



Canadian Mental  
Health Association  
*Mental health for all*

Association canadienne  
pour la santé mentale  
*La santé mentale pour tous*

# 2011 - 2012 Annual Report



Canadian Mental  
Health Association  
Saskatchewan

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pour la santé mentale  
Saskatchewan



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## GLOBAL ENDS POLICY and MISSION STATEMENT

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

### Ends Policy 1 – Quality of Life

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

### Ends Policy 2 – Promotion and Prevention

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

### Ends Policy 3 – Autonomy and Human Rights

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

## VALUES

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

- The future well-being and the quality of life of persons with mental illnesses depends on our ability to change attitudes toward mental illness. The Association must communicate that there is a high incidence of psychiatric and emotional disorders in our communities, which strikes more people every year than all other health problems combined.
- The Association is committed to promoting a quality of life for people who are psychiatrically disadvantaged.
- The Association strives to prevent mental illness and promote mental health.
- The Association is firm in its conviction that persons with mental illness have the potential to live normal, or near normal lives within the community and it, therefore, commits to advocating with them, or on their behalf to promote awareness of conditions surrounding mental illness, to monitor inadequate care, and foster better mental health, dignity and quality of life through community-based support and services.





## PRESIDENT'S REPORT

*Submitted by  
Darrell Downton*



**Darrell  
Downton**

This is my final report as President. It has been an incredible privilege serving as President these three years. I am very excited about the prospect of the next President. I believe Grant (Rathwell) is an excellent choice for President and will do a super job. I offer him my very best wishes.

2011-2012 has been a very good year for CMHA Saskatchewan. In the 2011 election the Number One promise financially was in the area of Disability which includes mental illness. For people with lived experiences these benefits are hugely beneficial and I believe CMHA played a very important role in this happening.

A second area that I am really excited about is Saskatchewan's hosting of the National Conference in October, 2012. I believe Saskatchewan is doing more for people with lived experiences than any other sponsoring Division in the last seven or eight years. I believe Dave Nelson is doing a phenomenal job in this regard on a small budget. I am extremely proud of this province's CMHA and what we are doing. I also strongly commend the work other staff members and volunteers are doing in the planning of this conference. The theme is excellent and timely. I am really delighted in the work that has been done.

Thirdly, there has been two get-togethers in Regina for people with lived experience. I would like to commend the excellent work of Jayne Whyte in her role facilitating these two meetings.

Lastly, I would like to thank my fellow board members who have made my job easy. Board meetings have been very productive with a tremendous degree of co-operation.

- 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.

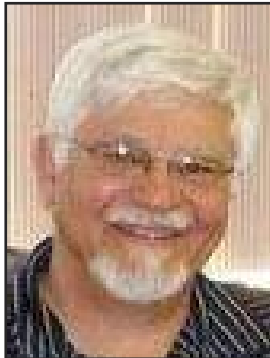
## EXECUTIVE DIRECTOR'S REPORT

*Submitted by Dave Nelson*

Another very busy and productive year has passed, and what a year it was!

Some of the exciting events that have occurred are:

- ◆ The release of the Mental Health Commission of Canada's **Strategic Plan**, which raised the profile of many of the issues and observations CMHA has put forward for many years.
- ◆ The regeneration of the **Mental Health Coalition** with a doubling of the number of participants at the last meeting. The Coalition will be developing an advocacy and public awareness strategy to connect Saskatchewan with the higher profile movement of mental health/illness issues in the rest of the country.
- ◆ The further development of the **Saskatchewan Assured Income for Disability (SAID)** program with a meaningful start in



DAVID NELSON  
RPN, RSW

providing a socially acceptable living amount for persons with cross disabilities including psychiatric and mental health issues.

- ◆ An exciting new CMHA Saskatchewan Division program to provide intensive supports to persons with mental health and related issues who have been repeat offenders in the Corrections system. This program is part of a larger Justice Ministry program and will provide supports to persons who have been calling for assistance for quite some time.
- ◆ Our National CMHA Conference will be held in Regina, October 18 and 19. This Conference will focus on discussion and implementation plans for our National Association Strategic Plan, helping CMHA to improve its ability to advocate and educate throughout the country.
- ◆ We expect to have our book on the history of mental health and mental illness in Saskatchewan ready for our National Conference, with Jayne Whyte, Consultant, working hard on this project.

In all, we believe that mental health and mental illness have turned a corner and now is the time to push for improvements in resources and services to assist those we serve and represent.

Have a great summer, and follow us in our work!



## SOCIAL WORK PRACTICUM 2012

*Submitted by Jeff James*

What a whirlwind of a semester it has been for me here at the Division office. I came in not sure of what to expect since this is not a direct practice agency. Now that my time here is coming to a close I must look back on the experience and evaluate my future as I move into the professional workforce. I must say that it has been a blast for me here at CMHA working under the supervision of Dave Nelson and the rest of the excellent staff. The following blurb will briefly outline to you what I have been doing to keep busy this term and trust me, I have kept busy.

The first few weeks were quite slow as I was getting acclimated to the new setting, but I did have the opportunity to read a great deal about the history of mental health, not only in Saskatchewan, but in Canada. It is an interesting history and I was fortunate to learn that as much as has been changed, much still remains the same. There is still a great need for people like Dave to continue on and there is still a great need for an agency like CMHA to carry its message on.

Quickly enough I was thrust into a number of activities ranging from writing some materials in collaboration with SACL (Saskatchewan Association for Community Living) about complex needs cases in Saskatchewan to arranging speakers for the national conference here in Regina in October. We are quite pleased with the range of speakers lined up for the conference and I surely hope that those reading this will enjoy them. Aside from lining up the aforementioned speakers I have had the great opportunity to get involved with DISC (Disability Income Support Coalition) and PIAT (Program Implementation Advisory Team) on the community level as the new SAID (Saskatchewan Assured Income for Disability) program roles out.

It is an exciting time for the disability community in Saskatchewan as some great progress has

been made with the expansion of the SAID program. In the month of March the Ministry of Social Services mailed out over 12 000 assessment packages to potential benefactors of the SAID program and we found that many people required help. One of my tasks was to set up and coordinate three open houses (two in Regina and one in Moose Jaw) to assist people with filling out the long forms. We had a great turn out in the community from volunteers and consumers alike and I am thankful for that.

Finally and probably most importantly, my main project has been attempting to expand the Mental Health Coalition by conducting a survey with various agencies in the community. I have been met with tremendous passion and concern for the mental health system from our community. When all the dust settles I will have reached 25 different agencies or stakeholders and I have yet to hear a lack of interest in moving this initiative forward. There is hope for change.

I have thoroughly enjoyed my final term. A leader like Dave Nelson cannot be appreciated enough. His knowledge in this field, steady advice and ability to insert humour have really enhanced my learning experience. I am grateful for the experiences and people who have aided me this term. I want to also thank Phyllis O'Connor and Sharon Lyons in particular, as they were very welcoming and helpful in my various endeavours with CMHA. It will be nice to be done, but I will miss this healthy learning environment.



# Public Policy Development

## CONSUMER ADVISORY COMMITTEE 2011-2012

*Submitted by Jayne Whyte*

The Division Consumer Advisory Committee was not active in 2011-12. However, Jayne Whyte was contracted to organize a Consumer Get-Together in November 2011, with a planning team: Darrell Downton (Moose Jaw), Doreen Bell (Regina), Donna Gorecki (Yorkton) and Dave Nelson. Each branch was invited to send consumers; six branches responded for a total of 19 participants. Darrell shared his experience on the National Consumer Advisory Committee which has not been active recently and several people expressed interest in serving on a national committee. A “talking rock” passed around the circle allowed each person to speak about lived experience as a person with mental illness or a family member. Participants finished the sentence, “Recovery means ...” with a list of positive statements about being accepted, feeling good about ourselves, and helping and supporting others. The “We can ....” exercise brainstormed follow-up actions, especially educating ourselves, teachers and students, churches, and the public about mental illness as we tell our stories and encourage education and research on mental illness. We also agreed that we needed to help CMHA and the community hear and benefit from the voices of people with lived experience. Seven participants volunteered to help develop a workshop on Lived Experience for the CMHA National Conference in Regina in October 2012. It was decided that to be more effective, consumers and family/friends needed to be invited.

