

MAKING CONNECTIONS



2012-2013

Canadian Mental Health
Association (Saskatchewan
Division) Inc. Annual Report



Canadian Mental
Health Association
Saskatchewan
Mental health for all

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Global Ends Policy and 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 promoting 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 lives 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 of 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 Grant Rathwell



It seems hard to believe that a year has passed since last year's June conference when we were joined by our National CEO, Peter Coleridge. Peter involved us in an informative summary of the CMHA National perspective, and an engaging process aimed at strengthening and enhancing our organizational relationships across the country. What a busy and exciting year we have had, with numerous happenings in locations all across our country – from grassroots volunteer fundraising events to our National CMHA Conference in Regina in October.

Saskatchewan Division hosted the CMHA National Conference in October 2012...a great challenge indeed, and thanks to the hard work and excellent organizational skills of our senior Division Office staff, it was very successful. Through various presentations and dialogue, we were all reminded that we are one organization with one mission and one voice. The conference ended with a unanimous expression of support and commitment to our collective journey to be a stronger CMHA...truly exciting and inspiring! Our "veteran" mental health advocate, Jayne Whyte, had just completed her thoughtful, interesting and very informative book "Pivot Points: A Fragmented History of Mental Health in Saskatchewan." Jayne's work is a valuable account of the history of mental health services in Saskatchewan.

An important development in 2012 was the announcement of a "National Strategic Plan for CMHA: Strengthening our Collective Impact". Over the next few years, CMHA will focus its collective energy on three specific goals: strengthening our voice, ensuring quality services and enhancing our organizational health.

Another of the many exciting and encouraging developments in recent months is the formation and effective dialogue that is underway in the Saskatchewan Mental Health Coalition. It is a non-partisan advocacy network of individuals, organizations and families with a stake in the field of mental well being. At the March meeting of the Coalition, we recognized Ruth Dafoe for her dedicated career as a Psychiatric Social Worker, and for her decades-long volunteer contribution in support of the Schizophrenia Society of Sask., CMHA and numerous other causes and organizations.

I would like to extend deep appreciation to our many supporters who are there for us at many levels – as committee volunteers, as dedicated staff members throughout our branches provincially, and as generous financial supporters – privately, corporately and provincially. Thank you one and all for all you provide to help us in our mission to support and promote the rights of persons with mental illness to maximize their full potential, and to promote and enhance the mental health and well being of all members of the community.

Recently, during National Mental Health Week, May 6-12, we were encouraged to receive a very important announcement from the Provincial Minister of Health, the Honourable Dustin Duncan. Minister Duncan announced that an inter-ministerial action plan will be developed to address the complex and often connected issues of mental health and addictions. Sectors of government involved include Health, Social Services, Education, Corrections and Policing and Justice. We welcome this announcement and look forward to working closely with this inter-ministerial committee.

On behalf of the Board of Directors, I would like to take this opportunity to personally thank Dave Nelson for his energetic and skillful approaches in carrying out the day-to-day work of our organization. His leadership with a highly dedicated group of staff at Division Office, and his positive, collaborative support to our Board is greatly appreciated. Also, we appreciate the continuing capable support of our National C.E.O., Peter Coleridge and the staff at the National Office.

I would like to thank retiring Board Members for their support to our organization; our continuing Board Members for their ever-enthusiastic input of new ideas, and to warmly welcome new Board Members as they offer their gifts of leadership and support to CMHA Saskatchewan Division.

Welcome to this year's Mental Health Joint Forum: It's All About Connections. I trust you will enjoy the conference, and thank you for joining us.

Executive Director's Report

Submitted by Dave Nelson

This has indeed been an outstanding year both for our Association and potential changes for the mental health system in general.

Our Association continues to be a major player in the ongoing development of the Saskatchewan Assured Income Program for Disabilities (SAID).

We also participate as a founding member of the Provincial Interagency Network on Disability (PIND) which works with Government on a broad range of disability policies.

Our sponsorship and support of the Mental Health Coalition of Saskatchewan has brought together a dramatically growing number of stakeholders thanks to the efforts of Jeff James, Coalition Coordinator and Tanya Condo, our Systems Navigator Development staff.

There has been recognition and growth in our Problem Gambling Community program with an additional staff person funded to provide expertise in communication and media strategies.

Our new Community Justice Support program, headed by Kim Hoffman as Director, will very soon be up and running. It will provide direct supports to persons with violent offender and mental health issues in Regina, Saskatoon and North Battleford. This is a much needed program for those with these service support needs.

We are pleased the Minister of Health has announced a Mental Health and Addictions Action Plan, in particular as it is multi-ministerial in nature and, with proper input from stakeholders, should result in a better developed and client centered mental health and addictions system.

Overall, even though this has been an incredibly busy year for all, many new and important initiatives are coming to fruition. We thank all who have worked so hard to make it happen.



Social Work Practicum 2012-2013

Submitted by Rikki Gusway



If I could think of a simple statement to describe my experience as a Social Work practicum student in the Canadian Mental Health Association Saskatchewan Division Office it would have to be "an incredible eye-opening, educational and rewarding experience". I started off my practicum learning about some of the projects that are going on that CMHA is involved in. As I started to learn about these projects, I also had the opportunity to meet fantastic people working in the human service field and mental health services. I am thankful for the opportunity to have met service providers, consumers and advocates in the area of mental

health. I would have to say, however, that some of the most incredible people work here in the office at CMHA.

I was so pleased to be welcomed in to several projects going on by other staff such as Jeff James, Tanya Condo, Sharon Lyons and, of course, Dave Nelson who was my field instructor. I couldn't go without mentioning other staff members at the office who helped me make this experience incredible. Don Powers, the Director of Finance, welcomed me within the first few days and weeks by helping me out with the computers, ensuring the work area was always warm – even bringing in an additional heater for me! Phyllis O'Connor was also fantastic to work with. I had the pleasure of learning about event planning from Phyllis as we coordinated to plan the Caring and Sharing Women's Wellness Event. Ian Morrison, the Healing through Humour Coordinator is also one of the most inspiring individuals I have ever met. Ian always put a smile on my face, and I was pleased to learn about the program he runs and the incredible work it does. Sharon Wilson, Lynn Hill and David Jones were also friendly faces within the office who would share their expertise with me. I cannot express how great the CMHA staff truly is!

Having a passion for social justice, equal access to service and policy development, I found that I fit in with CMHA and the projects currently going on. With some prior knowledge of the SAID/SAP programs in our province, I was able to participate in the SAID Advisory Committee with Dave. I also participated in the Mental Health Coalition meetings, which were very informative. I enjoyed learning about other organizations and agencies around our province doing some incredible work in the mental health area.

Another incredible experience that came out of my practicum was the opportunity to attend a national student-led conference on mental health in Toronto called "Unleash the Noise". I was selected to be one of 200 Canadian students present at the conference, proudly representing Regina, Saskatchewan. I had the opportunity to meet several inspiring youth from across Canada who are initiating change in the way we see mental health and eliminating stigma in their home communities. This was truly empowering to me and gave me such hope that the future of mental health in our country will be viewed in an entirely different way.

Another highlight of my experience at CMHA was co-planning the Women's Wellness evening with Phyllis. She truly knows how to plan an event – and a good one at that! Together we were able to fill up all of the seats within the first few weeks of advertising the event. We managed to get some fabulous door prizes for our guests and line up some fantastic women to lead conversation throughout the night.

One of the last projects I worked on was the organizing committee for the joint conference between the Saskatchewan Mental Health Coalition, the Schizophrenia Society of Saskatchewan and the Canadian Mental Health Association, Saskatchewan Division. The committee brought many of us together with a common goal, which was a great learning example for me as a student to see how so many organizations in Regina collaborate.

I am truly thankful for the experience and knowledge I gained by being a social work student at the Canadian Mental Health Association. I look forward to the future CMHA has in our province, as well as some of the new and exciting projects coming up. As a student and one-day social worker, CMHA has truly made a difference in my life and my education.

CMHA National Conference, October 2012



In October 2012 the CMHA Saskatchewan Division had the privilege of hosting the CMHA National Conference. The conference theme was "All Aboard! Our Collective Journey to a Stronger CMHA".

The conference was inwardly focused, providing CMHA attendees with presentations and dialogues that explored some of the benefits and challenges of

Our nation-wide conference was a great success and we're "All Aboard".

implementing our collective goals. We were all reminded that we are one organization, with one mission and one voice. Conference attendees unanimously expressed their commitment to our collective journey to a stronger CMHA and their support of the new national strategic plan.

Highlights of the conference included opening remarks by Saskatchewan's Health Minister, Dustin Duncan, who stated that he has made mental health a personal priority. Regina's Mayor, Pat Fiocco, shared touching stories of the friendships he has made over the years with CMHA Regina Branch clients.

The last session of the conference saw many presenters participate in a wrap-up panel discussion that shared and heard comments such as:

"This conference has provided me with new information and knowledge and a stronger sense of why and how we're going to achieve our collective goals."

"We're witnessing a 'sea of change' in how CMHA operates."

"CMHA will thrive, not just survive."

"We offer courage and hope for so many people in Canada. At CMHA we're stewards of hope and encouragement."

National CEO, Peter Coleridge, also gave a keynote speech that focused on implementing our new strategic plan and how it will help CMHA build collective impact, thrive in a changing social and economic environment and shift perceptions of mental illness and mental health in Canada. He talked about our achievements so far – the launch of our nation-wide website and the unveiling of our refreshed logo and new brand strategy.



Public Policy Development

COMMUNITY PARTNERSHIPS

The Canadian Mental Health Association (Saskatchewan Division) Inc. recognizes the value of collaboration and cooperation with other community groups in our efforts to provide and to advocate for improved services for individuals with mental health issues. To this end CMHA Saskatchewan has partnered over the years with a variety of community groups.

One of these partnerships has been with **DISC (Disability Income Support Coalition)**. DISC is made up of a large cross section of disability advocates, consumers and organizations from across Saskatchewan who are committed to advocating for a respectful, dignified and adequate income support system. DISC members have joined together to speak as one voice, working toward a distinct (or separate) income system for people with disabilities. The major result of this collaborative effort has been the establishment of the SAID program (Saskatchewan Assured Income for Disability). Under SAID the earning exemption has been increased, as well as increases to the benefit amount. Currently 10,000 people are enrolled on SAID. Additional benefit increases will take effect June 2013 and further benefit rate increases were promised to take effect in 2014-2015. More work is needed before SAID is fully operational. DISC continues to have a role on the Program Implementation Advisory Team and will continue to work toward an adequate income and fair assessment process.

