Association strives to offer consumers, colleagues and the public the highest standards of leadership, service and professionalism.
- The Association is committed to administering its affairs in a cost-effective and efficient manner and to working within the levels of community support.
- The Saskatchewan Division continually reaffirms the leadership of the Canadian Mental Health Association, its partnership with community groups, government and non-government agencies and individuals, and its commitment to establish viable mental health programs, policies and services.
- Meaningful leisure activity is an essential source of self-esteem and position image. Leisure provides the opportunity to lead balanced lives, achieve our full potential and gain life satisfaction. The Canadian Mental Health Association (Saskatchewan Division) Inc. is committed to enhancing quality of life through recreation programs and services.

President's Report

submitted by Susan Grohn, President
CMHA (Saskatchewan Division) Inc.

This past year started off with a “bang”, with the CMHA (Saskatchewan Division) Inc. and the Schizophrenia Society of Saskatchewan joint conference and AGM. I’m certain that all of you will agree that this will be a difficult one to “top”! I would like to take this time to thank again all those involved with making it a success.

We should not lose focus on the ultimate goal of the conference, and that is the “recovery model” for those living with mental illness. We certainly caught

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the attention of those involved in the delivery of health care. It is now up to us to champion this “cause” for future delivery of mental health care in this province.

Last fall we elicited the assistance of Dave Morgan to educate us in the ways of “planned giving”. To briefly explain, it is a tool to assist us in our

commitment to ensure the sustainability of the Canadian Mental Health Association. Dave has very graciously offered to Co-Chair this committee with Joan Kilbride, and I thank them for their commitment to this goal.

We have faced many challenges this year, as in past years. We will face many more in the coming years, for this is what our Association does. I’m very proud of my involvement with CMHA and will continue to be involved as long as I am able to do so. My term as President of CMHA (Saskatchewan Division) Inc. is quickly drawing to a close, but I know that we will continue to be in very capable hands.

I want to thank Dave Nelson and all of our staff at Division Office who have made my term such an enjoyable experience. I look forward to working with all of you in the future. Thank you!

Executive Director's Report

submitted by
Dave Nelson, RPN, RSW, Executive Director
CMHA (Saskatchewan Division) Inc.

Another year has flown by with the Association participating in what we hope will be a truly meaningful improvement to the lives of those with psychiatric disabilities.

What I am referring to is the Disability Income Support Task Team process mandated by the Minister of Social Services.

This Task Team has been meeting regularly every two weeks since January, and is tasked with designing a new and separate income support program for those with significant and enduring disabilities, including cognitive and psychiatric disabilities. The writer has been involved as a Task Team Member and the process has been a good one, with a truly collaborative tone to the meetings.

“We encourage government to ensure an adequate amount (of income support) to make a real difference to those with significant mental health and other disabilities in our province.”

We encourage government to ensure an adequate amount to make a real difference to those with significant mental health and other disabilities in our province.

We should also make note of Jayne Whyte’s project (supported by funding from the Sask. Parks and Recreation Association/Sask. Lotteries) that will begin the compilation of the history of mental health in Saskatchewan. She “chose to focus on recreation, occupational therapy and social interactions that directly affected the lives and living conditions of persons who lived with mental illness in the Weyburn Hospital”. We are hoping that this will not only raise public awareness in this critical area, but also keep Public Policy informed of long-term history and the importance of recreation in psychosocial health and recovery.

All has been going well in the Association with the busy schedule continuing of supporting those in our community who require our help.

One dark spot on our year has been the loss of funding for our Friends for Life Program from the Ministry of Learning. We are searching for other avenues of funding as we continue to push for the need for this valuable mental health and suicide prevention education program.

We are looking forward to a great summer and another successful year and wish you all the same.

Social Work Practicum 2009

submitted by Elliot Ross

Hi, my name is Elliot Ross and I was a Social Work practicum student with CMHA Saskatchewan Division this past semester. It was a challenging and exciting few months and I have gained some incredibly valuable experiences. It was a pleasure to be able to learn so much from Dave Nelson and the years of experience and knowledge that he has, as well as from the very competent and knowledgeable staff at the CMHA Division Office.

I was afforded the opportunity of being involved in some unique pieces that CMHA and Dave have been involved in. Each one has been instrumental in my development as a Social Worker. These pieces included the Disability Income Support Program Task Team and connected with this work the Disability Income Support Coalition. Another small, but important opportunity was the chance to participate in the Mental Health Commission of Canada's forum that was held in Regina. I also had the chance to assist in some of the planning around the Provincial Conference and AGM.

The Task Team for a new income disability support program was a great learning experience. I was able to observe parts of the process as well as the Task Team gatherings and was able to see social policy in the development stages. This Task Team gave me an opportunity to do some research on disability issues related to income support programs and the overall lack of adequate income for individuals with disabilities who receive social assistance.

The Mental Health Commission of Canada is currently in the public eye bringing awareness of mental health issues to the general public. This

increase of awareness is a healthy and positive step towards removing some of the stigma around mental illness. It was a worthwhile experience to be able to participate in the forum and to be encouraged by the direction of the Commission and also by the fact that the CMHA has been working towards many of these same goals for years.

"I have been very blessed to have worked in an organization with as much care and dignity as CMHA."

Finally, I was able to be a part of the planning process for the Provincial Conference. We are very excited at what it has to offer this year. We have some great guest speakers coming in with unique and exciting styles of presentation. Helping to prepare a conference can be a very rewarding work and I hope that all goes well.

My experience at CMHA has been incredibly valuable and has taught me so much about Social Work. Some of the experiences that I have gained here will be taken throughout my Social Work career and can be applied to my daily life as well. I have been very blessed to have worked in an organization with as much care and dignity as CMHA. I look forward to maintaining a relationship with CMHA in the future.

PUBLIC POLICY DEVELOPMENT

Consumer Advisory Committee Report

submitted by Doreen Bell, Co-Chair

We have another year behind us and we are all looking forward to some warm weather.

I am pleased to be able to report that the Registered Psychiatric Nurses Program has been reinstated. It is a much-needed program.

The Consumer Advisory Committee would like to thank Lindy Thorsen for setting up a series of radio shows on mental health topics on CBC's Blue Sky. Thanks also go to Dave Nelson for being available to appear on this series.

Darrell Downton has done an excellent job of sitting on the National Consumer Advisory Committee.

The Disability Income Support Coalition (DISC) has been

promoting an income stability program for people with serious, long-term disabilities both physical and psychiatric. On May 13th the Minister of Social Service announced the establishment of this program but work to develop eligibility requirements, staff training, the issue of adequacy, etc. will be ongoing.

We would also like to say thank you to Gayle Mast, the Executive Director of CMHA Saskatoon Branch who is retiring May 2009. Thank you for your dedication to CMHA Saskatoon Branch. We hope your retirement will be a healthy, happy and relaxing one. Good luck in your future endeavours. Last, but not least, thank you to all of the Board, staff, committees, volunteers and consumers for making this past year a year of accomplishments.

Thank you.

The Consumer Advisory Committee is a standing committee of the Provincial Board with a mandate to advise the Board on all matters related to consumer involvement in Association programs and policies which affect mentally ill persons. It does this by monitoring policies and programs of all mental health services, ensuring consumers' issues are addressed and reflected in Association activities and advocating on behalf of consumers to allow empowerment of mentally ill persons. The Consumer Advisory Committee also advises the Association on recreation program development and delivery issues.

Community Partnerships

The majority of Public Policy Development efforts over the past year were in the area of income security. As a result of work with the Disability Income Support Coalition (DISC) and the Provincial Interagency Network on Disabilities (PIND), Dave Nelson had the opportunity to be part of the Disability Income Support Task Team, mandated by the Minister of Social Services.

This Task Team has been working to develop a new a separate income support program for those with severe and persistent disabilities, including cognitive and psychiatric disabilities. The intent is to have a program separate from the welfare system in order

to alleviate some of the stigma associated with social assistance and to provide a more seamless process of accessing services as needed. While these changes are necessary, there is still a need to address the issue of adequacy. We continue to encourage the government to ensure that there is an adequate level of support to make a meaningful difference in the lives of those needing this support.