A follow-up Lived Experience Get-Together in March 2012 with twelve consumers and family members looked at the previous work CMHA National has done on the Community and

Knowledge Resource Bases. It was agreed to put together a Lived Experience panel for the National Conference.

These two workshops noted the importance of recreation, social interaction and meaningful involvement in promoting good mental health. The evaluations at both workshops asked for more opportunities to get-together to share experiences, to gain leadership skills, and to ensure that the voices of people with Lived Experience make a difference for people with mental illness. Reports are available from CMHA. Appreciation is expressed to Saskatchewan Parks and Recreation Association for funding this project. We did have fun too!

## COMMUNITY PARTNERSHIPS

**DISC** (Disability Income Support Coalition) and **PIND** (Provincial Interagency Network on Disabilities):

Largely as a result of work done by DISC and PIND, the SAID program (Saskatchewan Assured Income for Disability) was launched. SAID is a new income support program specifically for people with significant and long-term disabilities. It is significant that the SAID program was initiated through a truly collaborative approach, which has fostered a positive and effective relationship between the disability community and the Ministry of Social Services.

In December 2009 the first group of eligible persons (persons already living in residential care) enrolled in SAID and received their first benefit under phase I. A Program Implementation Advisory Team was established to provide advice on the implementation and development of the SAID program. That group worked with the Ministry to develop terms of reference for staff training and to develop an assessment tool in preparation for Phase II. February 2011 there was an increase to the exemptions on earned income (\$100 per month) and assets (inheritance exemption raised to \$100,000 per household).



January 1, 2012 saw an additional \$50 per month increase in benefits. In January 2012 the Ministry sent out 500 application and assessment packages as a final “pilot” and in March 2012 a mass mail out of application and assessment forms went out with as many as 7,000 more people becoming eligible for the SAID program and bringing the total enrolment to 8,000 to 10,000. Benefits will increase over the next four years, with the largest increase to come in June 2012 when couples living independently will receive a \$230 per month increase, single individuals living independently will see a \$200 per month increase, and people in residential care will get a \$40 per month increase. During March and April, open houses were held in several locations to assist individuals in completing their application and self-assessment forms. Enrolment is currently underway with new benefits scheduled to begin June 2012.

The progress of the SAID program has certainly been appreciated, however, it is important that we continue to encourage the Government to ensure that there is an adequate level of support to make a meaningful difference in the lives of those needing this support.

### **Mental Health Coalition:**

CMHA Saskatchewan continues to take a lead role in the Mental Health Coalition. During our Social Work Practicum Student’s placement period of January - April 2012, Jeff James was tasked with conducting a survey of community based organizations with a broad mental health piece in order to raise the profile of the Mental Health Coalition and to work to push the RQRHA proposed plan for mental health forward. The work of DISC has proven the value of having groups all speaking with the same voice in a coordinated way. When Government sees this kind of consensus, they start to recognize the need to respond. During the survey period the membership of the Mental Health Coalition has increased significantly. Meetings are planned for early 2012 in an effort to establish areas of need and to provide a focus for future advocacy efforts.

### **Regina Qu’Appelle Regional Health Authority Strategic Planning Committee:**

Dave Nelson is sitting on the RQRHA Strategic Planning Committee. A draft plan was prepared outlining steps and levels of need. Discussions are moving forward with a focus on a “patient first” and “recovery” model.

It is hoped that this work will spin off into other Regional Health Authorities and will ultimately lead to a provincial plan for mental health.

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

- ◆ Work in conjunction with the Saskatchewan Association for Community Living re improving services for those with complex needs/dual diagnosis.
- ◆ Meeting with the Human Rights Commission to discuss systemic issues regarding the mental health system and ways the new mandate of HRC to make systemic change recommendations may be utilized to improve the system.
- ◆ Participation in the Psychiatric Nursing Advisory Committee
- ◆ Meeting with the Provincial Regional Directors of Mental Health and Addictions.
- ◆ Participation in Collaborative Mental Health Nursing teleconference
- ◆ Advocacy for a grassroots seniors mental health agency in Regina.
- ◆ Participation in discussions and advocacy re the pedway for the Dubé Centre in Saskatoon.
- ◆ Advocacy for continuation of the online therapy program, University of Regina (Online Therapy Unit for Service, Education and Research)

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

# Public Education and Awareness

## FRIENDS FOR LIFE

Submitted by  
Donna Bowyer, Director



2012 was a busy year. With the funding we received from the Co-Operators Insurance, I focused on mental health/illness in the workplace. The Cooperators were able to make some contacts in businesses that they had a relationship with, but not as many as I had hoped. As much as the insurance companies see the impact of mental illness in claims and how they are increasing, business is behind in their insight. We can offer the training but it takes a manager with the insight of how mental illness and workplace impact to decide to do something.

We very much appreciate the support that the Cooperators have given us over the past few years. Although we are no longer working directly with the Cooperators there is a growing sense by business and government agencies that they need to become more informed about mental illness not only for their employees but also for themselves.



Over the past year I did 116 presentations and 9 displays and 4 webinars. I was in contact with 2,450 people. The momentum of the year continues into our next year. I also did interviews with CHAB radio, CTV, CJTR radio and CJME radio.

I continue to work on educating on suicide intervention and had opportunities to do a number of

Tattered Teddies (for adults that work with children under the age of 12 with suicide ideation and behaviour). I went out to work with schools to bring information to the students as well. I worked primarily with grade 5 -12. In the younger grades I talk about how suicide prevention doesn't start with thoughts of suicide but starts at the beginning of life. Everyone needs to be sure that we have the protective factors in place and it is the youths responsibility to see that they take care of those in their own lives. If they can learn that lesson at a young age, it will take them a long way into the future. The brain is an environmental organ. It reflects our environment and the skills we have learned.

I was able to increase my knowledge and skills over the past year as well. I was able to take the training to become a Mental Health First Aid trainer. This is a program that has been sanctioned by the Mental Health Commission of Canada and is being recognized by more people as a key in their training. It has been well received and I am already booking into the future. Over the next year I am hoping to have some pre-set time in communities so it can be predicted when training is going to happen. I am hoping to set up SafeTALK (1/2 day of training to be suicide alert), Tattered Teddies (1/2 day of training for adults that work with children under the age of 12 with suicide ideation or behaviour) and Mental Health First Aid. I would like to schedule these every fall and spring. People want to take the training but don't know where to get it. They don't have the time or energy to organize one in their agency, but would like to take it.

I have seen a change in the community environment. People want to see changes. They want to know what to do. We are in a time when Government and Organizations aren't keeping up with what people see as a need. They see how important mental health is, but don't have the knowledge and education. They want to make a difference but don't know what to do. I see that over the next year there is a lot of room for us to make a difference.

## PROBLEM GAMBLING COMMUNITY PROGRAM

Submitted by  
Shauna Altrogge, Director



Social acceptance, accessibility, promotion and the expansion of gambling raises concern about the impact gambling is having on the quality of life of individuals, families and communities across Saskatchewan. The Problem Gambling Community Program is dedicated to educating people about the potential risks associated with gambling. Our role is one of education and community development. Both components are keys to prevention, harm reduction and capacity building in Saskatchewan.



### Responsible Gambling Awareness Week

The first-ever *Responsible Gaming Awareness Week* was held from May 9 – 15, 2011. The event kick-off was held on May 9 in the Show Lounge of Casino Regina that was initiated by a media announcement by Saskatchewan Gaming Corporation. CMHA actively participated by offering the MC2 display and a full compliment of staff were on hand to assist in the launch of the event.

