



# CONNECTION

2019-2020

Annual Report



Canadian Mental  
Health Association  
Saskatchewan  
*Mental health for all*

**CMHA Saskatchewan has been in existence for 70 years (recognized as the first provincial division on November 27, 1950).**

### **Canadian Mental Health Association**

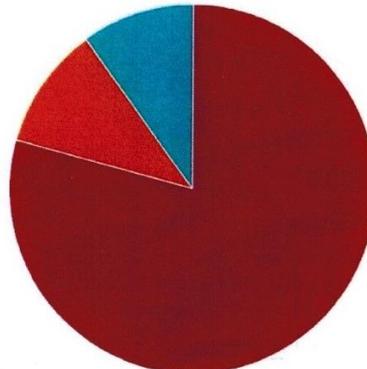
**National since 1918**

**Saskatchewan since 1950**

Throughout its history, the Canadian Mental Health Association has focused on Education, Research, Advocacy and Services to improve the lives of persons with long-term, severe mental illness and to promote mental health for all. Often the actual work is done behind the scenes through meetings, briefs, presentations and personal interactions to propose and promote improvements in policy, programs and resources. Key players include people living with mental illness, families, peer support and self-help, the informal and formal mental health service providers, planners and policy makers. CMHA works through partnerships, collaborations and coalitions to empower all sectors to take responsibility and leadership to improve mental health in communities.

### **Where does the money go when you support CMHA Saskatchewan Division?**

#### **Expenses**



- Charitable programs \$1,740,955.00 (79.23%)
- Management and administration \$237,498.00 (10.81%)
- Fundraising \$218,922.00 (9.96%)
- Political activities \$0.00 (0.00%)
- Gifts to other registered charities and qualified donees \$0.00 (0.00%)
- Other \$0.00 (0.00%)

**Total expenses: \$2,197,375.00**

Taken from the Canada Revenue Agency website, T3010 Registered Charity Information Return  
<https://apps.cra.arc.gc.ca/ebci/hacc/srch/pub/dsplyRprtngPrd?q.srchNm=Canadian+Mental+Health+Association+%28Saskatchewan+Division%29+Inc.&q.stts=0007&selectedCharityBn=106864044RR0001&dsrdPg=1>

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## FINANCIAL STATEMENTS

### 2019-2020 Provincial Board of Directors

Susan Grohn, President

Kimberly Bitz, Vice-President

Chet Hembroff, Past President

Bryan Leier, Treasurer

Grant Rathwell, Jasmine Beriault, Mal Barber, Marcie Nugent, Myla Bulych – Members at Large

Darrell Downton, Micheal Halyk, Erskine Sandiford, Bill Pringle – Regional Delegates

### CMHA Saskatchewan Division Office Staff

Phyllis O'Connor, Executive Director

Dave Nelson, Senior Program Consultant

Rebecca Rackow, Director of Advocacy, Research & Public Policy Development

Don Power, Director of Finance & Administration

Sharon Wilson, Executive Assistant

Vera Thompson, Resource Development Coordinator

Sharon Saip, Resource Development Assistant

Julius Brown, Provincial Director, OSI-CAN

Sarah Dagenais, Clerk

Shauna Altrogge, Director GAP (Gambling Awareness Program)

Daniel Blondeau, Communications Coordinator (GAP)

Gambling Awareness Coordinators: Katelyn Selanders & Bretton Hutt (southern)

Nicole Tainsh (Central),

Kathy Moorman (northern)

Donna Bowyer, Director, H.O.P.E. Learning Centre

Danielle Cameron, Education & Training Assistant, H.O.P.E. Learning Centre

David Jones, Director, Justice Community Support Program

Justice Community Support Workers: Garrett MacNaull (Regina),

Brian Borsheim (North Battleford),

Lisanne Hounjet (Saskatoon),

Megan Dubinak (Creighton)

## 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.

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## *Our Vision: Mentally Healthy People in a Healthy Society*

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### **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.

## Our Key Values and Principles

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

**Advocacy** Embracing the voice of people with mental health issues.

**Promoting Inclusion** Focusing on mental health issues of all people.

**Working Collaboratively** Nurturing mutually beneficial partnerships with CMHA nationally, provincially and with CMHA branches as well as other mental health and disability groups and organizations working to move the issues of mental health forward.

**Social Wellbeing** Influencing the social determinants of health (e.g. housing, justice) contributing to mental health.

**Evidence-based** Using evidence to inform our work and to innovate.

**Transparent and Accountable** To our funder, partners and those we serve.



## President's Report

Submitted by Susan Grohn

To call this past year anything but normal would be an understatement. Our Province has been in a state of flux from the start of this past year and yes, even before that. Economic issues, weather and health have contributed as never before to the collective mental health of our province and truthfully, to our entire country. It is with pride that I observe the citizens of our wonderful nation recognize the concerns and wellbeing of their family, friends and neighbors with their outpouring of support.

We at CMHA have a lot to be proud of. We have had many opportunities both in the past and moving forward. Programs such as the Justice Community Support Program and the Gambling Awareness Program continue to perform. OSI-CAN (occupational stress injury support initiative) will be expanding across Canada, starting in the prairie region. In January we were able to start our own Recovery College – the H.O.P.E. Learning Centre.

And just as the COVID-19 experience unfolded, we expanded access of the community to our services through the Wellness Support Response Lines. As this turned out, it would be a lifeline to our people. Not only Saskatchewan Division, but all of our Branches became involved in manning the additional call lines and expanded hours to assist our communities to weather this “quarantine storm”. We quickly became aware that one of the biggest casualties of COVID-19 was the mental health of our nation.

The resourcefulness of the CMHA family is remarkable. I wish to thank all of you for your caring, your work ethic and your drive to provide for and to assist our communities. Without you there is no CMHA – you are our greatest asset. I am proud of our CMHA culture and I know that with your support, we will help our Province and our Country through these times.





## Executive Director's Report

Submitted by Phyllis O'Connor

2019-2020 was an exciting time for CMHA Saskatchewan Division. We saw programs like OSI-CAN expanding into other provinces, the start-up of our H.O.P.E. Learning Center (Recovery College), new opportunities to partner with other organizations and new opportunities to carry out research and advocacy work. You will see all of this reflected in the program reports within this Annual Report.

We were feeling confident and enjoying our successes when in mid-March an event happened that impacted every aspect of our work and personal lives – COVID-19. Suddenly, drop-in centres had to close, direct service programs had to be put on hold, staff who were able were required to work from home, fundraising events and conferences had to be cancelled and we lost that daily, face-to-face contact with co-workers and even family members or other supports.

With this sudden change in how we all have to live our lives, the mental health effect is going to be significant. People have suddenly lost a very critical component of their mental wellbeing – social connection. Others are deeply affected by anxiety around their financial wellbeing after the loss of work, closure of their businesses and projected impacts on the economy. At a time when our resources are going to be negatively impacted, the need for mental health support is only going to increase. We will certainly have our work cut out for us as we move through the response phase of this pandemic and into the recovery phase which will go on for months and possibly years.

At this writing, we are very busy developing new and innovative ways of providing mental health supports and programs to individuals needing our support. We are leaning to utilize technology for meetings, support groups, and presentations/programs. We are working hard to develop training modules that can be delivered online. We are establishing a phone-in support line for individuals around the province to call when they need help dealing with their mental health. This is not a crisis line but it is a place to speak to someone, access resources and possibly get referrals into other support services. At our branches, staff are regularly checking in on our clients by telephone to make sure they are well. At other branches, staff are preparing meals and providing them to clients as “take out”. This gives another opportunity to check in with them. The majority of Division Office staff are working at home with a few individuals remaining at the office to answer telephones and email. This is a time that will challenge our ability to think “outside the box” to come up with innovative solutions that will serve us well even after the pandemic has passed.

I want to express my sincere thanks to all of our dedicated staff around the province who are working hard to support the people of Saskatchewan throughout this difficult time. The work they do on a regular basis is outstanding and COVID-19, while it presents new challenges, is not going to stop that vital work. I am honoured and humbled to be able to work with this amazing team throughout the province. From the bottom of my heart, thank you all!

*“Love, belonging & connection are the universal sources of true well-being”*



## Advocacy, Research & Public Policy Development Report

Submitted by Rebecca Rackow and Dave Nelson

The following activities were carried out to achieve ongoing ends:



### **Youth Services:**

We have been working closely with Sun West School Division's Distance Learning Centre on their Mental Wellness 30L curriculum. We have helped them train both youth and adult peer supporters to be involved with the program as well as providing a framework and scripts/safety protocols for the peer support, counsellor, and elder components of the curriculum. We have also co-presented a breakout session at the CMHA National Conference in Toronto on September 23-25, 2019 about this curriculum. On October 17<sup>th</sup> we joined Sun West School Division's Distance Learning Centre on their Grand Opening of the Mental Wellness 30L curriculum. Over 400 guests were in attendance and we were considered partners.

We have spoken to CMHA National regarding Youth Hubs and the creation of specialized peer support training for youth. Since then, we have done a preliminary literature review outlining the benefits and pitfalls of youth peer support workers and youth peer support groups with the intention of working with other CBOs in creating youth hubs based on a peer support model. We have had preliminary contact with the YWCA regarding these youth hubs and the creation of specialized peer support training for youth in a collaborative way; however, those talks have been put on hold until the pandemic restrictions are no longer in effect.

We met with Glenna Curry regarding the mental wellness program of the educators and staff at the Regina Board of Education, in order to present their best selves to the children and youth they serve. She has been doing research through interviews with the staff of the Regina Public Schools and has come up with recommendations for their program that she wished to share with us.

On October 3<sup>rd</sup> we attended the Prevention Matters 2019 Conference in Saskatoon. This was a conference that focused on Child and Youth mental health related issues and provided a number of speakers on a wide variety of topics.

We also presented at and set up a display table at the Vocational Community Transition Fair that connects students and families with community-based supports on February 12 at Johnson Collegiate. There were 150 students, parents, and professionals in attendance.

### **Workplace Studies:**

This fiscal year we have continued to work on the Workplace Wellness research with Saskatchewan Polytechnic's Psychiatric Nurses Research team. This has involved the scheduling and delivery of the CARE workshops and a One-day workplace wellness workshop in many areas of Saskatchewan including Kenaston on October 26-27, Battlefords on November 16-17, and Regina on November 23-24 as well as one-day workplace wellness workshops in many areas of Saskatchewan. This has also involved the development of Refresh's Mental Wellness App for Apple and Android products.

We have had to postpone the scheduled focus groups originally booked for early April and final surveys to be handed out at these focus groups to determine the effect of the education and outside support on mental health at the workplace due to the pandemic restrictions. This will be the final steps of this phase of this research although there has been application for funding to ensure our continued involvement in the development of the Refresh Wellness App.

We presented this research at the CASE (Canadian Association of Supportive Employment) conference in Montreal to present this research at a National level showing our exploration of how community supports might affect the employability of Persons with Lived Experience. We were at this conference June 10-14, 2019. This research was also presented as a poster presentation at the CMHA National Conference in Toronto on September 23-25, 2019.

We also met with a researcher from the University of Saskatchewan to discuss community involvement on a research project involving Mental Wellness Education for entrepreneurs on October 25<sup>th</sup>. We co-applied for funding totalling \$50,000.00, however it was not a successful application. The primary researcher has worked with us to secure other funding sources and determine how to proceed.

The research in partnership with our OSI-CAN program regarding the treatment of those with an Operational Stress Injury by Worker's Compensation in order to create recommendations on how to improve their services has moved forward slowly. We did a pilot study of the survey process and had 16 respondents which resulted in some preliminary results.

**Lack of Services Available:**

Met with Colleen Quinlan, Director of Mental Health and Addictions for the Saskatchewan Health Authority in October and January.

Meeting on October 22<sup>nd</sup> with the Executive Director and Chair of the newly-formed Advocacy Committee at the Schizophrenia Society of Saskatchewan regarding collaborating together for advocacy issues. This led to a presentation to the Schizophrenia Society's newly-formed Advocacy Committee regarding our approach to effective advocacy on January 9<sup>th</sup>.

Provided a leadership role in the Disability Services Alliance (DSA) with other provincial-scope organizations. Rebecca R. is the Lead Researcher and Dave N. is the Co-Chair of the DSA. The current purpose of this group is to better understand the disability needs and how to better serve persons with disabilities and lived experience in the North. We attended regular meetings in Saskatoon regarding the next steps in our research project and how transportation fits into service hubs in the North. We trained Northern researchers to collect stories in a consistent way in Prince Albert and all stories have been collected and research compiled. CMHA-SK provided the push towards incorporating accessible transportation for services with respect to budgeting and cost included in government ask. This was indicated as a significant barrier to services in the results of the research.

We have continued to talk to Minister Jim Reiter regarding crises not happening from 9:00-5:00 only and what little support can be found outside of the hours worked for crisis services.