CMHA (Saskatchewan Division) Inc. also continues to take a leadership role on the Mental Health Coalition.

There is a great deal of crossover between the Mental Health Coalition, PIND and DISC, with a number of agencies sitting on all of these groups. The value of this is seen when groups are all talking with the same voice in a coordinated way. When Government sees this kind of consensus, they start to recognize the need to respond.

During the year CMHA (Saskatchewan Division) has also had the opportunity to provide input into several areas such as:

- Input into Consultant's Report on Inpatient Care at the Regina General Hospital and meetings regarding improvements to the mental health system in Regina and area.
- Meetings and forum with the Mental Health Commission of Canada
- Meeting with the Deputy Minister of Education regarding changes to the Education Act as it refers to disability issues.
- Meetings with the Health Care Quality Council regarding mental health issues.
- Meeting with Federal and Provincial Ministers of Health with other stakeholders regarding mental health issues.
- Attendance at Community Based Organization Summits in Regina and Yorkton.
- Involvement on the Psychiatric Nursing Program Advisory Committee.
- Meeting with Regina Qu'Appelle Regional Health Authority Managers re potential inclusion of recovery-oriented philosophy into changes for programs.

PUBLIC EDUCATION & AWARENESS

Friends for Life



submitted by Dianne Boy Fernandez,
Director

During this past year, Friends for Life has continued to provide public education and awareness programs to promote good mental health, combat stigma and equip individuals to help people with thoughts of suicide.

Funding from the Ministry of Education through March 31st, 2009 enabled Friends for Life to provide Applied Suicide Intervention Skills Training (ASIST) to teachers, administrators and counseling staff; and SafeTALK (suicide alertness training) to teachers and high school students in several Saskatchewan school divisions. Other topics covered in workshops delivered this year include suicide awareness, stigma, self-esteem, maintaining mental health, youth and issues in mental health, depression, anxiety and grieving.

Friends for Life was also able to provide workshops on various mental health topics to a wide range of organizations. These include Pioneer Village staff, Sask. Power, AWASIS Aboriginal Education Convention, several teachers' conventions, RCMP staff, Pasqua First Nation, Social Work students at the University of Regina, SUNTEP education students at the University of Saskatchewan, residents of Sophia House, SIAST Aboriginal Policing Preparation Program and others.

In addition to educational workshops, Friends for Life fills many requests for pamphlets and our popular posters dealing with suicide and mental health. The Friends for Life Resource Centre continues to lend out books, teaching kits and audiovisual materials to teachers and individuals around the province. In the past year, visitors to our Resource Centre have included teachers, students, social workers, concerned citizens and employees of the health region and provincial government. Thanks to Lynn Hill for her management of the Resource Centre, and attention

to our visitors and many mail-out requests. Her assistance in administration is also a major contribution to the success of the program.

The continuing cooperation of Donna Bowyer to the Friends for Life Program has been indispensable this year. Donna team-teaches the ASIST workshop and provides valuable support, resources and back up for the Director.

A highlight this year has been a team of three University of Regina students who approached Friends for Life with a plan to produce a film about youth suicide and ideas to raise funding for Friends for Life's work with young people. Richika Bodani, Luke Patterson and Jerry Shen have worked with enthusiasm and considerable technical expertise on this project. We hope to see a finished product by this fall.

The Friends for Life Mental Health Literacy Kit, developed by former Director, Linda Cairns and edited by Phyllis O'Connor, has been produced in a CD format. The CD includes background information on a variety of mental health topics and Power Point presentations suitable for teaching others about these topics. Friends for Life distributes this valuable resource to educators and others who have the responsibility for sharing mental health information. The Literacy Kit is available from the Friends for Life Resource Centre upon request.

In November all staff and some Board Members joined together to staff the Friends for Life booth for the entire week of Agribition. This was a valuable opportunity to raise awareness of mental health and combat stigma in the community. Hundreds of people, including students and teachers, visited the booth to gather information, posters and our ever-popular stress balls and ice scrapers.



At the request of the Ministry of Education, Friends for Life conducted a needs assessment surveying Saskatchewan Superintendents of Student Services, school administrators and counselors to discover whether there was a perceived need for more education on the topic of suicide for both Saskatchewan educators and students. The survey revealed several gaps in service where Friends for Life could provide training in suicide intervention or suicide alertness. There is a need for suicide education at the elementary school level in addition to what has been done at the secondary school level.

Thanks to Michael Seiferling who worked with us to conduct the assessment on Survey Monkey and to interpret the results. The information obtained in the survey constitutes valuable background material for future funding proposals. Based on the information obtained in the needs assessment, a proposal for funding and a strategic plan was submitted to the Ministry of Education.

The current funding contract with the Ministry of Education ended December 31st, 2008 and the program continued with funding from CMHA (Saskatchewan Division) Inc. fundraised resources until March 31st, 2009. At the moment, Ministry of Education funding for Friends for Life has not been renewed, and due to the limited availability of other funds, the Director of Friends for Life and Training has been laid off of full-time staff. Dianne Boy Fernandez continues to work with the program on a contract, providing presentations on an “as needed” basis. This situation is not ideal, but it allows us to continue to meet requests for workshops. We are continuing to seek further funding from the Ministry of Education, and are actively searching out other funding sources, however, lack of staff makes this difficult.

Despite the difficulties encountered in funding this year, the Friends for Life continues to provide much needed resources and education to the public.

Problem Gambling Community Program



submitted by Shauna Altrogge, Director

The Problem Gambling Program works in collaboration with the Ministry of Health to deliver the public education and community development components of the province’s Problem Gambling Program. The program has been running successfully for 14 years and we are delighted to offer our services to the people of Saskatchewan in 2009-2010 as we enter our 15th consecutive year!

The core of our work continues in **Outreach, Resource Distribution and Partnership Development**. Outreach includes the range of our public presentations to youth, older adults, First Nations communities and the general public. Resource Distribution refers to our role in assisting with the distribution of a range of print resources and other materials developed by our program and by the Ministry of Health. Partnership Development occurs in our facilitating and supporting the work of the five problem gambling committees and other stakeholders.

Staff Transitions:

Dave Morgan, long time Acting Director, announced his retirement in the early part of the fiscal year. He left behind a legacy of extensive community outreach and a positive imprint in many communities across the province as he carried forth our message. David Jones joined our program in May 2008 to oversee the Regina service area. Camille Zavlanos left our program in August 2008 and Elizabeth Deobold rejoined to our Prince Albert office in October 2008. Rachel Clare rejoined our program in September to fulfill the duties of the Saskatoon position left vacant as I assumed the role of Director in August 2008.

Outreach Success:

In light of a year of staff transitions and challenges, the team worked diligently to conduct over 170 presentations to the communities within our province. The impact of outreach extends well beyond the child or older adult attending a session. The importance of our outreach as it extends to families, employers, and entire communities cannot be overstated.

Teachers’ Conventions: Apart from the classroom presentation, which is a considerable piece of our work, connecting with teachers outside of the classroom environment remains an integral piece to our outreach efforts. Staff attended and presented at a range of conventions and school health fairs. These events provide us tremendous exposure to a considerable number of teachers, as well as students across the province. A snapshot of our outreach includes the Safe Schools Conference, Cando Community School Health Fair, Chinook School Division Convention, “Exploring Unity in Community” conference, Regina School Division Conference, Sun West and Tri West Teachers’ Convention, and the Prince Albert and Area’s Teachers’ Association conference.

Our efforts also included collaboration with parent and Community Councils. The CMHA Problem Gambling Community Program took steps to develop relationships with the parents of youth. The link to parents will extend our outreach to families and will enhance our ability to follow up on our outreach work with students in classrooms.