The CMHA display was among other helping resource displays that included the Problem Gambling Help-Line/Problem Gambling Counsellors, Gamblers Anonymous, and the various SGC Responsible Gaming information booths. Casino patrons came by to visit with staff, and to learn more about responsible gambling, and the available resources. We anticipate future Responsi-

ble Gambling Week initiatives will continue to grow and be enhanced by the dedication of many interested stakeholders. The Problem Gambling Program staff look forward to support the range of programming that may be developed and appreciate the partnerships and collaboration that evolves out of planning such successful events.

### General Public

Summer Exhibition Campaign was a huge success. The Mc2 Display was set up at the trade show venues of the Regina and Saskatoon Exhibitions over the summer. Additional staff was on hand to interact with the large crowds, draw interest and operate the *Turn to Learn* educational game, and to distribute over **10,000** pieces of resource materials.

The soft, squeezable stress die was an extremely popular giveaway that promoted CMHA and the Problem Gambling Help-Line.



The range of gambling related topics and discussions with the public was vast. Many participants were receptive to our efforts in educating the public on the risks associated with gambling and had their own personal stories to share.

Presentations to the general public also continued and this year staff attended a whopping **42** events with the Mc2 Display such as Western Canadian Agribition, Humboldt Trade Show, teacher conferences, health fairs, Schizophrenia Society, Safe Communities, Spotlight on Seniors, Saulteaux First Nation Health Fair, United Church of Canada, to name a few.

### Youth Outreach

One hundred youth presentations were successfully delivered to middle year and high school students across the province. Beyond the larger centres such as Saskatoon, Regina, and Prince Albert, the staff team also visited classrooms in

Rocanville, Stoughton, Caronport, Grenfell, Bifenfait, Balcarres, Assiniboia, Ituna, Kipling, Churchbridge, Naicam, Meadow Lake, Melfort, Tisdale, Loon Lake, Cochin, Rosetown, North Battleford, Choiceland, Vanscoy, Wilkie, Humboldt, Loreburn, Macklin, Englefeld, Swift Current and Maidstone. Program staff spend many hours travelling the fine roads in Saskatchewan to bring engaging presentations as well as the *What's On the Line?* interactive program to students. Teacher evaluations and student pre and post testing remain an important aspect of the work to help guide our initiatives.

## Post Secondary

Based on positive experiences and feedback from university organizers last year, The *What's On the Line?* Program was invited to return. CMHA delivered six programs on campuses this year that involve the entire staff team. In collaboration with the Ministry of Health our events are promoted on campus grounds and our message is reinforced by media campaigns that include posters, print, bathroom stall advertising, scrolling messages on monitors, etc.

- ◆ University of Regina *Welcome Week* (September)
- ◆ University of Saskatchewan *Live Expo* (September)
- ◆ Wascana SIAST *Sex, Drugs & Rock n Roll* (November)
- ◆ Kelsey SIAST *Health & Wellness* Saskatoon (January)
- ◆ University of Saskatchewan *Mental Health Awareness* (February)
- ◆ University of Regina (February)

The display, a range of games, and wide distribution of resources and promotional items developed by the Ministry of Health, were a hit with students and faculty. Our presence on campuses often invites opportunities to deliver classroom-style presentations to groups such as Peer Health Educators, Psychology, Aboriginal Policing, Counselling and Nursing students. Connections to Aboriginal Student Services (SIAST),

Student Services (U of S) Great Plains College (Warman) show promise for outreach in the future.

## Older Adult

This year presentations were delivered to a range of senior groups such as the St. Basil's Manor, Cornwall Village, Broadway Terrace (Regina), and Humboldt Senior Citizens Club. Beyond the formal sessions, we had a presence during a number of significant events, such as the Saskatchewan Seniors Mechanism AGM and Conference.



Beyond the regular outreach activities, our focus remained on interacting with seniors during the *Grocery Store Campaign*. The display, along with a range of targeted older adult resources is set up during senior discount days or other promotional events to engage older adults and provide a range of information and items to take with them.

\* \* \*

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

## HEALING THROUGH HUMOUR

*Submitted by Ian Morrison,  
Program Facilitator*

Healing Through Humour (HTH) is a project of the CMHA (Saskatchewan Division) Inc., which is designed to teach people living with mental and physical disabilities to perform stand-up comedy as a way to break down barriers of discrimination and build self-esteem through public performance.



Ian Morrison  
PHOTO BY DON HEALY -  
LEADER POST

The facilitator for this project is Ian Morrison, a graduate of the Humber College of Comedy Writing and Performance in Toronto. Ian has developed an eight-lesson plan for participants, culminating in a public performance of their newly acquired skills.

Performance allows students the opportunity to tell their story through humour. By the end of the program, participants have a desire to promote against the stigma of the mentally ill. They also develop a passion for humour and have a positive experience. The audience also benefits through exposure to individual stories, resulting in a reduction of stigma.

HTH has performed many shows in the past two years of its existence and will be going on its first tour of Saskatchewan this July. The group has also started pre production on its first scripted film project in association with the Saskatchewan Film Pool and plans to start shooting this July. HTH hopes to keep performing and bringing interesting comedy to the world while fighting stigma and getting people involved with the mental health community.

Check out the link to the “Healing Through Humour” website on [www.cmhask.com](http://www.cmhask.com) or check out performances at <http://www.youtube.com/user/HealingThroughHumour>.

## TRANSITION MAGAZINE

*Submitted by Lynn Hill  
Managing Editor, Transition Magazine*

Transition is published twice-yearly in the Spring and in the Fall. It is distributed free of charge, to members of CMHA (Saskatchewan Division) Inc., to CMHA Divisions and Branches across Canada, and to CBO's and government organizations in Saskatchewan who have an interest in mental health/illness issues.

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 works celebrate lives in transit -- lives of change, growth, and transformation.



### Writing for Your Life

In 2009 Transition's editor Ted Dyck proposed pilot writing therapy groups in three local branches in southern Saskatchewan (Moose Jaw, Swift Current and Weyburn) if funding could be secured. The Saskatchewan Arts Board came through with funding for the fall of 2009, and since then, with help from CMHA and a second grant from the Arts Board, the Writing for Your Life program has grown to include groups in Eastend, Prince Albert and Yorkton.

The 2012 Spring and Fall issues of Transition will include a mid-project report including facilitators' reports and selections of groups' writers' work.

## INDIVIDUAL AND FAMILY SUPPORT

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

- Assistance to a consumer having issues with employer/union regarding discrimination re mental health disability.
- Assistance to an employer regarding a staff person with schizophrenia.
- Assistance to a consumer in finding a counselor to assist with a legal matter.
- Assistance to a sibling of a person with mental illness re behaviours interfering with ability to remain employed.
- Assistance to parent whose child was involved with drug use and mental health issues re referral for help.
- Assistance to family members of children with mental illness re referrals to counseling, referrals for income support, referrals for care.
- Assistance to a family member who's relative was having trouble getting tax provision for tax benefit signed by a physician.
- Assistance to a mother who's teenage daughter was having trouble in school because of a mental health issue.
- Assistance to a family member whose sibling was having violence issues and untreated bipolar depression.
- Assistance for a mother whose son was in trouble with the law and who apparently was coerced into making a confession. Referred for legal assistance.
- Assisted staff at a hostel re a client who was aggressive and appears to have mental health issues.
- Assistance to a consumer experiencing a problem with an insurance company regarding ongoing mental health disability supports.
- Assisted an individual with advocacy needs regarding problems with services received from a Health Region.
- Assistance to an approved home operator with complex needs client to sort out referral to psychiatrist.
- Assistance to family member with an elderly parent re concerns with medication being prescribed.