Consulted with service providers in Lloydminster, Saskatchewan regarding how services are shared across provinces to provide services appropriately to all in the Border City. The Lloydminster Charter outlines agreements for cross-border service provision. We will be approaching government with issues we heard

regarding the sharing of resources between Creighton and Flin Flon, Manitoba which similarly sits on a provincial border. We will be encouraging government to develop a similar charter as currently persons in Creighton are not eligible for many of the services in Flin Flon, which are not available in Creighton.

Consulted with Recovery College in Calgary and Alberta Division as well as Prairies to Peaks regarding the need for clear boundaries and support for appropriate peer support services rather than inappropriate crisis management services which peer supporters are neither trained nor supported for even though the lack of other services in Saskatchewan seem to call upon Peer Support workers to manage.

#### **Addictions Services:**

Continued involvement with the Métis Addictions Council of Saskatchewan Inc. (MACSI) working together to assist clients with mental health issues. Dave N. attends board meetings and education opportunities regularly. We attended the MACSI AGM and staff training to assist MACSI as they move from addictions only to mental health and addictions in their service provision.

Spoke with those in charge of the services provided by Green Arrow Healing at Sandy Beach at Lake La Plonge, Saskatchewan. They are using land-based therapeutic techniques for addictions as well as suicide ideation and operational stress injury through regular retreats and are looking for advocacy to obtain funding.

Spoke with those in charge of the services provided by Recovery Lake near Pinehouse, Saskatchewan. There are some innovative methods being used there such as land-based learning therapeutic techniques as well as inclusion of community and family support members attending and learning what support might look like for their community members. This treatment option also works on a harm-reduction model.

Spoke with June Draudy, former Minister of Social Services and volunteer who has been working with addictions services regarding how to better collaborate since there is a strong relationship between mental wellness issues and addictions.

#### **Poverty and Housing:**

We continue to participate in the Disability Income Support Coalition (DISC) with our quarterly meetings with the senior Ministry of Social Services Staff, as well as a smaller communications team that is looking at messaging surrounding the upcoming election from DISC through the media. We have completed the DISC research and were directly involved in the coding of qualitative data from 11 interviews and 432 survey respondents as well as creating the initial write up for the DISC research team. The next step is to take the finished product to the larger DISC team to establish what highlights will be used for the discussion.

There is a new collaborative effort called the Saskatchewan Accessibility Legislation Alliance (SALA) that started just before the pandemic restrictions were put into place. This collaborative effort mirrors the Federal Accessibility Legislation Alliance (FALA) in supporting legislation for accessibility in both public and private areas for those with disabilities.

There are some spin-off collaborative efforts through DISC to direct a focus to housing in Saskatchewan for those with disabilities and ensuring that housing provided for through government programs for those with disabilities are safe and accessible.

The Saskatchewan Human Rights Commission contacted us to ask for our opinion on the Sobeys initiative of having their sensory-friendly shopping hours and whether that should be a model used for other establishments.

Earlier this year, we worked with the Saskatchewan Human Rights Commission and CMHA-PA to highlight the housing initiative that Prince Albert Branch has created.

A housing developer, intends to create a new Mental Health Housing supported living complex at 1520 Victoria Ave. in Regina and was looking for help with need, accommodations, and accessibility suggestions for his business plan.

**Other Disability Advocacy:**

Along with a solid presence and leadership roles with DISC and the DSA, we also participated in the filming of a documentary about mental health issues and their relationship with other disabilities. Filming was in Saskatoon on September 18, 2019.

We also participated in a Social Work and Disability class on February 26<sup>th</sup>. The information we shared highlighted the history, application process, issues, and advocacy surrounding the SAID program.

**Justice Services:**

We continue to attend SVOR Steering Committee Meetings and are active participants on the JCSP Admissions and Discharges committee. We have also negotiated a new, 3-year contract with the Ministry of Corrections and Policing regarding the continuation of the JCSP.

We spoke with the Minister of Corrections and Policing at a gala event and discussed the need for more PACT teams and services to run 24 hours a day. We spoke of a potential funding model in partnership with Health to utilize the federal Mental Health Transfer funds to fund that sort of coverage.

**Indigenous Mental Wellness:**

We continue to hear from Indigenous groups requesting help with mental health services through research partnerships and endorsements. One of the strongest messages received is that identity in youth and young adults is directly related to mental wellness for many indigenous groups.

**Métis:**

Met with the Director of Health Programs of Métis Nation Saskatchewan for clarification of Métis Nation Saskatchewan research goals and secure funding with this project.

Attended and participated in the Trial of Louis Riel in order to better understand Métis issues for our research request on August 14, 2019

Participated in Back to Batoche celebrations on July 18-19, 2019

Attended and represented mental health at the Métis Nation Child and Family Services Symposium in Regina on September 11, 2019

We hired a consultant to collect stories in the Creighton/FlinFlon area to collect data for our research project.

We spent some time at Creighton, Pinehouse, and Lloydminster this year for our Métis Mental Health research project. On our second trip to Pinehouse, SK we had a very productive research trip with meetings with community leadership, attending their Reclaiming Our Community (ROC) meeting of service providers in the area, and interviewing several persons regarding the need for and type of mental health and addictions programs in the community. We also attended a fun community event with community members involving homemade food and music and seating with our new contacts/friends from the Gary Tinker Foundation.

In collaboration with Métis Nation Saskatchewan and MACSI, we are looking at MHCC funding for a project that determines what the link between cannabis use and mental illness is for those of Métis heritage.

**First Nations:**

Attended an Indigenous Mental Health and Addictions conference in Vancouver on December 11-13. This was a very good conference describing implementation of program philosophy into implementation of program.

We spoke with Michelle Pratt from the George Gordon First Nation regarding their treatment of mental health issues and how traditional ways can be implemented with best practices to be more effective with First Nations people with lived experience.

Upon continued discussion regarding the low success rate of ASIST and SafeTalks in Northern communities that experience high rates of suicide, there has been a call to find a more culturally competent answer to suicide prevention in Northern communities. Darien Thiru has developed a program called, "Through the Pain to Wellness" which has been effective in such communities throughout Canada. Darien offered the participant manual freely to review with our Northern consultants in exchange for a C.A.R.E. Workbook for his review. He also has a consultation service that provides training.

**LGBTQ Community**

On October 15<sup>th</sup>, Regina Public Schools voted not to officially celebrate PRIDE Week in Regina schools. This decision came after a motion brought forth in June and a number of activist protests from both sides. Upon this decision, CMHA-SK sent a letter requesting that topic be revisited and the decision be reviewed because identity formation and a sense of belonging are important parts of mental wellness during the stages of development and this decision did not encourage either of those outcomes.

**New Residents to Canada:**

We spent some time working with SAISIA to develop mental wellness modules for an education program for those new to our country. This is especially important when trauma is involved but also with children who may be grieving the loss of the people and places they have had to leave behind. This program has undergone some severe cuts and we are no longer working with them in this capacity.

**Further Awareness and Investigations:**

Collaborated with the Schizophrenia Society of Saskatchewan (SSS) and the Mental Health Clinic to facilitate the Strengthening Families Together 9-week educational group for families and friends of people living with mental illness.

Attended the Chamber of Commerce's 2020 Political Forum where both Leadership and Critics in government responded to member questions on January 29<sup>th</sup>.

After responding to calls for abstracts, we have been invited to the following conference as presenters:

**The 21<sup>st</sup> Canadian Collaborative Mental Health Care Conference** in Halifax, NS on June 5-6 talking about Community-based, Participatory Research: CMHA- Sask. Division's research philosophy and methodology using three examples of current research projects

This conference has been postponed due to the pandemic restrictions in place. We have been promised a place in the next conference available as soon as re-opening of such large-scale events occurs.

We have been working closely with the Mental Health Commission of Canada on the planning and invitation stages of a Reception for Mental Health Stakeholders (also postponed until pandemic procedures and restrictions are lifted).

Attended Saskatchewan Health Authority accreditation meeting in Saskatoon on November 27<sup>th</sup>.

Participated in the Queen City Ex Parade to enhance the profile of CMHA-SK on July 30, 2019

Our ECT Handbook has been completed and submitted to the Ministry of Health for review to determine the value of disseminating to their patients who undergo Electro-Convulsive Therapy. This was completed through a consultation process with a Person with Lived Experience as well as researching the guidelines in other provinces.

#### **COVID-19 Pandemic Response**

We have been informally researching the effects on mental wellness that pandemics and social distancing procedures create. There have been a number of studies done from the last SARS epidemic as well as new studies coming out of China and parts of Europe. We have also been monitoring the curve in Saskatchewan daily to anticipate the mental wellness needs in Saskatchewan.

#### *Emergency Wellness Response Team development*

In response to a Board meeting decision on March 21<sup>st</sup> to free up some funds for a response to the pandemic, Dave N. and Rebecca R. prepared a proposal for a province-wide, phone-in line to help alleviate members of the public's stress responses to the pandemic. There were a number of goals that could be accomplished this way:

Alleviate some of the concerns the public is having through listening, systems navigation for new government programs and services still open and available, and providing coping mechanisms and problem solving solutions.

This proposal would also maintain work for our staff who would otherwise be providing services that cannot be run through programs at this time. It would also meet our duty to funders regarding providing mental health services.

On April 13<sup>th</sup>, the Wellness Support Response rolled out to the public. All of the Branches as well as some Provincial programs have offered their service and support through staffing to answer calls on these area-specific phone lines. We have received 10 loaner phones from Sasktel which has become one for each Branch, one for Division to provide services to places where our Branches do not reach, and one specific

to youth for the entire province. All of the Branches have been promoting these call in numbers and have been continually working towards providing this response. We had a training day on April 6<sup>th</sup> to ensure that all team members were on the same page regarding what we can provide and what our limitations are as well as create a group chat function on Whatsapp so that we can communicate with each other regarding information and how to best help individuals. All calls are anonymously tabulated weekly so that we can have some record of the work being done during this time to be accountable to funders as well as provide raw data to study if accessing services over time changes during times of social distancing and social isolation. This is research that can only be done in such circumstances so the data is quite valuable to better understand human behaviour in these situations. We have had a lot of media attention for this initiative as well as an interest on a CMHA National level with other provinces using this framework as a model for their own pandemic response phone-in lines.

It has been interesting to see how much we can accomplish when all levels of CMHA in Saskatchewan work together from a board level to frontline staff. Congratulations to everyone!

### **Student Supervision**

During this year we supervised:

- Two Major Practicum (full time) students
- 1 Mini Practicum (part time) student
- 1 Major Practicum student who was finishing up her placement with us after taking sick time from a placement elsewhere the previous semester
- 1 SW100 student who required 12 volunteer hours
- 1 Psychology student who elected to do some volunteer time in a mental health practical setting to gain more experience

We will have two Mini Practicum students being placed at CMHA-SK in September.

### **Overall Program Stability and Funding:**

There are a number of research grants/funds that have supported this program as well as a standard management fee. These supports come from an NSERC-CCSIF grant, the Métis Nation Saskatchewan Ministry of Health, and various smaller grants or in kind services provided to free up funding.

In September we visited the head office of NSERC in Ottawa to discuss how community involvement is funded and appreciated through their grant structure in a time when community-based research is not only acceptable but encouraged. Community partners need to have assurances that the involvement and services that are provided are respected with budget and not just capacity building.

## PUBLIC EDUCATION AND AWARENESS



Caregiver  
Affected  
Recovery  
Education

Submitted by Rebecca Rackow

**Workshops:** This year we provided workshops for the Workplace Wellness research with Saskatchewan Polytechnic's Psychiatric Nurses Research team. This involved the scheduling and deliver of C.A.R.E. workshops in many areas of Saskatchewan including Kenaston, Battlefords and Regina. 26

people have earned their certificates of completion by attending the two-day workshop events.

**Social Media:** 46 followers on Facebook.

**Public Awareness:** We had an opportunity to meet with Glenna Curry regarding the mental wellness program of the educators and staff at the Regina Board of Education and a speaking arrangement is being arranged with the Principals meeting. This meeting usually has 45 principals and superintendents in attendance. Our presentation will be specific to the dangers of compassion fatigue and vicarious trauma.

Rebecca Rackow was interviewed for a CBC News report on Caregivers on January 23<sup>rd</sup>. This aired nationally and highlighted the C.A.R.E. program. The interview was also featured online.

Rebecca was also contacted by Muscular Dystrophy Canada to present wellness tips for caregivers in Ontario during the COVID-19 crisis. Rebecca was a panelist on a webinar and was introduced as an "expert on caregiver mental wellness" (sic). Muscular Dystrophy Canada indicated that responses to the event were quite favourable.

C.A.R.E. was invited to present at the following conferences:

CASE National Supported Employment Conference – talking about the mental wellness of caregivers of those with diverse abilities.

We're Only Human: Promoting Workplace Wellness Conference – talking about caregiver wellness and providing an overview of the difficulties caregivers face and some ways to alleviate them.

Unfortunately, these conferences have either been postponed or cancelled due to the pandemic restrictions in place. C.A.R.E. has been promised a place in the next conferences available as soon as re-opening of such large scale events occurs.