RCMP Cadets:

We had a strong presence with groups such as the RCMP Training Depot, offering an average of over two presentations per month to this unique group of future RCMP Officers. Evaluation feedback indicates a need for information on the issue of gaming and problem gambling as it relates to criminality and law enforcement.

Saskatchewan Seniors Week:

Held September 29th to October 5th, 2008, Saskatchewan Seniors Week provided staff with opportunities to connect with older adults. Staff attended key events that helped to raise the profile of our program among seniors and seniors groups. The Regina Gala Luncheon and the Saskatoon Spotlight on Seniors events provided us with the opportunity to reach well over 400 older adults.

Problem Gambling Committees:

Five Problem Gambling Committees continue to meet on a regular basis and are located in Prince Albert, Saskatoon, Regina, Yorkton and Moose Jaw. Each committee has a unique role within its respective community and meet for a variety of reasons and functions. Program staff continue to be a resource to the committees and support their efforts.

Professional Development and Innovation:

Program staff had the opportunity to seek professional development opportunities throughout the year. The 9th Annual National Council on Responsible Gaming Conference on Gambling and Addiction, Las Vegas, was attended by the staff team. Part of the team also took part in the Alberta Gaming Research Institute and the University of Lethbridge Conference that focused on internet

gambling. Both events provided an opportunity to hear from experts and researchers in the field of gaming, responsible gaming, problem gambling and prevention work.

During 2008-2009 a new provincial Problem Gambling display underwent development. It is being designed to help raise the profile of our program at key events, as well as to offer information on some popular myths associated with gambling.

I wish to thank Steve Christensen and Leanne Fischer. The Ministry of Health staff offers support and advice to our efforts. The Board of Trustees for the Community Initiatives Fund continues to recognize the importance of our prevention and education work.

I also extend special thanks to David Jones, Rachel Clare, Elizabeth Deobald and Camille Zavlanos, Community Development Coordinators. Outreach and partnership development continues as a result of their commitment and dedication.

I would also like to extend my appreciation to Lynn Hill, CMHA Saskatchewan Division's Editorial Secretary/Receptionist, who continues to provide support to many of our projects.

INDIVIDUAL AND FAMILY SUPPORT

While the main focus of the work of CMHA (Saskatchewan Division) Inc. is education and public policy development on a provincial scale to assist those experiencing mental health issues, the staff at CMHA Division Office frequently have the opportunity to assist individual consumers and their family members on a variety of issues. The following is a brief sampling of the type of assistance provided by Division Office throughout the past year:

- Meeting with volunteers from OCD Self-Help Group
- Assisted elderly persons whose younger family members were abusive
- Assisted parents in obtaining services for their children from Child & Youth Services
- Assisted Principal of a school re suicide anniversary
- Assisted family members to find suitable inpatient

care in the patient's community

- Assisted family member to find support for elderly parent with early alzheimers disease and depression
- Assisted consumer to get CPP Disability Pension and Drug Plan support
- Assisted parent of son with Post Traumatic Stress Disorder to get help
- Assisted consumer who wished to change worker at a clinic
- Assisted Human Rights Commission worker re information on official representative and patient human rights.
- Assisted family member re long-term care information
- Assisted consumer re support for loss of home due to unpaid taxes
- Assisted consumer with advice re counseling options.
- Assisted Guidance Counselor with information re early psychosis and referral options.

This is just an overview of the type of requests for individual and family support which are received at Division Office. Division Office staff also provide both verbal and print information on a wide variety of mental health topics such as schizophrenia, bipolar disorder, depression, obsessive compulsive disorder, stress, workplace mental health, etc. on an almost daily basis.



DIRECT SERVICE

Battlefords Branch

submitted by Kevin Sabraw, Acting Program Director

This has been a very successful year for CMHA Battleford Branch. Kevin Sabraw has been Acting Program Director during Wendy Brundige's sick leave. Annette McGovern has been hired five mornings a week to help Kevin and Wendy Solomko has been hired to be our Bookkeeper.

Two new Board Members have joined us and two have retired. Cindy How and Shirley Williams have replaced Shirley Highton and Emily Hardy.

Our Social Recreation Program has expanded to an additional evening per week to accommodate an ever-increasing client base. Adam Felix, Program Coordinator, was increased to full time hours for the summer months to accommodate summer activities. The annual Tour Program took place June 22 - 27, 2008 with 29 clients enjoying the Grand Beach/Winnipeg area. The mini tours for the summer were filled with exciting short trips. Some of the destinations were Lloydminster, Bud Miller Park, the Petting Zoo, the Saskatoon Forestry Farm and the Saskatoon International Raceway. We also attended the St. Walburg Blueberry Festival and spent two days at our local exhibition/fair.

The TEP Program has completed another very busy year. There are enough requests for services that a second work crew could be kept busy. Without funds for an additional staff member, many new contracts had to be turned down.

Steven Booth from the Prairie North Health Region has attended some meetings with our Branch to discuss the plans for a new building and program expansion. The proposed new building would have a 20 bed apartment complex and a front annex area, which would house the services of Portage Vocational Society and the Canadian Mental Health Association Battlefords Branch. The Edwards Society Inc. would manage the apartment complex. We have developed a very close working relationship with Portage Vocational Society. This program would be the next step to our current TEP Program.

We have been fortunate to continue an association with Katimavik in the Battlefords. This is a volunteer group from across Canada that assists participants to gain work experience while assisting non-profit organizations.

Short Term Recommendations:

- increased funding for programming, both Social Recreational and Vocational
- larger program area to accommodate the increased client base.

Kindersley Branch

submitted by
Pam Welter,
Branch Coordinator

Our Goal:
Promoting mental health and wellness through comprehensive, community-based services for individuals, families, groups and organizations.

CMHA Kindersley Branch is one of the oldest community-based service organizations in the Region, started by a group of citizens concerned with services available for those with mental health issues in the community.

Our Values: Accountability, Empathy, Leadership, Excellence, Empowerment.

We strive for excellence through the quality of our programs and services, commitment to our community's needs and by being balanced in our services.

We are accountable for our actions, use ethical practices, show integrity and demonstrate stewardship of our resources.

We have empathy for our clients, show compassion, are inclusive, accessible and show respect.

We demonstrate leadership by being proactive, innovative and act as advocates.

We empower persons through the programs and services we provide and the training, support and

recognition of our volunteers.

Promotion:

CMHA Kindersley Branch is dedicated to promoting mental health and wellness through a comprehensive range of community-based services for individuals, families, groups and organizations. We have been working in the Kindersley area for 40 years to help address the needs of those with a mental illness, the prevention and the promotion of mental health.

Collaboration:

We invite collaboration. CMHA Kindersley Branch is connected to a variety of mental health service providers and professionals in the Region. We invite partnerships to provide information regarding a variety of mental health topics and connect those in need with many other informative sources. The branch provides responsible referral to other agencies; education and related supports as requested and as they may become necessary. To the families in our communities we provide appropriate information and referrals regarding their loved one's mental health needs and support in advocacy and coping skills as necessary.

Hamper Program:

One of the community actions facilitated by CMHA Kindersley Branch is the Christmas Hamper Program. Unique to the area, under this program low income families can apply to receive a generous food hamper for Christmas. Each family receives groceries for about one month, a Christmas turkey and gift from Santa for the kids. This is the longest running and largest population health promotions program in the region, which is done in collaboration with numerous community groups. In 2008, 113 families throughout the Heartland Health Region were supplied with a hamper under this program.

Presentations:

The Kindersley Branch has done numerous presentations in schools and for groups in several communities throughout the Heartland Health Region. Some of the topics covered are:

- CMHA Roles and Responsibilities
- Population Health Promotion from a Mental Health Point of View
- Determinants of Health Affecting Mental Well

Being

- Depression
- Youth Suicide Prevention
- Suicide Prevention Guide for Schools
- “wholam” – Case study profiles of mental health services in our rural communities
- CHEERS – Understanding the Relationship between Alcohol and Mental Health
- Work/Life Balance

In 2008 we have presented the Work/Life Balance presentation 24 times in various communities throughout the Region.

