



Canadian Mental
Health Association
Saskatchewan
Mental health for all



We're Only Human

The 2021 Annual General Meeting

2020-2021 Annual Report

CMHA Saskatchewan has been in existence for 71 years (recognized as the first provincial division on November 27, 1950).

Canadian Mental Health Association

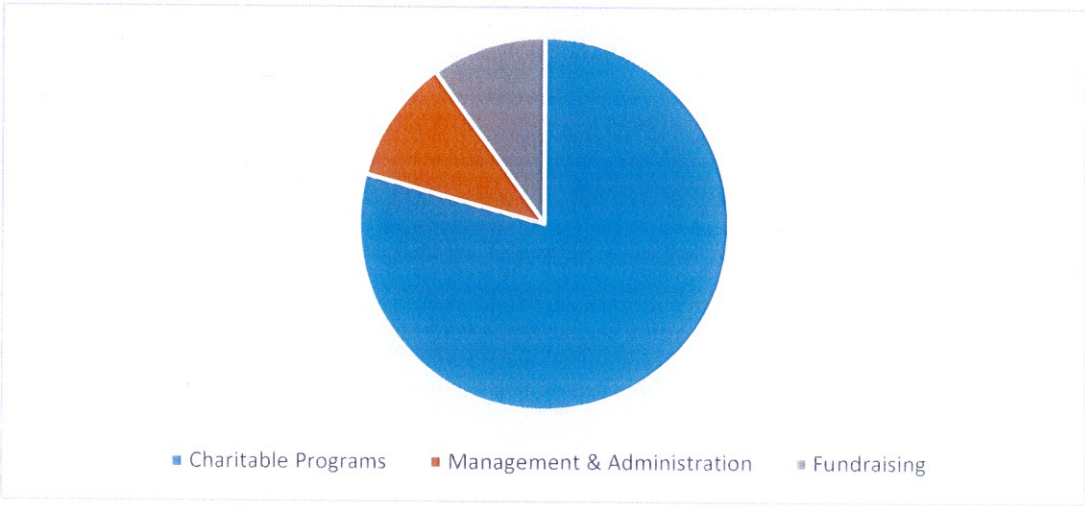
National since 1918

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 formal and informal 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?

- Charitable Programs
- Management & Administration
- Fundraising



Taken from Canada Revenue Agency site:
<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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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 WELLBEING OF ALL MEMBERS OF THE COMMUNITY

Our Vision:

Mentally Healthy People in a Healthy Society



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 support 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 & ACCOUNTABLE	To our funding, partners and those we serve.



President's Report

Submitted by Susan Grohn



The past year has certainly been an interesting one and even though in-person participation has been curtailed, online programs have become the new “norm”. Our branches have risen to the challenges and have continued to remain in contact with all of their participants. This has been no small task and has required ingenuity and perseverance. Our “hats are off” to all involved.

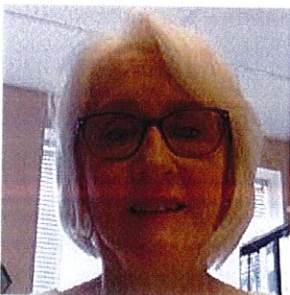
Programs such as OSI-CAN (occupational stress injury) are evolving to include and work with other programs such as Resilient Minds. The expansion and growth of workplace mental health programs, partnerships with addictions and youth programs such as Bounce

Back are taxing the resolve of Phyllis and her crew, not to mention space within the four walls of Division Office. From partnerships to peer support, we have seen a steady growth. To this end, we enjoy the research and advocacy that Dave and Rebecca have provided over the past year as well.

Certainly, COVID has presented us with problems -- mostly tactical ones -- but recovering from the aftermath will, I believe, be a much bigger challenge. Although there has been a significant decrease in suicides this past year, deaths from addictions/overdoses continue to climb at a phenomenal rate. We need to go forward in the coming year with the conviction to tackle these problems and address the needs of the people of our communities.

Executive Director's Report

Submitted by Phyllis O'Connor



I think the theme of this year's conference and Annual Report, “We're Only Human” couldn't be more appropriate during this time of pandemic. COVID-19 has hit people hard on many levels – financially, socially and with concerns for both the physical and mental health of themselves and their loved ones. At the time of this writing, we are over a year into it and entering the third wave.