CMHA Saskatchewan Division was proud to announce the opening of our H.O.P.E. Learning Center (Recovery College) located at 1888 Angus Street in Regina, Sask. The first class, “The Art of Friendship” was held January 22 – 24, 2020 in our beautiful new facility. That was followed training sessions on Mental Health First Aid and another on A.S.I.S.T. (Applied Suicide Intervention Skills Training) before we were forced to close the college due to COVID-19. We are currently working on developing online offerings for use until restrictions are once again lifted and we can welcome students back to the college.



Donna Bowyer is the Director of the H.O.P.E. Learning Centre. She was formerly the Director of our Friends for Life Program, which we have moved under the umbrella of the Recovery College. She is joined by Danielle Cameron who was formerly a Mental Health Worker at the CMHA Weyburn Branch. We sincerely appreciate all the hard work of both of them have put in in helping us establish the college from the ground up.



## WHAT IS A RECOVERY COLLEGE?

A Recovery College can be described as a unique learning centre where people with lived experience of mental health issues, peers, family members and mental health professionals use their knowledge and experience to work collaboratively and on equal terms to co-develop and co-deliver courses on a range of topics that support well-being and recovery (Perkins, Repper, Rinaldi, & Brown 2012).

A Recovery College is a place of self-discovery where people come together to gain knowledge, learn new skills, and explore new roles for themselves in a supportive environment. Here a “student” is not a passive recipient of information or advice; they are actively engaged, valued and empowered within a culture of mutual respect. A Recovery College is a learning environment where people with lived experience are equal partners in developing and delivering learning opportunities that open the door to new aspirations and personal growth. Recovery Colleges offer a new way to support recovery and can be transformative for both individuals and organizations.

One of the key features of Recovery Colleges is that they are open to anyone. This includes people with lived experience of mental health or substance use issues, family members, peers, friends and other supporters as well as community members, and people who work in a professional role in mental health.

submitted by Shauna Altrogge, Director



The Gambling Awareness Program (GAP) is a long-standing program of the CMHA SK Division, and we just wrapped up our 25<sup>th</sup> year of service provision. Looking back to 1994, when the Program started, the gambling landscape was under expansion. Beyond lotteries, bingo halls, and horse racing, VLT's were rolled out and dotted numerous towns and communities, along with significant casino development.

Identifying a need, CMHA took the lead and created a prevention education program to help inform the public about gambling and to help those that are negatively affected. The program continues to evolve as we align educational materials and key message to be reflective to today's gambling market. As growth continues, as with the recent opening of the Lloydminster Casino in 2019, and another 200 VLT's being added to the provincial network, we also see the on-line platform grow in significant ways.

As I write this, we are in the midst of the COVID-19 pandemic, and concern is heightened as more people may shift to on-line gambling to replace their casino trips, alleviate stress, anxiety, boredom, isolation, or due to financial worries. GAP will develop strategies to help people navigate this unprecedented and challenging times.

Here are some key highlights from our past year at GAP:

**What is 427?** Another record for the Program! We delivered **427** community-based presentations across the province, an increase of 21% over last year. The GAP Team travelled to many different communities delivering our message, including the far north and visiting a number of First Nation communities. **27** Display Events were also attended, and through our outreach efforts, we connected with a total of **14,039** people. My team worked hard this year to reach this new milestone and I appreciate their dedication to GAP!

GAP Communications had a busy year as well, with regular and consistent posts to our Facebook, Youtube, Twitter, and Instagram accounts where we are seeing slow, steady growth in terms of audience and engagement, recognizing it takes time. Creating GAP's very own videos for our social media and website continues to be one of our strategies as we move forward, with the start of a weekly video release schedule. Bringing the Loot Box game to life, design and development of the "speech bubble" activity for displays, and the development of additional print and promotional resources for the team, are just a few of the tasks that kept Communications busy!





**Loot Box Challenge** We visited 286 classrooms talking with students from Grade 6 to Grade 12. Video games, social media and technology use are weaved into our conversations with kids noting the overlap with gambling.

A new interactive game was developed over the summer, promoted, and launched at start of the new school year. The game is designed to replicate 'loot boxes', a common feature found in many popular video games kids play, but are known to replicate gambling mechanics. The game has been a hit with both teachers and students. It helps educate students in a more engaging and fun way while teaching key concepts such as setting limits, delaying gratification, self-regulation, and peer pressure as it relates to technology and gambling.

With the Ministry of Education announcement that **Financial Literacy** courses would be added to the provincial curriculum, GAP developed a new module to specifically align with the curriculum, with a clear connection between gambling and course material related to money matters.

**GAP's gone virtual** Answering the call for GAP to be available as an on-line resource in schools, a series of new modules were developed and launched for the **Cyber School** platform in Saskatchewan. With the pandemic prompting school closures across the province, there may be more interest and engagement with the new youth resource and opportunities to produce more content virtually.

**The Great Outdoor Adventure** GAP transformed our large display to be an outdoor gig, complete with large tent and the ability to weather all sorts of weather! We connected with 1,126 people at **Moose Jaw Sidewalk Days**, and had great interaction with U of S students during **Welcome Week**, in the very busy outdoor grassy space on campus, nicknamed *The Bowl*.



**GAP gets GOLD** GAP won first prize for Best Display during the **Prince Albert Opening Doors to Tomorrow Career Fair** that drew over 2,500 high school students from PA and surrounding communities.

Awarded for having the most popular, fun, upbeat and engaging display, our team was happy to receive the recognition. We engaged with over 700 youth, with most lining up for their chance to spin our wheels and test their knowledge on gambling and gaming related topics. It was an intense and busy day but well worth it!



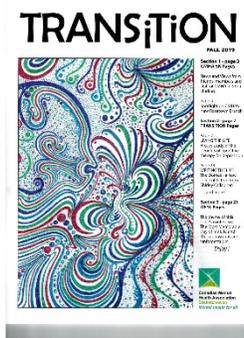
# HEALING THROUGH HUMOUR

Healing Through Humour is a program of the Canadian Mental Health Association of Saskatchewan in partnership with the Schizophrenia Society of Saskatchewan. The program teaches people living with mental health issues the art of comedy writing and performance. Our mission is to give people living with mental illness an opportunity to express themselves in a safe and creative environment. We also work with people without an illness so they can work hand in hand with those who are ill as a way to break down stigma and show the person without an illness that there is nothing to be afraid of when it comes to people who do live with a mental illness.

Healing Through Humour's body of work includes comedy classes, musical comedy albums and music videos along with films and live standup events. Visit our website at [www.healingthroughhumour.com](http://www.healingthroughhumour.com) and like us on Facebook.

**TRANSITION MAGAZINE** is published twice a year and 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 at <http://sk.cmha.ca/documents/transition-magazine/>

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 SOCIAL MEDIA

CMHA Saskatchewan Division's online presence includes the following mediums:

Website: <https://sk.cmha.ca>

Facebook: <https://www.facebook.com/CMHASK>

Twitter: [https://twitter.com/CMHA\\_SK](https://twitter.com/CMHA_SK)

Instagram: [https://www.instagram.com/cmha\\_sk/](https://www.instagram.com/cmha_sk/)

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

## PROGRAMS AND SERVICES

### INDIVIDUAL AND FAMILY SUPPORT

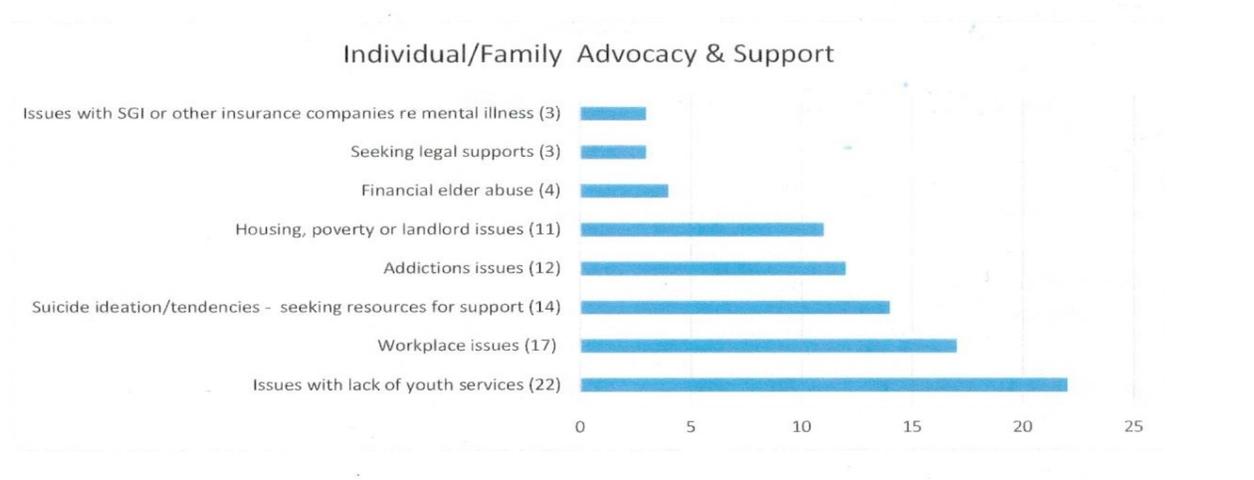


*\*Marcus goes for walks around the neighbourhood of CMHA Saskatchewan Division and is a member of the Club at the CMHA Regina Branch. Since programs have been on hold due to the COVID-19 pandemic, recreation facilities such as gyms, swimming pools, and bowling alleys are closed for recreation activities and the libraries are closed for internet access and computer usage. Marcus finds himself having a difficult time. Marcus lives with his mother, who he states says hurtful things to him and this causes his mental health issues to be more pronounced. He does not have access to a phone and so he does not have contact with his regular social group from the Regina Branch. Marcus says he needs someone to talk to on a regular basis to refocus his mind after his mother says things to disturb him. He has no access to a friend or family member. Although our office is closed, specific times were set up twice a week for a staff member to engage with Marcus and go for a walk until services reopen.*

***\*indicates that the name is changed to protect confidentiality of the caller.***

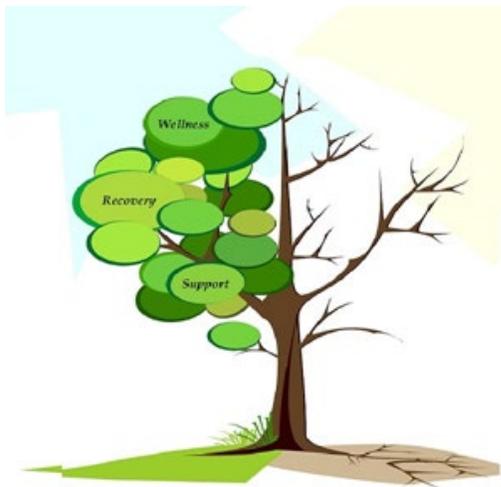
While the main focus of the work of CMHA Saskatchewan Division is education and public policy development on a provincial scale to assist those experiencing mental health issues, the staff at CMHA Saskatchewan Division Office frequently have the opportunity to assist individuals, clients and their family members on a wide variety of issues.

During 2019-2020 we have done either direct advocacy or systems navigation for 86 people. The following illustrates the type of assistance provided by the CMHA Saskatchewan Division Office staff throughout the past year:



It should be noted that our OSI-CAN PTSD Support Project regularly receives calls for information and support which are not included in this report. We also provide verbal and print information on a wide variety of mental health topics.

## Justice Community Support Program



The JCSP is a partnership between the **Saskatchewan Ministry of Justice** and the **Canadian Mental Health Association** (Saskatchewan Division) Inc. (CMHA) as part of the provincial **Serious Violent**

**Offender Response.** The overarching goal of the SVOR is to reduce recidivism, that is, the rate and severity of serious The JCSP is grounded in the person-centered, recovery-oriented approach developed through the CMHA (National) Framework for Support. ***The primary purpose of JCSP is to assist the clients with practical, emotional and behavioural problems, helping them to develop important life skills and improve their quality of life so they can live crime free as citizens contributing to their community.*** The program focuses on supporting mental health and social reintegration during the transition from prison to community life.

### **How We Do It:**

*The JCSP team focuses 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 and integration activities. Health needs may require getting on the case load of a general practitioner, the mental health clinic and psychiatrist, dentists, optometrists or other specialized health providers.*

*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.*

### **What We DO:**

In-reach supports and services for individuals with mental illness who are currently serving custodial sentences

Reintegration planning from custody to community or from community sentence to post-sentence which can include assisting in the development and maintenance of their relapse prevention plan, including:

Addressing housing needs and barriers to maintaining residency

Pursuing and maintaining an optimal medication regimen

Has sufficient medication to last at least until follow-up appointment

Ensuring an integrated treatment approach is maintained for clients with co-occurring disorders

Initiating benefit applications/reinstatement to financial and other programs

Ensuring the client has adequate identification, including Photo ID

Transportation is arranged for client to/from appointments

Ensuring client has continuous access and resources for adequate food and clean clothing

Engaging client's family and/or other community-based support services

### The Referral Process:

At the monthly SVOR Case Management Review meeting candidates are accepted into the SVOR from which referrals may come to the JCSP. Usually Probations, Police, RCMP or Prosecutions will craft this by filling out a **referral form** which is then sent to the JCSP Director and added to the agenda of the **CMHA JCSP Admissions/Discharge Committee**. This referral highlights the client's mental health/substance addiction concerns and specifics supports needed. This committee evaluates the appropriateness of the referral and considers special circumstances (e.g., safety considerations), and urgency of the referral, while also considering the workload and travel requirements of the JCSP staff. In practice, a referral is made to the JCSP within 10 days of a client's acceptance into the SVOR. The JCSP Director will promptly notify the Probations Supervisor of the decision made by the JCSP Admissions Committee.