Programs:

The Branch also offers the following programs:

- Let’s Get Together (4 schools)
- How to Drug Proof Your Kids (8 presentations in 4 communities)
- Safe Communities –
 - farm safety (2 summer camps in 2 communities and 6 community partners access the farm safety resources)
 - car seat safety (volunteers in several communities access the program)
 - bike safety (volunteers in several communities access the program)
 - smoke free communities (resources distributed throughout the Region)
 - In Motion Initiatives
 - Schizophrenia Partnerships Awareness Presentations
- ASIST Suicide Intervention Training and Talk Suicide Program for Schools (11 presentations in 5 communities)

Education:

The CMHA Kindersley Branch receives numerous invitations throughout the Heartland Health Region to attend various events with our information and pamphlet display. Through this service CMHA Kindersley Branch is linked into the communities within the Health Region to do population health promotion, education, referrals and advocacy.

Board/Volunteers:

The Kindersley Branch has several volunteers throughout our communities. The Board, volunteers and residents provide links between health care professionals, communities, individuals and resources. Our programs keep the branch linked to the communities in the Health Region and with community partners. Our programs are delivered within the Population Health Promotions model, where key members in the communities are trained and provided with the resources to deliver and educate on mental health topics.

In conclusion, CMHA Kindersley Branch is one of the oldest community-based service organizations in the Region, started by a group of citizens concerned with services available for those with mental health issues in the community. Effective population health promotion programs are multi-faceted and long-term, therefore, we will continue to assist communities to develop, deliver and own programs that contribute to a healthy community.

Moose Jaw Branch

submitted by Donna Bowyer, Program Director

Moose Jaw is an ever-changing community. We are always ready to meet the needs of the community, and so we change with it.

We moved this year and I think it was a good move for us. We are now located in a Community High School. This has given us the opportunity to work closer with the schools and their students.

We were fortunate enough to get a couple of grants through the Community Initiatives Fund. This first is to help new immigrant youth transition into work or education from high school. This has been a great partnership with Prairie South School Division and the Multicultural Council. We have a number of other partners in this project which allows for the full spectrum of support for the youth and their families.

The second project is with the Aspergers Youth 14+. There was a void in our community for the development of social skills for this group. We worked with the parents, the Regional Intersectoral Committee, Cognitive Disabilities, and a number of other partners.

Partners Against Violence has been an active committee. We were able to hire a part-time staff person, who

assisted us in working toward having a "Building a Safe Community" week in May of 2009.

The statistics for 2008-2009 shows that we were asked to do 30 presentations, 20 presentations through Shaw Cable, 6 newspaper articles, set up 7 displays and took part in over ten committees. Under the Friends for Life Program the writer did 6 ASISTS, 1 ASIST tuneup and 6 SafeTalks.

I was also honoured to be asked to write the forward in the book "Smiling Mask". This was a new opportunity for me to work with some great women around the issue of PostPartum Depression. As a result of the work they did, they have been able to raise the awareness around this issue through their book, newspaper articles, and radio and TV interviews. It also gave us the inspiration to approach Welcome Wagon to have brochures included in every basket that is given to new moms. We have given out over 300 brochures so far.

Les Gray and I were given the opportunity to take part in and present at a conference in Toronto on the Mental Health Lens. This was a great opportunity to see what else is happening across Canada.

We were lucky enough to attract a couple of great speakers to Moose Jaw. The first was Patricia Pearson, the author of "A Brief History of Anxiety". She was in Regina with the Regina Branch and agreed to come do a presentation at the Library. The second was Donna Caruso, who did a series of performances. We were able to partner with the Faith Community, which not only ensured a successful series of events, but also developed new partners to work with in the future.

"Every year I see how people are becoming more aware of mental illness and mental health and yet there is so much that still needs to be done."

We have been able to partner with Mental Health and Addictions Services on a number of important projects. We were able to run a series of presentations through the Library for parents on mental health and addictions issues. We also partnered in the development of a poster on Depression, which will be distributed to doctors'

offices and other health offices. The CMHA Moose Jaw website (www.cmhamj.com) carries information that was provided by Mental Health and Addiction Services to make it accessible to anyone interested in mental health information. This is just a sampling of projects carried out to bring information to the community.

With every activity, event and fundraising opportunity, we expand our ability to work with new partners. Every year I see how people are becoming more aware of mental illness and mental health – and yet there is so much that still needs to be done.

Prince Albert Branch

submitted by Doug Kinar, Executive Director

CMHA Prince Albert Branch continues to balance our in-house programs while striving to play an active role in community support and development.

Our numbers are up this year. In January/February we served 1175 meals through our Lunch Program and there were 107 distinct individuals attending the Drop-In Centre. The AGAN store has 22 people working in our Vocational Program. There are 10 people working in our Quilting and Lunch Programs. This is the last rotation for our participants from Katimavik. I encourage all branches to consider participating if Katimavik comes to your community. I am also busy working at pursuing funding and completing contracts for 2009.

Mental Health Week is fast approaching. We will continue to host our annual Appreciation Dinner and Fashion Show featuring a variety of fashions from our AGAN store, and wrapping up with our Teddy Bear Auction. I am looking forward to a new found interest; auctioneering! I was a last minute stand-in last year and thoroughly enjoyed it! I was able to get an early start on Mental Health Week this year by setting up an interactive display at the SIAST Health Fare earlier in April.

I have made presentations at the SIAST CCA programs, YWCA's Our House, and the First Nations University. We are also actively engaged in helping to make our community and surrounding communities Suicide Safer. We have completed a number of ASIST Workshops since November, with more planned by the end of May including LaRonge, Southend and the Northern Lights Casino.

Our housing project is now moving through the Sask. Housing bureaucracy. It has been an educational

experience, but in the end we strive to do our part to address homelessness among our mental health clients.

In conclusion, we will continue to support our mental health clients through programming and participate in community development and education.

Regina Branch

submitted by Louise Handford, Executive Director

CMHA Regina Branch is dedicated to the pursuit and promotion of the rights of persons with mental illness to maximize their full potential. We have a client base of 450, approximately 120 of whom are served each day through programs that enable them to explore and develop social, occupational, leisure and living skills that will assist them in living as independently as possible within our community.

We provide services that encourage resiliency and support the recovery of persons managing lives with a mental illness. This is accomplished through programs that include:

- rehabilitation/crisis support and community integration
- vocational continuum, supportive work, assessment, training and employment
- awareness and administration

The **Socialization/Stabilization program** provides recreation, group work and crisis support in a safe, non-judgmental environment. We provide structured and unstructured opportunities through recreational outings, crafts, baking, music groups, educational small groups and one-to-one support and advocacy. Some of these include The Free Spirit Band, the Reel Anti-Suppressants Theater Group, and the Anger Management and Wellness Club. Some highlights of the year were Camp Race, holiday meals, gardening, volunteer appreciation day, St. Patrick's Day tea, Halloween and Valentine's dances.

The **Vocational program** offers opportunity to those clients who wish to explore and develop the necessary work skills to enter, or re-enter the work force. Work opportunities are provided in the areas of; housekeeping and janitorial services, food services, canteen/small business and clerical/administration.

Service Canada has supported the development of our new Job Coach position, which enhances the vocational training program and expands the continuum of the client work experience and potential employment attachment.

During this past year, we have begun a process to transform the organization and to position it for future sustainability. This fall, the Board engaged in a strategic planning process, which resulted in a revision of our planning cycle and framework.

Infrastructure and environment are fundamental to organizational sustainability. We have introduced new policies and procedures and updated old ones. We have begun to review and evaluate our programs and services, and made infrastructure improvements to our building, computers and telecommunications system. We are now mortgage free.

Partnerships are key to our future and bring us into relationship with our community. We are grateful to the many individuals who are CMHA Regina Branch members, donors, volunteers and community agencies. This year we were fortunate to have partnerships that supported us in addressing our challenges.