CMHA Saskatchewan Division also plays an active role in **PIND (Provincial Interagency Network on Disabilities)**. PIND works to promote positive initiatives that allow for the full and equal citizenship of people with disabilities in their communities. The objectives of PIND are:

- To share information on programs, services, initiatives and concerns amongst PIND members;
- To encourage networking with disability related organizations across Saskatchewan and other provinces as deemed appropriate;
- To work collaboratively on issues affecting persons with disabilities;
- To participate in critiquing/evaluating programs and services for people with disabilities and provide the feedback to the appropriate government officials and employees;
- To recommend initiatives that would meet the identified needs of people with disabilities to the appropriate government officials and departments;
- To publicly advocate on issues concerning all people with disabilities when appropriate.

CMHA Saskatchewan Division continues to take a lead role in the **Saskatchewan Mental Health Coalition**, a nonpartisan advocacy network of individuals, organizations and families with a stake in the field of mental well being. Along with educating the public about mental illness and mental health issues, the Coalition advocates for increased resources for the mental health system. They also encourage and conduct research to assess the effectiveness of all programs. The priority of the Saskatchewan Mental Health Coalition is to request that the Government of Saskatchewan and the mental health community develop a comprehensive Mental Health Plan for Saskatchewan that builds on the work already done by the Mental Health Commission of Canada. Further information on the work of the Mental Health Coalition is available at www.saskmentalhealthcoalition.ca

OTHER PUBLIC POLICY DEVELOPMENT ACTIVITIES

A sampling of other activities in the area of public policy development are as follows:

- Meeting with M.P. Andrew Scheer re Bill C-30 (Crime Bill) and its potential effect on the mentally ill.
- Advocacy for grassroots seniors mental health agency in Regina.
- Participation in “Being Good at Doing Good” conference in Toronto sponsored by the Charity Law Information Program.
- Participation in Regina Qu’Appelle Health Region Strategy for Mental Health & Addictions meetings.
- Participation/facilitation of discussions re final recommendations re dual diagnosis for complex needs in collaboration with the Sask. Association for Community Living.
- Participation in meetings re the pedway for the Dubé Centre in Saskatoon
- Participation in Mental Health Service Advisory Team discussions re potential changes to the Mental Health Act.
- Attendance at and presented to the Common Front Workshop in Saskatoon – a meeting of Human Service CBOs re pushing for improvements for grant funding for CBOs.
- Participation in SIAST External Review for degree program in Psychiatric Nursing.
- Participated in focus group on changes to the Corrections and Public Policing Act.
- Attendance at strategic planning meeting with the Registered Psychiatric Nurses Assoc. of Sask. re Nurse Practitioners and other related issues.
- Meeting with Health Minister Dustin Duncan re mental health and addictions issues and plan.
- Meeting with Dan Florizone, Deputy Minister of Health re plans for improvements to mental health.
- Presentation to Cooperators re proposal to receive grant funding re research into the LEAN process and how it may impact changes to the mental health system.

Public policy development activities continue to form a large part of the work at CMHA Saskatchewan Division. The need remains urgent to get our message out there to advocate for the needs of some of the province’s most vulnerable citizens.

Public Education and Awareness

Friends for Life

Submitted by Donna Bowyer, Director

The Friends for Life program has become more recognized throughout the province. This is evident by the number of presentations we are invited to do throughout the province. CMHA is becoming the “go to” agency for people wanting to know about mental health and mental illness.



This year the program did 89 presentations and 13 displays, despite having to cancel a number of presentations due to the weather during this particularly severe winter. Presentations have been done in schools with students and teachers, in business and government agencies and with front line agencies and professionals. There is a growing desire to become more educated on what to do to support and maintain our mental health and there is increased recognition that if we don't take time for mental health we will need to take time for mental illness. There still appears to be reluctance on the part of communities and agencies to recognize the importance of having people trained to recognize the signs of suicide. We have witnessed a move toward more discussion and less hiding from suicide, but there is still a lot more work to do.

...if we don't take time for mental health, we will need to take time for mental illness.

I have taken training in Living Life to the Full and have had an opportunity to deliver this in two different environments. The first session was with adults. The session went very well and all participants felt that it is training that all people and youth should have. Riverview Collegiate, a community high school in Moose Jaw, became familiar with the program and wanted to try it with some of the students that had been struggling with anxiety and

depression. This has been going well although because it is scheduled as the first class of the day we often have people come in late or not at all. The group of students involved are ones that struggle on a daily basis. This has been a pilot program for Living Life to the Full as they have not delivered it in a classroom environment before. The School District Counselor has been attending with the students and feels this is a program that needs to be brought into all of the high schools.

I have had an opportunity to work with most of the CMHA branches this year and can see each increasing their capacity to deliver not only the traditional services, but also increasing their ability to influence their communities. I look forward to continuing to work with them in their efforts. Working together makes us stronger together.

We were fortunate to receive funding from both the Canada Post Foundation and the Royal Bank Children's Mental Health Project. Their generous support has allowed us to do the work around the province to provide the training that is so needed. CMHA Saskatchewan Division would like to express our deep appreciation for their support of the work we do.



RBC
Children's Mental
Health Project



Canada Post Community Foundation



Problem Gambling Community Program

Submitted by Shauna Altrogge, Director

Social acceptance, accessibility, promotion and the expansion of gambling raises concern about the impact gambling is having on the quality of life of individuals, families and communities across Saskatchewan. With so-called advances in technology, it also brings about changes to the sphere of gambling. Most recently, the line between online gambling and social gaming has become blurred, with social games being redeveloped with a wagering component, raising a number of concerns.



The Problem Gambling Community Program is dedicated to educating people about the potential risks associated with gambling and strives to offer current information in the face of an ever-changing industry. Our role is one of education and community development. Both components are keys to prevention, harm reduction and capacity building in Saskatchewan. An offering of **program highlights** for the year.....

Overall, **171** community-based presentations were successfully delivered to diverse groups – youth, general population, RCMP Cadets, First Nation, older adult, and post-secondary. Beyond the educational sessions, staff was kept busy participating in a full range of health fairs/trade shows with the innovative display components, banner bugs, games, resource materials and promotional items. This year the program attended approximately **44** events that served to promote the program and offer helpful information to people. Agribition, teacher conventions, health fairs, senior events were among some of the well-attended display opportunities.



This year an e-news bulletin, **All In**, was developed to help communicate out to stakeholders, health regions, and a range of organizations and individuals about the program. The bulletin highlights staffing updates, program-related information, and provides a list of upcoming events and engagements we are involved in. Response has been positive and we look forward to continuing on with and expanding its distribution.

Youth Conference

Beyond the **110** presentations delivered in the classroom by the dedicated coordinators this year, the program connected with students in other ways.

Four schools from Regina were invited to attend a one-day youth conference that offered middle years students a unique opportunity to learn more about mental health, problem gambling, and addictions. Held at the interesting and fun Saskatchewan Science Centre, 110 eager students had the opportunity to participate in three different interactive activities, each focusing on one of the aforementioned topics. Saskatchewan Science Centre staff, teachers, parents and a range of other volunteers that included Ministry of Health, CMHA and youth counsellors partnered to make this an educational and enjoyable day for students.



DECODE Workshop on Youth and Gambling

CMHA was invited to participate and assist with a workshop sponsored by the Ministry of Health, “*What’s the Problem Anyway?*” Presented by DECODE, a global strategic consultancy and one of Canada’s leading researchers on youth gambling in Canada, it offered previously unreleased Saskatchewan data on youth gambling in an informative and thought provoking workshop. CMHA was also on site with the Mc2 Display to showcase what the program can offer schools. Positive outcomes as a result of our presence continue to be

realized. Regina area school counsellors and administrators have been in touch with our staff to arrange for school presentations and programming opportunities.

Connecting with the Post Secondary Crowd

Based on positive experiences and feedback from university organizers as well as students, the “What’s *On the Line?*” program was invited to return. Outreach kicked off during Welcome Week – bringing our interactive programming right to students. Our continued presence on campus is beginning to take root, with many students recognizing the program and our awesome staff! Many students stop by just to say hi or to see what new programming, games, resources, or free take-aways are available. This provides our staff with the opportunity to engage with the students and provide information on gambling and problem gambling. Next year, plans include the development of a new main display, designed to match the array of pull-up banners that are designed to point students in our direction, and offering consistent messaging.

Throughout the course of this year, CMHA actively participated in:

- University of Regina Welcome Week
- University of Saskatchewan Live Expo
- Wascana SIAST Sex, Drugs & Rock n Roll Health Fair
- Kelsey SIAST Addictions Awareness Week
- University of Saskatchewan Mental Health Awareness
- Saskatchewan Institute of Indian Technologies, Prince Albert
- Kelsey SIAST Health Fair

Our presence on campus affords us the opportunity to not only engage students, but also network with university faculty. Our ability, in part to reach the classroom is a result of heightened exposure on site. CMHA staff delivered classroom style presentations to students enrolled in the following programs: Basic Education Course, Correction Worker Program, Youth Care Worker Program, Psychology, Transition to Trades, Social Work Department, Health Services Program, to name a few.

Responsible Gambling Awareness Week



Public interest and stakeholder participation continues to grow for RGAW, held in May of each year, and the program attended three exciting events. At the invitation of Casinos Regina and Moose Jaw, CMHA participated in a one-day public awareness event at each of the casinos. Of special note was a kick-off media event with Gaming Minister Ken Cheveldeyoff, who stopped by the CMHA display and took a chance at spinning the *Turn to Learn* wheel. The expo was well received by casino patrons and there was a notable increase in traffic from the year prior. A range of interactive, informational booths were a draw for the crowds, along with cream puffs and coffee that was served. RGAW wrapped up with an event put on by the Saskatoon Committee on Problem Gambling, held at the Market Mall, Saskatoon.

Summer Exhibition Campaign

Once again, the CMHA Problem Gambling Program had high public exposure through two large summer events – the Queen City Exhibition (Regina) and the Saskatoon Ex (Saskatoon). Reaching approximately 4,000 people, these two venues allow access to a range of demographics and provide an amazing opportunity to share information with people who may not be easily reached otherwise.