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#### ***Are there specific guidelines for the safety of workers for client contact?***

*The JCSP Safety Protocol was approved and put in place early in the Program in February 2014 to recognize the need for informed decision-making and a well-planned approach, especially with clients who present specific safety and security concerns. A significant measure of responsibility rests with all staff to exercise prudence and judgment in their work, and to discuss concerns and seek guidance from their supervisor. The Safety Protocols cover contacts in the office, police station, and community settings. The workers consider the physical environment of the meeting space, information gathered prior to meeting the client, and appropriate handling for hostile situations and phone calls.*

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OSI-CAN, an operational stress injury/post traumatic stress support initiative, continues to provide hope, resilience and recovery to the men and women who serve our communities and country.

OSI-CAN was created in January 2016 as a partnership between the Canadian Mental Health Association Saskatchewan Division and the Royal Canadian Legion Saskatchewan Command. Our target demographic consists of serving members and veterans of the Canadian Armed Forces, Allied Armed Forces, the RCMP, community first responders and public safety personnel including municipal police services, emergency medical services, fire protection services, hospital trauma personnel, 911 dispatchers, corrections officers, traumatic accident clean-up crews, volunteer first responders, nurses, social workers, tow truck drivers and conservation officers.

OSI-CAN seeks to empower and encourage our target group to strive for recovery through peer and professional support. Our initiative does not require participants to be diagnosed or referred. They just need to be willing to admit to themselves that they might need some help and find the strength to reach out to one of our support groups. Support groups provide a secure and confidential forum that is built on anonymity. Here their issues can be discussed with others who are going through the same thing without fear of judgment or criticism. It is within the support group that other needs are identified and addressed.



We have an ever-expanding network of service providers to link members with other services necessary for their recovery, such as housing, counselling, addiction services, vocational training, psycho-social rehabilitation,



advice on prescriptions, equine-assisted therapy and financial assistance for those needing a service dog. OSI-CAN services are free of charge to anyone in need.

OSI-CAN also has family and close friends of those with OSI support groups. They provide support and information on what is OSI, trauma-informed care and self-care.

Our phone-in support group is for individuals located in remote or hard to reach areas of the province or those with mobility issues that prevent them from physically attending a support group meeting.

OSI-CAN currently has support groups in Regina, Saskatoon, Prince Albert, Fort Qu'Appelle, Moose Jaw, Weyburn, Estevan, North Battleford, Tisdale, LaRonge and Swift Current. The program has also expanded into Manitoba and Alberta with an expansion into British Columbia expected in 2020.

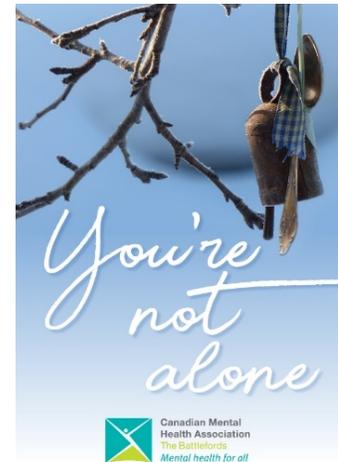
OSI-CAN is funded primarily through private donations from individuals, communities and organizations and businesses. The program is also partially funded by the Saskatchewan Workers' Compensation Board.

Check out our website at [www.osican.ca](http://www.osican.ca) or follow us on Facebook at <https://www.facebook.com/osicanrecover/> and Twitter @osican\_ptsd

## CMHA Battlefords Branch

Submitted by Jane Zielke de Montbrun, Executive Director

On March 12, 2020 everything changed for all of us at CMHA Battlefords Branch. We were directed to suspend all social/recreational and wellness programs – effectively closing our office to members and the public indefinitely. COVID-19 and social distancing severed our ability to provide direct service to our members and The Battlefords community. This pandemic, and the province’s countermeasures to flatten the curve, will impact all of us for months and perhaps years to come and gave us an opportunity to use our imagination and expand our thinking on how to support others’ mental health.

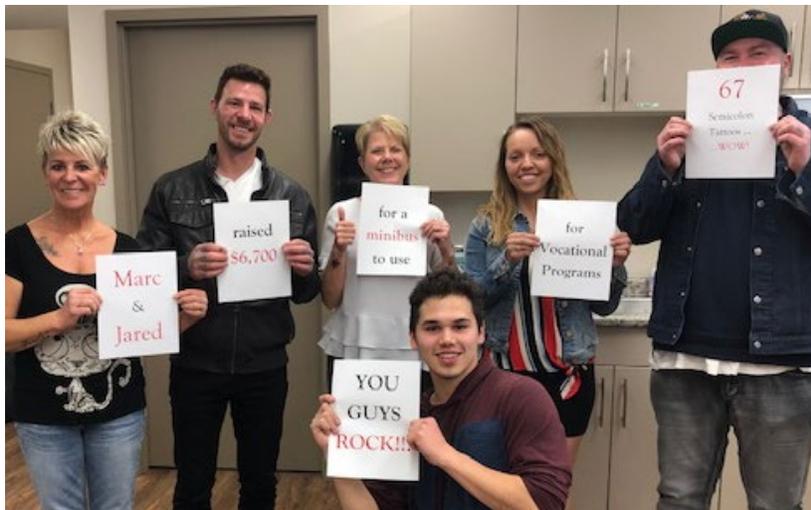


At the time of this report, our branch’s ‘virtual door’ is open each weekday. We connect with members, home operators and our volunteers on a regular basis to reduce the risks of anxiety and depression – mental health problems that social isolation can cause or exacerbate. We’ve launched a radio ad campaign and distributed a pamphlet in both Battlefords communities as a way to reach out and connect.

Fortunately, our vocational therapy programs continue on a small scale – engaging two participants at any given time to allow for social distancing. We’re grateful for this and for having the ability to continue serving our community by being that voice on the end of the phone.

This past year, CMHA Battlefords Branch continued to provide programs, supports and services to people living with mental illness, their families, their friends and caregivers. New and ongoing projects include Recovery College, peer support, community education, awareness, fundraising and housing.

### Mental Health Week 2019:



We kicked off Mental Health Week (MHW) 2019 with our annual flag raising ceremony at North Battleford City Hall. The program included honour songs by Young Bucks youth drumming group from Poundmaker First Nations. Battle River Treaty 6 Health Centre sponsored a free community BBQ with proceeds donated to our branch and The Lighthouse. Saskatchewan Hospital celebrated MHW 2019 by holding a Talent Show and many

in our community joined us in our annual Walk For Awareness. Our 3rd Semicolon Tattoo event raised \$6,700 for our latest project – a mini bus for work experience programming. We extend heartfelt thanks

to Marc'd Up Tattoos in Turtleford and Skinny's Tattoo on 48<sup>th</sup> in Lloydminster for again working a really long day for our organization.

### Garden Party:

On June 14<sup>th</sup>, 2019 we held our third annual Garden Party. This event raised \$27,000, moving us close to our goal of \$80,000 for the purchase of a mini bus to transport vocational program participants. This event would not have been possible without the support of event sponsors, individuals who donated \$200 or more during our fundraising blitz in May, our volunteers and our entertainers. Thank you to all.



### Our Programs

Under the direction of a new coordinator, cultural awareness, land based learning and a holistic approach to wellness has influenced social recreational activities and day programs (Wellness, Seniors) at our branch. Summer activities included a week long trip to Edmonton in June, two weekend camping

opportunities and a boating program at Meota Yacht Club. Monthly activities throughout the year blended old with new – coffee outings, Witness Blanket Tour, workshops on block printing and making a parfleche are just some examples. Wellness sessions were held out of the office as much as possible and included team sports, walks and trips to



Chapel Gallery and Saskatchewan Hospital. Participant count for Social/Recreation, Wellness and Seniors' was over 3200 this past year.

Our vocational programs (TEP) continue to engage more members in meaningful work in The Battlefords. In 2019-20, 20 TEP I members worked in the community shovelling snow, mowing lawns, delivering flyers and performing odd jobs. Our TEP II program offered work experience through job opportunities in housekeeping, newspaper delivery, janitorial work and grounds/facility maintenance at David Laird Campground. With additional funding from Saskatchewan Health Authority, we introduced two new vocational programs: vehicle maintenance and shopping with seniors. TEP II employed 65 members this past year.

Membership grew by 47% over last year largely due to interest in our Independent Fitness Program. In 2019-2020, 348 individuals held membership cards. In addition to having access to CMHA programs and supports, membership allows individuals free independent use of the field house and aquatic centre. In 2019, members visited these facilities almost 2,000 times to support their mental health through exercise.

#### **Our Staff:**

This past year, our branch employed 3 full time program coordinators and 6 part-time employees in either job coach or program assistant positions. Additionally, we hired two summer students and five seasonal employees for 2019's spring/summer/fall. At the time of this report, we are working with reduced staff numbers as a result of program suspensions due to the pandemic.

#### **New Initiatives**

In March of 2019, our organization partnered with BRT6HC and Battlefords Better Together Team to launch a 12-month awareness campaign in our community. Scripts were meaningful, provided hope and encouraged people to seek help if experiencing a mental health problem. Many people shared their stories 'on air' and community responses were very positive. Our branch is ready to introduce the first course of Recovery College to The Battlefords once COVID-19 is behind us. In the meantime, we are going forward with an 8-unit independent supported housing project and construction should begin by June.

In closing, we are grateful to Saskatchewan Health Authority; CMHA Saskatchewan Division; Jim Pattison Broadcast Group; Battlefords United Way; W. Brett Wilson and Family Foundation; SPRA; Royal Canadian Legion No. 70; Rivers West District for Sport, Culture and Recreation; our many donors and volunteers for their continued support of CMHA Battlefords Branch this past year.

## CMHA Melville Branch

Submitted by Tim Ziola, President

The Melville Branch of the CMHA has once again had a very busy year! Our monthly support group meetings continue to see new people showing up. This group is open to anyone who wants to share their mental health experience and find support from others in the group. It's held the first Wednesday of every month at 7:00 p.m. in the Melville Community Works building.

Our branch has a dedicated board of directors who work to bring educational courses and public presentations to improve the mental health literacy of our community. During the past year, we have held a Mental Health First Aid Course and this year we hosted an Applied Suicide Intervention Skills course. Both of these courses were maxed out with participants and had a waiting list.

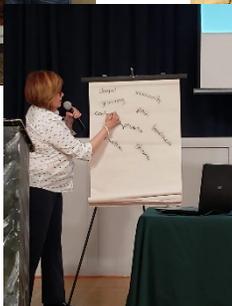
We also hosted a Mental Health Week event in 2019 featuring Cindy Werner of Hope Heals Regina to share her experiences and motivations. 100 people attended this event and it was very well received.

As with many groups and organizations, 2020 brought COVID-19 and unfortunately we had to cancel a large event we had planned for March 20, 2020. We intended on hosting a Rancher/Farmer Agriculture Appreciation Night featuring Leslie Kelly. Leslie was a part of the #BellLetsTalk campaign and co-founder of Do More Agriculture Foundation whose mission is to break down the barriers and create a culture where producers are encouraged, empowered and supported to take care of their mental well being. Hopefully we can arrange for this event to take place in the near future when things return to normal.

CMHA Melville Branch uses the money from fundraising efforts and donations to bring these events either free or at a low fee so that cost is not a barrier.

A huge thanks once again to our entire Board who continue to make all this happen, as well as the support from CMHA Saskatchewan Division!

Currently our Board consists of: President – Tim Ziola, Vice-President – Vicki Ottenbreit, Secretary/Treasurer – Kelsey Karius, Board Members – Ruth Cooper, Micheal Halyk, Kara Molnar, Kim Unterschute, Lesia Baker and Erica Cherney.



## CMHA Moose Jaw Branch

Submitted by Nema Atsu, Program Director

CMHA Moose Jaw Branch has had a wonderful year. My goal as the new Director in Moose Jaw was to get our name out in the community and let people know we are here to help. Over the year we did four radio interviews and had five articles in the local newspaper talking about mental health in our community. Hearing our name more often seemed to help bring about support from the local community which has helped us expand and further develop our programs.