A recent report of research conducted by Mental Health Research Canada in February 2021 stated that Canadians were reporting their highest level of anxiety and depression, a 70% increase since the first wave. It found that Canadians were not accessing mental health supports at the same rate as before the pandemic and not only are they less likely to be getting in-person support, but they are also less likely to be speaking to their physician. Social isolation is now the leading stressor having a negative impact on mental health. The study also showed that younger Canadians (ages 18 – 34) are the group who tend to be the most vulnerable to a decline in mental health. (Mental Health During Covid-19 Outbreak: Poll #5 of 13 in Series (data collected in February 2021) – Mental Health Research Canada/Health Canada/Pollara Strategic Insights)

In mid-March 2020 the pandemic suddenly changed everything – how we lived our lives, how we worked and how we connected with our loved ones. The mental impacts of this pandemic are significant and are going to extend beyond the day the pandemic is over. The need for mental health supports is increasing the longer this goes on. CMHA certainly has its work cut out for it.

While COVID-19 was certainly a setback, it didn't take long before our entire team starting working hard to develop new and innovative ways of providing supports. We learned to use new technologies for meetings and educational events. We have worked hard to develop training modules that we could effectively deliver online. Our Wellness Response Line was established to provide phone-in support for people who needed some help dealing with their mental health issues, who needed help finding and navigating supports or who just needed someone to talk to. Branches quickly pivoted to find new ways of delivering services while abiding by pandemic restrictions. We really had to “think outside of the box” to accomplish what we needed to do and those new and innovative solutions will serve us well even after the pandemic is over.

I want to express my sincere thanks to all of the staff at CMHA Saskatchewan Division Office and all of our branches and programs around the province. In normal times the work they do is outstanding and during the pandemic they have really stepped up to the challenge. I couldn't be prouder of our amazing team!

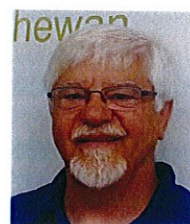
I also want to thank all those who have supported CMHA financially – our funders, community partners and donors. At a time when so many were struggling, we saw an upsurge in support for our work. Mental health has been recognized as a critical part of overall health and the people of Saskatchewan were there to help. Your support has been overwhelming and we are very grateful.

If COVID-19 brought us anything positive, I think it made us slow down and evaluate what is really important in our lives. We have realized the critical importance of social connection, especially the connection to our family and loved ones. In some ways, I think it has taught us that it's okay to slow down and take care of ourselves. I think it has also opened our eyes to the importance of mental health and the critical need to support those who struggle. These are lessons I hope we don't forget when the pandemic passes.



Advocacy, Research & Public Policy Development Report

Submitted by Rebecca Rackow and Dave Nelson



INDIVIDUAL ADVOCACY

This year, we managed to either do direct advocacy or systems navigation for 136 people:

20 had strong suicide ideation and tendencies towards suicide but could not reach resources for help

16 had issues with addictions or loved ones with addictions

16 had issues with a lack of services for youth

15 had issues with CERB and removal from the SAID program

14 had issues with workplaces or past workplaces

14 had concerns with housing, poverty, or landlords

7 had pandemic-specific concerns (unemployment, stress from isolation, health concerns)

6 required direction to legal help

6 required direction to lay information

6 had concerns with their family members from out of province

5 had concerns about violent family or friends in their home

4 had family members who completed suicide and wanted resolution

4 requested someone to talk through an issue with them.

3 had concerns about a family member exhibiting mental health concerns

** This is in addition to the approximately 1000 calls taken directly by our Wellness Response lines throughout the Province.

BIG PICTURE ADVOCACY

The following activities were carried out to achieve ongoing ends:

Suicide Prevention/Intervention:

Samwel Uko became a high-profile suicide case in Regina and throughout Saskatchewan. Although we had not been contacted prior to his completing suicide, we were contacted by the media directly after his story broke. We connected with his family in BC and sent them our sympathy along with a promise that we would do whatever we could so that Samwel's story might help others in the future. We have since spoken to CBC News on May 26, the Leader Post on May 29, and Global News on June 18, as well as two spots on CBC's Blue Sky on June 2 and August 13 regarding this issue and the larger issue of suicide prevention and support for those in crisis. This issue, along with others, also came up in a full, front page article in the Leader Post that was released on Saturday, August 22. We have also sent a letter of interest for standing on the Coroner's Inquiry for this case. We have since requested standing in the coroner's inquest and have heard from the Schizophrenia Society of Saskatchewan that they have as well. We have been working closely with their Advocacy Committee to ensure that, while we have different perspectives and ideologies, we have a solid, collaborative push on this issue. Together we have consulted with the Johnson Shoyama Graduate School of Public Policy who has agreed to publish a Policy Brief with them which will be widely distributed regarding this matter.