This year the City of Regina hosted a five-day exhibition with extended hours for vendors and displays. Traffic volume was high with positive public response. An invitation to contribute an article for the Moose Jaw express newspaper arose through networking opportunities. The article that focused on problem gambling and the family was placed in a September edition of the paper.

Reaching Out to Older Adults

This year CMHA continued to reach out to seniors by meeting up with them at their local Co-op grocery store. The campaign "*They Don't Make Them Like They Used To*", speaks to how the slot machines of yester year differ greatly from the modern slot machine. The nostalgic messaging and range of materials designed specifically for the older audience is often well received. During the display programming at the Co-op stores, many anecdotes are shared. Beyond conversation and stories, however, there is a real opportunity to connect with the older generation, providing information and resources that can assist them in making healthy choices related to their gambling, or offer support and guidance to them in addressing a loved one's gambling.

CMHA is grateful to be in a position to continue to offer our services throughout the province, in large part due to the Community Initiatives Fund provision of financial support for our program. Special thanks to program staff – Rachel Clare, David Jones, Alim Gillani and Abigail Anderson for their dedicated efforts. Also thanks to Dave Nelson and support staff at Division Office, and Leanne Fischer, Ministry of Health.

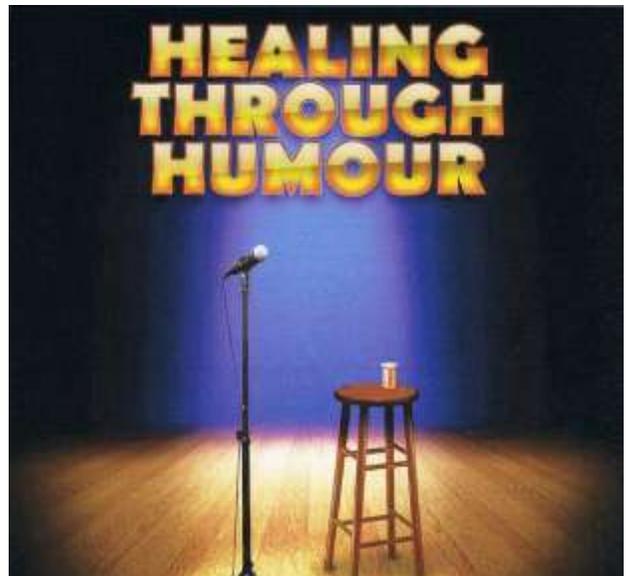
Healing Through Humour

Submitted by Ian Morrison, Program Facilitator

Healing Through Humour is a joint project of CMHA Saskatchewan Division and the Schizophrenia Society of Saskatchewan designed to teach people living with mental illness and mental health issues the art of comedy. It also breaks down barriers of discrimination and builds self-esteem through public performance.

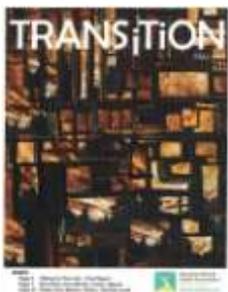
The facilitator for the project is Ian Morrison, a graduate of the Humber College of Comedy Writing and Performance in Toronto.

Healing Through Humour has performed nine shows in the three years of their existence and they also produced a film entitled "The Mental Patients Who Saved the World" in the summer of 2012. There are also plans to start a new film project in the summer of 2013 as well as continuing with standup comedy performances. Healing Through Humour is always looking for new members to participate in the program. Ian Morrison is also recording a comedy song album to promote the group and to give supporters an idea of the type of comedy that comes from the instructor of the group.



Check out the group's webpage at www.healingthroughhumour.com

Transition Magazine



Transition Magazine is published twice-yearly in the spring and in the fall. It is distributed free of charge to members of CMHA Saskatchewan Division, to CMHA Divisions and Branches across Canada and to community-based and government organizations in Saskatchewan who have an interest in mental health/illness issues. Transition Magazine is also made available in PDF format on the CMHA Saskatchewan Division website at www.cmhask.com.

Transition publishes two kinds of works: those directly about current mental health issues; and those about the individual's personal experience of those same issues. Both kinds of work celebrate lives in transit – lives of change, growth and transformation.

Pivot Points



In October 2012 at the CMHA National Conference in Regina, CMHA Saskatchewan Division was proud to release the book "Pivot Points: A fragmented history of Mental Health in Saskatchewan" by author Jayne Melville Whyte.

Jayne Melville Whyte is a mental health advocate who uses her own experience as a consumer, and now as a senior, to gather information and share ideas for improving mental health for all citizens, including those who are in recovery with mental illness. Jayne's consumer experience began in 1965 and she has been active in CMHA since 1975.

The book, "Pivot Points" is a history of CMHA in Saskatchewan and reviews mental health services, policies and directions before and after 1950 – it is 100 years (1912-2012) of history in 150 pages. It is a valuable account of the process and chronology of the history of mental health services from so many important perspectives, in Saskatchewan and beyond. The work provides an interesting history of the many steps along the way – often with a nice touch of humour.



Copies of Pivot Points may be obtained by contacting CMHA Saskatchewan Division Office at 306-525-5601 or by downloading the order form at www.cmhask.com

Caring & Sharing: A Women's Wellness Event

On Friday, May 3rd, 2013 CMHA Saskatchewan Division hosted "Caring & Sharing: A Women's Wellness Event" at the Delta Regina and sponsored by Shoppers Drug Mart.



That evening 115 women gathered to enjoy a wonderful dinner followed by presentations on a variety of women's wellness topics, as well as an opportunity to network and share experiences and support.

Sheila Coles from the CBC Morning Edition was our host for the evening. Dr. Katheen Thompson presented on the topic "Women's Wellness, What does it Mean?" Donna Bowyer, Director of Friends for Life presented on "Happiness – How Happiness Affects us as Individuals". Myrna Pitzel Bazylewski spoke about "Self Care – What Can we do to Take Care of Ourselves?"

We received many comments about how attendees enjoyed the event. We would like to express our sincere appreciation to Shoppers Drug Mart for their support of this event and other women's mental health initiatives in the province.

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 wide variety of issues. The following is a brief sampling of the type of assistance provided by Division Office throughout the past year.

- Assistance to a client experiencing difficulty with Social Services benefits
- Assistance to family members with loved ones in the Psychiatric Unit
- Assistance with information/applications/reviews re the SAID program
- Assistance regarding respite care
- Assistance in finding appropriate vocational assessment
- Assistance in locating and referral to counseling services
- Assistance to clients experiencing difficulties with employers as a result of mental illness issues
- Assistance to clients with return to work advice
- Assistance with information re possible abuse of person with a disability
- Assistance to client looking for a career in the mental health field
- Assistance to family members of non-compliant, aggressive family member
- Assistance to a Social Worker whose client was having problems with extreme hoarding
- Assistance to a client who had concerns re treatment by a psychiatrist

The above is just an overview of the type of requests for individual and family support received at Division Office on a regular basis. Division Office staff also provide 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 Jane Zielke, Executive Director

In the past year, CMHA Battlefords Branch has seen changes regarding board members and staff, bringing new perspectives and ideas to our organization.

At present, our Board of Directors numbers seven and represents approved home operators, psychiatric nursing, CMHA members and our community. Strategic planning begins in June and policies will now be reviewed at every Board meeting. Our organization will be renewing our affiliation agreement with CMHA Saskatchewan in the fall of 2013.



In February, our most tenured employee, Kevin Sabraw, resigned after a year's leave of absence. Our new Training for Employment Program (TEP) Coordinator is Caluza Ndhlovu. Caluza is from Montreal where he worked in a group home for persons with mental illness. He is a great addition to our team. The TEP work crew had adjusted very well to the staff changes they have experienced this past year. This program provides contract services to business owners and residents for lawn care, yard cleanup, small moving jobs, snow removal, flyer delivery, as well as a lunch program which includes coffee and snacks during the day. With record snow fall this past winter, our shoveling service could not accommodate any new customers. To date, sixteen individuals are enrolled in TEP. Flyer delivery has increased and the crew also delivered two separate telephone directories in the Battlefords. TED crew incentive pay was increased in May 2012. Our organization is in the very early planning stages of expanding TEP to include a bicycle/small motor repair service.

CMHA Battlefords Branch continues to provide social/recreational programming for our members. Evening activities are provided four times a week and weekends and include movies, art night, bowling and shopping to name a few. Attendance varies from between three to fifteen individuals, depending on the program. Mini tours are provided several times a year and are usually day trips to Saskatoon or Lloydminster. Our seniors' program runs every Tuesday afternoon and participants enjoy activities and local entertainment. Life skills is held twice a week and based on Saskatchewan's New Start life skills model through YMCA. Our branch continues to offer summer tours – a program offering affordable holidays to our members.



Mental Health Week has again been successful. Approved Home Operators partnered with our branch and released balloons after the flag raising ceremony at North Battleford City Hall. Saskatchewan Hospital held their second talent show and our fourth Walk for Awareness was attended by more than 90 participants (up from 60 last year). A free BBQ and social was held at the Royal Canadian Legion right after the walk and was enjoyed by all. The week's events ended with the North Battleford Psychiatric Nurses Association Champions of Mental Health Gala. This event recognizes businesses, volunteers and employers supporting persons with mental illness – about 250 people attended making this year's gala their most successful so far. Approximately 6500 flyers were delivered in the Battlefords to promote Mental Health Week this year.

In consideration of the importance of mental health in children and youth, CMHA Battlefords Branch will be introducing "I'm Thumbody" to Grade Two students in four community schools. Donna Bowyer will facilitate this workshop initially and train one of our staff so this can be offered to all schools in our community each year. This has been made possible by a grant from W. Brett Wilson and Family Foundation. Plans are underway for staff training in CAPSS and Living Life to the Full.

The Battlefords community supported our branch throughout the year with donations for garage sales, fund raising BBQs and Cash Calendar sales. One of our Board members has volunteered to lead this year's delivery of calendar sales generated through telemarketing – increasing revenue for our branch for the coming year. Other fundraising avenues are being considered to raise funds for the purchase of a newer TEP van.