In July I was approached by Spencer Noble, a young woman who wanted to plan a walk/run fundraiser for CMHA Moose Jaw in August. She did an amazing job bringing the community together to raise awareness about

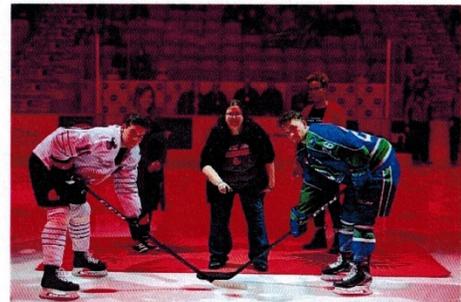


mental health. Almost 100 community members attended and we are so grateful that she thought of us for such a wonderful event. Realty Executives was another new contributor. They put on a barbecue fundraiser for our branch during Sidewalk Days and generously donated again over the Christmas holiday.



We would also like to thank the Moose Jaw Warriors, The Kenneth Loftus Fund, RBC Bank, Shamrock United Church, PolyTech Students, and all who attended and donated to the Masquerade Ball fundraiser, as well as all of the other amazing funders who have helped us expand our programs over the past year such as SHA and CIF.

Our Partnership with Journey to Hope continued to flourish over the year. We were able to deliver Safe Talks, Tattered Teddies, and Straight Talk training in the community 10 times over the last year, teaching another 225 community members to recognize and intervene when someone is thinking of suicide. Our members have also enjoyed taking part in many of the events around suicide awareness such as coffee and a concert and Open Mic Night.



We visited 12 high school classes and spoke to them about topics such as anxiety, depression, self-harm, Schizophrenia, Bipolar, body image, and stigma. We also trained 16 people in Mental Health First Aid and spoke with 104 people about mental health in the workplace.

Another important presentation for our Branch was speaking with the RCMP and Municipal Leaders about mental health and illness and what they may see in their communities. There were 50 attendees and the presentation turned out to be a great success. We also presented to 21 organizations in the community about the various programs that CMHA offers.

With all of the support from the community we were able to expand our Peer Support Program to serve more individuals needing mental health support. We had a lot of interest from community members who

were in recovery and wanting to contribute. This year we started Peer Support Training at our local branch. It has been very successful and those who completed the training have commented that they learned a lot about themselves and others, looked forward to the training every week, and were sad when it was over. We also introduced Team meetings for our Peer Supporters once a month, to discuss any issues and successes they are experiencing with their peers, as well as support one and other in their own recovery.

We started the year off supporting 5 peers through One on One Peer Support, and we have been able to increase support to 17 people. We have also begun to train 4 new peer supporters to develop an Anxiety Peer Support Group and to further expand our One on One Peer Support to meet the demand. We continue to work with Mental Health Services and appreciate their referrals.



A few new activities were also introduced to our Peer Support Come Together groups including, self-help and education night, swimming at the community pool, painting and dream catchers, Dungeons and Dragons, volunteering at the Humane Society, and meditation at the Library. We invited the Regina Sexual Assault Centre to facilitate a workshop on *Coping with Trauma*, CRA and Service Canada came in to give information on their services, and Jayne Whyte from Division came in to speak with our peers, and twice with the tenants of the Moose Jaw Housing Authority, about aging and loneliness. Attendance for Come Together groups have remained stable over the year, averaging about 9 peers per activity with many groups having much more such as, our Potluck in September which had our highest numbers with 26 peers attending. Groups continue to run minimum of three days per week.

The *In It Together: Resiliency Network Group* with MJACL for people with intellectual disabilities and coexisting mental health issues had a successful year. The *In It Together* group started with 9 members in April and grew to 16 members by March. This member led group primarily focuses on empathy, feelings, and emotional regulation. Participants have expressed that they love taking part in the group and the supportive environment it creates. Many members report feeling safe to express their emotions and felt understood by others in the group. Most participants attended every week.

We have also hired a new Vocational Coordinator, Desiree Thul. She has been working hard meeting with community organizations and doing a lot of research to develop a program that will fill the gaps for vocational services in the community. We are very excited about the work she is doing and rolling out the program in the upcoming year.

Overall, we've had a wonderful year engaging and getting to know our community. We have developed an amazing team of Peer Supporters, and have been fortunate to see many of our peers grow and increase their mental wellness. We are all very excited to continue to serve our community in new ways.

## CMHA Prince Albert Branch

Submitted by Doug Kinar, Executive Director

This was a year of changes for our branch. It seems that while everything changes, everything stays the same. Our drop-in centre, The Next, made a dramatic move from the second floor to the main floor. The plan for the move was ongoing. The decision to actually move was made on a Friday and accomplished by Monday. The kitchen and bathrooms remained on the second floor. The logistics have been interesting but everyone seems to prefer the main floor access.



Our vocational programs operated as per usual. Everyone finds a sense of purpose through the programs. We have two new additions to our vocational programs. Our firewood program has been successful to date. We have collected, cut and split a vast amount of firewood for seasoning. We have sold a few pallets and we are hoping the COVID-19 pandemic doesn't cause too much disruption. The Community Kitchen program has been a major part of our affordable meal and residential program. The participants will now be paid an honorarium for their participation.



We welcomed a new Program Supervisor to our staff. The main duties of that position are overseeing the affordable meal program.

We have continued our partnerships with CSC, working with inmates through escorted temporary absences (ETAs). They have helped tremendously with heavier labour involved with firewood and renovations.



We have applied for funding to obtain more housing for our residential programs. Renovations would be accomplished through our partnership with CSC. Tenancy would focus on those inmates being released on parole.

The big ending to our year, of course, is the COVID-19 pandemic. Our drop-in center and programs closed effective March 16, 2020 for the duration of the pandemic, however, we have not stopped working. Our residential program continues its support for our tenants. The staff, utilizing physical distancing measures, have been working diligently on upgrading the renovations for our drop-in centre and



the As Good As New store. Painting and floor plans are being completed during this unique time.

We look forward to the end of the pandemic when we will be able to offer our full services and programs to all of our family of participants.

## CMHA Regina Branch

Submitted by Leroy Berndt, Executive Director

CMHA Regina Branch continues to operate the Pre-Vocational, Vocational Programs as well as the Community Engagement area and are proud to have them meet the needs of over 1350 members in Regina who are living with a mental illness.

### Vocational Program

At CMHA Regina Branch we have many members who work in 5 different areas that gives them experience in the skills they will need to work in the open labour market.

The Food Services Program employs thirteen members. This past year, thanks to funding received from Punchline Comedy Night, we were able to get more members Food Safe trained and certified. We served over 18,000 meals made in our kitchen. Community kitchen was offered on a weekly basis and remains an important part of our weekly program for many of the members. We had put Community Baking on our weekly schedule as well, but the arrival of COVID-19 put a sudden stop to its introduction.

The front desk at the Member's drop-in centre employs about nine people and five members also work in our Canteen. The Janitorial program at the branch employs ten members who clean our own building and five more members are out in the community doing house cleaning. We have thirteen house cleaning customers and three business customers.

As a Branch, we are grateful for our allocation of the Vocational funding received. This made it possible to go back to our database and identify the number of members who have an interest in working. We followed this up with meetings with the members to discuss in broad terms what each of the areas of employment offered. This was followed up with giving members the opportunity to shadow and perform some of the tasks in each of the areas of employment. We were also able to create new shifts because we had members who were available and interested in working. We have been successful in getting more members working and, in turn, earning extra income. We have a waiting list of members who would like to be Food Safe trained and certified.

### Pre-Vocational Program

It is with immense gratitude that we reflect on the vibrancy of the Prevocational Program for 2019, with all its many accomplishments, the small joys, and the challenges. All were really opportunities to expand the many ways we adapt to help others. In 2019, the Pre-Vocational services accommodated the changing needs presented in the drop-in center. Increasingly we have assisted more people living with complex needs and substance use disorder than in previous years, and for many, this may be their first point of contact in seeking mental health supports. For others, the CLUB remained or became a beacon of familiar faces; a caring place where people feel they belong and where they can fill their day with activity and establish a sense of meaning in their lives. We strive to assist all people coming through our doors to building connections for socialization and support. In 2019, 332 people applied for a membership, this is a slight increase from last year. Most clients have self referred but increasingly more of the Psychiatrists and GPs, along with the Drug Court, FASD Network, and RGH Day program are informing clients of CMHA membership benefits and the recovery capital we provide.

The demographic of our clientele has changed. According to the annual members survey most clients are between the age of 25-54, while our senior population (55 and up) decreased by 11% from last year, with the age group of 18-24 remained under 5%. Our Indigenous population increased by 18% as self disclosed

on the survey with 45% of those participants sharing, they are either First Nations or Metis. 21% of Members indicated their housing situation was unstable or homeless, indicating a 7.4 % increase from last year.

Seven days a week our team diligently addressed the urgency of some needs while gracefully facilitating structured programming that promotes inclusion, helps strengthen peoples' capacity, and serves to reduce barriers. During the week, daily attendance in the club averages 93 plus guests, so sometimes it is easy to lose sight of our accomplishments. The impact of our program is demonstrated in the annual client survey that sheds light on the value and benefits of our programs and services from those who know us the best. In 2019:

- 95.5% of Members surveyed said that attending the club helps keep them well and 75.5% specifically indicated that CMHA services/programs helped keep them out of the hospital.
- 82% identified that CMHA helped them gain knowledge and skills on how to make healthy choices.
- 85.5% shared that Club activities gave them a sense of belonging in the community.

This year having access to our meal program was identified as the most important factor affecting people's sense of well-being. While the opportunity for socialization and to reduce one's isolation by visiting the "Members Club" with its hub of ongoing peer interaction and engagement and activity, rated second and third in contributing to their wellbeing.

Highlights:

-Mandala project completed by members and staff; our Open Art instructor, Amanda facilitated this arts-based awareness project. The three mandalas now adorn our front entrance hallway.



"Our mandalas are a representation of what happens when we all come together to create community. Just like we all come in with our own identity and experiences to create a group, we will each take a piece of canvas and paint it to represent ourselves, our gifts, and how we connect to our community.

We painted ourselves on our piece of canvas, the mandala was then glued together on a large canvas to represent us all coming together in community. Who we are as individuals and how we bring ourselves to our community define what our community is. We are each important contributors to our community, and the gifts that we carry with us and the ways we connect to our community make our community vibrant and strong!" – Amanda, Open Art Instructor

-New van, purchased by Punchline Comedy Night funds; Members and staff were thrilled to hop on board to ride in prestige.



-Camp trips to Kenossee and Yorkton, thanks to the RMHC; 24 members enjoyed these overnight adventures.

-Volunteer Appreciation tea; certificates for 142 members and community individuals.



Special meals at Easter, Thanksgiving, and a fabulous party for Christmas at Wesley's United church, the monthly infamous St. Georges meals, special thank you events for funders and volunteers, Inner Wheel St. Patrick's tea, monthly Birthday celebrations.





- Our programs were enhanced by the contribution of:

- a Summer Student, Regan, who helped our members participate in more community outings and to volunteer at the Regina Folk Fest,
- 6 Nursing students who keep the health checkup groups, positive pal, and educational health sessions going over 3 semesters,
- and Justin our Social Work practicum.
- We were pleased to support Tanya Condo in acquiring her Peer Support Certificate and she provided a structure peer support group.

I would like to give a resounding thank you to the Pre-Vocational Team of Melissa and Suzanne, and of course to the rest of our CMHA Staff and Casuals for their ongoing support in managing the Club. We are pleased to have both Linda and Dillon assigned one day a week to the Pre Voc team. Thank you to all the Members, their families and caregivers, our volunteers, our Board of Directors, our community partners, and our local community for their support over this year.

On behalf of the Pre-Vocational Team, we are thankful for this year's successes which included enhancing our community partnerships, offering more educational and skill building activities.

As we move forward in 2020, we are dedicated to re-designing our programming in keeping with in CMHA national mandate to "provide advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive."

Submitted by Susan Beug, Pre-Vocational Team Leader

### Community Engagement

During the past fiscal year, the Community Engagement area has been extremely busy providing an abundance of presentations, training sessions and general education to various elementary & high schools, post secondary institutions, workplaces, as well as community agencies and organizations. One of our highlights this year was being asked to present at the CMHA National Conference in Sept. The presentation was on Connecting the Circle - outlining the importance of community connection and how we are all connected. Through that connection we can better meet the needs of our community through understanding and awareness.

Our community has been extremely generous to our branch and in particular, the community engagement area this past year. Various community-based fundraising initiatives were carried out resulting in much needed funding for our branch and our programming areas.

While the community engagement area continues to be our only non-funded programming area, we strive to carry out the support and education that our community is in such need of. With the phenomenal support to our branch and the community engagement area, we have been able to continue to grow and expand our support ensuring that those who are in need of our services continue to receive them.

We are excited for what lies ahead in the community engagement area but we know that;

“Alone, we can do so little; together we can do so much.” – Helen Keller

Thank you to all our wonderful sponsors, donors, and supporters. We are truly appreciative and greatly humbled.

