

***“Every step we take gets us
closer to the next Milestone”***



**Canadian Mental
Health Association**
Saskatchewan
Mental health for all

**2015-2016
Annual Report**

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**

People with lived experience of mental illness, 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 strike 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.



Our 2015-2016 Provincial Board of Directors



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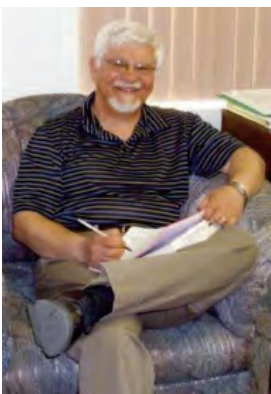


Karen Weran
Regional Delegate

Associate Executive Director's Report

This has been a very busy year indeed with changes in leadership at CMHA and a provincial election all within one year. Associate Executive Director projects have included the following:

- Continuing to take a leadership role in development of the SAID program, which now supports over 5000 individuals with significant mental health issues. Working closely with the Disability Income Support Coalition (DISC), we participated in election forums with key candidates both in Saskatoon and Regina prior to the election.
- Participation on the Mental Health & Addictions Action Plan Reference Committee has allowed us to give community input into this important, multi-ministerial project. We continue to push for adequate funding as priorities are developed around the many areas for improvement recommended by the Fern Stockdale-Winder report.
- We continue to work very closely with our National CMHA office, the Ontario and British Columbia Divisions, and the Toronto Branch to develop and advocate for federal monies to be distributed across Canada in a Federal Mental Health Transfer Fund. Recent meetings held with the new Federal Ministers of Health and Finance have received a positive welcome and good discussions on how this may proceed.
- We continue to be part of the interagency and Ministry Steering Committee for the Justice Community Support program. This relatively new program is now becoming well established and an integral partner with Corrections, Policing and Probation services.
- We continue to sponsor and support the Mental Health Coalition and it provides a valuable, broader input group than is typically seen in smaller committees.
- I continue to work in close partnership with our new Acting Executive Director, Phyllis O'Connor. This appears to be working well and I wish to thank Phyllis for the excellent work she is doing in a steep learning curve as Acting Executive Director.



Dave Nelson, RPN, RSW
Associate Executive Director
CMHA Saskatchewan Division

Acting Executive Director's Report

Another year has passed so quickly. 2015-2016 was a year of change for CMHA Sask. Division.

September 1, 2015 saw a change in the leadership of CMHA Sask. Division. Dave Nelson assumed the position of Associate Executive Director as he transitions into retirement. Dave is now responsible for the advocacy, public policy and branch development activities at Sask. Division. I assumed the role of Acting Executive Director, responsible for the administration and operations of CMHA Sask. Division. It has been a steep learning curve but I welcome the opportunity to expand my role at CMHA.

June 30, 2015 saw the retirement of Joan Kilbride, our Director of Resource Development after 26 years of service. During that time Joan and her staff raised approximately \$10 million in support of CMHA Sask. Division programs and services. We all miss Joan but wish her all the best in her retirement.

One of the exciting new initiatives is the establishment of a partnership with the Royal Canadian Legion Saskatchewan Command to create OSI-CAN, a peer support based project aimed at assisting veterans, police, fire and first responders who are suffering from an occupational stress injury (PTSD). Further details of this project can be found in the Community Partnerships portion of this annual report.

April 29, 2016 was the date for the first Wade Moffatt Memorial Gala. There were 268 people who attended this masquerade gala at the Conexus Art Centre and we raised over \$25,000 to support the public education and advocacy work of CMHA Sask. Division. Everyone had a wonderful time while supporting a worthy cause.

Overall, 2015-2016 has been a time of change, but also a time for exciting new opportunities. We look forward to seeing what 2016-2017 brings.



Phyllis O'Connor,
Acting Executive Director
CMHA Saskatchewan Division

President's Report

This has been a busy year for CMHA Saskatchewan Division.

The Saskatchewan Division has 10 branches located throughout the province, and has direct responsibility for the operation of 4 branches. As well, we lead three province wide programs: the Gambling Awareness Program (GAP), the Justice Community Support Program and Friends for Life, which provides programs and training around the province.

Again this year we have benefitted greatly from the work of our Associate Executive Director, Dave Nelson, and our Acting Executive Director, Phyllis O'Connor. Both are people with vision who put their ideas into action.

Dave worked on the national stage again this year, alongside Steve Lurie of CMHA Toronto, in pressing the federal government for investments in mental health through an innovation transfer fund. We know that things rarely move at the speed we want them to. At this writing, I can report that CMHA has been able to meet with the federal Ministers of Health and Finance to discuss this idea and other issues.

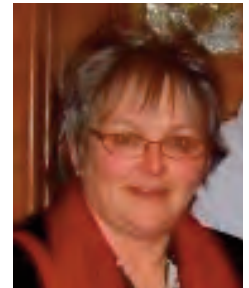
Phyllis has worked on fundraising for CMHA, and worked with a committee that produced the highly successful Wade Moffatt Gala on April 29, 2016 that brought in over \$25,000 for Friends for Life. It is hoped that this will be an annual affair. Phyllis was also instrumental in securing funds for a new program in partnership with the Legion which provides peer support to veterans, police, fire fighters and first responders as well as placing PTSD support dogs with individuals who would benefit from that service.

Phyllis and Dave also oversee the daily operations of CMHA Sask Division. On behalf of the Board, I want to thank them and the Staff for the work that we successfully do each year in support of people with mental illness, whether it be tele-funders, accounting, managing a program or keeping track of numbers. The staff at CMHA contribute to CMHA's efforts to make things better for people with mental illness in Saskatchewan.

It has been my honour to serve as President from 2014 to 2016, and I look forward to continuing to work on the Board as Past President.

Sharon Lyons,
President

CMHA Saskatchewan Division



PUBLIC POLICY DEVELOPMENT

COMMUNITY PARTNERSHIPS:

CMHA (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, we have 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 and separate income support system for people with disabilities. The result of this collaborative effort has been the establishment of the SAID program (Saskatchewan Assured Income for Disability). Work continues on the SAID program to address issues around benefits, service delivery, claw back and asset and income exemptions. The amount individuals receive has increased from \$650 to \$1250 per month over the last approximately five years. DISC would like to see that increased to \$1500 to \$1600 per month. Originally the hope had been to get 7,000 people enrolled on the SAID program. Now there are close to 14,000 and 30 to 35% of those individuals have mental health issues. CMHA Saskatchewan Division has been proud to be a part of this coalition in the development of a program that has had such a positive effect on the lives of those we serve.

In order to meet the "ends" policies of CMHA (Saskatchewan Division) our work is focused on five main areas:

- Public Policy Development
- Public Education and Awareness
- Individual and Family Support
 - Direct Service Provision
 - Research

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 existing programs. With the recent release of the Mental Health and Addictions Action Plan, the priority of the Mental Health Coalition will be to advocate for adequate resources to implement recommendations in the plan and to move our province forward to a 21st century mental health system.

OSI-CAN originally started up in Regina but is now spreading to other parts of the province, largely due to the efforts of our Project Coordinator, Chris Siddons. The project begins with peer support groups. Through those groups other needs are identified such as housing, vocational training, counselling, psychosocial rehab etc. The project is working to set up a network of care providers around the province to which support group participants can be referred. Another interesting aspect of the project is the provision of PTSD service dogs. Two dogs are currently in training and hopes are to increase that to five dogs next year.

This is a very new project, which has grown rapidly to address a very real need in our communities.



**Chris Siddons, OSI-CAN
Project Coordinator and his
PTSD service dog Sierra**

OTHER PUBLIC POLICY DEVELOPMENT ACTIVITIES:

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

- Meeting with Minister of Health, Dustin Duncan, re mental health issues in Regina.
- Meeting with Assistant Deputy Minister of Health, Kim Kratzig re mental health and addictions issues.
- Meeting with Health Region Directors of Mental Health and Addictions.
- Meetings with Lorri Carlson, Director of Mental Health and Addictions, RQRHA
- Meetings with Kathy Willerth, Ministry of Health re follow up on Action Plan on Mental Health and Addictions.
- Attendance at Social Work Advisory Committee meeting held at University of Regina.
- Meetings with CMHA National and CMHA Ontario Division re advocacy for a National Mental Health Development Fund.
- Meeting with Federal Minister of Health in mini-forum format.
- Attendance at Mental Health Commission of Canada Action Plan meeting
- Attendance at meetings with RQRHA re setting up an advisory group regarding their balanced care approach to mental health and addictions.
- Participation in online CBT advisory group.
- Attendance at forum on Poverty Reduction
- Attendance at SPRA focus group re recreation.