The East View Rotary Club has identified CMHA Regina Branch as a signature organization for their yearly support. We have experienced their support through a Valentine Gala, Club activities, Christmas sponsorship of gifts of warmth, the design and furnishing of a Group Room and a renovation of our canteen business is scheduled for this fall.

This year we held our first ever "Art of Living Well" awareness and fundraising event, with sponsorship and collaboration from Sun Life Financial.

We continue to value our partnerships with Universities, providing supervision for student practicums; the University of Regina Social Work, University of Alberta Occupational Therapy and SIAST nursing students. We also hosted a unique research project on memory and mental illness.

Working together we can, and do make a difference!

This has been an amazing year of growth that represents a commitment to excellent service provision and accountability that is necessary to move into the future. Thank you to the staff, board and our many volunteers. Thank you to

our funding supports who recognize the value of our role in the provision of mental health services: the Regina Qu'Appelle Regional Health Authority, the United Way of Regina, Saskatchewan Learning/EAPD, and the city of Regina.

Working together we can, and do make a difference!

Saskatoon Branch

submitted by Gayle Mast, Executive Director

Now, more than ever, there is a clear direction as to where CMHA Saskatoon Branch is going and there is the skill, energy, passion and talent of staff, clients and volunteers to get there. This is primarily due to a two-year process of strategic planning and development. The Board has very clearly stated why we're here and the difference we hope to make. This report will focus on how we've worked to accomplish these goals in 2008-2009.

CMHA Saskatoon Branch exists so that:

- people have improved mental health with the primary focus on people in the Saskatoon and District community.
- people in Saskatoon have an understanding that mental illness is a medical concern with no stigma attached.

Staff have been delivering a variety of presentations, workshops and displays so that people understand mental health, mental illness, and the work of CMHA. We have reached more than 1400 people this year. The goal of this activity is to enable people to improve their mental health, to detect mental illness and improve access to services that will improve mental well being and to reduce stigma.

- The majority of resources will be devoted to advancing the mental health of people whose mental health is at risk.
- CMHA Saskatoon Branch is a competent, reliable resource to the public, to those individuals identified as being at risk, and to other agencies.

Approximately 800 direct services were provided to 400 individuals with mental illness during this year.

CMHA continues to respond to people's inquiries about where to find mental health help on a daily basis – brochures, pamphlets, helpful web sites and phone numbers. Support and assistance is provided to other agencies, care providers, and professionals through involvement on committees such as the Approved Home Review Panel, Mental Health Week events, Mental Health Camp Committee, joint recreation planning, conference planning committees and the United Way Campaign. CMHA also provides learning opportunities to students such as nursing or social work students.

People with mental illness will have a personally satisfying quality of life by having

- meaningful work
- adequate financial resources

Vocational staff worked with 170 individuals. 116 of these remain active clients. Of these, 47% were competitively employed, 10% provided volunteer services in the community and 20% are being supported to go to school. The remainder are actively looking for work or are just beginning to develop their own individual vocational plans with their workers. Having a job not only provides purpose, but increased income so that our clients can choose where they want to live and what they want to do in their lives. It can even mean regular coffee with a friend or attending an event.

This would not happen for as many people without the committed staff of CMHA or without so many willing employers. Our staff made 1000 contacts with employers on behalf of these clients. Each provides an opportunity to educate and dispel stigma.

- supportive relationships
- recreation and leisure opportunities

375 people were able to enjoy recreation and leisure activities at CMHA thanks to our Volunteer Coordinator and the volunteers who facilitate these events. This is an opportunity to meet new people, practice new skills and have some fun. It has always been rewarding to watch people get to know and enjoy one another and to develop lasting and meaningful friendships.

Swift Current Branch

submitted by Ruth Smith, Executive Director

The Branch has begun a new vocational program, preparing the noon meal for one of the retirement buildings here in Swift Current. This requires two staff from Monday to Friday, 8:30 a.m. to 1:00 p.m. and our Vocational Supervisor. This has been a very rewarding job for all people involved. We still have the outdoor program and cleaning program.

The Social/Recreational Program is doing well. Sarah is excellent at searching out what the community has to offer. We also have a very dedicated volunteer who helps take clients to hockey, baseball and other evening events.

The nurses from the Rehab Team continue to be very supportive, but we have of late opened up our doors to other health professionals who can refer people to our Center. This accounts for a very small number of our clients, but this group of people require support and we hope to be able to meet that need.

We have been very blessed to have the Katimavik Program include us as one of the C.B.O.s that they have as part of their program. Our second young person is just near the end of her stay with us and has brought us her strengths to help us at the Center. She plays cards with everyone, gives French lessons, takes people for coffee and sits down and has a visit, as well as many other things. Sarah has worked very closely with the Katimavik young people to help with the social/recreational programming.

We were asked to be one of the community programs included in the 35 hour educational training component for the LPN class. I saw this as an opportunity to educate the very people that will be working in our health care system. I have also been asked to come and speak to the whole class when that can be arranged.

With Mental Health Week just around the corner, we have a Mayor's Lunch set for May 7th with Marc Habscheid (a former NHL star) as our guest speaker. Our walk-a-thon will likely run the last weekend in May. With the permission of the family, we will be renaming our walk the Jimmy Richardson Walk for Wellness. We will also be helping to host a comedy night on April 24th at Modern Family Restaurant here

in downtown Swift Current. The Branch will receive a portion of the proceeds from this event.

We continue to work three bingos a month to help pay for our groceries here at the Center, and also to pay for gas costs for the programs.

Weyburn Branch

submitted by Linda McDonald, Acting Director

2008-2009 was a challenging, yet rewarding year for CMHA Weyburn Branch. Staffing issues continued to present obstacles for quality programming, but the old cliché: "when the going gets touch...." certainly proved to be true with the staff, Board and, most importantly, the consumers at our center.

The demand for services of our Vocational Program exceeds our capacity to fill them. Community awareness grows every year in direct response to the excellent, conscientious work we supply. Once again we were involved in the City of Weyburn Clean Up Campaign in the spring, which is a competition between the cities of Weyburn and Estevan. Our involvement in this campaign brings pride and ownership in our community and is good publicity for our center. Winter was extremely busy for the work crew as we saw record snowfalls in our area. Once again, the community is extremely supportive of, and grateful for this service.

The Lunch Program continues to be an important component of our center, and we are working on implementing healthier choices into our menu. We consistently feed from 15 to 25 consumers one meal per day from Monday through Thursday.

Periodically throughout the year, articles were submitted to the local press highlighting the upcoming activities of the Center. This has continued to keep the profile of CMHA before the public, and is a contributing factor in good community/center relations.

The sale of Valentine cakes to Weyburn businesses and residents reached an all-time high. This fundraiser involves consumers who deliver the cakes and pick up payment. The program has proved to be of significant value, not only financially, but by helping to reduce the stigma through consumer/client contact.

A Wellness Program, proposed by Sun Country Health Region and agreed upon by the local CMHA Board last

autumn, was put on hold because of the lack of availability of a qualified instructor.

Because of staff resignations and shortages, as well as financial limitations, the Group Counseling Program was put on hold. Submissions to the Sun Country Health Region for additional funding were not approved and, therefore, the Branch continues to struggle with minimal staffing.

Recreational trips to Regina, Moose Jaw and even Nova Scotia filled the year! Five of our consumers were invited to present at the Provincial Conference in Regina as a result of their involvement with Kathleen Thompson and her research project. Two members from the Weyburn community were also honored for their contribution to mental health in Saskatchewan. In conjunction with the project, two of the consumers also presented at the National Conference held in Nova Scotia. This was indeed a highlight and a trip they will not soon forget!

"...I would like to take the opportunity to commend the organization and the many incredible people who make it what it is."

The Christmas Gift Wrap and Store was another huge success.

The revenues were high as was the support of the citizens of Weyburn and district. The Mayor's Luncheon in May was a resounding success. The guest speaker, Ms. Bernadette Green, addressed the crowd with a moving account of her battle with depression, which left a deep impression on many in the audience.