Respectfully submitted Shannon Patton, Director of Community Engagement



Connecting the Circle Drum

Recipient of Connecting the Circle Drum at CMHA National Conference



Sheldon Williams Awareness Bench

FW Johnson



Leboldus Collegiate -Soothing Kits

Sheldon Williams Anxiety Kits Room



Young Leaders Workshop



Hope, Honour Heroes Buddy Bench Guide



## CMHA Rosetown Branch

Submitted by Carmen Ledding, Branch Coordinator



*(photos: local expert volunteers putting up our new sign at CMHA Rosetown, October 2019)*

The past year has been one of networking and building the Rosetown branch of CMHA. Our official launch was May 2019, during which we conducted a number of radio presentations and hosted an open house. We have been fortunate to forge positive relationships with local Mental Health Nurses, School Division representatives, and long-term care homes by hosting casual coffee and muffins get-togethers, during which we discussed community mental health needs and what support groups would flourish in the area. We have been focused on building our online presence in building and updating our website ([rosetown.cmha.ca](http://rosetown.cmha.ca)), Facebook page (CMHA Rosetown), Twitter (@CMHARosetown), and Instagram pages on a regular basis to reach people throughout the West Central region of Saskatchewan.

CMHA Rosetown is still in the building phase of our programs and services. We are seeing phone calls primarily from parents, caregivers, and partners of people who need support for their own mental health, and assistance in advocating for the mental health of their loved ones. We currently are open two days a week, and hope to offer support groups, resources, and information nights in collaboration with presentations by Sask Health Authority and Sunwest School Division representatives.

### **Presentations**

**Post-Partum Support Group Presentation** – to 20 Public Health Nurses in the former Heartland Health Region at their annual meeting. Our program is based on the model and facilitator manual offered by the Pacific Post-Partum Support Society, specializing in Post-Partum Depression and Anxiety. This group will be offered to a maximum of 8 participants, and is currently being promoted to local physicians.

**Grief Presentation** – this was a collaborative presentation with the Crisis Centre (Kindersley), Victim Services, Shanidar Funeral Home and Community Mental Health services in response to the residual trauma of volunteer firefighters in responding to local MVAs; as well as losing members of the community and their team in recent motor vehicle accidents. We were able to distribute brochures and connect with 21 adults and 1 child at this presentation.

**Alzheimer's Lunch and Learn** – Promoted by our local Chamber of Commerce and presented to 16 people in conjunction with the Alzheimer's Society as a way for people to sign up for our Caregiver Support Group in December 2019.

**Luseland School Mental Health Information Day** – we were invited to present our services and distribute information to 60 students and 15 adults in September 2019. Luseland is a small community 1 hour northwest of Rosetown.

### **Support Groups**

**Caregiver Support Group** – is offered once a month since January to caregivers, in collaboration with the Alzheimer’s Society of Sk. We currently have 15 registered members, including 1 in May of 2020. Educational modules are presented about the types of dementia, the progression of the disease, and the grief and self-care issues that plague caregivers. Members include family members currently in the midst of a diagnosis journey, as well as caregivers who have family members already in Level 3 or 4 care. Meetings have been formally suspended in response to COVID-19 restrictions. I have been checking in with each member once or twice a month telephone to offer support, promote our Wellness Support Response Line, and to forward other educational resources they might be interested in (including those offered by H.O.P.E. Centre). Members have been especially appreciative of these calls, as they are incredibly isolated and trying to stay positive while advocating for their loved ones.

**LGBT+ Coffee Group** – I was approached by a local counsellor at Community Services with SK Health Authority about a local youth who was interested in spearheading a coffee group for LGBT+ community members 16 years and older. There is no GSA group at our local high school. I conducted a SurveyMonkey distributed on Facebook and Twitter to within a 50+ mile radius of Rosetown looking for people interested in joining this group. We currently have 3 active members since February (including 1 member from Dodsland) who have been attending virtual sessions once a week since the beginning of April. Sessions include icebreaker and discussion content from CMHA Calgary’s Drop-in LGBTQ+ groups, OUT Saskatoon, and even relevant topics from the Art of Friendship. We also received responses to our SurveyMonkey from parents and community members who would like an information night about using the correct pronouns and how to be a support to family members who are gender or sexually diverse.

**Coffee and Games at Orange Memories** – we have 2 members who have been working on their social skills by joining us for casual coffee and card games at Orange Memories Care Home in January and February 2020. We have met twice prior to COVID-19 restrictions, and hope to resume in Phase 4.

**Me to We Group** – this group has met **once in October** at **Walter Aseltine School** (elementary school in Rosetown) to write and distribute notes of kindness throughout our downtown area in anticipation of our annual Rosetown Harvest Festival. In total, **34 children** and **5 adults** took part in distributing the notes on windshields, mailboxes and on trees along the parade route for the festival. This project is to promote among Gr. 5 students *a sense of community spirit, empathy, and a desire to help others without the expectation of reward*. It was promoted on our Random Acts of Kindness Facebook Page.



*(photo left: notes of Kindness delivered by Gr. 5 Me to We students as part of Our Random Acts of Kindness campaign in October)*



*(photo right: Gr. 5 students celebrating after a day of delivering notes of kindness to residents in Rosetown)*

**SMAD (Students Making a Difference, Rosetown Central High School)** – has been meeting twice a month since October 2019 with our Branch Coordinator and Kara Carlson, school counsellor at RCHS. This support group of 14 members is to promote peer support and self-confidence by distributing notes of kindness, which are decorated and distributed in the locker slots of each student. We have currently distributed notes of affirmation to all 225 students and 15 staff, including 7 IndEp students (who are not able to attend regular classes and appreciate the olive branch offered by students at their former school). In December, we sponsored Candygrams (put together by the SRC) for each student as well as Timbits for the IndEp class in February. Unfortunately, our group was suspended in March due to teacher sanctions and then with school closure due to COVID-19.

**OUR BOARD** – CMHA Rosetown hosted an interim AGM to form our board in November 2019. We are pleased to include members from Sask Health Authority, Sunwest School Division, RCMP, Ministerial Association, Housing Authority, Rosetown KidKare (daycare), Central Plains Coop, Age Friendly Rosetown, Rosetown Youth Centre and members with lived experience.

Our board consists of:

President – Allison Bokitch (Psych Advisor of Health and Wellbeing, Sunwest School Division)

Secretary – Carmen Ledding, Branch Coordinator

Treasurer – Shann Vick

Committee Members - Kimiko Otterspoor, Emily Cledgett, Lisonne Gervais-Acuna, Tania Abbot, Crystal Storey, Shann Vick, Meagan Craig, Dave Mysko, Meaghan Friedrich

**INFORMATION DISPLAYS** – Rosetown CMHA has distributed brochures (provided by SK Division) and business cards to Kindersley Crisis Centre, Rosetown & District Health Centre (hospital), Rosetown & District Primary Care Centre, Rosetown Pharmasave, Central Plains Coop Pharmacy, and Shanidar Funeral Home.

**FUNDRAISING** – We have been fortunate to have received over \$500 in donations from a local group selling Young Living Essential Oils. Their head marketer, Meagan Craig, has joined our Board Committee, and is committed to assisting our Random Acts of Kindness campaign within Rosetown.



(left to right – Carmen Ledding (Branch coordinator), Meagan Craig, Ashley Moellenbeck, Kerri Pelletier, Joanne Glassford)

**COMMITTEE MEMBERSHIP** - Rosetown CMHA belongs to the Rosetown Chamber of Commerce, which has been beneficial in promoting upcoming programs and looking for donors. We also belong to KICS, an interagency network in Kindersley, which keeps us updated in terms of regional resources and trends within the Mental Health, Crisis and Addictions sectors within West Central Saskatchewan.

**FUTURE PROJECTS** – Prior to COVID-19 restrictions, CMHA Rosetown has been hoping to build community resilience by hosting Family Game Nights, Cooking Competitions, Coffee groups, and music groups. We are currently building on our capacity to offer virtual support groups, advocacy, education and information nights to parents and caregivers in the West Central area. We are particularly keen to offer Living Life to the Full (youth, including new ASD-approved version) and the Art of Friendship in a virtual capacity.

## CMHA Saskatoon Branch

Submitted by Faith Bodnar, Executive Director

CMHA Saskatoon continues to change, evolve and grow as community needs come forward and as we canvass our clients, community partners and stakeholders. As always, the need is greater than we have resources for. In 2019/20 we were challenged to find the balance between establishing priorities, meeting needs and capacity. The collaboration that happens with our amazing staff and Board of Directors helps us find the right fit, while also looking ahead to the next challenge or opportunity. The support of CMHA Saskatchewan and our colleagues from branches across the province adds valuable perspectives and insight to our work. Our deep appreciation and thanks go out to CMHA Saskatchewan Division and our sister branches.

CMHA Saskatoon is a member of **Break the Barrier**, a broad based collaboration of community agencies, the Saskatchewan Health Authority, the University of Saskatchewan, community members and people with lived experience. This year we developed a new initiative, **Signs of Hope and Healing**, aimed at engaging Saskatoon residents in their own mental health on a daily basis. Part of a smaller subcommittee, we contributed to developing street banners that showcase people from our community who are dealing with mental health issues, along with messages that promote conversation and reduce stigma. This campaign was delayed by the pandemic and will launch in the fall of 2020.

Our second annual **Suicide Prevention Rally** was held in September, bringing more than 250 people together to talk about the personal and community impacts of this issue and the urgent need to address the alarming suicide rate in Saskatchewan. With standing room only and the presence of MLA's, families, survivors, community partners and media, we built awareness and created momentum for change.



With the launch of our **Annual Awards for Employment Excellence**, we showcased employers who exemplify progressive mental health practises. Our call for nominations brought in submissions from small, medium and large businesses, post-secondary institutions, non-profits and government. We partnered with Mayor Charlie Clark and the City of Saskatoon to bring the message of the critical importance of healthy workplaces to our community.



**Mental Health Week** was a resounding success with new activities and events like **Paws for Thought** that focused on the healing power of animals. Cameco's **Step Up for Mental Health Run** in Saskatoon, closed the week, creating a new fund to address mental health across Saskatchewan.

Support groups continue to meet a growing need and our newest being the **Families Matter Group**. It is growing quickly and with the partnership of our Mental Health and Addictions Services team, this group underscores the key role and power of families to support each other and create change in our community. We worked with Bridgepoint Center for Eating Disorders to develop a **Disordered Eating**

**Support Group** for people ages 16-24 years of age. The planning and development was completed prior to the pandemic and we will start meetings when it's safe to do so.



As we raised awareness with media releases, new events and more partnerships, we were contacted by various media outlets to comment and provide perspectives on a number of news stories including suicide, mental health in the workplace, and access to mental health services, Mental Health Week and mental health for youth. Our profile is growing as a key community stakeholder.

CMHA Saskatchewan's **H.O.P.E Learning Centre** is a tremendous opportunity for us to access and deliver training, as well as motivation for us to expand our own capacity to meet an expanding need. With an increasing demand and the need to deliver our training on line, we look forward to working with CMHA Saskatchewan as we align the CMHA Saskatoon's Wellness Campus with the H.O.P.E Learning Centre, allowing us to broaden our content and expand our reach.

Our work with youth has grown as we continue to expand and develop **RISE** (Resilience, Information, Support and Empathy). Working with a new high school to deliver RISE as part of the health curriculum and offer **Wellness Conferences** at others, demand for this program grows, opening new avenues to address youth mental health. The pandemic is also transforming how we deliver this program.

**Connect Up**, our newest inclusive, social/recreation project was very successful, as we were able to double the number of people we supported. In addition to an in-class component, focusing on building relationships, self esteem, understanding self and others, advocacy and establishing boundaries, participants also tried new activities and were matched with volunteers with similar interests.

We meet monthly with a core group of community mental health, non-profit agencies, including Crocus Cooperative, Saskatoon Crisis Intervention Services, the Learning Disabilities Association, the Saskatoon Housing Coalition and the Lighthouse. We work together to ensure alignment of services and programs and meet with local and provincial Saskatchewan Health Authority, government and several Ministry representatives, highlighting issues and policy and program solutions to improve programs and access to mental health services.

2019/20 saw record individual and corporate donations coming to CMHA Saskatoon as well as numerous new fund-raising opportunities and new events. We are grateful for all the support we receive. We are growing our online presence, as we build new relationships with supporters and donors. Our guiding principle is to develop and participate in events and campaigns that are vision driven. We want to engage people and cultivate relationships that are built on the importance of our work and the contribution we make in creating mental health for all.

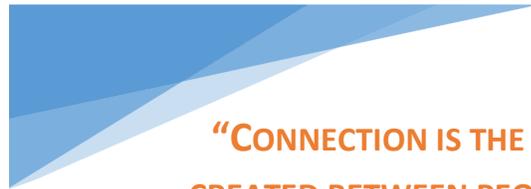




The **COVID-19 Pandemic** that hit mid-March, changed everyone and everything we do, strengthening our commitment to our clients and the community we serve, as well as creating immense challenges. While our physical office closed, we

pivoted immediately to provide virtual services, transforming us as an agency and expanding our reach. The **Wellness Support Line**, led by CMHA Saskatchewan, means we support more people, as well as providing a platform for all CMHA branches to collaborate in ways we had not before. This transformation will continue long after the pandemic has subsided. While we are still experiencing many new challenges associated with the pandemic, we have also risen to the opportunities it has presented, with resilience and increased capacity.