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

# Direct Service

## BATTLEFORDS BRANCH

*Submitted by Jane Zielke, Executive Director*

This past year CMHA Battlefords Branch has experienced change and growth. As new executive director, it is exciting to reflect on the past year and highlight some of our accomplishments.

Our branch continues to provide programming in areas of employment, life skills and social/ recreation. Our summer tour program has been a highlight for many of our members – this past year our clients visited Regina, Moose Jaw, Prince Albert and Waskesiu Lake – enjoying camping, swimming, canoeing, a pontoon boat tour, paint ball, museums and other tourist attractions.

Our Training for Employment Program (TEP) saw a very busy year – providing contract services to business owners and residents for lawn care, yard cleanup, small moving jobs and snow removal. The TEP crew was also kept busy with flyer deliveries as well as quickly and efficiently distributing over 13,000 SaskTel phonebooks throughout the Battlefords.

CMHA Battlefords Branch Social/Recreational Program continues to provide activities to our members weekday evenings, dances once a month and weekend mini day tours for shopping and other attractions. Our senior members enjoy weekly activities and local entertainment.

Mental Health Week was busy – beginning with a flag raising ceremony at North Battleford City Hall, followed by the third annual Walk for Awareness starting at Saskatchewan Hospital North Battleford and ending at our branch office, a fundraising BBQ and ending with the Spring Fling sponsored by Portage Vocational Society, Edwards Society and CMHA Battlefords Branch. The Battlefords community continues to strongly support our organization – fundraising included cash calendar sales, BBQs from May to August,

garage sales during the summer and Casual Friday donations.

Our client Christmas Social and Dance was attended by over 120 members and volunteers. We were very fortunate to have over 100 gifts - the majority of which were donated by Battlefords businesses and individuals - ensuring that all received Christmas presents. This annual event would not be possible without the support of CMHA Board of Directors, staff and approved home operators.

Looking forward, we are very excited about a new fundraising event for our Branch – Bridge-Fest Tug'o'War. Both the City of North Battleford and the Town of Battleford will be pulling for mental health in our community during Bridge-Fest, an annual celebration focusing on community pride in The Battlefords.

In closing, heartfelt gratitude is extended to all our volunteers, community members, W. Brett Wilson and Family, Battlefords United Way and Prairie North Regional Health Authority for supporting CMHA Battlefords Branch this past year.

## KINDERSLEY BRANCH

*Submitted by Pam Welter, Branch Co-ordinator*

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

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 or connect those in need with many other informative sources. The branch provides responsible referral to other agencies; education and related supports as requested and as they

may become necessary. To the families in our communities we provide appropriate information and referrals regarding their family member's mental health needs and support in advocacy and coping skills as necessary.

Kindersley Branch takes part in a variety of fundraising initiatives including Cash Calendars and bake sales as well as sending out letters requesting donations. One of the community actions facilitated by CMHA Kindersley Branch is the Christmas Hamper Program. This is the longest running population health promotion program in the health region and unique to the area. Under this program, low income families can apply to receive a hamper for Christmas. Each family receives one month worth of groceries, a Christmas turkey, and gifts from Santa for the kids. This program is done in collaboration with numerous community groups. This year 110 families throughout the Heartland Health Region were supplied with a hamper.

The Kindersley Branch has done 18 presentations to schools and groups in several communities throughout the Heartland Health Region.

The topics covered were:

- Safe Communities
  - o farm safety
  - o car seat safety
  - o bike safety
  - o smoke free communities
- Let's Get Together
- How to Drug Proof Your Kids
- SafeTALK Training

The Branch also offers the following programs:

- Balance – Work life, stress  
In Motion Initiatives
- CMHA Roles and Responsibilities
- Population Health Promotion from a  
Mental Health Point of View
- Determinants of Health Affecting Mental  
Well Being
- “wholam” — Case study profiles of  
mental health services in our rural  
communities

- CHEERS — Understanding the Relationship between Alcohol and Mental Health
- Schizophrenia Partnerships Awareness Presentations
- ASIST — Suicide Intervention Training
- Depression
- Youth Suicide Prevention
- Suicide Prevention Guide for Schools
- Talk Suicide Program for Schools

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

Once again this year, our branch participated in a variety of safe community initiatives with our bike safety and farm safety exhibits. 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 and physically healthy families. Taking part in these programs and with our farm safety for kids program helps the branch link to our communities in the Health Region. About 200 kids went through our display on grain safety (grain suffocation), PTO safety, and played our "Wheel of Misfortune" which was a hit with all the kids from ages six to 10.

Also this year a Friends for Life presentation was held for mental health caregivers working in the community. This interactive workshop covered team building, prioritizing and job distancing. As well, Friends for Life presented the SafeTALK training to 32 participants in the area.

The Branch Coordinator is involved in various committees providing information and maintaining partnerships with: KDAWN (Kindersley Drug and Alcohol Awareness), Kindersley Food Coalition, Kindersley Food Bank, West Central Crisis



and Family Support Centre, Salvation Army, Health Region, Ministerial and KICS (Kindersley Integrated Childrens Services).

The Kindersley Branch Board is made up of several volunteers as a result of the effective population health promotion through our community. The Kindersley Branch Board, volunteers and residents provide links between health care professionals, communities, individuals and resources. Our programs keep the branch linked to the communities in the Health Region and with community partners. Our programs are delivered within the Population Health Promotion model where key members in the communities are trained and provided with the resources to deliver and educate on mental health topics.

## MOOSE JAW BRANCH

*Submitted by Donna Bowyer,  
Program Director, Moose Jaw Branch*

### Training

**Grief Recovery Institute** – I was able to take this training this year. It was training that I felt was so important because of the many of the people I see struggling because of unresolved losses. I am hoping to be able to do some group work with people over the next year to help them learn to resolve the losses that they have been carrying around with them for so many years

**Mental Health First Aid** – This training is something I have wanted to do for some time. I am very glad that I have it now. It wasn't new material but it is in a form that is easy to deliver and in a way that can be easily marketed. It also provides material that people can take away with them as an ongoing resource.

**Presentations** - I gave 37 Presentations in our health region and 15 segments on Shaw TV in Moose Jaw. I also did a number of displays for Mental Health Week, Challenge Day at River-view, and a number of opportunities through SIAST and Canada Post to mention a few.

**Committee work** continues to be an important part of our work in Moose Jaw. Being a member of the Moose Jaw/South Central Regional Inter-sectoral Committee (RIC), allows us to know what is happening and what the priorities of the community are. Suicide has become a focus of the community. We are trying to reach as many people as possible to let them know there is hope. This will enable us to train more people to be available to help those who may be struggling and to work with not only people in Moose Jaw, but also people in the surrounding communities.

We also have had an opportunity to be a part of the discussions around the HUB. This is a new way of looking at agencies working together. It has been working successfully in Prince Albert for a year and Moose Jaw RIC is seriously looking at bringing this way of working together to Moose Jaw.

**The Community Initiative Fund** has provided funding for two programs. The Asperger Youth Support program supports young adults in learning the skills to move toward living independently. This was a small contract but for those involved it has been important. The second project is one that has been running for a number of years. This one is to work with high school students that have come to Canada as refugees. They come with different levels of education and need help leaning how to transition out of high school. This program works with the youth and also with the parents. This continues to be a very successful program.

**Peer Support** – We have a great peer support community. *Come Together* has been going for a number of years now and it has been fun for all. We have a core group of people that take the leadership of the group. They meet once a month with the objective of offering support and having fun together. *MJ Muse* has also been successfully running for a number of years now. They continue to write and had their second annual conference this fall. Aside from doing their writing they have decided that they want to build their own capacity as well. They took an after-

noon of mental health training and are planning to do more training to provide more depth as leaders. We also for a short time had a *Depression and Bi-Polar Group*. Unfortunately that group has temporarily taken a break due to the move of the organizer. We are hoping to get this started again in the fall with new energy. We are also looking at starting a *Drama Group* in the fall. We will get this organized over the summer so it can start in September.