As a new comer, I would like to take the opportunity to commend the organization and the many incredible people who make it what it is. I would also like to thank our funding supports for recognizing the need for mental health services: Sun Country Health Region, the United Way, Sask. Lotteries and the many individuals, service organizations and businesses in our community.

Yorkton Branch

submitted by Dr. Donia Alvarado-Okrainec, Program Director

2008-2009 has been a very busy year for CMHA Yorkton Branch!

Administration and Resource Development:

Operation Hope was a draw that took place on December 22nd, 2008 at the Gallagher Centre. At least 23 businesses were approached for their support. Proceeds from the draw were over \$2000 (including matching funds from Mosaic Potash). The event was coordinated by CMHA Yorkton Branch and "Our House". Proceeds were shared equally between the two organizations.

Flake Company Popowich Inc. has offered an office at their facility for 2009 at no cost. The Branch continues operating on a part-time basis so a decision has not been made to date whether or not to accept their offer.

This year, for the first time in the last two years, CMHA Yorkton Branch has been the recipient of donations in memory of individuals whose families chose our organization.

Over the last 18 months, the Parkland Regional College has kindly provided a room at their facility for our use when required for meetings or for interviews with our clients.

The Yorkton Sunshine Club Drop-In Centre has also allowed us the use of their facility for our potluck dinners held this past year for the "Let's Talk Program" (immigrant family participants only).

CMHA Yorkton Branch also participated in the Melville Donor's Choice residential campaign in September last year thanks to the cooperation of local volunteers.

Public Awareness and Education:

A Multicultural Dinner is scheduled for June 11th, 2009. It will take place at St. Mary's Cultural Centre in Yorkton. This event is designed to create awareness of the importance of involvement of Yorkton's citizens in the integration of the immigrant community in all aspects of life. Donna Bowyer, Program Director of CMHA Moose Jaw Branch will be giving a presentation "Speaking of Suicide". 36 businesses have been approached to support this event.

ADMINISTRATION

Resource Development

Many suicide alertness presentations have been given this year, as well as supplying educational materials not only in Yorkton but also in Melville, Canora and Esterhazy. The population targeted includes high schools, community-based organizations, RCMP, English as a Second Language classes and others.

Programming and Advocacy:

“Let’s Talk”, a program for new immigrants, continues to run well. Participants enjoy the potluck dinners as a recreational activity. The program still has a long way to go and in spite of efforts to get government funding, we have been unable to get support for any of our proposals. The following are some of the services offered to individuals involved in the “Let’s Talk” program:

- assistance completing the forms for permanent residence
- taking patients to hospital and assisting with translation
- assistance in making application for Sask. Health Cards and Social Insurance Numbers
- meeting with clients and employers to work on work permit extensions
- assisting in the search for employment
- peer support
- orientation to community services and resources.....and much more.

In cooperation with Saskatchewan Division Office, CMHA Yorkton Branch supported four dances for clients of the Mental Health Drop-In Centre in June last year. \$600 was donated to be used towards this recreational activity, as requested by the Executive Director of the Centre.

submitted by Joan Kilbride, Director of Resource Development

Fundraising is the process of soliciting and gathering money or other gifts in kind, by requesting donations from individuals, businesses, charitable foundations or governmental agencies. Often called “donor cultivation”, relationship building is the foundation on which CMHA’s fundraising takes place. As a non-profit, charitable organization, the Canadian Mental Health Association (Saskatchewan Division) Inc. depends on the good will and support of our volunteers, sponsors and donors. Without this consistent support, we could not run successful programs and services at no cost to the people who need our assistance.

Public education plays a major role in all our fundraising efforts. Once again, the CMHA has enjoyed a productive relationship with local and provincial media. This continued support ensures a consistent presence in the public eye, helping us to reach our goal of reducing the stigma surrounding people who experience mental health issues in our communities.

2008 Resource Development Activities

2008 Cash Calendar

The Cash Calendar Project continues to support the Friends for Life Program, which provides a vital resource to the people of Saskatchewan through public awareness and education on mental health issues and suicide prevention through school and community presentations.



The Calendar continues to be a successful fundraiser for the Association, and this is in part attributed to the dedication of a team of CMHA Division Office and Call Center staff.

The Calendar features the art work of people who use the services of the Association. This year, for only \$30.00, purchasers had 365 chances to win over \$64,000.00 in

prizes. In pursuit of our goal, the hard work and dedication of our delivery partners, CMHA Branches and local community service clubs Calendar sales resulted in a modest surplus for our Association.

Teddy Bear Affair



The Teddy Bear Affair Winter Picnic and Auction has been an important fund and “friend” raiser for the CMHA, raising over \$300,000 over the past years. Proceeds from this special event funds the Friends for Life youth suicide prevention program, designed to provide awareness and knowledge to educators in the community.

The Winter Picnic and Auction revolves around the central concept of “a bit of summer in the midst of winter – a way to chase away those winter blues!” After a sumptuous picnic buffet, over 200 attendees were treated to the fun of a live auction. Each live auction package has its own teddy bear, appropriately dressed by the Sask-Tel Pioneers to reflect the nature of the donated items (i.e. Via Rail package included a bear dressed in travel attire waiting to catch a train). The silent auction tables featured many items donated by the local businesses in the community. Attendees also had an opportunity to win a “Mini Escape” Relaxation Package to the Temple Gardens Mineral Spa by purchasing a balloon for \$5.00 and participating in the elimination game of “Head or Butt” to determine the winner. Invited guests also had the opportunity to purchase a “Magic Heart” for \$10.00 for a chance to win a trip for two to any WestJet destination in Canada.

Direct Mail

Our direct mail campaign is dependent upon the goodwill and support of the community. Fundraising and “friend” raising projects like the Puppet and Christmas campaigns allow us to continue to advocate on behalf of the people who experience mental health issues in our community while at the same time providing education to reach our goal of reducing the stigma surrounding people who experience mental health problems.



Bingo

The CMHA continues to see a modest income from the bingos worked at the Centennial Bingo Hall. Thank you to all the dedicated volunteers who continue to work the late night shift on our behalf!



*The Canadian Mental Health
Association
(Gaskatchewan Division) Inc.
wishes to recognize the efforts of
the countless*

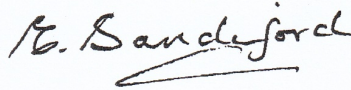
*volunteers who donate their time and talents
to our important work.*

We couldn't do it without you!

FINANCIAL STATEMENTS

The following are the Canadian Mental Health Association
(Saskatchewan Division) Inc.
financial statements audited by
Dudley and Company Chartered Accountants

Copies of the Auditor's Report and
Financial Statements are available from
CMHA (Saskatchewan Division) Inc.
2702-12th Avenue
Regina, SK S4T 1J2
(306) 525-5601
contactus@cmhask.com



Erskine Sandiford, Treasurer
Canadian Mental Health Association (Saskatchewan Division) Inc.
Provincial Board of Directors

**CANADIAN MENTAL HEALTH
ASSOCIATION
(SASKATCHEWAN DIVISION) INC.**
Financial Statements
March 31, 2009

INDEX

Page 1	Auditors' Report
Page 2	Balance Sheet
Page 3	Statement of Operations and Net Assets
Page 4	Statement of Cash Flows
Pages 5-7	Notes to the Financial Statements

AUDITORS' REPORT

To the Directors
Canadian Mental Health Association (Saskatchewan Division) Inc.

We have audited the balance sheet of **CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.** as at March 31, 2009 and the statements of operations and net assets and cash flows for the year then ended. The financial statements are the responsibility of the association's management. Our responsibility is to express an opinion on these financial statements based on our audit.

Except as explained in the following paragraph, we conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we plan and perform an audit to obtain reasonable assurance whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation.

In common with many charitable organizations, the association derives revenue from memberships, donations, and fundraising the completeness of which is not susceptible of satisfactory audit verification. Accordingly, our verification of the revenue was limited to the amounts recorded in the records of the association and we were not able to determine whether any adjustments might be necessary to revenue, excess of revenue, current assets, and net assets.