2019/20 has been a year of change, with many twists and turns. We remain steadfast in our commitment to being part of building a mental health system that responds to the needs of people and families and that strengthens the fabric of our community.



**“CONNECTION IS THE ENERGY THAT IS CREATED BETWEEN PEOPLE WHEN THEY FEEL SEEN, HEARD AND VALUED; WHEN THEY CAN GIVE AND RECEIVE WITHOUT JUDGMENT”.**

**BRENÉ BROWN**

## CMHA Swift Current Branch

Submitted by Jacqueline Williams, Executive Director



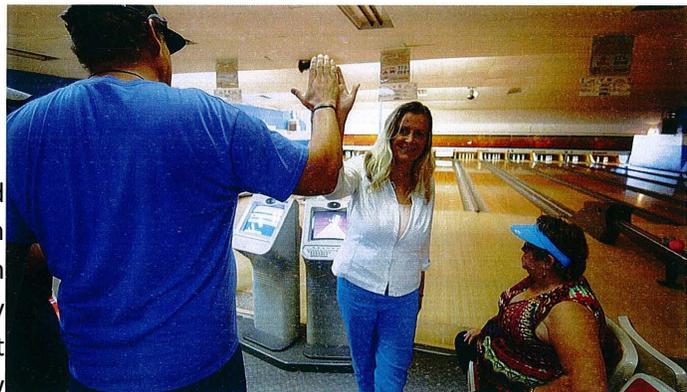
CMHA Swift Current has expanded programming and enjoyed promoting mental health this year. We have recently launched two new programs: vocational and peer support. We have also maintained our Social/Recreational and our Meal programs.

Our Social/Recreational program is being enjoyed by all of our members. This opportunity to create natural support and friendship has enriched the lives of our members. There is enough variety in programming for everyone to find something that interests them. We have seen a steady rise in members this year. Participation and engagement has also increased. This increased participation has created a more vibrant and dynamic atmosphere around the Clubhouse



Our meal program continues to be a necessary benefit to our members. We serve a cold breakfast and hot lunch five days a week. Every year our cook serves over 7500 meals. Many of our members struggle financially. They also often live on their own. The meal program supports good nutrition and is readily available to them.

This year our Peer Support program received funding from the Saskatchewan Health Authority. This funding and the provincial team of Peer Supporters meant a better quality service. We had an unofficial Peer Support that was supported by grants over the past few years.





Now that the program has been funded by the Saskatchewan Health Authority with a Provincial Coordinator; our Peer Support Leader has been trained by Peer Support Canada. He is supported by a group of Peer Supporters provincially and this has been a valuable service to our members. In addition to his training, two other Peer Supporters have been trained and work on a casual basis to assist with groups and to provide on-on-one supports. The addition of two individuals being trained is an incredible assistance to our service.

Our Vocational Program got off to a rocky start. We initially had trouble securing a room at a local government building. Because we couldn't follow our initial plan for the first few months we focused on trade shows and learning new employment skills. In September we secured our room and we finally started a cold food canteen. We were comfortably running the canteen and with the additional funding provided from Division, we now have increased our staffing and have doubled the number of vocational trainees. Knowing that the trade shows and farmers market is a good fit for us, we now have a team for those shows.



Due to this additional funding, our Vocational Team sold cookie trays at Christmas with the hope of selling about 20 trays. They were met with such demand that they sold in excess of 50 trays. Empowered by their success, this crew did cookie bouquets for Valentines and set up in the local mall. By lunch they had sold out. This program is proving to be very successful.

This year we tried to raise awareness about suicide prevention. Following the lead of CMHA Battleford, we approached a local tattoo artist and promoted Amy Bluel's Semicolon Project. We had the event in September for Suicide Prevention Day. There was an overwhelming response and High Energy Tattoo did semicolon tattoos for the whole month. This is something we will hopefully do every year to raise awareness and promote education in our community. It is a modest fundraiser, but our focus is awareness and education. We were proud to partner with High Energy Tattoo. Their customer service is second to none.

Just before year end we were hit with COVID-19. Hopefully this will soon be resolved but in the meantime, we are trying to still provide service....just differently.

Wishing you all good mental health from Swift Current.



## CMHA Weyburn Branch

Submitted by Tasha Collins, Program Director

CMHA Weyburn is grateful for the funding we receive from our partners including the Saskatchewan Health Authority, Weyburn Communiton, Community Initiatives Fund, Sask. Lotteries, Sask. Parks and Recreation, as well as the City of Weyburn. We are also truly thankful for the support we receive from our community through donations, attendance at events, hiring us for odd jobs, or assistance in raising the profile of mental health in our community.

The CMHA Weyburn Branch provides a variety of programming that is open to everyone in our community whether you live with an illness or struggle with your mental health from time to time. This past year we have seen our services improve and grow.

- Our social and recreation programs continue to promote positive interactions and build confidence. Some of these activities include tours, bowling, swimming, arts/crafts, billiards, movies, skating, bingo, library visits, crib games and tournaments, day trips, dining out and recently we added line dancing to the mix.



Line Dancing

- CMHA Weyburn has visited different groups, schools and agencies to provide information on the services and programs offered within our centre and presentations on the topics of suicide and the difference between mental health and mental illness.
- This year we were able to continue offering quality skill building programming to our clients which include Writers' Group, Art Program and Sewing. We were also able to provide Lifeskills/Wellness programming with the support of Saskatchewan Health Authority staff.

- We hosted three safeTALK (Suicide Alertness for Everyone) workshops with a combined 42 participants, as well as partnered with the Saskatchewan Health Authority staff to provide one ASIST (Applied Suicide Intervention Skills Training) workshop with 11 participants. Unfortunately, 2 others had to be cancelled in March due to COVID-19.



ASIST 2019

- We have had consistent evening programming in the form of support groups, self-help or community activities as we have had both interest and volunteers. This year we were able to offer the following evening programs: Compassionate Friends (supports available one-on-one), Peer Support (support network for parents), Arts and Crafts Night (adult community program).

- Our vocational programs continue to operate. These include our work crew (offering snow removal, lawn mowing, raking, refuse hauling, cleaning services and small moves), as well as our vocational meal program (providing homemade meals for those who attend the centre, learning about meal planning, preparation and grocery shopping).
- We volunteer within the community where and when we can. We participate with the Adopt a Planter program with the City of Weyburn, as well as work with the Salvation Army by providing refuse hauling for them. This year one of our artists (Gord Stairmand) donated his time to improve the look at the Weyburn Therapeutic Animal Park by painting their logo on some planters.



Local Artist – Gord Stairmand

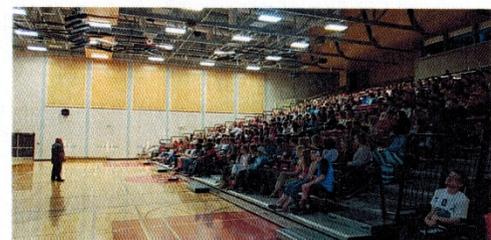


Mayors' Luncheon 2019

- CMHA Weyburn hosted many events throughout the year. During Mental Health Week we held our annual Mayor's Luncheon, Semi-Colon event, Youth Theatre performances and used book sale. This past year we held a joint fundraiser with the Weyburn Wor-Kin Shop featuring the amazing Big Daddy Tazz. Tazz addressed all grade 10-12 students at the Weyburn Comprehensive High School, visited all participants from both organizations, and performed at a family friendly comedy night. Although raising funds was certainly part of our goal, we were also able to raise awareness as Tazz spoke about his own mental health at each event.



4<sup>th</sup> Annual Semi Colon Event – MHW 2019



Big Daddy Tazz – May 2019

- The More Joy Weyburn Event was held on World Mental Health Day in October. It brought together speakers living with anxiety and/or depression as well as provincial mental health professionals to offer the public real-life experiences and treatment options. Two sessions were held, one concentrating on youth, the other on adults. CMHA Weyburn, along with other mental health professionals, was onsite throughout the events.

- This year CMHA Weyburn was the recipient of two Entrepreneurial 30; Junior Achievement Saskatchewan donations. The company names were Melted Treasures and Sour R' Snacks. CMHA Weyburn was lucky to have involvement in a production day as well as visiting with them at a couple of trade shows, and promotion via social media.



JA – Entrepreneurial 30 – Melted Treasures



JA – Entrepreneurial 30 – Soups R' Snacks



JA – Entrepreneurial 30 - Production

- We continue to host Community Connections meetings, partnering with another local agency. Those attending learn from other service providers what programs are available in our community and surrounding area. CMHA Weyburn is currently working on putting together a community resource booklet for those looking for services.

- Our Youth Theatre program wrapped up with their performance during Mental Health Week. This past fall we decided to take on a new venture – CMHA Weyburn is “Making a Movie”. We have had four youth involved in the writing and composition of the movie. The program was set to move into pre-production, casting, etc., however it has been put on hold due to COVID-19. The staff continues to work on wardrobe, set locations, and other necessities so when the group is able to continue, they can hit the road running. Stay tuned!

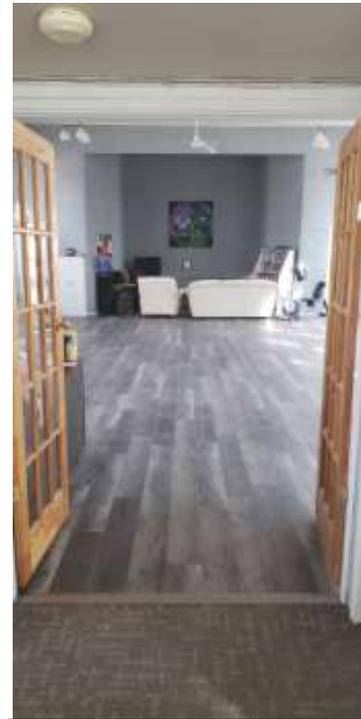


Youth Theatre May 2019

- Our branch submitted proposals to the CMHA Saskatchewan Division to help with upgrading the interior and exterior of our building. Through these proposals, the Weyburn Branch was able to upgrade almost all of the flooring within the building and we are working on improvements to the exterior including windows, parging and re-grading around the building. These renovations and upgrades will not only improve the look of the branch, it will improve the temperature regulation within the building, and show our clients as well as our community that we are investing in them by improving the location and atmosphere in which they receive programming and services. We truly believe these are much-needed improvements and look forward to when they are completed.



Upstairs before renovations



Upstairs after renovations

The CMHA Weyburn Branch works hard to maintain quality programs and services for our community members. We are always striving to introduce new programs and mental health initiatives within our community, as well as increase our capacity to engage others in conversations about mental health.

"There simply is no pill that can replace human connection. There is no pharmacy that can fill the need for compassionate interaction with others. There is no panacea. The answer to human suffering is both within us and between us."

-Dr. Joanne Cacciatore

shogystarlight.tumblr.com

## RESOURCE DEVELOPMENT

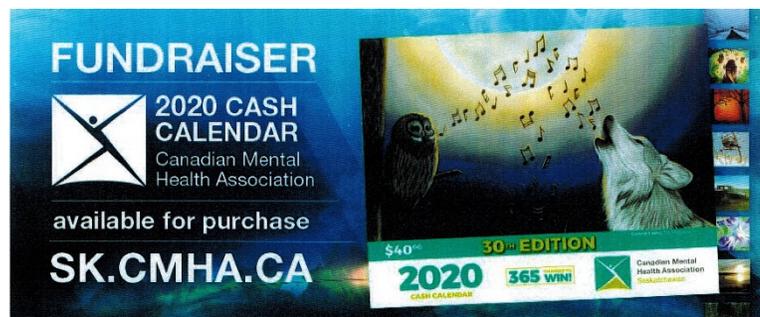
CMHA is dedicated to supporting and promoting the rights of persons with mental illness to maximize their full potential through education, advocacy, programs and services. These programs and services provide a stabilizing support for people affected by mental illness, reducing their dependence on costly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

As a charitable, non-profit association, CMHA is dependent upon the goodwill 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 project has not only proven to be a very good fundraiser for the Association, but has also become a very successful public awareness tool, thanks to the dedication and hard work of the Resource Development and Call Centre staff. The calendar is unique as it not only displays the artwork of people who use our

services, put of people whose artwork has been chosen through our yearly “artwork call”, which has brought to light the amazing artistic talents of many members of our communities. The calendar also showcases quotes from the artists about how their artistic talent supports their mental wellness. Many of our members are gifted with talents and skills left dormant due to financial and social restraints. The Cash 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.



### Bingo

CMHA 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 on behalf of 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!

### 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

CMHA Saskatchewan Division continues to expand 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 stewardship activities, CMHA Saskatchewan is encouraging individuals to think about the future.

Would you like to carry  
your charitable spirit forward?  
Would you like to make this world a better place?  
Make a will.



CMHA Saskatchewan Division is deeply grateful for all the support we receive whether it be from individual donations, organizations holding third party fundraisers to benefit CMHA, individuals and companies supporting our Cash Calendar and 50/50 draws or corporate sponsorships for our programs and services. Your support is making a difference in the lives of individuals living with mental illness and their families, as well as the general public working to maintain their mental wellness.