Darien Thiru's "Through the Pain to Wellness" is considered the culturally competent answer to suicide prevention in Northern communities and has been effective in such communities throughout Canada. We have since recommended this program for those in the North looking for such programs, including Bishop Michael Hawkins.

We spoke with Tristen Durocher at his protest position in front of the Legislative Building. Tristan walked from Air Ronge and went on a hunger strike to bring attention to the high suicide rates in Northern Saskatchewan. While we were there we spoke to his group and joined his circle and during conversation, Tristen shared a cup of tea with us.

The NDP presented a Suicide Prevention Bill that was voted down by the House twice when presented. We spoke out about our disappointment about the lack of "teeth" in the new Pillars For Life, Saskatchewan Suicide Prevention Strategy presented by the Ministry of Rural and Remote Health and developed by the SHA. The decision to vote this down was political rather than guaranteeing help for those struggling with suicidal thoughts. We voiced this concern in the Leader Post article on August 22 and in our Blue Sky appearance on August 13. On Friday, April 30, 2021, the Suicide Prevention Bill was passed. We attended a consultative meeting regarding the new suicide prevention strategy. There was great time taken explaining the pieces of this already developed strategy and not much time allotted for feedback. In our opinion,

this prevention strategy is reactive rather than preventative, has no dollars allocated to it, and involves no innovations, but rather touts programming already in place.

Addictions Services:

Metis Nation Sask. has decided to collaborate with MACSI and Recovery Lake near Pinehouse, Saskatchewan. They will be combining innovative methods such as land-based learning therapeutic techniques, as well as other best practices methods using a harm-reduction model. This was one of the recommendations on an initial report from our Métis Mental Health research project as well. We continue our involvement with the Métis Addictions Council of Saskatchewan Inc. (MACSI).

We developed a project for a two-year study on the societal effects of Cannabis in Métis populations around the province and applied for the Mental Health Commission of Canada's "Community-Based Research Projects in Cannabis and Mental Health" grant.

In concert with a CMHA Provincial Board member, we discovered a discrepancy in the availability of free Naloxone kit refills in Saskatchewan and the need to have accessible/affordable resources for those who help. We have committed to advocate for more resources for this issue.

Youth Services:

We are working collaboratively with CMHA Manitoba Division Winnipeg Branch to provide BounceBack for Youth services and have hired a Youth Support Coach to provide BounceBack Coach services and Living Life to the Full for youth facilitator services.

We have included in the Wellness Response Line program a province-wide, youth-specific wellness support line.

In collaboration with CMHA-Regina Branch, we have developed the framework for future growth for the youth program.

We have a full partnership in the new Healthy Campus Saskatchewan (HCSK) initiative, which addresses the wellness needs of all post-secondary students in Saskatchewan through an online hub. We are also on this initiative's guiding group which oversees the direction of this initiative.

CERB and SAID program:



We continue to participate in the Disability Income Support Coalition (DISC) with ZOOM meetings of the large group, the Minister of Social Services and with Ministry of Social Services staff to clarify and provide input regarding the SAID program and any changes that have been made to the program as well as required changes for pandemic times.

DISC is also undergoing a change in leadership. INSK no longer wants to control funds or supply the Chair for this coalition. Dave and Rebecca are a part of the group of DISC members who are worked to sort out the future leadership for DISC by providing CMHA leadership for the coalition and securing a new Chair, David Coulombe.

DISC research has been completed, data has been analyzed, and the written report was released to the public and media in October prior to the election. The research indicated six impacts that cuts to the SAID program have had on SAID Recipients though the analysis of 11 interviews and 432 online survey respondents' responses. CBC covered the research story and it was referred to during a Facebook Live All Candidates Forum.

Other Disability Advocacy:

We provide a leadership role in the Disability Services Alliance (DSA) with other provincial scope organizations. The current purpose of this group is to better understand disability needs and how to better serve the persons with disabilities and lived experience in the North. We attended regular meetings over ZOOM. INSK has provided a new co-Chair, Dallas Tetarenko, who, along with Darrell Seib from the Saskatchewan Human Rights Commission and Dave and Rebecca, completed a budgeted proposal surrounding the accomplished research.