In our opinion, except for the effect of the adjustments, if any, which we might have determined to be necessary had we been able to satisfy ourselves concerning the completeness of the revenue referred to in the preceding paragraph, these financial statements present fairly, in all material respects, the financial position of the association as at March 31, 2009 and the results of its operations and its cash flows for the year then ended in accordance with Canadian generally accepted accounting principles.


Dudley & Company
Chartered Accountants LLP

Regina, Saskatchewan
April 16, 2009

**CANADIAN MENTAL HEALTH ASSOCIATION
(SASKATCHEWAN DIVISION) INC.**

Balance Sheet
As at March 31, 2009

ASSETS

	2009	2008
CURRENT ASSETS		
Cash and term deposits	\$ 333,656	\$ 366,610
Accounts receivable	92,622	45,363
Receivable from branches	15,839	28,020
Prepaid expenses	<u>5,750</u>	<u>7,055</u>
Total Current Assets	447,867	447,048
PROPERTY AND EQUIPMENT - note 4	<u>253,845</u>	<u>261,292</u>
Total Assets	<u>\$ 701,712</u>	<u>\$ 708,340</u>

LIABILITIES AND NET ASSETS

CURRENT LIABILITIES		
Accounts payable and accrued liabilities	\$ 78,267	\$ 68,218
Deferred revenue - note 11	25,770	56,990
Payable to branches	1,756	3,663
Current portion of long term liabilities - note 5	<u>19,119</u>	<u>17,869</u>
Total Current Liabilities	124,912	146,740
LONG TERM LIABILITIES - note 5	<u>111,325</u>	<u>130,777</u>
Total Liabilities	<u>236,237</u>	<u>277,517</u>
NET ASSETS		
Invested in property and equipment	253,845	261,292
Appropriated - note 6	91,629	79,530
Unappropriated - page 3	<u>120,001</u>	<u>90,001</u>
Total Net Assets	<u>465,475</u>	<u>430,823</u>
Total Liabilities and Net Assets	<u>\$ 701,712</u>	<u>\$ 708,340</u>

SICK LEAVE BENEFITS - note 9

COMMITMENTS - note 10

Approved on behalf of the Board of Directors:

The accompanying notes form an integral part of these financial statements.

**CANADIAN MENTAL HEALTH ASSOCIATION
(SASKATCHEWAN DIVISION) INC.**
Statement of Operations and Net Assets
For the year ended March 31, 2009

REVENUE	<u>2009</u>	<u>2008</u>
Government grants:		
Saskatchewan Lotteries	\$ 57,500	\$ 52,273
Saskatchewan Health, gambling program	308,322	319,220
Saskatchewan Health, core funding	219,433	208,746
Saskatchewan Learning	57,400	64,000
Other grants - note 7	70,883	75,004
Fundraising projects, net of \$148,132 (2008 - \$151,734) expenses	229,591	245,221
Rental	34,618	34,639
Community fund appeals	25,675	29,356
Other revenue and recoveries	38,461	22,409
Branch administration recoveries	14,603	14,406
Donations	9,183	5,822
Interest	<u>6,584</u>	<u>13,384</u>
Total Revenue	<u>1,072,253</u>	<u>1,084,480</u>
 EXPENSES		
Salaries and benefits - note 12		
Executive and general	271,249	235,567
Gambling program	162,549	176,456
Resource development	128,404	125,658
Public education	59,899	57,049
General and administrative - note 8	159,365	137,326
Public education	38,784	56,627
Occupancy	58,078	63,277
Gambling program	69,047	42,376
Contributions to branches	57,787	56,297
Research	475	14,325
Amortization	22,859	21,118
Interest on long term debt	9,106	9,324
Gifts to qualified donees	<u>0</u>	<u>10,000</u>
Total Expenses	<u>1,037,602</u>	<u>1,005,400</u>
 EXCESS OF REVENUE	 34,651	 79,080
 NET ASSETS, BEGINNING OF YEAR	 <u>90,001</u>	 <u>63,760</u>
	<u>124,652</u>	<u>142,840</u>
 (INCREASE) DECREASE IN APPROPRIATION		
Investment in property and equipment	7,448	(8,268)
Building Fund	0	(12,057)
Program Fund	0	(16,257)
Mental Health Development Fund	0	(16,257)
Problem Gambling Fund	(12,099)	0
	<u>(4,561)</u>	<u>(52,839)</u>
 NET ASSETS, END OF YEAR	 <u>\$ 120,001</u>	 <u>\$ 90,001</u>

The accompanying notes form an integral part of these financial statements.

**CANADIAN MENTAL HEALTH ASSOCIATION
(SASKATCHEWAN DIVISION) INC.**

Statement of Cash Flows
For the year ended March 31, 2009

	<u>2009</u>	<u>2008</u>
CASH FLOWS FROM (FOR) OPERATING ACTIVITIES		
Cash receipts from grants	\$ 623,242	\$ 435,287
Cash receipts from self-generated revenues	368,638	358,225
Cash paid to suppliers	(376,328)	(385,234)
Cash paid to employees and equivalents	(618,718)	(610,762)
Interest received	13,210	10,031
Interest paid	(9,493)	(9,385)
Cash Flows From (For) Operating Activities	<u>551</u>	<u>(201,838)</u>
CASH FLOWS FROM (FOR) INVESTING ACTIVITIES		
Additions to property and equipment	(15,411)	(29,386)
CASH FLOWS FROM (FOR) FINANCING ACTIVITIES		
Increase (decrease) in long term debt	(18,094)	15,024
Net change in cash position	(32,954)	(216,200)
CASH POSITION - beginning of year	<u>366,610</u>	<u>582,810</u>
- end of year	<u>\$ 333,656</u>	<u>\$ 366,610</u>

The accompanying notes form an integral part of these financial statements.

**CANADIAN MENTAL HEALTH ASSOCIATION
(SASKATCHEWAN DIVISION) INC.**

Notes to the Financial Statements
March 31, 2009

1. GENERAL

The association is incorporated under the Non-Profit Corporations Act of Saskatchewan. It is a volunteer based organization that, together with its 15 branches and rural committees, supports and promotes the rights of persons with mental illness to maximize their full potential through education, recreation opportunities, advocacy, programs and services, and promotes and enhances the mental health and well being of all members of the community.

As a non-profit organization, the association is exempt from income taxes under Paragraph 149(1)(L) of the Income Tax Act.

2. BASIS OF PRESENTATION

The Saskatchewan Division is comprised of the division office in Regina and 15 branches and rural committees. These financial statements account for the operations of the division office including the Problem Gambling Community Development Program and administrative services for the branches. The financial statements also account for operations on a division-wide basis including public education, advocacy, research and public awareness.

3. SIGNIFICANT ACCOUNTING POLICIES

a) Property and Equipment

Property and equipment are recorded at cost. Amortization is calculated at an annual rate of 5% on buildings using the diminishing balance method and on equipment and vehicles at 20% using the straight line method.

b) Fund Accounting

The association follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured. Investment income is recognized as revenue when earned.

c) Financial Instruments

It is management's opinion that the association is not exposed to significant interest, currency or credit risks arising from its financial instruments and that the fair value of the financial assets and liabilities approximates their carrying value due to their short term nature.

d) Use of Estimates

The amounts recorded for the allowance for doubtful accounts and estimated useful life of capital assets are based on management's best estimate. These estimates are reviewed periodically and as adjustments become necessary they are reported in earnings in the period in which they become known. By their nature, estimates are subject to measurement uncertainty and the effect on the financial statements of any changes in estimates could be significant.