*Thank you! We couldn't do it without you.*

A special thank you to our generous sponsors:



**CANADIAN MENTAL HEALTH ASSOC.  
(SASK DIVISION) INC.  
Financial Statements  
Year Ended March 31, 2020**

DUDLEY & COMPANY LLP

**CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.**  
**Index to Financial Statements**  
**Year Ended March 31, 2020**

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DUDLEY & COMPANY LLP

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## INDEPENDENT AUDITOR'S REPORT

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

### *Qualified Opinion*

We have audited the financial statements of Canadian Mental Health Assoc. (Sask Division) Inc. (the Organization), which comprise the balance sheet as at March 31, 2020, and the statements of operations, changes in net assets and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, except for the possible effects of the matter described in the *Basis for Qualified Opinion* section of our report, the accompanying financial statements present fairly, in all material respects, the financial position of the Organization as at March 31, 2020, and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

### *Basis for Qualified Opinion*

In common with many not-for-profit organizations, the Organization 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 the Organization. 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 year ended March 31, 2020, current assets and net assets as at March 31, 2020. Our audit opinion on the financial statements for the year ended March 31, 2019 was modified accordingly because of the possible effects of this limitation of scope.

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the Organization in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with those requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified audit opinion.

### *Other Information*

Management is responsible for the other information. The other information comprises the information, other than the financial statements and our auditor's report thereon, in the Annual Report.

Our qualified opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. In connection with our audit of the financial statements, our responsibility is to read the other information identified above and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated.

We obtained the Annual Report prior to the date of this auditor's report. If based on the work we have performed on the other information, we conclude that there is a material misstatement of this other information, we are required to report that fact in this auditor's report. We have nothing to report in this regard.

### *Responsibilities of Management and Those Charged with Governance for the Financial Statements*

Management is responsible for the preparation and fair presentation of the 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.

(continues)

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

In preparing the financial statements, management is responsible for assessing the Organization's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless management either intends to liquidate the Organization or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Organization's financial reporting process.

*Auditor's Responsibilities for the Audit of the Financial Statements*

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements. As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit 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 Organization's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Organization to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Regina, Saskatchewan  
June 30, 2020

  
Dudley & Company LLP  
Chartered Professional Accountants

**CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.**

**Balance Sheet  
As at March 31, 2020**

	<i>March 31</i> <b>2020</b>	<i>March 31</i> <b>2019</b>
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 807,060	\$ 798,407
Investments (Note 3)	200,000	110,063
Accounts receivable	106,377	122,584
Receivable from branches	8,905	4,144
Interest receivable	1,611	-
Current portion of loans and notes receivable	-	600
GST receivable	32,869	20,293
Prepaid expenses	37,923	27,002
	<b>1,194,745</b>	<b>1,083,093</b>
TANGIBLE CAPITAL ASSETS (Note 5)	<b>254,131</b>	<b>263,512</b>
INTANGIBLE ASSETS (Note 6)	<b>1,907</b>	<b>2,384</b>
	<b>\$ 1,450,783</b>	<b>\$ 1,348,989</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Accounts payable and accrued liabilities	\$ 76,955	\$ 70,475
Wages payable	88,061	91,910
Deferred revenue (Note 12)	224,034	159,646
	<b>389,050</b>	<b>322,031</b>
NET ASSETS	<b>1,061,733</b>	<b>1,026,958</b>
	<b>\$ 1,450,783</b>	<b>\$ 1,348,989</b>

**ON BEHALF OF THE BOARD**

 \_\_\_\_\_ Chair

 \_\_\_\_\_ Director

See notes to financial statements

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DUDLEY & COMPANY LLP

**CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.**  
**Statement of Operations**  
**Year Ended March 31, 2020**

	2020	2019
<b>REVENUE</b>		
Saskatchewan Health	\$ 338,565	\$ 249,629
Saskatchewan Lotteries	90,026	87,404
Saskatchewan Justice	405,623	382,008
Saskatchewan Health Branch Vocational	350,000	-
Community Initiatives Fund - GAP	471,600	454,160
Metis Nation Grants	40,000	-
Other grants (Note 13)	353,921	268,220
Fundraising	468,359	434,228
Donations	35,525	48,122
Rental	26,361	41,750
Other revenue and recoveries	180,032	164,716
Community fund appeals	17,481	18,507
Branch administration recoveries	11,584	11,584
Interest	15,311	9,557
	<u>2,804,388</u>	<u>2,169,885</u>
<b>EXPENSES</b>		
Amortization of intangible assets (Note 6)	477	596
Amortization of tangible assets (Note 5)	19,986	21,984
Justice Community Program	112,202	79,552
Contributions to branches	118,832	92,563
Fundraising	220,666	218,922
Gambling Awareness Program	86,509	94,122
Gifts to qualified donees	6,250	1,000
General and administrative	204,132	247,802
Occupancy	127,713	64,491
Public education	115,534	117,901
Research	41,243	9,033
Salaries and benefits (Schedule 1)	1,366,069	1,249,409
Branch vocational support	350,000	-
	<u>2,769,613</u>	<u>2,197,375</u>
<b>EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES</b>	<b>\$ 34,775</b>	<b>\$ (27,490)</b>

See notes to financial statements

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DUDLEY & COMPANY LLP

**CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.**  
**Statement of Changes in Net Assets**  
**Year Ended March 31, 2020**

	Unappropriated	Appropriated - see Note 8	Invested in Capital Assets	<b>2020</b>	2019
<b>NET ASSETS - BEGINNING OF YEAR</b>	\$ 200,000	\$ 561,061	\$ 265,897	<b>\$ 1,026,958</b>	\$ 1,054,448
Excess of revenue over expenses	34,775	-	-	<b>34,775</b>	(27,490)
Amortization of tangible capital assets	19,986	-	(19,986)	-	-
Amortization of intangible assets	477	-	(477)	-	-
Purchase of tangible capital assets	(10,604)	-	10,604	-	-
Transfers out	(44,634)	44,634	-	-	-
<b>NET ASSETS - END OF YEAR</b>	<b>\$ 200,000</b>	<b>\$ 605,695</b>	<b>\$ 256,038</b>	<b>\$ 1,061,733</b>	<b>\$ 1,026,958</b>

See notes to financial statements  
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DUDLEY & COMPANY LLP

**CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.**  
**Statement of Cash Flows**  
**Year Ended March 31, 2020**

	2020	2019
<b>CASH FLOWS FROM (FOR) OPERATING ACTIVITIES</b>		
Cash received from grants	\$ 2,109,675	\$ 1,441,955
Cash receipts from self-generated revenues	755,833	713,134
Cash paid to suppliers	(1,400,096)	(930,085)
Cash paid to employees	(1,369,918)	(1,222,178)
Interest received	13,700	10,515
Cash Flows From (For) Operating Activities	<u>109,194</u>	<u>13,341</u>
<b>CASH FLOWS FROM (FOR) INVESTING ACTIVITIES</b>		
Purchase of capital assets	(10,604)	(15,157)
Proceeds from sale of investments	-	365,000
Purchase of investments	(89,937)	-
Cash Flows From (For) Investing Activities	<u>(100,541)</u>	<u>349,843</u>
<b>INCREASE IN CASH</b>	<b>8,653</b>	<b>363,184</b>
CASH - BEGINNING OF YEAR	<u>798,407</u>	<u>435,223</u>
<b>CASH - END OF YEAR</b>	<b>\$ 807,060</b>	<b>\$ 798,407</b>

See notes to financial statements  
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DUDLEY & COMPANY LLP

**CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.**

**Notes to Financial Statements**

**Year Ended March 31, 2020**

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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 Assoc. (Sask 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, 2020**

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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, 2020**

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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, 2020**

3. INVESTMENTS

	2020	2019
<b>CURRENT TERM</b>		
Guaranteed Investment Certificates	<b>\$ 200,000</b>	<b>\$ 110,063</b>

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

The fixed income securities have an effective interest rate of 2.10% with a maturity date within twelve months or less.

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, 2020:

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, 2020**

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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, 2020**

5. TANGIBLE CAPITAL ASSETS

	Cost	Accumulated amortization	<b>2020 Net book value</b>
Land	\$ 13,635	\$ -	<b>\$ 13,635</b>
Buildings	549,469	348,922	<b>200,547</b>
Furniture and office equipment	35,462	28,242	<b>7,220</b>
Vehicle	71,248	50,236	<b>21,012</b>
Computer equipment	51,339	39,622	<b>11,717</b>
	<b>\$ 721,153</b>	<b>\$ 467,022</b>	<b>\$ 254,131</b>

	Cost	Accumulated amortization	2019 Net book value
Land	\$ 13,635	\$ -	\$ 13,635
Buildings	541,679	338,572	203,107
Furniture and office equipment	32,648	26,789	5,859
Vehicle	71,248	44,983	26,265
Computer equipment	51,339	36,693	14,646
	<b>\$ 710,549</b>	<b>\$ 447,037</b>	<b>\$ 263,512</b>

Tangible assets acquired during the year were \$10,604 (2019 - \$15,157). During the year, tangible capital assets were written off and a loss on disposal of assets was recorded for \$0 (2019 - \$0).

6. INTANGIBLE ASSETS

	<b>2020</b>	2019
Computer software	<b>\$ 14,837</b>	\$ 14,837
Accumulated amortization	<b>(12,930)</b>	(12,453)
	<b>\$ 1,907</b>	\$ 2,384

There were no intangible assets acquired during the year (2019 - \$0). During the year, no intangible capital assets were written off and no losses on disposal of assets were recorded (2019 - \$0).

7. SUBSEQUENT EVENTS

On March 11, 2020, the World Health Organization declared a global pandemic for the COVID-19 virus. The overall financial impact on the association's operations has not yet been determined.

**CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.**  
**Notes to Financial Statements**  
**Year Ended March 31, 2020**

8. APPROPRIATED NET ASSETS

	Building Fund	Program Fund	Mental Health Fund	2020	2019
Balance, beginning of year	\$ 215,281	\$ 172,890	\$ 172,890	\$ 561,061	\$ 581,128
Transfer from surplus	(59,343)	-	-	(59,343)	(4,909)
Transfer to surplus	34,659	34,659	34,659	103,977	(15,158)
	<u>\$ 190,597</u>	<u>\$ 207,549</u>	<u>\$ 207,549</u>	<u>\$ 605,695</u>	<u>\$ 561,061</u>

The building fund money was used for building renovations for the Prince Albert branch and Weyburn branch.

9. SICK LEAVE BENEFITS

The organization provides non-vesting sick leave benefits to its employees pursuant to union agreements and administrative policies. At March 31, 2020 management estimates that accumulated sick leave credits total \$327,911 (2019 - \$291,784).

10. 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.

	2020	2019
Total contributions during the year	<u>\$ 72,122</u>	<u>\$ 64,014</u>

11. COMMITMENTS

As at March 31, 2020, the organization has an operating lease on its office equipment at \$4,708 per year.

**CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.**  
**Notes to Financial Statements**  
**Year Ended March 31, 2020**

12. DEFERRED REVENUE

Deferred revenue consists of the following:

	2020	2019
CMHA Swift Current	\$ -	\$ 627
Canadian Labour Congress	-	3,418
Community Initiatives Fund - Weyburn	4,164	-
Other	1,360	1,360
Sask Health	3,000	-
Sask Justice	63,000	-
Sask Health - Dave Batters Golf Tournament	31,886	21,886
3D Petroleum	60,324	71,824
United Way - Weyburn	12,000	18,865
Workers Compensation Board - OSI	-	41,666
Conexus	14,000	-
SLGA for GAP - Resource Round-up	34,300	-
	<b>\$ 224,034</b>	<b>\$ 159,646</b>

13. OTHER GRANTS

Other grants are comprised of the following:

	2020	2019
Humboldt Strong	\$ 25,000	\$ -
Community Initiatives Fund - Weyburn	20,834	20,834
Various	1,923	-
Lawson Foundation	-	20,000
KLM Ventures	20,000	-
Other	-	100
Conexus	36,000	-
SaskPower	100,000	-
Sask Liquor and Gaming Authority	41,998	46,561
Sask Polytechnic	40,000	40,000
SaskTel	-	2,500
Sask Workers Compensation Board - OSI	41,666	8,333
South Saskatchewan Community	15,000	22,070
3D Petroleum	11,500	102,822
United Way - Weyburn	-	5,000
	<b>\$ 353,921</b>	<b>\$ 268,220</b>

**CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.**

**Salaries and Benefits** *(Schedule 1)*  
**Year Ended March 31, 2020**

	<b>2020</b>	<b>2019</b>
Gambling Awareness Program	<b>\$ 301,139</b>	\$ 275,045
Executive and General	<b>384,905</b>	391,828
Justice Community Support	<b>322,795</b>	286,619
Public education	<b>107,323</b>	69,639
Resource development	<b>186,490</b>	166,685
OSI Can Salaries	<b>63,417</b>	59,593
	<b>\$ 1,366,069</b>	\$ 1,249,409

See notes to financial statements  
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