The Saskatchewan Accessibility Legislation Alliance (SALA) that started just before the pandemic restrictions were put into place has been supporting legislation for accessibility in both public and private areas for those with disabilities. The Saskatchewan Government has now initiated public engagement.

The Saskatchewan Human Rights Commission contacted us to ask for research articles that support recreation programs as beneficial and best practices for those with significant mental illness for a systemic case.

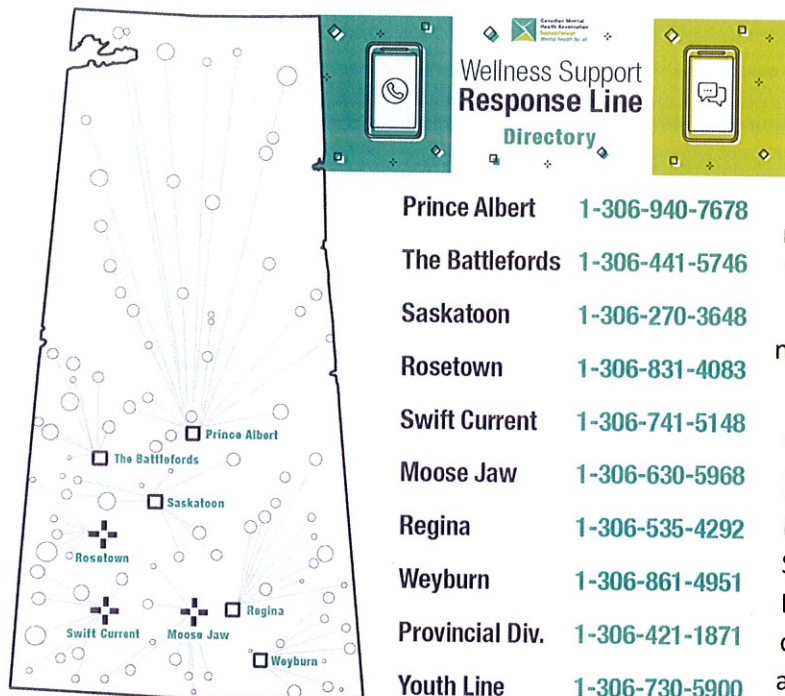
Workplace studies:

We completed the Workplace Wellness research with Saskatchewan Polytechnic's Psychiatric Nurses Research team. This has involved the recruitment of participants, scheduling and delivery of the CARE workshops, and a One-day workplace wellness workshop in many areas of Saskatchewan. This has also involved the development of Refresh's Mental Wellness App for Apple and Android products, which we continue to support throughout the stages of its development. We had the opportunity to present our research model and methods to the Centre for Health Research, Improvement and Scholarship (CHRIS) for an hour on June 10, 2020. We have continued to work with the primary researcher to secure funding sources, determine how to proceed, and met with the University of Saskatchewan research project involving Mental Wellness Education for entrepreneurs.

We are working with our Saskatchewan branches to enhance vocational programs throughout the province. Looking at all of the great work that our branches are doing with people gives us some idea of how their programs can build from each other. We have developed and conducted a participant satisfaction survey with current participants of these programs and are currently looking into a tool to evaluate potential placements to ensure that matches have the best possible opportunity for success as well as a client satisfaction survey.

Poverty and Housing:

We have recruited temporary contract staff to assist in researching housing supports for JCSP clients to better determine the availability of appropriate housing. This research involved gathering data about the location, healthfulness, and accessibility to the determinants of health for the participants of the JCSP program. This is to determine the likelihood of an environment for recovery available to those who have a limited social income and high mental health support needs. The data for this research has been collected and is in the process of being compiled in order to produce a recommendations document or project proposal to be delivered to the Ministry of Justice and the Ministry of Social Services.



Wellness Support Response Line Directory

Prince Albert	1-306-940-7678
The Battlefords	1-306-441-5746
Saskatoon	1-306-270-3648
Rosetown	1-306-831-4083
Swift Current	1-306-741-5148
Moose Jaw	1-306-630-5968
Regina	1-306-535-4292
Weyburn	1-306-861-4951
Provincial Div.	1-306-421-1871
Youth Line	1-306-730-5900

Pandemic specific concerns:

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 -- We prepared a program for a province-wide phone-in line to help alleviate members of the public's stress responses to the pandemic. On April 13th, 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 6th to ensure that all team members were on the same page regarding what we can provide and what our limitations are. Calls are anonymously tabulated weekly by Rebecca R. to provide raw data to study if accessing services over time changes during times of social distancing and social isolation. 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!