**Hope for future** – We have some great plans for the fall. We are looking at having more organized training sessions and expanding our peer support groups. We are hoping to do a grief and loss eight-week workshop. We are excited about the future and are looking forward to new opportunities in Moose Jaw.

## PRINCE ALBERT BRANCH

*Submitted by Doug Kinar, Executive Director*

Our goal at CMHA Prince Albert is to provide Advocacy, Education, and Programs and Services in the community of Prince Albert.

### Advocacy

We are busy as usual in Prince Albert. We continue to represent the interests of our clients on a variety of committees such as the Housing Advisory Committee and the Social Infrastructure Committee. We were honoured to be part of the Leave A Legacy Committee which partnered with the Chamber of Commerce during Mental Health Week. Our guest speaker was the Lieutenant-Governor of Saskatchewan, the Honourable Vaughn Solomon Schofield. Our Homestead Quilting program provided a custom made quilt as a gift for the Lieutenant - Governor for speaking at our luncheon.

We have undergone a review by the PAPHR. We are implementing the recommendations at the board level. Overall the review was very positive. The support group for families of mental health clients continues to meet at 7:00 pm on the first Tuesday of each month. It has been well at-

tended with excellent discussion and mutual support at each meeting. The venue has changed but the group still thrives.

### Education

We received a CIF grant to host ASIST and MHFA workshops for the community. We have trained over 1000 people over the last few years in one or the other workshop.

Canada World Youth wrapped up their three month stay in December by helping with the annual PAPHR Christmas party for Mental Health Services. Santa(me) was in attendance.

I am continuing with presentations at SIAST and have begun monthly presentations at the Metis Addictions Council of Saskatchewan Inc., (MACSI).

### Programs and Services

A local youth group from the Alliance Church volunteered to paint our drop in center. The entire center was painted in approximately two hours.

Our community kitchen continues to thrive with participants every Friday preparing and serving our lunch.

Our apartment block is full. The support worker continues to provide services to the tenants as well as Independent Living Support for clients living on their own.

The core programs continue with the As Good As New store doing well, the lunch program in our drop in center is busier with new and younger faces attending. The quilting program has seen a few changes but continues to produce quilts from the clothing from our As Good As New store.



### Fundraising

Bingo revenue is still declining however changes to the SLGA have allowed us to pick up more bingos. There are months where we are running

up to ten bingos.

During Mental Health Week we again hosted a small fundraiser on May 10, 2012. Almighty Voice performed at the event for us. We look forward to creating awareness as well as raising some funds. Ian Morrison with Healing Through Humour facilitated a comedy workshop for us during Mental Health Week. Ian was also our guest speaker at our fundraiser on May 10. He performed a set as well as presented during the event. The evening was a great success, Ian was well received and did an incredible job.

We will continue with our BBQ's during that week weather permitting of course and our store will have its annual toonie sale and raffle off an item made from our quilting program.

## REGINA BRANCH

*Submitted by Donna Brewer, Executive Director*

I am new to the position of Executive Director, so am still learning about the crucial services and programs CMHA Regina provides to those in our community who are living with a mental illness. At year end, we had a staff of 11 full-time, one part-time and 8 casual workers, who interact with a membership group of over 450. We provide daily programs for our members and this year we served almost 3,000 lunches. Our goal is to continue to work with our partners and funders to remove the stigma associated with mental illness. We do this through advocacy, support, opportunity and vision.

What has struck me most about the employees and the members at CMHA Regina is how they consistently make each other's days better through acts of kindness and generosity. I have personally received a warm welcome, including hand-made cards, hugs and smiles; words of encouragement; offers of support; and the daily gift of laughter.

The Pre-vocational area of CMHA Regina is relentless in its efforts to provide a safe place for members to relax, volunteer, socialize and learn

new skills. The Vocational Program area continues to strive to provide meaningful employment for members who wish to enter the workforce. We had 149 active employment files at the end of this fiscal year, with plans to dramatically increase employment opportunities over the next year. CMHA Regina gives members the support they may need to work successfully in the community, while giving employers an opportunity to hire committed and skillful workers.

This year the foundation for a new venture was laid. CMHA Regina is part of The Homelessness Partnering Strategy, which is a community-based program that looks to communities to determine their own needs and to develop appropriate projects. We have partnered with Ranch Ehrlo Society and Phoenix Residential Society to operate a Laundromat in a 40-unit mixed-use housing development. Ranch Ehrlo will be the owner and property manager of the housing development and the tenants will be clients of Phoenix. This business opportunity will become part of CMHA Regina's vocational training program and will provide a new venue for our members to build their employment skills. We are looking forward to taking over the business on April 15, 2012. Service Canada has provided initial funding to get the program under way.

Near the end of the fiscal year, the staff and Board got together for strategic planning sessions. The employees and board members improved their communication through this process and shared their hopes and dreams for the future.

Although I had been here only two weeks before year end, I want to thank the Board for their support and trust during those first days. They were always ready to lend an ear and advice if it was asked for. As a result, I was able to start the new fiscal year with confidence. I want to thank the staff for their graciousness during the transition to a new Executive Director with a new leadership style and vision. Change is always difficult, but their passion for their work is infectious, and we got through it.

Without our funders, the Regina Qu'Appelle Health Region, United Way of Regina, CanSask,

Service Canada and the City of Regina, CMHA Regina would not be able to provide services that are critical to its members in improving their quality of life.

I would also like to acknowledge the special relationship we have with the Eastview Rotary Club. Every year this club assists CMHA Regina by fund-raising for special projects and equipment that enhance our environment and improve the health and safety of our members and staff. I would also like to thank the leaders and parishioners at St. George's Orthodox Cathedral who prepared and served a beautiful lunch to our members; St. Paul's Anglican Cathedral for providing a large food donation; and for numerous other churches and community organizations who understand our needs and keep us in mind for donations.

Finally, I would also like to thank all the individuals and groups, who have donated food, funds and time throughout the year. It's because of these people that we are able to provide an unexpected meal of perogies and sausages for our members; we are able to provide important programs such as yoga, or an hour dedicated to looking and feeling good by styling our members' hair. We are grateful and will never be able to put a price on these selfless contributions.

I'm now looking forward to my first year as Executive Director. With the help of CMHA Regina's inspiring members and its committed staff, and with the generosity of funders and our community, we believe we can continue to make a difference.

## SASKATOON BRANCH

*Submitted by Brenda Beaudry,  
Acting Executive Director*

### **Public Awareness**

Raising awareness around mental health illnesses continues to be a major role for CMHA Saskatoon.

In the past year we have sent two staff for Mental Health First Aid training around the facilitation of "Mental Health First Aid". CMHA had a contract with the Saskatoon Health Region to provide training in this area to staff within the region. We provided seven courses and trained 130 to 140 individuals. CMHA also provided this training to Board and volunteers within our organization. We had a Social Work student who was doing her practicum and developed a new "Anti stigma campaign" and started the delivery of it in the school systems. This presentation is available on You-Tube.

### **Vocational Team**

The Life Skills program runs twice yearly with 24 participants involved. This is now funded through Canada Saskatchewan Employment Services. It is a prevocational program that helps participants develop new skills needed to cope in daily living situations. Also it helps people to develop personal awareness and be able to set realistic goals and attain them.

Our vocational team consists of two vocational counselors and a full-time job developer. The vocational counselors assist individuals by intake, assessment and support for an average of 100+ individuals. All persons pursue individual goals set by themselves and guided by the counselors. These goals may include volunteer work, secondary or post-secondary classes, short term skill development, employment part-time or full-time etc. Each participant wants to achieve and improve their potential vocational pursuits for the future.