More than 150 members and volunteers attended our 2012 Christmas Social and Dance. This annual event has shown significant growth in the past two years. Our community businesses and individuals play a huge part in the success of this evening, providing gifts and raffle items for members and home operators. Our Board of Directors and Approved Home Operators provide and serve the Christmas supper, which is very much appreciated by all who attend.

Sincere thanks is extended to Prairie North Health Region, Battlefords United Way, W. Brett Wilson and Family Foundation, volunteers and community members for their continued support of CMHA Battlefords Branch.

Kindersley Branch

Submitted by Pam Welter, Branch Coordinator

CMHA Kindersley Branch works on initiatives within the whole Population Health Promotions model to promote mental health and wellness through a comprehensive range of community-based services within the Heartland Health Region.

Our branch participates in a variety of safe community initiatives with our bike safety, car seat safety, farm safety programs and suicide prevention (ASIST and SafeTALK) training.

- Farm safety is important to our rural agricultural communities in prevention of accidents and having safe, mentally healthy families. Taking part in these programs and with our farm safety for kids program helps the branch link to our communities in the Health Region. We facilitate this program within various schools and colonies within the Health Region. About 150 kids go through our display on grain safety (grain suffocation), PTO safety, and play our "Wheel of Misfortune", which is always a hit with all the kids from ages 6 to 15. Our farm safety program is delivered by various volunteers in communities within the Health Region and is financially supported through the SPRA grant and local donations.
- CMHA also fundraised for and sponsored key members of communities within the Health Region to be trained in car seat safety. Although the last car seat safety clinic CMHA facilitated was

The goal of CMHA Kindersley Branch.....is to develop programs which address positive mental health....and safe communities and environments to live in. Programs which promote positive mental health have been found to reduce the risks of mental illness and other related health disorders.

5 years ago, a couple of our volunteers certified in car seat safety continue to provide this service and check or hook up car seats for parents in their communities. Requests for this service continue to come our way.

- Our branch has also facilitated and provided ASIST and SafeTALK training to 70 participants throughout the Health Region.
- As well, volunteers from various communities continue to utilize our bike safety resources funded by local donations to provide education on wearing helmets and bike safety within the Health Region.

CMHA Kindersley Branch provides information and referrals regarding mental health needs as well as support in advocacy and coping skills as necessary and as requested. The requests for counseling services, food and housing have increased – we receive an average of three requests per week.

The Kindersley Branch takes part in a variety of fundraising initiatives, including Cash Calendars and bake sales as well as sending out letters requesting donations.

Our Branch Coordinator and President have taken a crisis management course and are trained in ASIST Tune Up. Service is provided in the Health Region as requested. The Branch Coordinator is also a SafeTALK trainer and has certified 30 individuals in the Health Region as Keep Safe Helpers in our rural communities.

The CMHA Kindersley Branch receives numerous invitations throughout the Heartland Health Region to attend various events with our information and pamphlet display. We also take part in an annual parade and in trade shows in various communities, promoting our branch services and programs or with our Farm Safety Program.

We are also active in the community addressing food security issues as a member of the Kindersley Food Coalition Committee. One of the community actions facilitated by CMHA Kindersley Branch is the Christmas Hamper Program. This is the longest running population health promotion program in the Health Region and it is unique to the area. Under this program, mental health consumers, family members and/or low income families can apply to receive a hamper for Christmas. Each family receives food, a Christmas turkey and gifts from Santa for the kids. This program is done in collaboration with numerous community groups. In December 2012, 140 families throughout the Heartland Health Region were supplied with a hamper through this program. The program runs September to December from facilitation to completion just before Christmas.

The goal of CMHA Kindersley branch safe communities and food security initiatives is to develop programs which address positive mental health and the underlying conditions of poor mental health, such as poverty and the lack of nutritional food, safe communities and environments to live in. Programs which promote positive mental health have been found to reduce the risks of mental illness and other related health disorders.

Moose Jaw Branch

Submitted by Donna Bowyer, Program Director

CMHA Moose Jaw Branch has had an opportunity to run some groups this year. One of these was a group in Grief and Loss through the Grief and Loss Institute. This went well and was carried out over a period of four weeks. The group felt that meeting once a week for eight weeks would have been better to allow time to process the information and skills they were learning, however, everyone felt that it was very helpful.

At the Mayor's Luncheon during Mental Health Week the keynote speaker, Joy Desjarlais, spoke about forgiveness. Attendees enjoyed her presentation and felt that it reached its audience.

"...real friendships are growing and support is happening throughout the month. It isn't just a meeting."

Our Come Together peer support group continued to meet this year and we see it becoming more solid. The base number of members has increased by about 25%. Over 30 participants attended the summer picnic. Unlike programs offered by the formal system, the members had to organize the event, do all the set up and everyone had to find their own way there – everything needed to make it a success. We did learn one lesson this year – that is to make sure someone takes responsibility to get the key to the washrooms before the office closes. Real friendships are growing and support is happening throughout the month. It isn't just a meeting.

Our writing group, Moose Jaw Muse, continues to do well. They have been meeting on a regular basis with good participation. They are more than a writing group, they are a real support network between meetings. When someone has a difficult situation, other members are there to help them through it. The leader has taken her role very seriously, insuring she has the knowledge and training to support people in a manner that is helpful to their success. Members Carol Remple and Adam Strait were able to read some of their work at the CMHA National Conference in Regina in October. They felt it was an honour to be accepted to do this, but it was also an honour for us to hear their writings. Another member of the group, Darrell Downton, is in the process of having the book he has been working on for several years published.

We lost an important member of our Board this year. Marilyn McCrea passed away suddenly. She had been an active member of both CMHA Moose Jaw and provincial. Marilyn was a supporter of people with life experience and not only worked with CMHA, but also worked with people on an individual basis. She is greatly missed.

CMHA Moose Jaw Branch continues to work closely with Mental Health Services. They are a key part of what we do in the community. It is important to keep these lines of communication open and to support the work that we mutually do.

Prince Albert Branch

Submitted by Doug Kinar, Executive Director

Our goal is to provide advocacy, education, programs and services in the community of Prince Albert.

Advocacy & Education

We have combined and education because CMHA Prince Albert Branch continues to create opportunities to have very real conversations regarding mental illnesses through life skills presentations and workshops, Mental Health First Aid and ASIST. The importance of community partnerships is critical for our organization. We received funding from the Community Initiatives Fund to host Mental Health First Aid and/or ASIST workshops in the rural communities.

Our voice is also heard through participation on a variety of committees in the Prince Albert community. Our staff continues to provide a listening ear, support, guidance and reassurance with the end goal of resolution for individuals as they struggle with issues and concerns.

The partnership with the Schizophrenia Society was important as we strived to create a support group for people who have family members living with mental illnesses. To date the support group still meets and continues to provide the support critical to their journey.

Programs & Services

Our community kitchen continues to thrive. Activities include menu planning, meal preparation, serving our lunch and cleanup.



Maple Ridge Apartment is full. This program continues to be a success for the individuals living on their own. The role of the Support Worker cannot be overstated.

The As Good As New Store has undergone a huge renovation. We still offer our used clothing line through consignment and donations, however, now we offer a liquidation line of new, brand-name clothing at a reduced cost to the customer. We have heard positive

comments from our regular customers and as word spreads about our new line, we are gaining new customers all reflecting the same words, "Wow, this store is awesome!" What a concept...a little of everything for everyone!"



The quilting program has just received a large order of 27 quilts for the Family Treatment Centre. We are looking forward to the challenge of this order because there are three beds to a room and we will try to coordinate the quilts.

Our lunch program continues to operate on a regular basis. We serve over 6,000 nutritious and delicious lunches throughout the year. The financial support of the United Way and the Prince Albert and Area Community Foundation is crucial to our lunch program. We greatly appreciate their generous support.

Fundraising

This year we chaired our local Leave A Legacy committee as we partnered with the Chamber of Commerce during Mental Health Week.

Bingo revenue is still on the decline, even with the extra bingos we have been able to work.

During Mental Health Week, the Prince Albert Branch was extremely busy. Monday was the kick off to Mental Health Week with our annual BBQs. These will run Monday to Friday, May to September, weather permitting. Tuesday evening at the library our Writing For Your Life group launched their book "With Just One Reach of Hands", an anthology by the members. We also had special guest, Jayne Whyte, perform a reading and had an opportunity to promote her own book as well. Thursday evening was our silent auction fundraiser at the Prince Albert Inn. It was a great evening filled with impact and reality of living with mental illnesses. We were privileged to have members of our Writing For Your Life group perform readings, as well as Jayne Whyte as our guest speaker. Thank you to Jayne for making our evening a memorable one.

Regina Branch

Submitted by Kevin Huber, Executive Director

As the Executive Director for the Canadian Mental Health Association, Regina Branch, I submit this report to the Saskatchewan Division Office of CMHA. The past year for our Branch has been one of many challenges of both a struggling nature and, more importantly, the new growth as an organization that we have experienced. Our optimism and commitment to the National Mission and Vision is never slowed or swayed; we continue to strive towards raising awareness of mental health issues in Regina, Saskatchewan, and Canada. Our commitment to those people living with mental illness to achieve self-sufficiency and an improved quality of life is paramount in everything we, as an organization, must ensure never loses momentum or strays from our mandate. Our business is first and foremost mental health, and we provide an array of services through Pre-Vocational programming, Vocational programming, and advocacy to those clients and members needing our assistance. Our highlighted services offered are:

- ✓ **Pre-Vocational Programs:** drop-in centre, mental health awareness events, special activities, peer support, open-microphone, art, parties, holiday celebrations, engagement, volunteer work, and much, much more.
- ✓ **Vocational Programs:** employment/training, janitorial/housekeeping, clerical, food services, canteen, and Laundromat.
- ✓ **Other Programs:** Anti-Suppressants Theatre Group, The Free Spirit Band, wellness club, anxiety management, and the Daily Lunch Program.

We presently have a membership base of approximately 550 members, and this does not include the clients who are participating in our employment/training programs or walk-ins looking for assistance or information about our services. Of these 550 members, we see approximately 100 of them on a daily basis; at special events, the number increases to about 200. For the coming year, we are taking some initiative to draw interest from the younger population living with mental illness such as accessible Wi-Fi in the building, computer activities, and wellness activities---to name a few. For all of our members and other persons in the community living with mental illness, we are sending a message that CMHA, Regina Branch is a safe, supportive and fun place to spend quality time at. Along with our activities and programs, there is peer support and professional staff available to coordinate activities and offer support to those in need.