Public policy development activities continue to form a large part of the work at CMHA Sask. 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 & AWARENESS



FRIENDS FOR LIFE

Submitted by Donna Bowyer, Director

Friends for Life is a suicide prevention program of CMHA Saskatchewan Division; designed to provide awareness and knowledge of suicidal symptoms to educators, students and the general public; providing skills to become a supportive resource to suicidal person(s). Mental illness and suicide have a great many factors in common. Aside from any cause-effect relationship, their biggest similarity is that people are extremely hesitant to discuss, self-disclose or acknowledge that either exists. Because of this reluctance, a lack of information (and considerable misinformation) surrounds both – that is why Friends For Life is here to help.

Friends for Life works:

- with schools to develop a sense of self-esteem in students; providing information to stop bullying; providing strategies to lower stress in the workplace; providing knowledge and changing attitudes surrounding mental illness; all have the added benefit of preventing suicide;
- in workplaces to help establish some foundational tools employers, managers and employees can use to develop the ability to work together and inspire and motivate one another in a team like atmosphere that will positively affect the whole workplace;
- with communities: to be suicide alert — to have people trained to be able to identify, ask, connect and intervene when someone has thoughts of suicide.

2015 -16 FFL Program Highlights

- 2-day event at Okimaw Ohci Healing Lodge near Maple Creek. The Healing Lodge reached out to our Friends For Life Program wanting information and knowledge not only for their staff but also their residents. Over a great two day session, I not only taught about mental health and mental illness but I learned from them as well.
- Mental Health First Aid was delivered 11 times throughout 2015 across the province, many of these to businesses. Over the last couple of years there is one agency that has not only trained over 200 of their staff but have also brought this program forward at a conference where they received an award on being proactive in the area of mental health of their staff. They are planning another two in the near future. This has resulted in some concrete changes within their organization, which I have been able to witness by returning and clearly seeing how things have changed in the mental health of their employees.
- In honour of providing one of CMHA National Flagship programs, Living Life to the Full training to four different groups in 2015. I delivered adult sessions through CMHA in Moose Jaw and Regina. Youth sessions were hosted in Prairie South School Division. This is more of a time commitment by the participants as it is a total of 12 hours over 8 weeks.
- In 2015 our Friends for Life Program offered 81 presentations ranging from 1 hour to 12 hours.

I look forward to the adventures and the amazing people I will be meeting in 2016-17.



Shauna Altrogge, Director

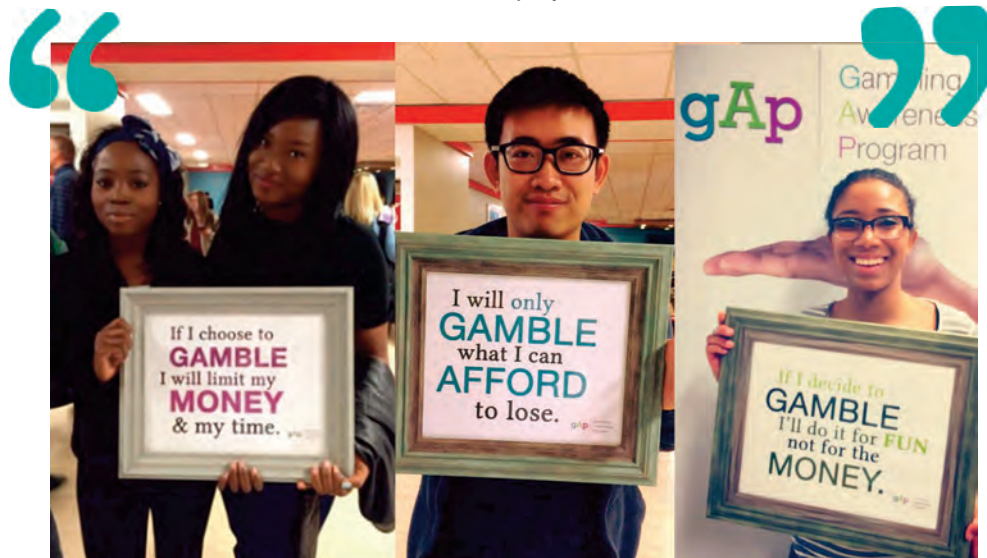
- Did you know...the GAP team visited over 80 different towns and cities across the province this year? The adventurous coordinators met with community members, distributed resources, delivered 236 presentations, and had the engaging GAP display at 36 community events, reaching over 8,646 people? It would be fair to say they know the Saskatchewan highways well.
- Funded by the Community Initiatives Fund, the Gambling Awareness Program (GAP) helps educate people of Saskatchewan on responsible gambling and risks associated with gambling. Educational sessions were delivered to youth, post secondary students, older adults, offenders, newcomers, and a range of other groups this year. Below are some of our highlights...



- There was some significant staff transition this year. David Jones, long serving Southern Coordinator was promoted to Director, Justice Community Support Program, and Jackie Phillips, Northern Coordinator, took a position with another agency based in Prince Albert. Joining our team is **Lorraine Scott**, Northern Coordinator (pictured left), and **Aeliesha Brooks**, Southern Coordinator, who both have embraced their roles with enthusiasm and dedication.

#I am RG

GAP explored new ways to connect with university students this year and the idea of engagement through the use of social media was born. We designed and framed 3 different **Responsible Gambling Pledges** allowing students to choose which message spoke to them personally. Visitors to our GAP Display booth selected a RG Pledge and were encouraged to take a selfie and share it to social media, with the hashtag #IamRG (I am a responsible gambler). It was an exciting and fun addition to our GAP Display booth, something our team looks forward to at future GAP Display events.



NEWCOMERS

Promoting GAP to newcomer and immigrant organizations was a focus this year. Meetings were held with groups such as the Saskatchewan Association of Immigrant Settlement and Integration Agencies (SAISIA), and the Regina Open Door Society (RODS). GAP was also invited to participate in complimentary training session offered by RODS. The cultural awareness training was well received by our team provided for a greater understanding and skills in working with newcomers to Canada. Specific modules were developed, and print resources were made available in 55 different languages (by CAMH Ontario). This work continues and evolves as GAP adapts and modifies the educational sessions to meet the groups' needs and to address the language barrier and cultural differences.



GAP formally launched into Facebook and Twitter at the beginning of the year. The purpose is to increase our exposure, enhance engagement, build a community of like minded people, and be more easily located by Program recipients. Growth is happening organically, we are increasing followers, and working on gaining a better understanding of our audience, so we can create and share information in this platform that is customized to speak to our audience. Learning more about how to monitor and measure our impact on social media is a new area to be explored.

What people say about GAP and the programming they receive...

“We (my husband and I) both have gambling problems. We play Bingo regularly. We will call you to connect us with a counsellor or call the counsellor directly, from the information provided to us today.”

“I saw your presentation at Radius and remembered a lot! I have developed a problem with gambling and was formerly an alcoholic. I gambled \$480 last week on VLT's that I can't afford to spend. I'm seeing a counsellor for bipolar. If gambling continues to be an issue I'll contact Nate (PG Counsellor).”



I want to thank my team - Tricia Martin, Lisa Pennington, Aeliesha Brooks, and Lorraine Scott that work hard, illustrate professionalism and compassion in all they do! Special thanks to David Jones who graciously gave of his time and expertise during the staff transition period.

HEALING THROUGH HUMOUR



Ian Morrison, Program Facilitator

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

The facilitator for this project is Ian Andrew Morrison and he is a graduate of the Humber College of Comedy Writing and Performance in Toronto Ontario and has been performing comedy since the age of 13.

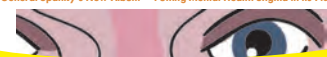
This year healing through humour will release its second comedy album, entitled 50 Shades of Spanky by General Spanky on I tunes as well as filming its first feature film, "It's a wonderful afterlife," in 2016. The film will fight stigma and have a positive message that recovery is possible. And one of the singles from General Spanky's first album, 'Mr. Immature,' has spent over 35 weeks on the Official European Independent music chart.

This past year, we also had new students who performed their standup comedy to a positive response and we couldn't be prouder of their accomplishment.

Healing through Humour is always looking for new members to participate in the program. If you want to keep up to date with the program, please like us on Facebook or visit www.healingthroughhumour.com



General Spanky's New Album - Putting Mental Health Stigma in Its Place



COMNG SOON!
50 Shades of Spanky
by General Spanky
on iTunes

MR. IMMATURE

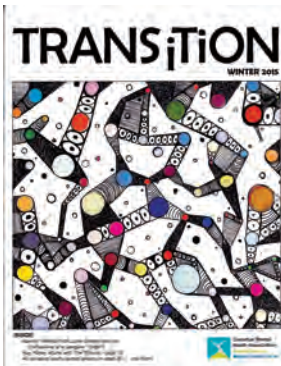
Saskatchewan Comedian Ian Morrison is rapping his way to success with General Spanky and his 1st album *Mr. Immature*.