The job developer visits and builds employment connections within the business world. The job developer seeks employment positions within industry, but in the process also dispels some of the stigma and myths around mental health by providing factual information. She visits not only various job web sites but the hidden job market, therefore creating opportunity for the hiring of individuals with qualifications for employment. Also business is made aware of the supports CMHA Saskatoon can give them if need be.

## Social Recreation Program

Participants enjoy the various activities provided within our drop in area or in the community. Well participated in is our Quilting program, Writers group, Art, Bowling and various other by weekly or monthly programs. Special summer events held are heavily attended. This past year CMHA developed a partnership with the SPCA around a dog walking program for our participants. Twice monthly individuals go out to the SPCA and walk dogs giving the participants and the animal's physical exercise. Received various volunteers requests wanting to work one on one with people, which allowed CMHA to pursue our Community Friends Program once again. This program puts a volunteer and a socially isolated individual with some of the same interests, matches them and they take part in social activities or outings together.

A huge part of program success is the number of volunteers and the amount of hours they dedicate to CMHA. They provide their time, enthusiasm, and dedication to assist individuals in various programs. Volunteer hours utilized by CMHA were over 1376 hours. A huge hand for our volunteers!

## SWIFT CURRENT BRANCH

*Submitted by Ruth Smith, Executive Director*

This past year has seen some changes in the makeup of the building. We have put in sub floor and lino where there had been carpet before. We have also had the walls all painted with new windows for over half of the building. Most of the windows have been installed in the building. We will be redoing the roof this summer with a new method from a company called Profoam Insulators Ltd. The place is getting a real facelift. If you recall last year the Kiwanis started it out with volunteering their time with painting and upgrading the kitchen and eating area. They also will be volunteering their time to clean up and make a

nice area for people to sit out in the summer time. We continue to make the building a more inviting place to be with the ongoing support of our community.

We have had many guests in to inform the clients of what is new and might benefit them.

We also have many other educational and informational programs. Our vocational program is doing well. The vocational program cooks the meals at the Center and does the janitorial work for the Center. A grant covers the wages of these people and because we pay less than minimum wage they do not have to claim it against their Social Services cheque. We just have to let Social Services know who is on our program. The other program that we have is a contract with an organization and they pay for janitorial services.

The social recreational program changes all of the time but continues to be an important part of the day here. Educational programming has different members of our professional community who volunteer their information or come as part of their work week. We work hard to be able to meet the needs of the clients.

We work very closely with Partners in Employment, McKerracher Support Services, the Rehab and Adult team at Mental Health Services at the Health Region, and many other organizations.

The Mayor's Luncheon was on May 10 with Joy Desjarlais as our guest speaker. We have changed how we promote the event so it has been a learning curve for us. This event has grown every year and our expectation is that it becomes an event that reminds the public of us when it is mentioned. I will be making several appearances on the radio promoting our luncheon and the importance of our program.

We will again be doing our Jimmy Richardson walk for Wellness but it will be held in September this year.

I have been helping people with their SAID applications; I feel this program is of great benefit to the people who have disabilities in Saskatchewan.

We will be working more closely with PIE this year hoping to deliver a better program to help people get the education they need to find employment.

CMHA and many other organizations in Swift Current have planned the community Christmas party that has been on Christmas Day for the last three years. It has been held at the Salvation Army. This event does more than help the people who come to eat there -- it also helps the organizations to get to know one each other and work well with each other.

We are very disappointed with the government's decision to discontinue the Katimavik program. We will really miss the extra help and care that these young people have demonstrated.

## WEYBURN BRANCH

*Submitted by Tasha Collins, Program Director*

Thanks to the generous support from Sun Country Health Region, the Weyburn and District United Way, our community and various donations, CMHA (Weyburn) was able to continue supporting Weyburn community members who are affected by mental illness. This allowed CMHA to offer quality programming to individuals with mental illness and provide services to the community.

2011 saw many changes here at the Resource Center, new Directors, new consumers, building renovations and new programming.

Our **Vocational Programming** offers yard maintenance, snow shoveling, refuse hauling and small moving jobs. This year our vocational work crew was very busy with landfills within the community, as our city saw many people and households affected by the flood. CMHA was also a contact for Disaster Relief when the flood hit. Our consumers take pride and ownership in the services they provide, as "work is a valuable

supporter of our mental health. It gives structure and rhythm to our daily life, it gives the possibility for self-fulfillment, it strengthens our self-esteem and it provides security and an opportunity for satisfying relationships."

Another part of our vocational programming involves consumers preparing and providing hot lunches, four days a week to approximately 12-18 people. We also offer monthly pot lucks, which can draw in crowds of 20 or more community members. The meal program has been enhanced with consumers also doing some baking for birthdays, snacks, and other events. We offer coffee on a daily basis, this not only provides a hot cup of coffee to community members, but also allows them to drop in for comradeship and support if needed.

Our **community involvement** also included volunteering at Relay for Life and the United Way Communithon, hosting the Mayors' Luncheon, and participating in the Remembrance Day program. The center also held a garage sale, and trade show, both of which were a great way to connect our consumers with the community and provide vocational programming at the same time.

Some of our other programming consists of swimming, gardening, playing pool, crafts, visits to the Humane Society and knitting at the public library. We continue to offer day trips once a month where the staff and consumers travel to another location for programming because "community involvement and social interactions, like trust, social support and social networks, are important influences of the mental health of individuals."

We look forward to 2012 where our focus will be on developing a youth program here at our center. We are excited about the opportunity to provide another safe environment for youth to visit and participate in activities. This new programming will hopefully keep CMHA going strong here in Weyburn for years to come.

# Administration

## RESOURCE DEVELOPMENT

*Submitted by Joan Kilbride,  
Director of Resource Development*

***CMHA Saskatchewan's success is due to our committed volunteers, sponsorship from local business and media in our communities, government support, financial help from community agencies, and the support of our generous donors who continue to support our fundraising projects throughout the year.***

### Cash Calendar

Since its inception in 1989 the calendar has featured the art work of many people who use the service of the Canadian Mental Health Association in Saskatchewan. These people are not trained artists. Some of them have only recently discovered the pleasure and satisfaction of their own creativity. They are people with chronic mental illnesses who, through the guidance and encouragement of their art teacher, have learned to express themselves through art. They paint because it feels good, and the powerful images they create symbolize their dreams and hopes and feelings. Not only does the calendar provide a place to display their art, the artists are also paid a fee for their work when it is used.

Unfortunately, after carefully analyzing the cash calendar sales for the past three years it was noted that there has been a significant decline in sales. It was determined that in order to continue operating the call centre where the majority

of our calendars are sold: it is necessary to come up with a plan to increase sales by 5-10 percent.

The campaign begins mid July and ends mid November. A predictive dialer is used to call our cold call lists. Our past supporters are called using a manual phone book, compiled from our list of over 30,000 past supporters. The manual phone book includes both residential and business contacts.

The goal for the 2013 cash calendar campaign will be to implement a marketing strategy to increase our profile in the community. An extensive Media campaign utilizing Radio, TV PSA's and print media will be used. In early June we will conduct a media campaign targeting charitable groups, hockey teams, school bands and individuals to assist with deliveries throughout the province.

In order to become more competitive in the marketplace CMHA has purchased six new computers and an updated dialer system. New cold call



lists for some of the major cities were purchased to assist with the calling. CMHA purchased the lists with two other non-profit groups to cut the cost of the purchase price.

The calendar sold for \$35.00 and offered 366 chances to win. The prizes include the \$20,000 Sweetheart Draw Feb. 14 plus 320 \$100 Daily

prizes, five \$1000 prizes plus 40 pieces of Limited Edition Artwork. Total value of cash and prizes is over \$71,000.

Proceeds from the sale of the calendars is used to support the Friends for Life program, which provides public awareness and education in Suicide Prevention through school and community presentations, a half-day workshop and intensive two-day Suicide Intervention Workshops. As well as promoting the knowledge and skills necessary for the enjoyment of social and emotional health.