One of the big successes this past year for CMHA Regina Branch is Clean Beginnings Laundromat. As part of the Homelessness Partnership Strategy, this business provides support services and skills training to people who live with long-term mental illness and are at-risk of homelessness. HPS assisted with the placement of the necessary structures and supports, and additional assistance from Service Canada and YMCA, have helped us turn Clean Beginnings into a fully functional business. The targeted achievement for this program is to assist clients to become more self-sufficient and to overcome barriers to the labour market in their pursuit of gainful employment. It also provides a valued service to the residents of McEwen Manor. It is also noteworthy to mention that this project brought together CMHA Regina Branch, Ranch Ehrlo and the Phoenix Residential Society into a successful, collaborative partnership. The growth of the program component and business component has been astounding. Public support of Clean Beginnings has profoundly increased since February of this year. Increased business and many new customers utilizing the services offered at the Laundromat have opened up new opportunities for more trainees to access this program. The future of this venture is a testament to the hard work and dedication of CMHA Regina staff towards organizational success. The long-term future of Clean Beginnings Laundromat is continued success and self-sustainability.

CMHA Regina Branch's success is due, in a large part, to our supportive Board of Directors, staff, and membership. Furthermore, it is also the financial and consultative support provided to us by our funders such as RQHR Mental Health Clinic, Cansask, Service Canada, YMCA, City of Regina, and the United Way of Regina that gives our Branch the momentum to give members and clients the best of what we have to give in the way of service delivery and keeping with the Vision: "Mentally Healthy People in Healthy Society." No more stigmas; no more stereotypes; no more negative labelling; only acceptance, fairness and equality.

Further to the successes of CMHA Regina Branch, many thanks to all of the churches, community organizations and groups, and many individuals for their kind donations. Whether it is food, fundraising, or other contributions for the benefit of our members, it greatly helps us as an organization to share your kindness with our members knowing that they enjoy and appreciate what you have done for them.

Lastly, it is important to recognize the CMHA Regina Branch family that includes the board, staff, members, and volunteers. Thank-you for a great year past, as well as the year to come.

For the coming year, we are going to continue to move forward and become even better at what we do best when it comes to mental health in our community. We will continue to strengthen our partnerships in the community, as well as build new ones. We will also work with and support the endeavours of the Saskatchewan mental health community. As stated, our commitment is to the National Mission and Vision, as well as those we provide service to.

Saskatoon Branch

Submitted by Susan Saville, Executive Director

On August 1, 2012 I became the Executive Director so I am still facing the challenges associated with completely understanding day-to-day operations. The Board and staff have been, and continue to be patient and supportive, which allows me to take the time I need to become familiar with the policies, procedures and funding processes. I am fortunate as the staff members have been here a long time and are more than willing to assist and answer my endless questions.

We continue to offer Vocational Counseling, a Life Skills Program, Mental Health First Aid and a Social Recreation Program.

Our Vocational Team consists of two Vocational Counselors, Brenda Beaudry and Morgan Wickett and one Marketing Coordinator, Bart Voswinkel. The Vocational Counselors support and assist individuals to identify and pursue their individual goals, which may include attending secondary or post-secondary classes, finding full or part-time work, volunteering or sustaining and maintaining employment. The Marketing Coordinator establishes partnerships with other agencies, employers, educators and members in the business community by sharing information and facts about mental illness to dispel the stigma and to create new opportunities for job seekers and for employers.



The Life Skills Program is offered twice a year to a total of 24 participants. Peter Warkentin, the Life Skills Coach, guides people through this as a prevocational program that helps participants develop new skills needed to cope

in daily living situations. Attending Life Skills helps an individual to identify their strengths and their weaknesses, to set realistic goals and to achieve them.

Sandy Stotz, Recreation Coordinator, coordinates a program which encourages participants to join in a variety of activities. A newsletter is circulated detailing the upcoming activities/events so that participants are able to pick and choose and plan ahead. This is a very popular program as individuals regularly attend quilting, bowling, art group, women's group, writers group, Tai Chi, scrapbooking, the book club and Monday night games. The summer program includes a dog walking program, swimming, BBQs, tours to the art gallery and outings to the many events held in Saskatoon over the summer. Sandy recruits, trains and coordinates a number of volunteers to oversee the activities and the groups. We are fortunate to have so many volunteers willing to dedicate their time and energy to ensure that participants enjoy the programs.

Carolyn Burnett is the Administrative Generalist. She has numerous duties, one of the most important being to welcome new members, describe our programs and services, and ensure that current memberships are renewed. Carolyn is responsible for payroll, managing both accounts receivable and payable, and keeping track of all the intricate details necessary to operations.

In addition to their job duties, Brenda and Sandy are both Certified Mental Health First Aid Instructors. This year they went to Ottawa to upgrade their training by taking Mental Health First Aid for Adults who Interact with Youth. We are seeing an increase in requests for the training as the community begins to recognize the benefits of having employees trained in Mental Health First Aid.

In an effort to collect the data we need to define outcomes and satisfy funders, we are in the process of developing and working with a new database (Community TechKnowledge Apricot). Morgan is working closely with Apricot technical support to develop forms and reports that accurately reflect our membership numbers, our program participants, volunteer hours and our measurable outcomes.

In closing, I would like to thank those of you who invest in CMHA; the Saskatchewan Ministry of the Economy, Saskatchewan Parks & Recreation, Saskatoon Community Foundation, Royal University Hospital Foundation, Saskatoon Health Region, City of Saskatoon, Service Canada, United Way Saskatoon & Area, CTV, Kinsmen Club, Donors Choice and our many private donors.

Swift Current Branch

Submitted by Ruth Smith, Executive Director

We have finished putting in new windows this year and upgrading the wiring. We feel like we have made our Centre a better place to be with the last few years of upgrades.

This has been a very interesting year. We are in the process of starting a new program with young people in cooperation with the Youth Initiative in Swift Current. We hope to have the program up and running by this summer and I will report more on it after it gets into full swing. There will be a part-time staff person working outside of our building at the Youth Centre. That individual will work half-time for the summer and then once a week for four hours. We will be working alongside Jim Magee whose program goes to the end of grade 12. We will be focusing on the years between grade 12 and 29 years of age.

Jim Magee, Director of the Community Youth Initiative at the Centre will be our speaker at the Mayor's Lunch on May 22nd. This seemed an appropriate fit because of our focus on youth this year. Community support for this event has always been great.



I am pleased to see some of the changes that are happening in CMHA nationally and the flow of information has proven interesting, if somewhat overwhelming.

Our Vocational Program is changing and we have obtained a grant through SETI (Saskatchewan Employment Transition Initiative). This changes how we deliver this program and we are now providing more pre-employment skills. We will not be renewing our contract at the Entrepreneurial Center and we will be concentrating on teaching work skills before they follow up with Partners in Employment.

We have developed a survey that was sent out with the case managers. 100 surveys were sent out and we have had 38 returned. I think we learned more about the system than we did about our clientele. We were looking for feedback from young people (up to age 29) but that group either decided not to return the survey or they were not given the survey. We will be looking into this and deciding if more needs to be done. We have a remarkable young woman with all sorts of experience who has volunteered to sift through the information and put it together for us to view.

The United Way in Swift Current are making a lot of changes, which has resulted in our being more involved with them doing projects. We have been a member agency of the United Way since long before I came to work at CMHA and they have supported us since that time. We will be helping with a golf tournament and making appearances at different events that they host so people can meet the agencies that are under their umbrella. They will also be doing a Day of Caring where the non-profit is the recipient of a work crew. We have asked for the graffiti on the side of our building to be covered and some flower pots to be planted in the yard.

Weyburn Branch

Submitted by Tasha Collins, Program Director

April 2012 to March 2013 was a great year here at CMHA Weyburn Branch. We again saw many changes here at the Resource Center, with staffing, programming and community involvement.



We were fortunate enough to receive funding through Canada Post this year, which made one of our goals for this year a reality. We were able to staff and develop a new Youth Program held at the Centre. We want to provide another safe and inviting environment that youth feel comfortable in. We did have the program up and running for a few months,

however, due to staffing issues we had to put the program on hold. The program has been up and running again since March. We are excited about

the opportunity to connect with you in a manner that is fun, positive, exciting and educational. Some of the activities include arts, crafts, cooking, baking, movies, playing board games, computer games, scavenger hunts, fooseball, cards, visiting the Humane Society and bowling. We also provide educational programming using different mediums to keep the youth interested in learning.

Our Vocational Programming offers yard maintenance, snow shoveling, refuse hauling and small moving jobs. Another part of our vocational programming involves consumers preparing and providing hot lunches four days a week to approximately 12-18 people. We also offer special event pot lucks, which can draw in crowds of 20 or more community members. The meal program has been enhanced with consumers



also doing some baking for birthdays, snacks, and other events. We offer coffee on a daily basis. This not only provides a hot cup of coffee to community members, but also allows them to drop in for sociability and support if needed.

Our community involvement included volunteering at Relay for Life and the United Way Communion, along with working with another agency (Weyburn and Area Supportive Employment Services) to provide Community Connections meetings where we are able to hear about other community agencies and the services they provide. We have over ten agencies participating in the meetings. We also hosted the Mayors Luncheon and participated in the adopt a planter program. We took part in the Defeat Depression Campaign, where one of our consumers walked 15 kms, and we provided a safety vehicle for the event. The Centre also held a garage sale and trade show, both of which were a great way to connect our consumers with the community and provide vocational programming at the same time. In February we also re-introduced our Valentine's Day sale, where we made red velvet cupcakes and sold them to the public.



This past year we were able to implement some new programming in the form of life skills, writers group, art programming and sewing. Some of the other programming consists of swimming, gardening, playing pool, crafts, visits to the humane society and knitting at the public library. In June 2012 we took 7 consumers on a trip to Saskatoon. We stayed for two nights and enjoyed many attractions around the city. We took in a play at Barns' Play House, spent an afternoon at the museum, went to the zoo and had a private "meet the animals" session, did some shopping and enjoyed some dining at places we do not have in Weyburn.

We are looking forward to the future of our Branch, hoping to implement new programming for both youth and adult participants, along with finding new ways to engage and educate our community.