Facilitator of the nonprofit program Healing Through Humour, Ian Morrison is using his comedy rap persona to raise money and fight the stigma surrounding mental health. Sales of the album go to Healing Through Humour, an organization that teaches comedy writing & performance to people living with mental illness & mental health issues.

available on iTunes and at
cd.baby.com

Mr. Immature is also available at CMHA SK Division office at 2702 - 12th Ave Regina.

For more info visit: healingthroughhumour.com



TRANSITION MAGAZINE

Transition Magazine is published twice-yearly. 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/mental illness issues. Transition Magazine is also made available in PDF format on the CMHA Saskatchewan Division website www.sk.cmha.ca.

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.

WEBSITE AND FACEBOOK

CMHA Saskatchewan Division has a website, Facebook and Twitter presence.

Check them out to get the latest news, events and information on a variety of mental health topics.



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 Saskatchewan Division Office frequently have the opportunity to assist individuals, consumers and their family members on a wide variety of issues. We have also contracted a part-time System Navigator, Angelica Barth, who assists in linking clients to service providers.

The following illustrates the type of assistance provided by the CMHA Saskatchewan Division Office staff throughout the past year:

Individual/Family Support Tracking		2015-2016				
Information re Caller:	Male	38	Female	78		
Calling for:	Self	51	Friend/Family	54	Coworker/Employer	8
					Tenant	1
					Patient	1
Reasons for Call:						
Seeking contact information		4				
Seeking general mental health information		17				
Seeking services/counselling		61				
Issue with insurance/LTD						
Workplace issue		9				
Legal issue		7				
Housing issue		4				
Addiction/alcohol use						
Education issue		1				
SAID/Social Assistance/Disability Pension issue		8				
Hoarding issue						
Immigration Issue		1				
Senior Issue		1				
LGBT						
Other issues		4				
	TOTAL CONTACTS	117				
Attempted to get information from other organization?	Yes	8	No	51	Unknown	

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

JUSTICE COMMUNITY SUPPORT PROGRAM

Submitted by David Jones
Director JCSP

Support Wellness Recovery



Hope, empowerment, self-determination and responsibility are relevant to everyone's good mental health, both clients and workers. A client entering JCSP involvement may be surprised and even alarmed at the positive expectations of recovery in a system that "fosters hope for a better quality of life and respects the dignity and rights of each person at every stage of life."

MHCC (2007), Goal One, page 20)

Partnership and Purpose:

The serious Violent Offender Response (SVOR) currently operates in Saskatoon and the Battleford area. Initiated in 2013, SVOR is a comprehensive, targeted, and evidence-based approach intended to reduce the threat posed by high-risk violent offenders in Saskatchewan. Various agencies within the justice system – such as adult corrections, public prosecutions, and police services – work together on integrated case planning while leveraging innovative tools such as secure, web-based data management system and integrated training. The initiative, in partnership with CMHA has also developed a new specialized program – the Justice Community Support Program – for serious violent offenders with mental illness. In 2015 the initiative won the Premier's Award for Excellence.

Program Description:

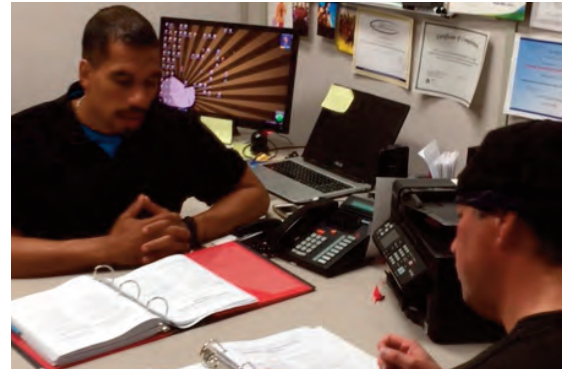
The Justice Community Support Program is a partnership between the Saskatchewan Ministry of Justice and the Canadian Mental Health Association (Saskatchewan Division) Inc. as part of the provincial Serious Violent Offender Response. The Justice objective is public protection, to improve the safety and security of the province by reducing that risk of past offenders being involved in serious, violent crimes, and will be measured in changes in recidivism, counting previous offenders who are charged and convicted after release from prison and parole. The JCSP is grounded in the person-centred, recovery oriented involvement approach developed through the CMHA (National) Framework for Support in the 1980's and renewed by the Mental Health Commission of Canada in this century. The primary purpose of the JCSP is to assist the clients with practical, emotional and behavioural problems, help them develop important life skills and improve their quality of life so they can live crime free as citizens contributing to their community.

In the end we will only be transformed when we can recognize and accept the fact that there is within each of us, quite outside the range of conscious control, a will which knows what is right for us, which is repeatedly reporting to us via our bodies, emotions, and dreams, and is incessantly encouraging our healing and wholeness. We are all called to keep this appointment with the inner life, and many of us never do. Fortunately, this insistent invitation comes to us again and again.

P.21 James Hollis

JCSP Workers Role:

The JCSP team is focused on individual rehabilitation through the delivery of one-on-one support and the establishment of links with available community resources and programs. A client's need for resources may include housing, income support, education and/or employment, crisis response, anger management and social recreation activities. Health needs may require getting on the case load of a general practitioner, the mental health clinic and psychiatrist, dentists, optometrists or other services.

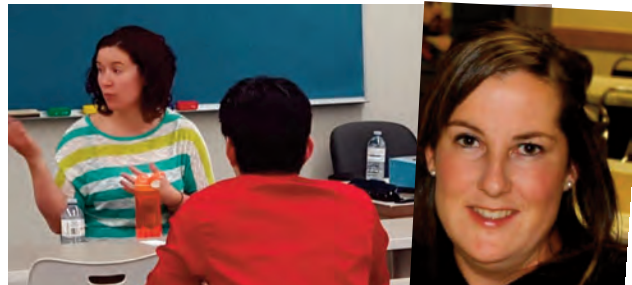


The JCSP worker offers the client a period of intensive, interpersonal involvement to anticipate and resolve practical and emotional barriers to healthy living in the transition from prison to community. The client is encouraged to establish a positive community resource base to sustain the objective of “staying out of jail” beyond the transition of probation and the JCSP intervention. The well-being of the client improves the possibility for a crime-free future as a citizen contributing to personal and community success. Adequate community support for physical and mental health needs that reduce the risk of a previous offender committing future crimes IS an investment in public safety. Recovery is a “process,” not an event, not a destination, that values’ doing one’s best with the knowledge, skills and understandings available in the present moment, celebrating every success, even while an individual and supporters work as partners to increase awareness and abilities for healthier living. Recovery builds on the person’s own priorities and interests, which is another way of saying “person-centred” care.

Learning Strategy:

Because the healthy and skillful involvement of staff is key to the success of the program, personal growth as well as interpersonal communication and therapeutic models are emphasized.

In 2015, the Learning Strategy proposed that the focus be on Forensic Motivational (Change) Interviewing, Relapse Prevention Planning with Cognitive Behaviour Training (CBT), CBT combined with the Wellness Recovery Model. As the program continues to grow, as staff needs change, as forensic mental health theory and trends develop, the learning strategy will be reviewed to meet general and specific client needs.



Recovery is a “process,” not an event, not a destination, that values’ doing one’s best with the knowledge, skills and understandings available in the present moment, celebrating every success, even while an individual and supporters work as partners to increase awareness and abilities for healthier living.

Recovery builds on the person’s own priorities and interests, which is another way of saying “person-centred” care.

Goals for 2016-17:

- To further solidify expertise and competences of all staff
- Define and promote the specific and unique role of the program within the partnership
- Prepare for possible program expansion
- Create a visible program identity

Appreciations:

The JCSP is a relatively new initiative which – as you read this report – has been in existence for only two years and four months. It is still in its development stage and continues to define itself with the dedicated work of staff as well as partners in Saskatchewan Department of Justice, the SVOR Steering Committee, the SVOR Case Management Review Committees, and the members of the JCSP Admissions and Discharge Committee. Special appreciation is given to Dave Nelson; the Associate Executive Director of CMHA (Saskatchewan) who from the time the program began – along with the first Director, Kim Hoffman – were catalysts in defining a role for CMHA in both Justice and Correctional work.

Appreciation is expressed to Dr. Kathleen Thompson whose research is documented in the Justice Community Support Program Research Final Report (2015). This Report contributed to the JCSP Program Manual as developed by Jayne Whyte who crucially included the CMHA history and philosophy sections. Dr. Keira C. Stockdale, Clinical Psychologist of Policing of the Saskatoon Police Department contributed valuable information, history, policy and editing during the process. The JCSP program was fortunate to have the services of Tricia Martin for our profile and branding work as well as the Student/Practicum support of Chelsie McCann – whose insight and research skills will be missed as she continues into her career.