## **Teddy Bear Affair**

*The Teddy Bear Affair,  
a bit of summer in the  
midst of winter*

Two hundred invited guests attended this Winter Picnic and Auction, held at the Radisson Hotel in Saskatoon, Feb. 4, 2012.



The winter picnic and auction, unique to our association, revolves around the concept of a way to chase away those winter blues! After a sumptuous buffet, guests enjoyed the Live Auction. Each Live Auction Package has its own teddy bear appropriately and creatively dressed by the SaskTel Pioneers to reflect the nature of the donated items. For example, the Golf Weekend Package included a bear dressed in golf attire, four rounds of golf, and two golf carts courtesy of Moonlake Golf and Country Club with golf balls donated by North Ridge Development.

The Silent Auction tables feature celebrity items, unique teddy bears, and items that promote mental health and well-being.

Once again, The WestJet Magic Heart Raffle which offers a flight for two on any scheduled flight was a huge success.

It's Up to You Balloon Raffle continues to provide a bit of fun throughout the evening. For \$5 you receive one balloon. One lucky person will win a "Mini Escape" Relaxation Package from Temple Garden Mineral Spa. Throughout the evening guests played an elimination game of "Head or Butt" to determine the winner.

The public awareness media campaigns associated with the annual Teddy Bear Affair have made a significant difference to the overall success of the event. CMHA continues to receive well over \$40,000 in-kind support from the Star Phoenix, Global and C95. This support is invaluable for presenting our message to past, present and future supporters of the Association.

Without the hard work and support of our Auctioneer, Duane Heisler, our dedicated volunteers, Benefactors of the event, Affinity Credit Union and Dakota Dunes Casino as well as our many sponsors and supporters this event would not continue to be a success.

## **Direct Mail**

Depression is one of the most common forms of mental disorder . . . it is also one of the most treatable. The stigma that surrounds mental illness prevents many from asking for help until it is too late. Silence is the greatest enemy. Our direct mail campaign not only raises funds for the Association it also continues to provide awareness and public education which helps to reduce the stigma of mental illness in the community.

## **Bingo**

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



# Financial Statements

Canadian Mental Health Association  
(Saskatchewan Division) Inc.  
FINANCIAL STATEMENTS  
March 30,2012

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INDEPENDENT AUDITORS' REPORT

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

We have audited the accompanying financial statements of the **CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION)** which comprise the balance sheet as at March 31, 2012 and the statements of operations and net assets and cash flows for the year then ended, 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 generally accepted accounting principles, 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.

*Auditors' Responsibility*

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we comply with ethical requirements and plan and perform the audit 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 auditors' 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 is sufficient and appropriate to provide a basis for our qualified audit opinion.

*Basis for Qualified Opinion*

In common with many non-profit organizations, the association derives a portion of its revenue from cash receipts, the completeness of which is not susceptible to satisfactory audit verification. Accordingly, our verification of these revenues was limited to the amounts recorded in the records of the association and we were not able to determine whether any adjustments might be necessary to revenues, excess of revenues over expenditures, assets and surplus.

*Qualified Opinion*

In our opinion, except for the 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 the **CANADIAN MENTAL HEALTH ASSOCIATION (SASKATCHEWAN DIVISION) INC.** as at March 31, 2012 and its financial performance and its cash flows for the year then ended in accordance with Canadian generally accepted accounting principles.

  
Dudley & Company  
Chartered Accountants LLP

Regina, Saskatchewan  
May 26, 2012

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

Balance Sheet  
As at March 31, 2012

**ASSETS**

	<u>2012</u>	<u>2011</u>
<b>CURRENT ASSETS</b>		
Cash and term deposits	\$471,375	\$439,982
Accounts receivable	42,801	47,249
Receivable from branches	20,471	12,193
Prepaid expenses	<u>19,213</u>	<u>8,827</u>
Total Current Assets	553,860	508,251
<b>PROPERTY AND EQUIPMENT - note 4</b>	<u>268,693</u>	<u>268,302</u>
Total Assets	<u>\$822,553</u>	<u>\$776,553</u>

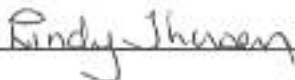
**LIABILITIES AND NET ASSETS**

<b>CURRENT LIABILITIES</b>		
Accounts payable and accrued liabilities	\$109,729	\$ 82,836
Deferred revenue - note 10	28,590	49,560
Current portion of long term liabilities - note 5	<u>23,472</u>	<u>22,135</u>
Total Current Liabilities	161,791	154,531
<b>LONG TERM LIABILITIES - note 5</b>	<u>60,405</u>	<u>83,876</u>
Total Liabilities	<u>222,196</u>	<u>238,407</u>
<b>NET ASSETS</b>		
Invested in property and equipment	268,693	268,302
Appropriated - note 6	164,953	119,530
Unappropriated - page 3	<u>166,711</u>	<u>150,314</u>
Total Net Assets	<u>600,357</u>	<u>538,146</u>
Total Liabilities and Net Assets	<u>\$822,553</u>	<u>\$776,553</u>

**SICK LEAVE BENEFITS - note 8**

**COMMITMENTS - note 9**

Approved on behalf of the Board of Directors:

  
\_\_\_\_\_

  
\_\_\_\_\_

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

**CANADIAN MENTAL HEALTH ASSOCIATION  
(SASKATCHEWAN DIVISION) INC.**  
Statement of Operations and Net Assets  
For the year ended March 31, 2012

<b>REVENUE</b>	<u>2012</u>	<u>Restated 2011</u>
Government grants:		
Saskatchewan Lotteries	\$ 66,545	\$ 60,950
Community Initiatives Fund	338,451	343,199
Saskatchewan Health, core funding	240,537	237,497
Donations in-kind	0	3,464
Other grants - note 7	115,161	84,925
Fundraising projects	444,320	434,555
Rental	35,605	34,937
Community fund appeals	23,360	23,267
Other revenue and recoveries	25,825	51,501
Branch administration recoveries	13,848	13,712
Donations - note 14	58,559	14,502
Interest	3,210	1,488
<b>Total Revenue</b>	<u>1,365,421</u>	<u>1,303,997</u>
 <b>EXPENSES</b>		
Salaries and benefits		
Executive and general	325,196	297,077
Gambling program	190,383	210,703
Resource development	161,287	150,164
Public education	44,300	50,025
General and administrative	131,809	126,814
Fundraising projects	192,080	187,586
Public education	60,856	31,939
Occupancy	55,954	64,138
Gambling program	86,992	72,873
Contributions to branches	6,072	5,138
Research	19,094	6,307
Amortization	22,524	22,796
Interest on long term debt	6,163	6,938
Gifts to qualified donees	500	65
Public service announcements	0	25,292
<b>Total Expenses</b>	<u>1,303,210</u>	<u>1,257,856</u>
 <b>EXCESS OF REVENUE</b>	 62,211	 46,141
 <b>NET ASSETS, BEGINNING OF YEAR</b>	 <u>150,314</u>	 <u>157,200</u>
	<u>212,525</u>	<u>203,341</u>
 <b>(INCREASE) DECREASE IN APPROPRIATION</b>		
Investment in property and equipment	( 391)	( 20,027)
Building Fund	( 15,141)	( 3,000)
Program Fund	( 15,141)	( 15,000)
Mental Health Development Fund	( 15,141)	( 15,000)
	<u>( 45,814)</u>	<u>( 53,027)</u>
 <b>NET ASSETS, END OF YEAR</b>	 <u>\$ 166,711</u>	 <u>\$ 150,314</u>