Administration

Resource Development

Submitted by Joan Kilbride, Director of Resource Development

As a non-profit, charitable organization, The Canadian Mental Health Association (Saskatchewan Division) Inc. depends upon the good will and support of our many volunteers, sponsors and donors. Without this support we could not run successful programs and services at no cost to the people who use our services. We would like to thank all of these partners – those organizations, businesses, corporations and individuals who give so generously. Through their support the CMHA remains a major player in the promotion of mental health in Saskatchewan.

The public awareness media campaigns associated with the annual Teddy Bear Affair Dinner and Auction and the Cash Calendar Lottery, have made a significant difference to the overall success of these fundraisers. This support is invaluable for presenting our message to past, present and future supporters of the Association.



Teddy Bear Affair

This year's event was held at the Radisson Hotel in Saskatoon on Saturday, February 9, 2013.

Over the years the Teddy Bear Affair has brought in over \$420,000 in support of the Association, and has helped raised the CMHA's profile in Saskatchewan. All money raised from this event stays in Saskatchewan supporting provincial initiatives like the Friends for Life youth suicide prevention program.

Once again invited guests enjoyed a delicious buffet and had the opportunity to participate in the live and silent auctions, which featured prizes donated by local artists and the business community. Each live auction package has its own teddy bear appropriately and creatively dressed by the SaskTel Pioneers to reflect the nature of the donated items. For example, the ski package included a bear dressed in ski attire as well as a two night, mid-week stay at Whistler's Inn (Jasper National Park) and two days of lift tickets for two people donated by Ski Marmot Basin.



The public awareness media campaigns provided by the Star Phoenix, Global and C95 have made a significant difference to the overall success of the event.

Once again the hard work and dedication of Ken McCulloch and Duane Heisler, our auctioneers for the evening, and Shallima Maharaj, Mistress of Ceremonies, Global, not only raised funds for the Association, but added to the fun and entertainment for the evening.

Cash Calendar



Six new computers and an updated dialer system were purchased for the Call Centre in 2012. With this new technology we were able to increase productivity, resulting in the room reaching the goal management set for the 2013 Cash Calendar sales.

This fundraising project has not only proved to be a very lucrative lottery for the Association, but has also become a very successful public awareness tool. The calendar is unique as it displays the art work of people who use our services throughout the province. Many of our members are gifted with talents and skills left dormant due to financial and social restraints. The calendar has given them the opportunity to develop their artistic talents, to enhance social interaction and physical skills, and to realize some monetary gain through the use of their artwork. The calendar sold for \$35 and offered 365 chances to win over \$72,000 in prizes.

Proceeds from the sale of the lottery calendar are used to support the Friends for Life program, which provides public awareness and education in Suicide Prevention through school and community presentations.

Direct Mail

Mental illness affects people of all ages in all kinds of jobs and at all educational levels. Each year approximately 90,000 Saskatchewan residents will suffer from a depressive disorder. The stigma that surrounds mental illness prevents many from asking for help until it is too late. Silence is the greatest enemy. Our direct mail campaign not only raises funds for the Association, it also continues to provide awareness and public education, which helps to reduce the stigma of mental illness in the community.



Bingo

The Canadian Mental Health Association in Saskatchewan continues to see a modest income from the proceeds of bingo generated at the Centennial Bingo Hall. Thank you to our group of very dedicated volunteers who have continued to support us throughout the year.

Financial Statements

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

Financial Statements

March 31, 2013

DUDLEY & COMPANY LLP

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
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March 31, 2013

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DUDLEY & COMPANY LLP

INDEPENDENT AUDITOR'S REPORT

To the Members of Canadian Mental Health Association (Saskatchewan Division) Inc.:

We have audited the accompanying financial statements of Canadian Mental Health Association (Saskatchewan Division) Inc., which comprise the balance sheets as at March 31, 2013, March 31, 2012 and April 1, 2011, and the statements of operations, changes in net assets and cash flows for the years ended March 31, 2013 and March 31, 2012, and a summary of significant accounting policies and other explanatory information.

Management's Responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on these financial statements based on our audits. We conducted our audits in accordance with Canadian generally accepted auditing standards. Those standards require that we comply with ethical requirements and plan and perform the audits to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained in our audits is sufficient and appropriate to provide a basis for our qualified audit opinion.

(continues)

Independent Auditor's Report to the Members of Canadian Mental Health Association (Saskatchewan Division) Inc. *(continued)*

Basis for Qualified Opinion

In common with many not-for-profit organizations, Canadian Mental Health Association (Saskatchewan Division) Inc. derives revenue from fundraising activities the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of Canadian Mental Health Association (Saskatchewan Division) Inc.. Therefore, we were not able to determine whether any adjustments might be necessary to fundraising revenue, excess of revenues over expenses, and cash flows from operations for the years ended March 31, 2013 and March 31, 2012, current assets and net assets as at March 31, 2013, March 31, 2012 and April 1, 2011.

Qualified Opinion

In our opinion, except for the possible effects of the matter described in the Basis for Qualified Opinion paragraph, the financial statements present fairly, in all material respects, the financial position of Canadian Mental Health Association (Saskatchewan Division) Inc. as at March 31, 2013, March 31, 2012 and April 1, 2011, and the results of its operations and its cash flows for the years ended March 31, 2013 and March 31, 2012 in accordance with Canadian accounting standards for not-for-profit organizations.

Regina, Saskatchewan
June 4, 2013


Dudley & Company
Chartered Accountants LLP

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Balance Sheet
As at March 31, 2013

| | <i>March 31</i> 2013 | <i>March 31</i> 2012 | <i>April 1</i> 2011 |
|--|--------------------------------|--------------------------------|-------------------------------|
| ASSETS | | | |
| CURRENT | | | |
| Cash | \$ 243,553 | \$ 171,540 | \$ 273,201 |
| Investments (Note 4) | 427,143 | 299,835 | 166,781 |
| Accounts receivable | 110,332 | 36,773 | 39,554 |
| Receivable from branches | 10,812 | 20,471 | 12,193 |
| GST receivable | 6,987 | 6,028 | 7,695 |
| Prepaid expenses | 10,734 | 19,213 | 8,827 |
| | 809,561 | 553,860 | 508,251 |
| TANGIBLE CAPITAL ASSETS (Note 6) | 240,847 | 257,286 | 254,043 |
| INTANGIBLE ASSETS (Note 7) | 9,126 | 11,407 | 14,259 |
| | \$ 1,059,534 | \$ 822,553 | \$ 776,553 |
| LIABILITIES AND NET ASSETS | | | |
| CURRENT | | | |
| Accounts payable and accrued liabilities | \$ 54,494 | \$ 70,436 | \$ 44,335 |
| Wages payable | 57,907 | 39,293 | 38,501 |
| Current portion of long term debt (Note 8) | 18,790 | 23,472 | 22,135 |
| Deferred revenue (Note 14) | 211,993 | 28,590 | 49,560 |
| | 343,184 | 161,791 | 154,531 |
| LONG TERM DEBT (Note 8) | 41,614 | 60,405 | 83,876 |
| | 384,798 | 222,196 | 238,407 |
| NET ASSETS | 674,736 | 600,357 | 538,146 |
| | \$ 1,059,534 | \$ 822,553 | \$ 776,553 |

ON BEHALF OF THE BOARD

_____ Chair

_____ Director

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Statement of Operations
Year Ended March 31, 2013

| | 2013 | 2012 |
|--|------------------|------------------|
| REVENUE | | |
| Saskatchewan Health | \$ 254,870 | \$ 240,537 |
| Saskatchewan Lotteries | 73,200 | 66,545 |
| Saskatchewan Justice | 10,000 | - |
| Regina Qu'Appelle RHA | 16,250 | - |
| Community Initiatives Fund | 348,348 | 338,451 |
| Other grants (Note 15) | 100,778 | 115,161 |
| Fundraising | 506,218 | 444,320 |
| Donations (Note 13) | 45,645 | 58,559 |
| Rental | 36,037 | 35,605 |
| Other revenue and recoveries | 51,211 | 25,825 |
| Community fund appeals | 24,182 | 23,360 |
| Branch administration recoveries | 13,887 | 13,848 |
| Interest | 4,332 | 3,210 |
| National conference | 58,960 | - |
| | <u>1,543,918</u> | <u>1,365,421</u> |
| EXPENSES | | |
| Amortization of intangible assets (Note 7) | 2,281 | 2,852 |
| Amortization of tangible assets (Note 6) | 17,812 | 19,672 |
| Community justice program | 4,835 | - |
| Contributions to branches | 29,851 | 6,072 |
| Fundraising | 200,299 | 192,080 |
| Gambling program | 76,197 | 86,992 |
| Gifts to qualified donees | 50 | 500 |
| Interest on long term debt (Note 8) | 4,825 | 6,163 |
| General and administrative | 117,278 | 131,809 |
| National conference | 43,484 | - |
| Occupancy | 61,281 | 55,954 |
| Public education | 80,889 | 62,356 |
| Public service announcements | 33,304 | - |
| Research | 6,053 | 17,594 |
| Salaries and benefits (Schedule 1) | 779,754 | 721,166 |
| | <u>1,458,193</u> | <u>1,303,210</u> |
| EXCESS OF REVENUE OVER EXPENSES FROM OPERATIONS | 85,725 | 62,211 |
| OTHER INCOME (EXPENSES) | | |
| Loss on disposal of assets (Note 6) | <u>(11,346)</u> | - |
| EXCESS OF REVENUE OVER EXPENSES | \$ 74,379 | \$ 62,211 |

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Statement of Changes in Net Assets
Year Ended March 31, 2013

| | Unappropriated | Appropriated - see Note 9 | Invested in Capital Assets | 2013 | 2012 |
|---|-------------------|------------------------------|-------------------------------|-------------------|-------------------|
| NET ASSETS - BEGINNING OF YEAR | \$ 166,711 | \$ 164,953 | \$ 268,693 | \$ 600,357 | \$ 538,146 |
| Excess of revenue over expenses | 14,570 | 59,809 | - | 74,379 | 62,211 |
| Amortization of tangible capital assets | 17,812 | - | (17,812) | - | - |
| Amortization of intangible assets | 2,281 | - | (2,281) | - | - |
| Loss on disposal of assets | 11,346 | - | (11,346) | - | - |
| Purchase of tangible capital assets | (12,720) | - | 12,720 | - | - |
| NET ASSETS - END OF YEAR | \$ 200,000 | \$ 224,762 | \$ 249,974 | \$ 674,736 | \$ 600,357 |