BATTLEFORDS BRANCH

Submitted by Jane Zielke de Montbrun
Executive Director

CMHA Battlefords Branch continues to provide direct service to members in The Battlefords through social/recreational activities (including seniors), life skills sessions and employment programs. At present, we have nine board members representing CMHA members, approved home operators, Community Mental Health Nurses and our community. We welcomed 33 new members in 2015-16.

Our organization has begun fund raising for the renovation of a larger existing building. Over the last two years we have experienced significant growth in membership and participation – impacting our capacity to effectively deliver programs and supports. At present, we have three separate life skills groups, we have more referrals than spaces for work experience programs and our lunch program participation has doubled. Our new location will have rooms dedicated to recreational activities and life skills sessions, adequate office space and the capacity to introduce a gardening program. This is an exciting time for us - our goal is to begin renovations by August of this year. Our organization sincerely thanks CMHA Saskatchewan Division Board of Directors and Dave Nelson for their generous support of this project.

Our present location...



Our future location...

Due to a shortage of affordable housing and approved home spaces, CMHA Battlefords Branch pursued the Rental Development Program with the intention of building an eight unit housing complex for persons living with mental illness. We were unable to submit our application due to the inability to secure support worker core funding. As there is strong evidence of need we will revisit this project with Prairie North Health Region mid-summer.

Mental Health Week 2016 plans include our annual Walk for Awareness, a flag raising ceremony at City Hall North Battleford and a free community BBQ sponsored by Battle River Treaty Six Health Centre, The Lighthouse and CMHA Battlefords Branch. North Battleford Library, Edwards Society and Saskatchewan Hospital are supporting MHW 2016 with a library display, strawberry tea and talent show. The North Battleford Psychiatric Nurses Association Champions of Mental Health Gala will be held April 30th - this event recognizes businesses, volunteers and employers supporting persons with mental illness. Approximately 6500 flyers in the Battlefords will be distributed to promote all events. Again this year, our branch will be presenting small potted plants and flowers to 75 businesses and seniors complexes in The Battlefords in partnership with Saskatchewan Hospital Physical Activities Group greenhouse. Every pot will have a Mental Health Week flag stake and label that includes our information and recognition for Saskatchewan Hospital.

The Battlefords community supported our branch throughout the year with donations for garage sales, fund raising BBQs and cash calendar sales. More than 150 members and volunteers attended our 2015 Christmas Social and Dance. This annual event is always a highlight for members and guests. 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 are extended to Prairie North Health Region, CMHA Saskatchewan Division, BATC-Community Development Corporation, Battlefords United Way, W. Brett Wilson and Family Foundation, SPRA, volunteers and community members for their continued support of CMHA Battlefords Branch.

KINDERSLEY BRANCH

Submitted by Pam Welter
Branch Coordinator



CMHA Kindersley Branch is dedicated to promoting mental health and wellness through a comprehensive range of community-based services for individuals, families, groups and organizations within the Heartland Health Region. We invite collaboration: CMHA Kindersley Branch is connected to a variety of mental health service providers and professionals in the Heartland Health Region. We invite partnerships to provide information regarding a variety of mental health topics to connect those in need with many other treatment and informative sources. To the consumers and their families in our communities we provide appropriate information. Through presentations, support groups, trainings and referrals regarding their family member's mental health needs and support in advocacy and coping skills as necessary.

Kindersley Branch took part in a variety of fundraising initiatives including selling cash calendars and having 3 bake sales in 2015. As well, we send out letters and grant proposals requesting funding for program initiatives. One of the community actions facilitated by CMHA Kindersley Branch is the Community Christmas Hamper Program. This is the longest running population health promotions program in the health region. Under this program, low income families can apply to receive a food hamper for Christmas. December 2015, the need was high providing Christmas Hampers to 158 families in the Heartland Health Region.

The CMHA Kindersley Branch receives numerous invitations throughout the Heartland Health Region to provide various presentations, training and programs. In 2015 we did 29 events covering 10 communities. Through this service, CMHA Kindersley Branch is linked into the communities within the health region to do population health promotion, prevention and education, referrals and advocacy. This year the Kindersley Branch Coordinator and Heartland Health Region Community Counselors have partnered to provide numerous presentations to schools and groups in several communities throughout the Heartland Health Region.

Some of the topics covered are:

- **Depression/Anxiety/MH Presentations** – A Mental Health Support Group in Kindersley meets 1st Wednesday of every month (except July and August) which the Branch Coordinator attends as time allows. Many resources and information are provided to this group as requested. Branch Coordinator receives calls with questions and concerns and provides advocacy as needed to the members of this group. Branch Coordinator facilitated 6 community presentations, on Advocacy and Depression to 188 individuals. The Branch Coordinator did 2 PTSD presentations on Remembrance Day with 55 in attendance at both. As a result of calls, questions and requests by community individuals, CMHA Kindersley Branch partnered with Heartland Health Region to provide information and resources on Anxiety in Kids. Eleven Anxiety presentations were given to 195 adults and 879 students. There was also one presentation by HHR on depression which 50 individuals attended and two more presentations on Depression in the Work Place in February and March 2016 with 23 attending. HHR also provided a presentation on Self Harm with 8 attending.

- **FRIENDS Programs** – Branch Coordinator and Branch President are trained in the FRIENDS Program. FRIENDS is an evidence-based program demonstrated to be effective in reducing the risk of anxiety disorders and building emotional resilience in children. It addresses many of the Prescribed Learning Outcomes in the Health and Career Education curriculum and the child and youth programs are endorsed by the Ministry of Education as a recommended learning resource. Implementation of the FRIENDS program represents an important partnership between the mental health and education sectors. To promote the FRIENDS Program and to provide it in the most effective and efficient way possible we provide information, education and support to the schools in our region. 35 teachers attended an informative workshop in March 2016 on the FRIENDS programs and were from schools who were interested in bringing the FRIENDS into their classrooms as well as, a school that had already booked a FRIENDS program and we were providing a co-facilitators session for those teachers. We will be running FRIENDS in April 2016.

PRESENTATION TOPICS CONT.

- ***Suicide Prevention** – There were several safeTALK trainings provided in the health region. 122 more students were trained in 2015 with 240 students trained altogether. Trained 710 individuals (students and adults) in safeTALK in the health region to date. March 2015 we had 4 interventions, 1 attempted suicide and 1 completed in the health region. We did 3 interventions in June 2015 and another 3 in January 2016 involving high school students. Branch Coordinator supported a community counselor to obtain certification and attended a safeTALK in partnership to 11 high school students in the health region. CMHA Kindersley Branch Coordinator, Board and ASIST trained Volunteers have completed 420 suicide interventions since 2006. The Branch works on initiatives for schools through our involvement on the KICS Committee on a Suicide Prevention Guide for Schools and through this work the suicide prevention training and programs are very busy.
- **Information Session** - Dave Nelson came to Kindersley April 15th 2015 and provided information on Improving Mental Health Services in Saskatchewan to 18 individuals.
- CMHA Kindersley Branch provides pamphlets and information displays for Heartland Health Region Mental Health Services, The Salvation Army, Spokes Family Resource Center, the Crisis Center, schools and various groups. The pamphlets are provided to us by CMHA Division.
- **Safe Communities** – Our branch works on initiatives within the whole Safe Communities model to promote mental health and wellness through a comprehensive range of community-based services. Farm safety is important to our rural agricultural communities in prevention of accidents and having safe mentally healthy and healthy well-being 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. This year about 175 kids went through our display on grain safety (grain suffocation), PTO safety, and played our "Wheel of Misfortune" and learned about machinery safety. Once again this year, our branch participated in a variety of safe community initiatives with our farm safety exhibits. Branch Coordinator and program volunteers did 10 presentations in farm safety.
- **Balance** – Work life, stress – One presentation to 65 teachers as Key Note Speaker end of August 2015. This is the third occasion that our branch has been invited to the Sun West School Division Personal Development Conference as the Key Note Speaker of this event.
- **Depression In The Work Place** presentations in Kindersley February 2016 to 18 individuals and in Plenty March 2016 to 15 individuals.
- **Smoke Free Schools** – Branch Coordinator provided a host of information as requested to keep schools in the health region updated with these resources. Smoke Free Presentation in Unity to 34 students and 8 adults February 2016.
- **Living Life To The Fullest** – Branch Coordinator, Board Member and one of our Heartland Health Regional Mental Health Counselors were funded by CMHA Saskatchewan Division and trained in the Living Life to the Full program. We have completed 3 LLTTF groups in 2015 with 18 individuals completing the program. We have several requests for this program and had our 4th session in February 2016 training another 7 individuals and our 5th scheduled for April 2016. We will continue with LLTTF in 2016.

Many people who are experiencing symptoms of a mental illness have lost touch with their leisure lifestyles or have become socially isolated. We have been able; through the SPRA Grant to fund community resources for participation in the following recreational activities for some of our consumers in the health region: Local hockey games in Kindersley and Kerrobert; Local High School Football games in Kindersley; a BBQ and swimming at a lake in the area and Swimming at North Battleford. These leisure activities improve social skills to enhance enjoyment and enable consumers to build better relationships.