We conducted a survey with the help of our Telefund office regarding the amount of stress due to Covid-19 in Saskatchewan. The survey used was one developed by Taylor, Landry, Paluzek, Fergus, McKay, and Asmundson (2020). We received 863 responses with 569 prior to holidays and 294 with scores in six categories. This data is still being compiled and evaluated for statistical purposes.



The Saskatchewan Human Rights Commission took an interest in our Echo Pandemic research initiative, along with the qualitative data of pulling out aggregate themes from our EWRT callers and had us present our progress for a Courageous Conversation that was attended by more than 70 people in the Province.

We connected with Dr. Bonnie Jeffrey, Dr. Nuelle Novik, and Dr. Nazeem Muhajarine from SPHERU who are conducting the Saskatchewan portion of National research on anxiety and depression levels during COVID-19.

The initiatives that we took during the pandemic for research and services garnered over \$160,000.00 of funding to sustain these projects.

Justice Services:

We attend and represent the Justice Community Support Program at the Severely Violent Offender Response (SVOR). We provide input on the policy regarding the SVOR's COVID response. We also attend the virtual JCSP Admissions and Discharges committee meetings.

In collaboration with Battlefords Branch and Dr. Keira Stockdale, we worked with other members of the SVOR to create an advocacy letter for one of the offenders in our caseload who requires further support, but has been unable to obtain it due to his complex needs and violent tendencies.

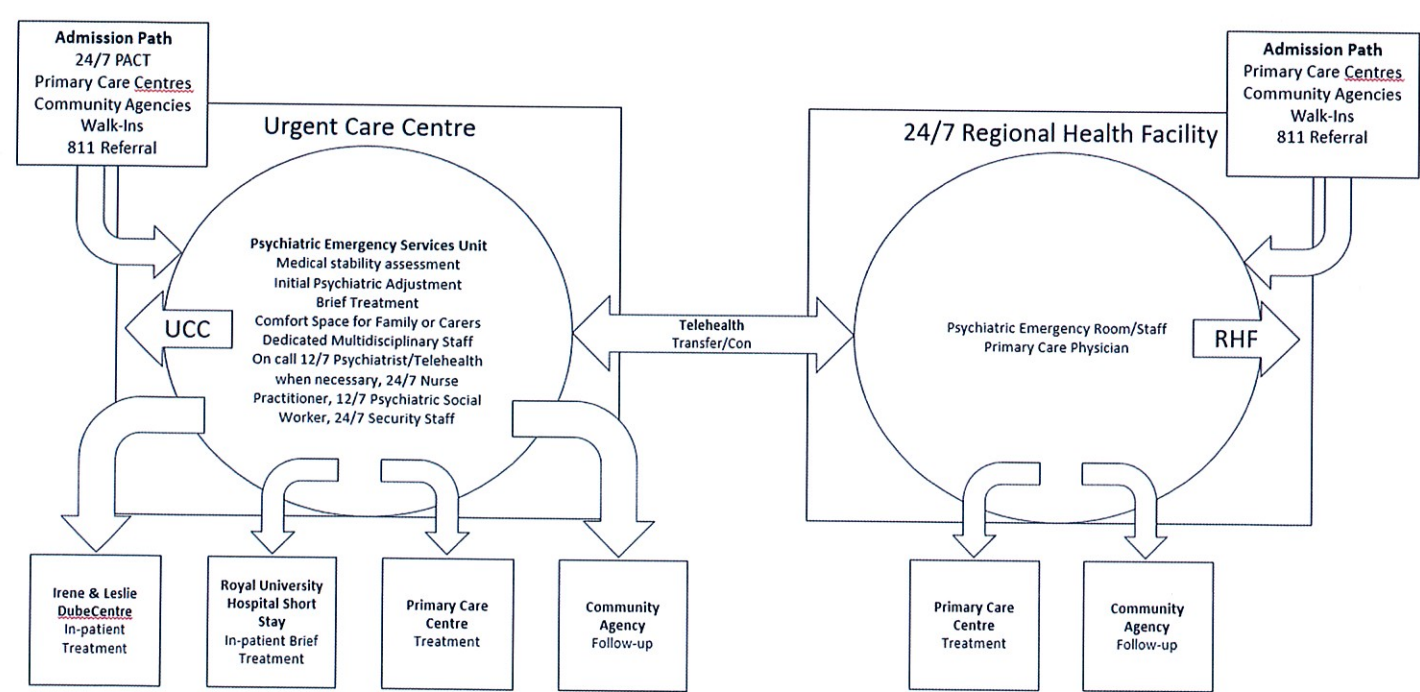
We were involved as a stakeholder for the "Community Safety and Well Being" project with the City of Regina and collected surveys for the researchers of this project.