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Statement of Cash Flows
Year Ended March 31, 2013

| | 2013 | 2012 |
|---|-------------------|-------------------|
| CASH FLOWS FROM (FOR) OPERATING ACTIVITIES | | |
| Cash received from grants | \$ 913,290 | \$ 757,917 |
| Cash receipts from self-generated revenues | 745,799 | 589,391 |
| Cash paid to suppliers | (661,942) | (547,538) |
| Cash paid to employees | (761,140) | (720,375) |
| Interest received | 4,332 | 3,210 |
| Interest paid | (4,825) | (6,163) |
| Cash Flows From (For) Operating Activities | <u>235,514</u> | <u>76,442</u> |
| CASH FLOWS FROM (FOR) INVESTING ACTIVITIES | | |
| Purchase of capital assets | (12,720) | (22,915) |
| Purchase of investments | (127,308) | (133,054) |
| Cash Flows From (For) Investing Activities | <u>(140,028)</u> | <u>(155,969)</u> |
| CASH FLOWS FROM (FOR) FINANCING ACTIVITIES | | |
| Repayment of long term debt | (23,473) | (22,134) |
| INCREASE (DECREASE) IN CASH | 72,013 | (101,661) |
| CASH - BEGINNING OF YEAR | <u>171,540</u> | <u>273,201</u> |
| CASH - END OF YEAR | \$ 243,553 | \$ 171,540 |

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2013

1. NATURE OF OPERATIONS

Canadian Mental Health Association (Saskatchewan Division) Inc. is incorporated under the Non-Profit Corporations Act of Saskatchewan. It is a volunteer based organization that, together with its fifteen 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.

The Saskatchewan Division is comprised of the division office in Regina and fifteen 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.

The Canadian Mental Health Association (Saskatchewan Division) Inc. is a charitable organization, as described in Section 149 of the *Income Tax Act*, and therefore is not subject to either federal or provincial income taxes.

2. FIRST TIME ADOPTION OF ACCOUNTING STANDARDS FOR NOT-FOR-PROFIT ORGANIZATIONS

These financial statements were prepared in accordance with Part III of the *CICA Handbook-Accounting* ("Part III").

Canadian Mental Health Association (Saskatchewan Division) Inc.'s first reporting period using Part III is for the year ended March 31, 2013. As a result, the date of transition to Part III is April 1, 2011. The organization presented financial statements under its previous Canadian generally accepted accounting principles ("CGAAP") annually to March 31st of each fiscal year up to, and including, March 31, 2012.

As these financial statements are the first financial statements for which the organization has applied Part III, the financial statements have been prepared in accordance with the provisions set out in Section 1501 of Part III, First-time Adoption by Not-for-Profit Organizations.

The organization is required to apply Part III effective for periods ending on March 31, 2013 in:

- a) preparing and presenting its opening balance sheet at April 1, 2011; and
- b) preparing and presenting its balance sheet for March 31, 2013 (including comparative amounts for 2012), statement of operations, statement of changes in net assets, and statement of cash flows for the year ended March 31, 2013 (including comparative amounts for 2012) and disclosures (including comparative information for 2012).

The adoption of Canadian accounting standards for not-for-profit organizations had no impact on net assets as at April 1, 2011 or operations or cash flows for the year ended March 31, 2012 as previously reported in accordance with pre-changeover Canadian generally accepted accounting principles.

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2013

3. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

Revenue recognition

- a) Grants - Revenues from grants and other sources that relate to specific projects are recognized as revenue when the related expenses are incurred.
- b) Other grants and donations - Revenue is recorded in the fiscal period to which they apply.
- c) Fundraising and other revenue - Revenue is recognized when received.
- d) Rental - Revenue is recorded in the month to which it pertains .
- e) Interest - Interest on fixed income investments is recognized over the terms of these investments using the effective interest method.

Fund accounting

Canadian Mental Health Association (Saskatchewan Division) Inc. follows the deferral method of accounting for contributions. Revenue received in advance is deferred to the future operating period.

Unappropriated net assets reports the general operations of the organization.

Appropriated net assets consist of the Building Fund, Program Fund and Mental Health Fund. These funds are internally restricted and increases to or withdrawals from these funds require board approval.

Financial instruments

- a) Measurement of financial instruments - The organization initially measures its financial assets and financial liabilities at fair value. The organization subsequently measures all its financial assets and financial liabilities at amortized cost. Changes in fair value are recognized in the statements of operations in the period incurred. Financial assets measured at amortized cost include cash, accounts receivable and fixed income investments. Financial liabilities measured at amortized cost include accounts payable and debt.
- b) Impairment - At the end of each reporting period, the organization assesses whether there are any indications that a financial asset measured at amortized cost may be impaired. Objective evidence of impairment includes observable data that comes to the attention of the organization, including but not limited to the following events: significant financial difficulty of the issuer; delinquency in payments; or bankruptcy. When there is an indication of impairment, the organization determines whether a significant adverse change has occurred during the period in the expected timing or amount of future cash flows from the financial asset. If identified, the organization reduces the carrying amount of the asset to the present value of cash flows expected to be received. The carrying amount of the asset is reduced directly or through the use of an allowance account. The amount of the reduction is recognized as a bad debt in the statement of operations. When the extent of impairment of a previously written-down asset decreases and the decrease can be related to an event occurring after the impairment was recognized, the previously recognized impairment loss is reversed to the extent of the improvement, directly or by adjusting the allowance account. The amount of the reversal is recognized in the statement of operations in the period the reversal occurs.

(continues)

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2013

3. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES *(continued)*

Capital assets

The costs of capital assets are capitalized upon meeting the criteria for recognition as a capital asset, otherwise, costs are expensed as incurred. The cost of a capital asset comprises its purchase price and any directly attributable cost of preparing the asset for its intended use.

A capital asset is tested for impairment whenever events or changes in circumstances indicate that its carrying amount may not be recoverable. An impairment loss is recognized in the statement of operations when the carrying amount of the capital asset exceeds its fair value.

An impairment loss is not reversed if the fair value of the capital asset subsequently increases.

- a) Tangible capital assets - consist of property, furniture and equipment and are measured at cost less accumulated amortization. Amortization is provided for on a declining balance basis over their estimated useful lives.
- b) Intangible assets - consist of separately acquired computer application software and is measured at cost less accumulated amortization. Amortization is provided for on a declining balance basis over its estimated useful life.

| | |
|--------------------------------|-----|
| Buildings | 5% |
| Furniture and office equipment | 20% |
| Vehicle | 20% |
| Computer equipment | 20% |
| Computer software | 20% |

Net assets invested in capital assets

Net assets invested in capital assets comprises the net book value of capital assets.

Management estimates

The preparation of these financial statements in conformity with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities, the disclosure of contingent assets and liabilities at the date of the financial statements and the reported amounts of revenues and expenses during the current period. Significant estimates include those used when accounting for amortization and the impairment of financial assets. All estimates are reviewed periodically and adjustments are made to the statement of operations as appropriate in the year they become known.

Comparative figures

Prior year's comparative figures have been restated to conform to the current year's presentation.

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2013

4. INVESTMENTS

| | 2013 | 2012 |
|------------------------------------|-------------------|-------------------|
| Guaranteed Investment Certificates | \$ 427,143 | \$ 299,835 |

Investments maturing within 12 months from the year-end date are classified as current.

The fixed income securities have effective interest rates ranging from 0.9% to 1% with maturity dates ranging from six to twelve months.

5. FINANCIAL INSTRUMENTS

The organization is exposed to various risks through its financial instruments and has a risk management framework to monitor, evaluate and manage these risks on an annual basis. The following analysis provides information about the organization's risk exposure and concentration as of March 31, 2013:

Credit risk

Credit risk arises from the possibility that parties may default on their financial obligations, or if there is a concentration of transactions carried out with the same party, or if there is a concentration of financial obligations which have similar economic characteristics that could be similarly affected by changes in economic conditions, such that the association could incur a financial loss. The organization is exposed to credit risk from its producers. An allowance for doubtful accounts is established based upon factors surrounding the credit risk of specific accounts, historical trends and other information. The organization has a significant number of producers which minimizes concentration of credit risk.

The maximum exposure of the organization to credit risk is represented by the balance as shown on the balance sheet for cash and accounts receivable.

Cash and investments: Credit risk associated with cash and fixed income investments is minimized substantially by ensuring that these assets are invested in major financial institutions.

Accounts receivable: Credit risk associated with trade accounts receivable is minimized by the organization's diverse customer base. The organization monitors the amount of credit extended when deemed necessary.

Liquidity risk

Liquidity risk is the risk that the organization will not be able to meet a demand for cash or fund its obligations as they come due. The organization is exposed to this risk on its accounts payable and accrued liabilities.

The organization meets its liquidity requirements by monitoring cash flows from operations and holding assets that can be readily converted into cash.

(continues)

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2013

5. FINANCIAL INSTRUMENTS *(continued)*

Market risk

Market risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in market prices. Market risk is comprised of currency risk, interest rate risk and other price risk.

The organization is exposed to market risk on its cash and investments.

Currency risk

Currency risk refers to the risk that the fair value of financial instruments or future cash flows associated with the instruments will fluctuate relative to the Canadian dollar due to changes in foreign exchange rates.

The organization does not transact in foreign currencies and therefore is not exposed to this risk.

Interest rate risk

Interest rate risk refers to the risk that the fair value of financial instruments or future cash flows associated with the instruments will fluctuate due to changes in market interest rates. In seeking to minimize the risks from interest rate fluctuations, the organization manages exposure through its normal operating and financing activities.

The exposure of the organization to interest rate risk arises from its interest bearing assets. Cash and cash equivalents includes amounts on deposit with financial institutions that earn interest at market rates.

The organization manages its exposure to the interest rate risk of its cash by maximizing the interest income earned on excess funds while maintaining the liquidity necessary to conduct operations on a day-to-day basis.

The primary objective of the organization with respect to its fixed income investments is to ensure the security of principal amounts invested, provide for a high degree of liquidity and achieve a satisfactory investment return.

Other

There have been no changes in the organization's risk exposures from the prior year.