Community committees that we are involved in are: KICS (Kindersley Integrated Children' Services), KFCC (Kindersley Food Collation Committee and other various community Interagency committees throughout the health region which we try to attend as time allows.

The Kindersley Branch has 5 active Board members and 12 active program volunteers. Our programs are delivered within the Population Health Promotions model in which partnerships are formed with key organizations such as the Heartland Health Region Community Councilors and schools in the communities to provide our residents the resources, tools and education on mental health topics and to improve overall mental wellness in our health region.

MOOSE JAW BRANCH

Donna Bowyer Program Director



Here we are another year has come and gone. As a small branch, we decided our main focus should be Peer Support.

One of the main goals for the Peer Support Program is to help the members understand 'Healthy Lifestyle Living.' And that wholeness is a combination of both physical and mental health. We have mentors who have experienced similar experiences teach our members well-ness based skills. These individuals support one another and familiarize the participants with support networks available to them. A few of the group activities are: working through their mistakes, focusing on positive thinking & activities and laughing together with the intention to enhance the lives of the members participating.

Our one-on-one peer support program and referrals has had great success. Through the one-on-one peer support, we have seen members fostering friendships, becoming more aware of their self worth and gaining self esteem. Also, the members are learning coping techniques such as returning to counselling, identifying their strengths and weaknesses, not isolating and returning into the work force. Some individuals are eating healthier, more physically active and able to function in society without incident. And others, we have guided through the process to quit smoking. A positive result is the healthier choices made by our members.

We have received referrals through the Warriors, PSSD, Partners for Employment, Mental Health & Addictions Services and self referrals. All referrals must be involved with Mental Health & Addictions Services. And we have referred clients to employment programs, counselling, and nurses. Our volunteer mentors assist when transportation is needed for the Come Together groups as well as counselling sessions.

The Social Rec program is a group chosen activity one to two times a week. Every meeting brings something new and encouraging for the group. There are a variety of activities for the winter and summer.

Summer Activities:

- Outdoor Activities
- Coffee Night
- Game Night
- Tuesday BBQ
(Sponsored by CMHA)

People are becoming more self reliant and compassionate towards each other, thus not looking for staff to respond to their needs.

Event Attendance
5-15 people

Winter Activities:

- Check in Meetings
- Walking Group
- Pool/Bowling Night
- Dice/Card Night
- Storytelling/Craft Night

Special Event Activities:

One to three times during the winter months, the Moose Jaw Branch hosts potlucks, Grey Cup parties and Movie nights. The potlucks inspired everyone to do their part. The members took ownership in the preparation of the meals. They planned, shopped and cooked or baked all the food.

- Christmas – Turkey & Ham Meal
 - St. Patrick's Day Supper – Stew, Salads, Buns & Dessert
- Also, the members helped with the clean up.

Also, we have adopted the CMHA Calgary Peer Options program, The Art of Friendship. After the eight week program, the members are encouraged to meet once a month to practise the skills learned.

The program was well received and we all look forward to the Fall 2016 training.

Potluck Attendance
15-25 People

The two activities that have resulted in the greatest amount of recovery are the Storytelling or Craft nights.

At the Storytelling group they is asked to listen, to write poetry and to tell interesting stories which usually take on a life of their own. When a deep or troubling story is shared, everyone bands together to support one another.

The Come Together group organized the craft nights (CMHA supplied the materials). They have done adult coloring, holiday craft, Easter egg coloring and a memory box.

We greatly appreciate the funding that we were able to get through donations, grants and contracts we signed with FHHR, Mental Health and Addiction Services.

It has been a good year.
We are making a difference.
We are moving in the
right direction.



Our involvement in community development meetings has not been as extensive this year as we felt the time we had would be better served in the community, working directly with people.

One of our biggest events was Clara's Big Ride. I was overwhelmed by the response of the community in supporting this event. We had financial support from so many businesses, we had volunteers we had never had contact with before, as well as our members, Board Members and people who have traditionally been our supporters. Having Clara put a face on mental illness and show how anyone can be affected by mental illness and recover had such a big impact on breaking the silence. Over 600 people came out to an event that focussed on mental illness. It was amazing! Now we have to keep the momentum going so people don't forget to continue the conversation.

It has been a good year. We are making a difference. We are moving in the right direction.

PRINCE ALBERT BRANCH

Submitted by Doug Kinar
Executive Director

Our goal is to provide Advocacy, Education, Programming & Services in the community of Prince Albert and area.

ADVOCACY and EDUCATION

We have combined Advocacy and Education because CMHA P.A. Br. continues to create opportunities to Get Loud about Mental Health through Life Skill presentations and workshops: Mental Health First Aid and ASIST. The importance of community partnerships is critical for our organization. We are in the process of updating our CMHA P. A. Branch pamphlets.

Our voice is also heard through participation in the Prince Albert community. We host an ongoing learning opportunity for practicum students from Sask Polytechnique, First Nations University and U of S Nursing programs. I am part of the Citizens Advisory Committee with CSC Correctional Services of Canada.

PROGRAMS and SERVICES

Our VOCATIONAL PROGRAMS include Community Kitchen, As Good As New, Quilting, Kitchen/lunch and Janitorial. Those participating in these programs are learning skills that are transferable in the community where they reside as their journey to recovery continues. Their participation reflects the same expectations (with considerations), an employer might have: commitment to a schedule, communicating when unable to meet the schedule, booking holidays. For their efforts they receive an honorarium.

Community Kitchen continues to thrive! This program was implemented to support people living in our Housing program and is a requirement of the program. They will learn menu planning, meal preparation, serving and clean-up. Their social skills, communication, organizational and creative skills are also supported. All meals prepared in the kitchen are meals that can be cooked at home. Menu ideas are created from "what is in our cupboards today", what can we create from ingredients available. PAPHR sees the value in this program by referring additional people they feel could live on their own someday once skills have developed. These people will likely be referred to our Housing program as space becomes available.



As Good As New store continues to play an important role in the downtown community. We offer our consignment, donation and liquidation clothing to the Prince Albert consumers. Our participants are effectively running the store operations with support from our staff.

Quilting program works hard designing and sewing beautiful patchwork quilts that are available for sale. This includes specialty quilts that can represent your favourite sports teams or memory quilts. Memory quilts are requested when clothing from a loved one are donated. We will cut, design and sew beautiful quilts for the family members. Our CMHA Quilting program participates in craft fairs throughout the year. We are also cutting rags for businesses to use in their shops.

Kitchen program works hard planning and preparing nutritious, delicious and well-balanced meals for our Lunch program Monday to Thursday. On average they manage to serve over 6,000 meals throughout the year.

REGINA BRANCH

Submitted by Stacey
Carmichael
Executive Director

I came on as the Executive Director in January of 2016 so I was only able to spend the last quarter of the 2015 – 2016 fiscal year with the agency. CMHA Regina Branch had been without an Executive Director since April of 2015 which is quite awhile and I was a bit concerned when I was preparing to come in. However, I quickly saw how the staff and board had come together to keep things going in the absence of an Executive Director. A special thank you to Sue Beug and Kim Zazula for taking on the Executive Director roles for such a long time – they did an amazing job! Shortly after being here I saw firsthand the positive impact that CMHA Regina Branch has on our members and the entire community. I was humbled by how much work gets done with so few resources and quickly became committed to such a remarkable team and organization.

CMHA Regina Branch continued to provide an array of pre-vocational and vocational programming in Regina last year. Highlights included...

- A new Executive Director.
- Funding was secured for a new position through SARCAN and the SETI program to enhance our vocational programming.
- We were able to purchase two new (to us) vans thanks to generous donations from the Sasktel Pioneers and the Regina Chapter of the Schizophrenia Society.
- We were blessed to be one of the recipients of the Eastview Rotary Club's Valentine's Day Gala.
- TV room renovations continued with more comfy furniture being donated by the Eastview Rotary Club.
- Numerous presentations on work place wellness, mental health awareness etc.
- The long awaited transformation of the craft room to Open Art Studio was something to celebrate and is now an inspiring creative space.
- Feasts and special celebrations supported by many including St. Georges, Inner Wheel, St. Martin Crafters, Aboriginal Affairs, CMHA Division office.
- Increased peer lead groups and activities include: creative hour, writing for your life, positive pals, computer in-services, and anxiety support.

Going forward we are committed in our unwavering desire to help folks living with a mental illness, their families and our community. We are solidifying our foundation and preparing for transformational growth. I am excited about what is to come, so are the staff, members and board. As Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it is the only thing that ever has".