**CANADIAN MENTAL HEALTH ASSOCIATION
(SASKATCHEWAN DIVISION) INC.**

Notes to the Financial Statements
March 31, 2009

4. PROPERTY AND EQUIPMENT	2009		2008	
	<u>Cost</u>	Accum. <u>Amort.</u>	<u>Cost</u>	Accum. <u>Amort.</u>
Land	\$ 13,635	\$ 0	\$ 13,635	\$ 0
Buildings	418,968	240,282	418,968	230,877
Equipment	97,649	56,232	83,479	49,046
Vehicle	27,926	7,819	27,926	2,793
	<u>\$ 558,178</u>	<u>\$ 304,333</u>	<u>\$ 544,008</u>	<u>\$ 282,716</u>
Net Book Value	<u>\$ 253,845</u>		<u>\$ 261,292</u>	

5. LONG TERM LIABILITIES	2009	2008
a) Royal Bank		
- fixed mortgage, bearing interest at 7%, payable in monthly installments of \$1,623 including interest, secured by property and maturing June 1, 2010.	\$ 118,543	\$ 122,970
b) GMAC		
- monthly payments of \$652 including interest at 4.9%, secured by 2008 Subaru, maturing October 31, 2011.	<u>11,901</u>	<u>25,676</u>
	<u>130,444</u>	<u>148,646</u>
Less current portion	<u>19,119</u>	<u>17,869</u>
	<u>\$ 111,325</u>	<u>\$ 130,777</u>

Principal payments due in each of the next five years based on the above terms are approximately as follows:

2010	\$ 19,119
2011	20,344
2012	18,362
2013	14,873
2014 and beyond	<u>57,746</u>
	<u>\$ 130,444</u>

6. APPROPRIATED NET ASSETS	Problem Gambling Fund	Building Fund	Program Fund	Mental Health Fund	Total
Balance, beginning of year	\$ 0	\$ 23,016	\$ 28,257	\$ 28,257	\$ 79,530
Increase (decrease)	<u>12,099</u>	<u>0</u>	<u>0</u>	<u>0</u>	<u>12,099</u>
Balance, end of year	<u>\$ 12,099</u>	<u>\$ 23,016</u>	<u>\$ 28,257</u>	<u>\$ 28,257</u>	<u>\$ 91,629</u>

7. OTHER GRANTS	2009	2008
Other grants are comprised of the following:		
Eli Lilly	\$ 7,818	\$ 27,866
Job Start/Future Skills	0	18,000
Sask. Liquor and Gaming Authority	<u>63,065</u>	<u>29,138</u>
Total Other Grants	<u>\$ 70,883</u>	<u>\$ 75,004</u>

**CANADIAN MENTAL HEALTH ASSOCIATION
(SASKATCHEWAN DIVISION) INC.**

Notes to the Financial Statements
March 31, 2009

8. GENERAL AND ADMINISTRATIVE EXPENSES

General and administration expenses are comprised of the following:

	<u>2009</u>	<u>2008</u>
Travel and vehicle expenses	\$ 27,325	\$ 17,842
Printing and photocopying	33,049	22,933
Professional fees	20,852	12,363
Committees and meetings	12,314	24,247
Postage and delivery	14,783	22,323
Office supplies	19,731	10,225
Memberships	19,120	17,295
Advertising	4,732	2,341
Computer maintenance	5,343	4,888
Training	914	1,287
Interest and bank charges	1,202	1,582
Total General and Administrative Expenses	<u>\$ 159,365</u>	<u>\$ 137,326</u>

9. SICK LEAVE BENEFITS

The corporation provides non-vesting sick leave benefits to its employees pursuant to union agreements and administrative policies. At March 31, 2009 management estimates total accumulated sick leave credits in the amount of \$185,055.

10. COMMITMENTS

The division has entered into operating leases for office equipment, the annual rental for which amounts to \$6,698 to 2014.

11. DEFERRED REVENUE

Deferred revenue consists of the following:

	<u>2009</u>	<u>2008</u>
Province of Saskatchewan - Annual Provincial Conference	\$ 0	\$ 1,500
Eli Lilly	21,316	32,134
Sask. Learning	0	16,000
Other	4,454	7,356
Total Deferred Revenue	<u>\$ 25,770</u>	<u>\$ 56,990</u>

12. PENSION CONTRIBUTIONS

Employees become eligible for pension after 1820 hours of service. The plan is a defined contribution registered pension plan. The employer pays 6% of gross salary into the plan on a monthly basis.

	<u>2009</u>	<u>2008</u>
Total Contributions During the Year	<u>\$ 33,091</u>	<u>\$ 29,145</u>

2008-2009 Provincial Board of Directors

Susan Grohn, President
Darrell Downton, Vice-President
Sharon Lyons, Past President
Erskine Sandiford, Treasurer
Audrey Reitmeier, Member at Large
Fred Howard, Member at Large
Lindy Thorsen, Member at Large
Jim Beach, Member at Large
Doreen Bell, Member at Large
Krista Bakke, Member at Large
Christine Kelly, Regional Delegate
Grant Rathwell, Regional Delegate
Bill Pringle, Regional Delegate

CMHA (Saskatchewan Division) Inc. Division Office Staff

David Nelson, RPN, RSW
Executive Director

Joan Kilbride, Director of Resource Development

Don Powers, Director of Finance

Dianne Boy Fernandez, Director of Friends for Life

Shauna Altrogge, Director, Problem Gambling
Community Program

Rachel Clare, Community Development
Coordinator, Problem Gambling Community
Program (Saskatoon)

David Jones, Community Development Coordinator,
Problem Gambling Community Program (Regina)

Elizabeth Deobald, Community Development
Coordinator, Problem Gambling Community
Program (Prince Albert)

Phyllis O'Connor, Executive Secretary

Sharon Wilson, Payroll/Benefits Clerk

Lynn Hill, Receptionist/ Editorial Secretary for
Transition Magazine.

The economy, financial stress, family pressure?

Now more than ever...

Invest in yourself



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Partner in mental health leadership



Invest in your family

Pay attention to the mental health of those closest to you. Share a warm meal and some kind words. Listen to each other. Be honest and open with each other about the stress in your life. If you have children, discuss finances with them. Don't scare them. Help them understand the household budget and how you plan to deal with the challenges.

Take time for yourself

- Turn off your computers, cell phones and other distractions.
- Read a book, listen to music, play a game, go for a walk, meditate, write in your diary, or take up a relaxing hobby.
- Make use of free resources in your community, like parks, libraries, swimming pools and community centres.
- Host a potluck dinner so you can enjoy company without a huge cost.
- Visit with a friend or family, just to talk and laugh.
- Eat healthy meals and snacks.
- Get fresh air and exercise everyday -- even just a little bit will do a lot of good.

Invest in your friends

Reach out to your friends. In times of economic stress, sharing challenges with friends is healthy. They might have insights into your challenges. You might have insights into theirs. And, remember to laugh. Friendships are built on laughter.

Invest in your community

When you join or volunteer with community groups, clubs and organizations you feel a part of something bigger. You feel connected to a place and to a network of people. It's a good way to build personal and collective resilience in difficult times.

Invest in your workplace

While your workplace can be a source of stress it can also provide you with positive networks, good friends and professional contacts. Take the lead to open lines of communication. Build supportive relationships with all people in your workplace, including employees, employers and even clients. If you are an employer, be understanding and supportive about employees' worries during this economic downturn.

> Invest in yourself

Address the big things that are causing you stress. A professional perspective can help you cope better and turn things around.

- Are your finances the source of your stress?
 - > Seek the help of a financial planner or debt counselor.
- Are you feeling vulnerable in your job?
 - > Speak to a career counselor and make a career plan.
- Are your relationships with loved ones strained?
 - > Speak to a counselor to work it through.
- Do you fear that your stress is turning into depression, or that you might lose self control?
 - > Meet immediately with your doctor or a mental health specialist.

Invest in your mental health

For more information and for a listing of your nearest Canadian Mental Health Association office,

www.cmhask.com



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

The Canadian Mental Health Association (Saskatchewan Division) Inc. Is a charitable organization, dependent upon donations, memorial gifts and bequests, United Way, Donor's Choice and Sask. Lotteries for support.



A United Way Member Agency

Canadian Mental Health Association (Saskatchewan Division) Inc.
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