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2013

6. TANGIBLE CAPITAL ASSETS

| | Cost | Accumulated amortization | 2013 Net book value |
|--------------------------------|-------------------|-----------------------------|---------------------------|
| Land | \$ 13,635 | \$ - | \$ 13,635 |
| Buildings | 468,392 | 278,896 | 189,496 |
| Furniture and office equipment | 28,332 | 13,369 | 14,963 |
| Vehicle | 27,926 | 19,690 | 8,236 |
| Computer equipment | 27,823 | 13,306 | 14,517 |
| | <u>\$ 566,108</u> | <u>\$ 325,261</u> | <u>\$ 240,847</u> |
| | Cost | Accumulated amortization | 2012 Net book value |
| Land | \$ 13,635 | \$ - | \$ 13,635 |
| Buildings | 468,392 | 268,922 | 199,470 |
| Furniture and office equipment | 20,427 | 10,617 | 9,810 |
| Vehicle | 27,926 | 17,632 | 10,294 |
| Computer equipment | 90,102 | 66,025 | 24,077 |
| | <u>\$ 620,482</u> | <u>\$ 363,196</u> | <u>\$ 257,286</u> |

Tangible assets acquired during the year were \$12,720 (2011 - \$22,915). During the year, tangible capital assets were written off and a loss on disposal of assets was recorded for \$11,346 and is shown on the statement of operations.

7. INTANGIBLE ASSETS

| | 2013 | 2012 |
|--------------------------|-----------------|------------------|
| Computer software | \$ 22,086 | \$ 22,086 |
| Accumulated amortization | <u>12,960</u> | <u>10,679</u> |
| | <u>\$ 9,126</u> | <u>\$ 11,407</u> |

There were no acquisitions or disposals of intangible assets in the current or prior year.

**CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2013**

8. LONG TERM DEBT

| | <u>2013</u> | <u>2012</u> |
|--|------------------|------------------|
| Royal Bank - fixed mortgage, bearing interest at 6.86%, payable in monthly instalments of \$1,617 including interest. Secured by property and maturing June 1, 2015. | \$ 57,566 | \$ 72,463 |
| Royal Bank - monthly payments of \$741 including interest at 4.21%. Secured by a general security agreement and maturing August 1, 2013. | <u>2,838</u> | <u>11,414</u> |
| | 60,404 | 83,877 |
| Amounts payable within one year | <u>(18,790)</u> | <u>(23,472)</u> |
| | \$ 41,614 | \$ 60,405 |

Principal repayment terms are approximately:

| | |
|------|------------------|
| 2014 | \$ 18,790 |
| 2015 | 17,081 |
| 2016 | 18,290 |
| 2017 | <u>6,243</u> |
| | \$ 60,404 |

9. APPROPRIATED NET ASSETS

| | <u>Building Fund</u> | <u>Program Fund</u> | <u>Mental Health Fund</u> | <u>2013</u> | <u>2012</u> |
|----------------------------|----------------------|---------------------|---------------------------|-------------------|-------------------|
| Balance, beginning of year | \$ 48,157 | \$ 58,398 | \$ 58,398 | \$ 164,953 | \$ 119,530 |
| Increase (decrease) | 19,937 | 19,936 | 19,936 | 59,809 | - |
| | <u>\$ 68,094</u> | <u>\$ 78,334</u> | <u>\$ 78,334</u> | \$ 224,762 | \$ 119,530 |

10. SICK LEAVE BENEFITS

The organization provides non-vesting sick leave benefits to its employees pursuant to union agreements and administrative policies. At March 31, 2013 management estimates that accumulated sick leave credits total \$231,028 (2012 - \$207,669).

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2013

11. 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.

| | 2013 | 2012 |
|-------------------------------------|------------------|------------------|
| Total contributions during the year | \$ 42,920 | \$ 40,016 |

12. COMMITMENTS

As at March 31, 2013, the organization has an operating lease on its office equipment at \$5,044 per year. The lease expires in 2014.

13. DONATIONS

During the year, there was a bequest received for \$15,333 (2012 - \$45,424) which is included in donations revenue.

14. DEFERRED REVENUE

Deferred revenue consists of the following:

| | 2013 | 2012 |
|--------------------------|-------------------|------------------|
| Canada Post | \$ 36,350 | \$ - |
| Canadian Labour Congress | 2,933 | 2,977 |
| Eli Lily | 4,546 | 4,546 |
| Other | 2,601 | 2,317 |
| RBC Foundation | 29,168 | - |
| Regina Hotel Association | - | 5,000 |
| Regina Qu'Appelle RHA | 6,250 | - |
| Sask Arts Board | 3,750 | 8,750 |
| Sask Justice | 60,000 | - |
| Shopper's Drug Mart | 26,395 | - |
| The Co-operators | 40,000 | 5,000 |
| | \$ 211,993 | \$ 28,590 |

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2013

15. OTHER GRANTS

Other grants are comprised of the following:

| | 2013 | 2012 |
|----------------------------------|-------------------|-------------------|
| Canada Post | \$ 28,650 | \$ - |
| Eli Lilly | - | 2,763 |
| ISC | 5,000 | - |
| Other | 986 | 3,310 |
| RBC Foundation | 20,832 | - |
| Sask Arts Board | 12,500 | 26,296 |
| Sask Liquor and Gaming Authority | 25,310 | 30,292 |
| SaskTel | 2,500 | - |
| The Co-operators | 5,000 | 52,500 |
| | \$ 100,778 | \$ 115,161 |

CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.

**Salaries and Benefits (Schedule 1)
Year Ended March 31, 2013**

| | 2013 | 2012 |
|-----------------------|-------------------|-------------------|
| Gambling program | \$ 200,858 | \$ 190,383 |
| Executive and general | 330,032 | 325,196 |
| Public education | 53,207 | 44,300 |
| Resource development | 195,657 | 161,287 |
| | \$ 779,754 | \$ 721,166 |

The accompanying notes form an integral part of these financial statements

2012-2013 Provincial Board of Directors

Grant Rathwell, President
Darrell Downton, Past President
Sharon Lyons, Vice-President
Bill Pringle, 2nd Vice-President
Bryan Leier, Treasurer

MEMBERS AT LARGE:

Doreen Bell Noah Evanchuk Karen Gibbons Nuelle Novik
Lawrence Morrison Kathleen Thompson Lindy Thorsen

REGIONAL DELEGATES:

Les Gray Erskine Sandiford Michael Seiferling Crystal Bittman

Sask. Division Office Staff

Dave Nelson, RPN, RSW, Executive Director
Phyllis O'Connor, Assistant Executive Director
Don Powers, Director of Finance
Joan Kilbride, Director of Resource Development
Sharon Wilson, Payroll/Benefits Clerk
Lynn Hill, Receptionist & Editorial Secretary for Transition Magazine
Vera Thompson, Telefund Office Supervisor

Donna Bowyer, Director of Friends for Life

Shauna Altrogge, Director, Problem Gambling Community Program
Rachel Clare, Central Problem Gambling Coordinator
David Jones, Southern Problem Gambling Coordinator
Jackie Phillips, Northern Problem Gambling Coordinator

Kim Hoffman, Director, Justice Community Support Program

*CMHA Sask. Division wishes
to thank all of our volunteers
& sponsors.*

*We couldn't do it without
you!*

Mental Illness Affects Us All How Can You Help Make a Difference?

Becoming a member of
CMHA (Saskatchewan Division) Inc.
is a good way to show your support. Memberships are
available in the following categories:

Participant (consumer) \$2.00
Individual \$15.00
Supporting \$30.00
Professional \$50.00
Lifetime \$150.00

There are also different levels of annual support:

Platinum Donor \$1,000.00 +
Gold Donor \$750 - \$999
Silver Donor \$500 - \$749
Bronze Donor \$300 - \$499
Supporter \$100 - \$299
Donor \$10 - \$99

Some of our supporters have chosen to set up
pre-authorized monthly donations (withdrawn on
the 15th or 30th of each month).

Still others have shown their support by donating
through a will or through gifts of life insurance.

Donation is easy. Just visit our website at
www.cmhask.com and click on the Canada Helps
button or contact us at:

CMHA (Saskatchewan Division) Inc.
2702-12th Avenue
Regina, SK S4T 1J2
(306) 525-5601 or 1-800-461-5483
contactus@cmhask.com

No matter what the manner of support, CMHA
(Saskatchewan Division) Inc. sincerely appreciates
each and every donation in support of those we serve.





MEMBERSHIP FORM

Name: _____

Address: _____

City/Town: _____ Postal Code: _____

Phone: _____ Fax: _____

Email: _____ Date: _____

MEMBERSHIP TYPE

New Renewal

Expiry Date: March 31, 20__

Amount: \$ _____

Please make cheques payable to CMHA

- | | |
|---------------------------------------|---------|
| <input type="checkbox"/> Participant | \$ 2.00 |
| <input type="checkbox"/> Personal | 15.00 |
| <input type="checkbox"/> Supporting | 30.00 |
| <input type="checkbox"/> Professional | 50.00 |
| <input type="checkbox"/> Patron | 150.00 |

To become a CMHA member, simply fill out the form and send it, along with your payment, to the CMHA Division office, or contact your local branch.

By joining CMHA you will help support social, vocational and recreational programs designed to help those people affected with mental illness to lead productive lives.

Your membership fees will also be used to help provide education and create mental health awareness throughout Saskatchewan.

Members receive TRANSITION with a regular, current, CMHA membership.

Charitable Organization # 10686 4044 RR0001

PLEASE INDICATED MEMBER'S BRANCH

- | | |
|--|--|
| <input type="checkbox"/> Battlefords | <input type="checkbox"/> Regina |
| <input type="checkbox"/> Estevan | <input type="checkbox"/> Saskatoon |
| <input type="checkbox"/> Kindersley | <input type="checkbox"/> Swift Current |
| <input type="checkbox"/> Moose Jaw | <input type="checkbox"/> Weyburn |
| <input type="checkbox"/> Prince Albert | <input type="checkbox"/> Division |

DIVISION OFFICE - 2702 12th Avenue, Regina, SK S4T 1J2
 Phone 306 525-5601 or 1-800-461-5483 ● email: contactus@cmhask.com

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 Saskatchewan Lotteries for support.



RBC
Children's Mental
Health Project



Canada Post Community Foundation