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SASKATOON BRANCH

Submitted by Susan Saville
Executive Director

CMHA Saskatoon Branch continues to offer Pre-Vocational Services, Vocational Counselling, a Life Skills Program, Social Recreation Programs, Mental Health First Aid, Mental Health First Aid for Adults who Interact With Youth, Mental Health Works, Living Life To The Full, Work Place Wellness Workshops, A Depression Support Group, Volunteer Training, Student Experience and has a Certified Psychological Health & Safety Advisor on staff to assist in implementing the Psychological Health and Safety Standard in your work place.



Our vocational team consists of three vocational counselors, Brenda Beaudry, Morgan Wickett and Jenna Neufeld, one Marketing Coordinator, Bart Voswinkel and one Labour Consultant, Sandy Stotz. The vocational counsellors 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 labour Consultant assists employers to explore the importance of mental wellness in a work place and to learn about the tools available to help improve productivity, financial performance and risk management along with recruitment and retention. Sandy is now certified to facilitate Mental Health Works sessions for interested employers. She assists employers to understand, develop and sustain a psychologically healthy and safe workplace in order to meet the Psychological Health and Safety National Standard of Canada.

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 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. In addition to being a Life Skills Coach, Peter recently became a certified Wellness Recovery Action Plan (WRAP) trainer which means that he has one more set of tools to assist people in achieving their own life goals and dreams. WRAP is an evidence-based practice designed to increase personal empowerment and improve quality of life, this will complement the components of the current Life Skills program.

Chelsea Guest, 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, Writers Group, Cooking group, and Monday night sports & games. The summer program includes a dog walking program, swimming, BBQ's, tours to the art gallery and outings to the many events held in Saskatoon over the summer. Chelsea 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, Jenna and Sandy are Certified Mental Health First Aid instructors. We are seeing an increase in requests for the training as the community begins to recognize the benefits have having employees trained in MHFA. Morgan and Chelsea are certified Living Life to The Full Trainers, they facilitate this very effective cognitive behavioral therapy self-help group.

In closing I would like to thank those of you who invest in CMHA; Saskatchewan Ministry of the Economy, Saskatchewan Parks & Recreation, Saskatoon Community Foundation, Kinsman Club of Saskatoon, Saskatoon Health Region, City of Saskatoon, Gabriel Dumont Institute, Service Canada, United Way Saskatoon & Area, and our many private donors. I would also like to thank our numerous volunteers and our CBO community partners for helping to make it possible to achieve our vision, mentally healthy people in a healthy society.

SWIFT CURRENT BRANCH

Submitted by Ruth Smith
Executive Director



This will be my last report to you; I will be retiring December 30th 2016. I have enjoyed every minute of working at CMHA and have learned so much about the organization and myself. I feel like we have been able to make a difference in one small corner of our world. Thank you to all of you who have helped me on my journey I will be forever grateful to all of you.

The paid vocational program here is very small in Swift Current. We still have 3 people who are on that paid program, with one of those people having an opportunity to work on another vocational program that may suit his needs better. Our volunteer vocational program has grown by leaps and bounds it has been the clubhouse model come to life. Everyone takes a part in the running of the building...especially the meal program and the cleaning up after the meal. Participants also help with getting groceries, looking through the flyer, helping carry in the groceries, small maintenance work, and decisions regarding what programs are being run inside of the building. We are very pleased and proud of this program. Kathy Cole has taken a leadership role in this project and has done a marvelous job at motivating people.

I heard excellent reviews about the Social media training that was held in Regina on Feb 4 this year. It is so great to be supported into the social media age.

The support that we receive from community is fabulous but it is getting harder and harder to find money with so many other good organizations that are doing the same thing.

We still continue to be involved with community Christmas party. This happens on the 25th of December and many organizations work together to make this happen. I have been the chair of this committee for the last several years. We are working with the United Way for the 2nd annual Foundation of Hope; the first one was very successful. Their goal this year is 100,000 dollars. It is a beautiful event that will be November the 5th 2016.

Our 12th Annual Mayors Lunch that will be on the 4th of May, as of this report we only have 29 tickets left to sell and we still have April left. I foresee a very successful event. Stacey Schwartz will be our speaker and a friend of CMHA.

We will again be working at the Pancake Breakfast for the kick off to the Fair in conjunction with the Ag and Ex and WW Smith with all proceeds of that breakfast coming to CMHA. This has become a yearly event that we really enjoy being part of. The volunteers involve board members, staff and clients.

I will be speaking to the LPN class in April at the college explaining what we do here at CMHA inside of the community. I look forward to these opportunities.

We work closely with many of the agencies in Swift Current and help each other out in whatever way we can, of course this helps others know what we do.





WEYBURN BRANCH

Submitted by Tasha Collins
Program Director

CMHA Weyburn Annual Review

Thanks to the generous support of the Sun Country Health Region, Weyburn and District United Way, Community Initiatives Fund, and Sask Parks and Recreation. CMHA Weyburn was able to continue supporting our community members who are affected by mental illness. This allowed CMHA to offer quality programming to individuals living with mental illness, as well as youth within our community. 2015/2016 was another exciting year at CMHA Weyburn, we saw many changes here at our Resource Center, within our programming, and community involvement.

We have focused our youth programming on education and presentations along with our Youth Theatre Program. The youth theatre program includes youth between the ages of 9 and 16, this program allows youth to explore their creative side. Our youth program staff member promotes growth and development for youth by providing a safe, fun environment for youth to visit and participate in activities. This program allows the youth to grow, mature and become leaders through positive programming. Our objectives for the youth programming are to encourage self-esteem, confidence, inclusion, and leadership all while developing new skills. Whether it be through the Youth Theatre Group or through presentations, CMHA Weyburn supports positive mental health, awareness, and education for youth that helps to reduce the stigma surrounding mental health.



THEATRE GROUP

During mental health week in May of 2015 the theatre group performed their production “It Only Takes One” on Bullying. The group had two showings with over 200 community members in attendance. We received very positive feedback about the program and performance from youth, parents, caregivers and community members. During the summer we offered a two week program that focussed specifically on skills building. Our goal is to find sustainable funding for this program so we can offer it to the community for years to come as it is currently funded through grants.

We were able to visit a school within the surrounding area to provide them with a presentation focusing on the difference between Mental Health and Mental Illness. We presented to over 40 students in grades 7 through 12 and have been asked to revisit this school yearly. We also partnered with the Sun Country Health Regions (SCHR) to provide Friends for Life programming where we worked with 5 youth. This program provides coping skills, leadership tools, and a wealth of knowledge to learn from.

In terms of adult programs including socialization and recreational services, we provide many different options some of those include free coffee for consumers and visitors, board games, TV/sitting area, walks, bowling, gym, swimming, sewing, art program, writer’s group, gardening, baking, playing pool, pot luck dinners, and day trips.

CMHA Weyburn holds many events throughout the year to increase public education. During Mental Health Week we hosted our annual Mayor’s Luncheon, as well as the Youth Theatre Production mentioned above. We also work with Sun Country Health Region to provide ASIST Training (suicide intervention training) for adults, and CMHA Weyburn provides safeTALK to community members as well.



HALLOWEEN BOWLING

Our Vocational training consists of our work crew; this group consists mostly of men who provide services to the community in the form of refuse hauling, lawn care, snow removal, small moves, along with a cleaning contract with Weyburn Livestock Exchange. Vocational training at the centre also includes our meal program, where consumers (mostly ladies) work together to provide lunch for those attending the centre Monday through Thursday (Between 12 and 18 people). This program also works to provide lunches for our Community Connections Meetings, and lunches or baking for other events held at the centre like our annual Trade Show.



In terms of Self-Help we provide life skills programming on Tuesdays for our regular consumers. This program covers a wide variety of topics from hygiene and coping skills, to budgeting and social skills. CMHA Weyburn Branch is a community resource drop in centre that can offer support, programming, links to other community resources, or just an ear for someone who needs one. Our self-help services also include the Being Human group along with meeting space for a Narcotics Anonymous (NA) group. Being Human – A group of support is held on the 2nd Monday of every month, it is facilitated by a volunteer. This group is for anyone who may be struggling with life's stresses, maintaining a positive outlook, or living with depression, post-partum, or seasonal blues. This year the NA group increased their meetings to include a second meeting weekly, and now meets Thursdays and Saturdays. This past February and March CMHA Weyburn had the opportunity to run a pilot project for Peer Support. Heather Spencer is a long-time supporter of CMHA Weyburn as well as an advocate for mental health. We were able to support Heather being trained in Peer Support and she was able to run her first peer support project which consisted of one meeting a week for 6 weeks. The attendance, and feedback was all positive and we hope to be able to include this program moving forward.



Our community involvement included volunteering at the Humane Society, along with the United Way Communithon.