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

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

Statement of Cash Flows  
For the year ended March 31, 2012

	2012	2011
<b>CASH FLOWS FROM (FOR) OPERATING ACTIVITIES</b>		
Cash receipts from grants	\$757,917	\$728,063
Cash receipts from self-generated revenues	589,391	575,714
Cash paid to suppliers	( 547,538)	( 518,801)
Cash paid to employees and equivalents	( 720,375)	( 729,772)
Interest received	3,210	1,488
Interest paid	( 6,163)	( 6,938)
Cash Flows From (For) Operating Activities	<u>76,442</u>	<u>49,754</u>
<b>CASH FLOWS FROM (FOR) INVESTING ACTIVITIES</b>		
Additions to property and equipment	( 22,915)	( 39,360)
<b>CASH FLOWS FROM (FOR) FINANCING ACTIVITIES</b>		
Increase (decrease) in long term debt	( 22,134)	6,586
Net change in cash position	31,393	16,980
<b>CASH POSITION - beginning of year</b>	<u>438,982</u>	<u>423,002</u>
- end of year	<u>\$471,375</u>	<u>\$439,982</u>

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

**CANADIAN MENTAL HEALTH ASSOCIATION  
(SASKATCHEWAN DIVISION) INC.**  
Notes to the Financial Statements  
March 31, 2012

**1. GENERAL**

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

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

**2. BASIS OF PRESENTATION**

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

**3. SIGNIFICANT ACCOUNTING POLICIES**

a) Property and Equipment

Property and equipment are recorded at cost. Amortization is calculated at a rate of 5% on buildings and 20% on equipment and vehicles using the declining balance method.

b) Fund Accounting

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

c) Financial Instruments

It is management's opinion that the association is not exposed to significant interest, currency or credit risks arising from its financial instruments and that the fair value of the financial assets and liabilities approximates their carrying value due to their short term nature. The fair value of the association's long term debt approximates their carrying value as the terms and conditions are comparable to current market conditions as disclosed in Note 5.

d) Use of Estimates

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

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

Notes to the Financial Statements

March 31, 2012

4. PROPERTY AND EQUIPMENT	<u>2012</u>		<u>2011</u>	
	<u>Cost</u>	Accum. <u>Amort.</u>	<u>Cost</u>	Accum. <u>Amort.</u>
Land	\$ 13,635	\$ 0	\$ 13,635	\$ 0
Buildings	468,392	268,923	458,328	258,689
Equipment	132,615	87,320	119,764	77,604
Vehicle	27,926	17,632	27,926	15,058
	<u>\$642,568</u>	<u>\$373,875</u>	<u>\$619,653</u>	<u>\$351,351</u>
Net Book Value	<u>\$268,693</u>		<u>\$268,302</u>	

5. LONG TERM LIABILITIES	<u>2012</u>	<u>2011</u>
a) Royal Bank		
- fixed mortgage, bearing interest at 6.86%, payable in monthly installments of \$1,817 including interest, secured by property and maturing June 1, 2015.	\$ 72,463	\$ 86,374
b) Royal Bank		
- monthly payments of \$741 including interest at 4.21%, secured by general security agreement, maturing August 1, 2013.	11,414	19,637
	83,877	106,011
Less current portion	<u>23,472</u>	<u>22,135</u>
	<u>\$ 60,405</u>	<u>\$ 83,876</u>

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

2013	\$ 23,472
2014	18,790
2015	17,061
2016	18,290
2017 and beyond	6,244
	<u>\$ 83,877</u>

6. APPROPRIATED NET ASSETS	Building Fund	Program Fund	Mental Health Fund	<u>Total</u>
Balance, beginning of year	\$ 33,016	\$ 43,257	\$ 43,257	\$119,530
Increase (decrease)	<u>15,141</u>	<u>15,141</u>	<u>15,141</u>	<u>45,423</u>
Balance, end of year	<u>\$ 48,157</u>	<u>\$ 58,398</u>	<u>\$ 58,398</u>	<u>\$164,953</u>

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

Notes to the Financial Statements  
March 31, 2012

**7. OTHER GRANTS**

Other grants are comprised of the following:

	<u>2012</u>	<u>2011</u>
Eli Lilly	\$ 2,783	\$ 9,757
Sask. Arts Board	26,296	0
Sask. Liquor and Gaming Authority	30,292	36,593
The Co-operators	52,500	35,000
Other	3,310	3,575
Total Other Grants	<u>\$115,161</u>	<u>\$ 84,925</u>

**8. SICK LEAVE BENEFITS**

The corporation provides non-vesting sick leave benefits to its employees pursuant to union agreements and administrative policies. At March 31, 2012, management estimates that accumulated sick leave credits total \$207,869 (2011 - \$214,521).

**9. COMMITMENTS**

The division has entered into operating leases for office equipment, the annual rental for which amounts to \$5,079 to 2014.

**10. DEFERRED REVENUE**

Deferred revenue consists of the following:

	<u>2012</u>	<u>2011</u>
Eli Lilly	\$ 4,546	\$ 7,309
The Co-operators	5,000	37,500
Canadian Labour Congress	2,977	3,006
Saskatchewan Arts Board	8,750	0
Regina Hotel Association	5,000	0
Other	2,317	1,745
Total Deferred Revenue	<u>\$ 28,590</u>	<u>\$ 49,560</u>

**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>2012</u>	<u>2011</u>
Total Contributions During the Year	<u>\$ 40,016</u>	<u>\$ 45,976</u>

**12. CAPITAL MANAGEMENT**

The entity considers its capital to be the balance maintained in its Unappropriated Net Assets. The primary objective of the entity is to invest its capital in a manner that will allow it to continue as a going concern and comply with its stated objectives. Capital is invested under the directions of the board of directors with the objective of providing a reasonable rate of return, minimizing risk and ensuring adequate liquid investments are on hand for current cash flow requirements. The entity is not subject to any externally imposed requirements of its capital.

**13. COMPARATIVE FIGURES**

Certain of the prior year's comparative expense figures have been reclassified on the statement of operations and net assets to conform to current year's presentation, with no change to the total.



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

Notes to the Financial Statements  
March 31, 2012

**14. DONATION REVENUE**

During the year, there was a bequest received for \$45,424 which is included in the donations revenue.

## 2011 - 2012 Provincial Board of Directors

Darrell Downton  
President

Noah Evanchuk  
Member at Large

Lindy Thorsen  
Member at Large

Susan Grohn  
Past President

Karen Gibbons  
Member at Large

Les Gray  
Regional Delegate

Grant Rathwell  
Vice-President

Neulle Novik  
Member at Large

Erskine Sandiford  
Regional Delegate

Bill Pringle  
2<sup>nd</sup> Vice-President

Lawrence Morrison  
Member at Large

Michael Seiferling  
Regional Delegate

Bryan Leier  
Treasurer

Kathleen Thompson  
Member at Large

Crystal Bittman  
Regional Delegate

## CMHA (Saskatchewan Division) Inc. DIVISION OFFICE STAFF

David Nelson, RPN, RSW  
Executive Director

Phyllis O'Connor, Assistant Executive Director

Joan Kilbride, Director of Resource Development

Don Powers, Director of Finance

Donna Bowyer, Director of Friends for Life

Shauna Altrogge, Director, Problem Gambling Community Program

Rachel Clare, Problem Gambling Community Development Coordinator - Saskatoon

David Jones, Problem Gambling Community Development Coordinator - Regina

Alim Gillani, Problem Gambling Community Development Coordinator - North Service Area

Sharon Wilson, Payroll/Benefits Clerk

Lynn Hill, Receptionist/Editorial Secretary for Transition Magazine

# Mental Illness Affects Us All

## How Can You Help Make a Difference?

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

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

There are also different levels of annual support:

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

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

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

Donation is easy. Just visit our website at  
[www.cmhask.com](http://www.cmhask.com) and click on the Canada Helps  
button or contact us at:

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

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



**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 SK Lotteries for support.



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

**Association canadienne  
pour la santé mentale**  
Saskatchewan  
*La santé mentale pour tous*

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