We again participated in the "adopt a planter" program through the City of Weyburn, where consumers helped to pick out and plant flowers in a planter downtown Weyburn, we were also in charge of keeping it groomed. The centre held our Valentine's Day cupcake fundraiser again this year (chocolate and vanilla cupcakes) that were, of course, delicious and enjoyed by many. We are currently working on a new Valentine's Day fundraiser and are looking forward to next year. We were fortunate to build a partnership with Blue Earth (up-cycling store in Weyburn) to hold two book sales at their downtown location where all proceeds came back to our Branch. In December we held our 5th annual Trade Show, which again proved to be our largest in terms of vendors and visitors to the centre. Not only do these events raise the profile of CMHA within Weyburn, but they also connect our consumers with the community and provide vocational programming at the same time. Working together with WASES, CMHA Weyburn hosts Community Connections meetings where many different service providers from our community get together three times per year to talk about the services each entity provide.

I am very excited about the direction our centre is moving towards, and believe our work and relationship with our community is only strengthened by the services and programs we are able to provide. We are consistently working on ways to provide new programs as well as improving the ones we currently offer. CMHA Weyburn is happy to announce that once again we have received funding through Community Initiatives Fund to cover part of the wages for our third staff member working with the youth program. This will enable us to continue the program from February 2016 to January 2017. We look forward to improving this program and working towards establishing sustainable funding for this valuable program.

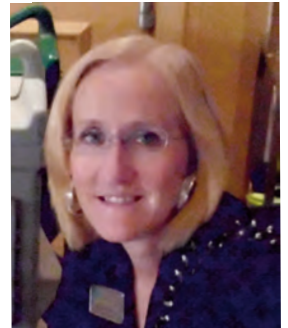
Thank you CMHA for a wonderful 2015-2016 year!

RESOURCE DEVELOPMENT

Submitted by Phyllis O'Connor
Acting Executive Director

CMHA is dedicated to supporting and promoting the rights of persons with mental illness to maximize their full potential through education, advocacy, programs and services. These programs and services provide a stabilizing support for people affected by mental illness, reducing their dependence on costly alternatives such as hospitalization or institutionalization. The work of CMHA provides a cornerstone for a healthier community.

As a charitable, non-profit association, CMHA is dependent upon the good will and support of the community. Fundraising and "friend" raising initiatives like the Cash Calendar lottery ensure that vital programs in support of people affected by mental illness continue to provide for their needs.



CASH CALENDAR LOTTERY

This fundraising project has not only proved to be a very lucrative fundraiser for the Association, but has also become a very successful public awareness tool. The calendar is unique as it displays the artwork 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 2016 Cash Calendar prizes consist of:

- February 14th Sweetheart Draw - \$25,000**
- 261 - \$100 daily prizes**
- 53 - \$200 Friday draws**
- 9 - \$1000 prizes**
- 2 - \$1000 Saskatchewan Roughrider vouchers**
- 39 - Limited Edition artwork pieces**

Total value of cash and prizes is over \$81,500.
The cost of the calendar was \$40.

Bingo

The Canadian Mental Health Association (Saskatchewan Division) continues to see a modest income from the proceeds of bingo generated at the Centennial Bingo Hall. Due to the dedicated group of volunteers who run the bingo for CMHA, very little staff time needs to be devoted to the bingo operation. The Board and staff of CMHA Saskatchewan Division extend their sincere appreciation to these individuals. We couldn't do it without you!

Total value of cash & prizes is over \$81,500.00.
The cost of the calendar is \$40.



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 and mental health literacy through school and community presentations

Direct Mail

Public education goes hand-in-hand with all fundraising initiatives. People give to organizations they “know” or have heard about and with which they have a connection. For this reason, public education and awareness is absolutely necessary for the success of our direct mail campaigns. They not only raise funds for the Association, but they also continue to provide awareness and public education, which helps to reduce the stigma of mental illness in the community.

Planned Giving

Over the past couple of years CMHA Saskatchewan Division has invested in training and started to increase our efforts in the area of planned giving. Planned gifts are dedicated in the present but realized in the future through estate plans. It is a way to carry your legacy forward. Through education and increased stewardship activities, CMHA Saskatchewan Division is encouraging individuals to think to the future.



Wade Moffatt Memorial Gala

In August 2015 Wade Moffatt took his own life as a result of largely untreated bipolar disorder and alcohol addiction.

Wade's family wanted to do something in his memory that would support the education, suicide prevention, and advocacy work of the Canadian Mental Health Association. On April 29, 2016 the first Wade Moffatt Memorial Gala was held. This masquerade-themed event brought 268 people together to enjoy an evening of good food, inspirational messages and lots of fun.

The gala brought in just over \$25,000 in support of CMHA Saskatchewan Division.

Our sincere thanks go out to Wade's family, our sponsors and guests for their generous support of CMHA and those we serve.



In support of the
Saskatchewan Division of
the Canadian Mental
Health Association

CMHA Saskatchewan Division Office Staff

Dave Nelson, RPN, RSW, Associate Executive Director
Phyllis O'Connor, Acting Executive Director
Don Powers, Director of Finance & Administration
Vera Thompson, Resource Development Coordinator & Telefund Office Manager
Sharon Wilson, Payroll/Benefits Clerk
Maureen Jory, Clerk

Donna Bowyer, Director of Friends for Life

Shauna Altrogge, Director, Gambling Awareness Program
Aeleisha Brooks, Southern Gambling Awareness Coordinator
Lisa Pennington, Central Gambling Awareness Coordinator
Lorraine Scott, Northern Gambling Awareness Coordinator
Tricia Martin, Communications Coordinator

David Jones, Director, Justice Community Support Program
Garrett McNaull, Justice Community Support Worker (Regina)
Lesley Aimoe, Justice Community Support Worker (North Battleford)
Ashley Breland, Justice Community Support Worker (Saskatoon)
Laurel Wallace, Justice Community Support Worker

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.

We want to express our sincere appreciation to our sponsors:



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

Financial Statements

March 31, 2016

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
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March 31, 2016

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INDEPENDENT AUDITOR'S REPORT

To the Members of Canadian Mental Health Assoc. (Sask Division) Inc.:

We have audited the accompanying financial statements of Canadian Mental Health Assoc. (Sask Division) Inc., which comprise the balance sheets as at March 31, 2016 and March 31, 2015 and the statements of operations, changes in net assets and cash flows for the years ended March 31, 2016 and March 31, 2015, 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.

Basis for Qualified Opinion

In common with many not-for-profit organizations, Canadian Mental Health Assoc. (Sask 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 Assoc. (Sask 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, 2016 and March 31, 2015, current assets and net assets as at March 31, 2016 and March 31, 2015

(continues)

Independent Auditor's Report to the Members of Canadian Mental Health Assoc. (Sask Division) Inc.
(continued)

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 Assoc. (Sask Division) Inc. as at March 31, 2016 and March 31, 2015 and the results of its operations and its cash flows for the years then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Regina, Saskatchewan
May 18, 2016


Dudley & Company LLP
Chartered Professional Accountants

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Balance Sheet

As at March 31, 2016

	<i>March 31</i> 2016	<i>March 31</i> 2015
ASSETS		
CURRENT		
Cash	\$ 672,732	\$ 225,056
Investments (Note 3)	165,744	502,957
Accounts receivable	13,108	122,982
Receivable from branches	12,134	8,489
GST receivable	11,292	13,194
Prepaid expenses	21,394	35,280
	896,404	907,958
TANGIBLE CAPITAL ASSETS (Note 5)	293,471	298,928
INTANGIBLE ASSETS (Note 6)	4,656	5,820
LONG TERM INVESTMENTS (Note 3)	110,215	-
	\$ 1,304,746	\$ 1,212,706
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 89,374	\$ 48,190
Wages payable	70,517	64,273
Deferred revenue (Note 14)	158,299	145,917
Current portion of long term debt (Note 7)	-	16,859
	318,190	275,239
LONG TERM DEBT (Note 7)	-	6,376
	318,190	281,615
NET ASSETS	986,556	931,091
	\$ 1,304,746	\$ 1,212,706

ON BEHALF OF THE BOARD



Chair



Director

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

**Statement of Operations
Year Ended March 31, 2016**

	2016	2015
REVENUE		
Saskatchewan Health	\$ 261,132	\$ 248,759
Saskatchewan Lotteries	79,988	77,658
Saskatchewan Justice	430,490	467,899
Regina Qu'Appelle RHA	7,200	-
Community Initiatives Fund - GAP	432,695	426,300
Other grants (Note 15)	92,200	85,129
Fundraising	423,360	466,011
Donations (Note 13)	113,096	242,842
Rental	39,236	38,186
Other revenue and recoveries (Note 13)	86,850	57,881
Community fund appeals	24,274	17,668
Branch administration recoveries	14,092	13,957
Interest	6,051	5,775
	<u>2,010,664</u>	<u>2,148,065</u>
EXPENSES		
Amortization of intangible assets (Note 6)	1,164	1,455
Amortization of tangible assets (Note 5)	30,029	24,752
Justice Community Program	90,619	82,434
Contributions to branches	111,415	89,504
Fundraising	196,764	191,934
Gambling Awareness Program	83,241	83,383
Gifts to qualified donees	-	500
Interest on long term debt (Note 7)	679	1,010
General and administrative	165,863	192,145
Occupancy	63,875	64,704
Public education	115,946	95,341
Public service announcements	37,297	-
Research	-	10,850
Salaries and benefits (Schedule 1)	1,058,263	1,114,711
	<u>1,955,155</u>	<u>1,952,723</u>
EXCESS OF REVENUE OVER EXPENSES FROM OPERATIONS	55,509	195,342
OTHER INCOME (EXPENSES)		
Loss on disposal of assets (Note 5)	(44)	(899)
EXCESS OF REVENUE OVER EXPENSES	\$ 55,465	\$ 194,443

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Statement of Changes in Net Assets
Year Ended March 31, 2016

	Unappropriated	Appropriated - see Note 9	Invested in Capital Assets	2016	2015
NET ASSETS - BEGINNING OF YEAR	\$ 200,000	\$ 426,343	\$ 304,748	\$ 931,091	\$ 736,648
Excess of revenue over expenses	(6,621)	62,086	-	55,465	194,443
Amortization of tangible capital assets	30,029	-	(30,029)	-	-
Amortization of intangible assets	1,164	-	(1,164)	-	-
Proceeds on disposal	775	-	(775)	-	-
Loss on disposal of assets	44	-	(44)	-	-
Purchase of tangible capital assets	(25,391)	-	25,391	-	-
NET ASSETS - END OF YEAR	\$ 200,000	\$ 488,429	\$ 298,127	\$ 986,556	\$ 931,091

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

**Statement of Cash Flows
Year Ended March 31, 2016**

	2016	2015
CASH FLOWS FROM (FOR) OPERATING ACTIVITIES		
Cash received from grants	\$ 1,414,319	\$ 1,123,816
Cash receipts from self-generated revenues	708,906	856,533
Cash paid to suppliers	(808,049)	(859,174)
Cash paid to employees	(1,052,020)	(1,117,553)
Interest received	8,049	5,775
Interest paid	(680)	(1,010)
Cash Flows From (For) Operating Activities	<u>270,525</u>	<u>8,387</u>
CASH FLOWS FROM (FOR) INVESTING ACTIVITIES		
Purchase of capital assets	(25,389)	(69,613)
Proceeds on disposal of capital assets	775	-
Purchase of investments	-	(9,000)
Disposal of investments	225,000	-
Cash Flows From (For) Investing Activities	<u>200,386</u>	<u>(78,613)</u>
CASH FLOWS FROM (FOR) FINANCING ACTIVITIES		
Repayment of long term debt	(23,235)	(18,396)
INCREASE (DECREASE) IN CASH	447,676	(88,622)
CASH - BEGINNING OF YEAR	<u>225,056</u>	<u>313,678</u>
CASH - END OF YEAR	\$ 672,732	\$ 225,056

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2016

1. NATURE OF OPERATIONS

Canadian Mental Health Assoc. (Sask 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 Gambling Awareness Program, Justice Community Support 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. 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 Assoc. (Sask 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.

(continues)

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2016

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

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 ASSOC. (SASK DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2016

2. 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%

One half of the amortization rate is used in the year of acquisition.

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.

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2016

3. INVESTMENTS

	2016	2015
Guaranteed Investment Certificates	\$ 165,744	\$ 502,957

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

The fixed income securities have effective interest rates ranging from 0.5% to 1.25% with maturity dates within fifteen months or less.

LONG TERM

	2016	2015
Guaranteed Investment Certificates	\$ 110,215	\$ -

4. 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, 2016:

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.

(continues)

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2016

4. FINANCIAL INSTRUMENTS *(continued)*

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.

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 ASSOC. (SASK DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2016

5. TANGIBLE CAPITAL ASSETS

	Cost	Accumulated amortization	2016 Net book value
Land	\$ 13,635	\$ -	\$ 13,635
Buildings	503,755	308,544	195,211
Furniture and office equipment	32,648	21,203	11,445
Vehicle	71,248	19,949	51,299
Computer equipment	45,362	23,481	21,881
	<u>\$ 666,648</u>	<u>\$ 373,177</u>	<u>\$ 293,471</u>

	Cost	Accumulated amortization	2015 Net book value
Land	\$ 13,635	\$ -	\$ 13,635
Buildings	487,867	298,688	189,179
Furniture and office equipment	32,648	18,342	14,306
Vehicle	71,248	7,125	64,123
Computer equipment	37,637	19,952	17,685
	<u>\$ 643,035</u>	<u>\$ 344,107</u>	<u>\$ 298,928</u>

Tangible assets acquired during the year were \$25,389 (2015 - \$69,613). During the year, tangible capital assets were written off and a loss on disposal of assets was recorded for \$44 (2015 - \$899) and is shown on the statement of operations.

6. INTANGIBLE ASSETS

	2016	2015
Computer software	\$ 14,837	\$ 14,837
Accumulated amortization	(10,181)	(9,017)
	<u>\$ 4,656</u>	<u>\$ 5,820</u>

There were no intangible assets acquired during the year (2015 - \$0). During the year, no intangible capital assets were written off and no losses on disposal of assets were recorded (2015 - \$0).

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2016

7. LONG TERM DEBT

	<u>2016</u>	<u>2015</u>
Royal Bank - fixed mortgage, bearing interest at 6.86%, payable in monthly instalments of \$1,617 including interest. Secured by property and maturing April 13, 2015.	\$ -	\$ 23,235
Amounts payable within one year	-	(16,859)
	<u>\$ -</u>	<u>\$ 6,376</u>

8. RELATED PARTY TRANSACTIONS

During the year, the organization had contracts with three board members for research and consulting services for a total of \$36,675. These services were provided at market rates and in the course of normal operations. These costs are included in the statement of operations under the Justice Community Program and Public Education expenses.

9. APPROPRIATED NET ASSETS

	<u>Building Fund</u>	<u>Program Fund</u>	<u>Mental Health Fund</u>	<u>2016</u>	<u>2015</u>
Balance, beginning of year	\$ 135,287	\$ 145,528	\$ 145,528	\$ 426,343	\$ 274,407
Transfer from surplus	27,362	27,362	27,362	82,086	151,936
Transfer to surplus	(20,000)	-	-	(20,000)	-
	<u>\$ 142,649</u>	<u>\$ 172,890</u>	<u>\$ 172,890</u>	<u>\$ 488,429</u>	<u>\$ 426,343</u>

During the year the organization elected to transfer \$20,000 from the Building Fund to the North Battleford Branch to assist with the purchase of their new building.

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, 2016 management estimates that accumulated sick leave credits total \$248,339 (2015 - \$274,349).

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.

	<u>2016</u>	<u>2015</u>
Total contributions during the year	<u>\$ 54,933</u>	<u>\$ 53,956</u>

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2016

12. COMMITMENTS

As at March 31, 2016, the organization has an operating lease on its office equipment at \$5,044 per year.

13. DONATIONS AND OTHER REVENUE & RECOVERIES

During the current year, there were bequests received for a total of \$81,929 (2015 - \$177,647) which is included in donations. None of the bequests received had any restrictions placed on the use of the funds.

14. DEFERRED REVENUE

Deferred revenue consists of the following:

	<u>2016</u>	<u>2015</u>
Canadian Labour Congress	\$ 2,933	\$ 2,933
Community Initiatives Fund - Weyburn	15,833	15,833
Other	12	300
RBC Foundation	-	43,189
Regina Qu'Appelle RHA	-	7,200
Sask Justice - Operating	6,662	76,462
Sask Health - Dave Batters Golf Tournament	10,000	-
Wade Moffatt Gala - ticket sales	12,859	-
3D Petroleum	110,000	-
	<u>\$ 158,299</u>	<u>\$ 145,917</u>

15. OTHER GRANTS

Other grants are comprised of the following:

	<u>2016</u>	<u>2015</u>
Community Initiatives Fund - Weyburn	\$ 25,000	\$ 25,000
Other	1,451	451
RBC Foundation	43,189	27,645
Sask Liquor and Gaming Authority	5,060	21,183
SaskTel	2,500	1,850
3D Petroleum	15,000	-
The Co-operators	-	9,000
	<u>\$ 92,200</u>	<u>\$ 85,129</u>

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Salaries and Benefits

(Schedule 1)

Year Ended March 31, 2016

	2016	2015
Gambling Awareness Program	\$ 257,580	\$ 273,413
Executive and general	321,856	301,065
Justice Community Support	286,192	276,588
Public education	42,624	38,636
Resource development	150,011	225,009
	\$ 1,058,263	\$ 1,114,711

The accompanying notes form an integral part of these financial statements