Violent Family or Friends in their home:

Rebecca continues to be involved with the Provincial Association of Transition Houses and Services of Saskatchewan (PATHS) to receive information about services for people who experience violence.

Lack of services available:

In our work with the Schizophrenia Society of Saskatchewan regarding the Johnson Shoyama Graduate School of Public Policy's Policy Brief, we have developed through research a workable model for dealing with mental health emergencies and urgencies in Saskatchewan. This model looks like:



Indigenous Mental Wellness:

We have heard 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.

We have continued to connect with a variety of Indigenous leaders throughout the province and in Northern Saskatchewan, keeping in touch and maintaining connections. We met by phone with Michelle Pratt from Gordon First Nation and learned about the land-based methods they use there for mental health healing. We have also had a number of check-in calls from Gary Tinker in Pinehouse.

We met with Bishop Michael Hawkins, who is the Bishop of the Church of the North. He indicated that the spiritual leadership in the North would like to partner with CMHA to deliver mental health education to their membership.

Métis:

We continued on with Métis research collecting stories from Creighton/Flin Flon, Pinehouse, Regina and surrounding area, and Île-à-la-Crosse through our research consultants that are local to the areas. We have also completed a large-scale, quantitative data collection survey for this project thanks to Vera and her team of Telefundors in our office.

We met with the Director of Health Programs of Métis Nation Saskatchewan for continued clarification of Métis Nation Saskatchewan research goals and secure funding with this project. Our reporting and funding process has been solidified and we have received the back-payments for our research initiatives.

LGBTQ Community:

We proposed the “Drag Racing in the Queen City: A Qualitative study of Drag Culture in Regina Saskatchewan through the Stories of Kings and Queens” research project to determine if a chosen culture can be included in the Recovery Model alongside chosen family, considering how identity and wellness are linked for future study.

Older Adults and Loneliness:

We proposed “The Effect of Recreational Programming on Loneliness and Community Connectivity on Older Adults In-care in Saskatchewan” research project to determine if loneliness can be combatted through community-building in a quantifiable way for future study.

New Residents to Canada:

One of our students researched the specific wellness needs of new residents for future collaborations.

Chronic Illness:

Students of the Winter 2021 semester, led by Bojana Malanovic, developed a program that addresses mental health of those who have a chronic illness, specifically Diabetes, Multiple Sclerosis, Cancer, or Chronic Pain. Their program proposal included using the Recovery College model and Peer Support model to develop and implement this idea. This is being held for future consideration if funding and demand allow.

PUBLIC EDUCATION AND AWARENESS



Caregiver
Affected
Recovery
Education

It has been a difficult year for caregivers in Saskatchewan and all over the world. Caregivers are working longer hours and helping loved ones with more because in-house caregiving is reduced or children's schools shut down sporadically. Just when caregivers are needing self-care the most, most venues that are used for self-care are closed or at reduced capacity: gyms, libraries, pools, coffee shops, etc.



During this time, the C.A.R.E. program has been asked to do a number of presentations. We have spoken to the caregivers at Parkside Extendicare and family members for three one-hour sessions that were recorded to help those who were busy caring during those allotted times. We spoke to the Ministry of Agriculture's leadership team and livestock team, the vice principals of the Regina School Board, the Women's Information Network – Saskatchewan, the Saskatchewan Human Rights Commission staff, the network of people who work with the Severely Violent Offender Response team, and Nationally for Muscular Dystrophy Canada for their family members. As a team representing C.A.R.E., we were also on CBC's Blue Sky program talking to caregivers about taking care of themselves. Overall we have reached over 500 people live with information on recognizing and combatting the costs of caring for others, and many more over recorded presentations. We have also been approached by Saskatchewan Polytechnic to help design and create modules for their Early Childhood Educator program's course titled Professionalism 2 regarding educator mental health.

We were able to secure some funding from the Emergency Community Support Fund to support our Contractual C.A.R.E. Coordinator, Kathy White (pictured above) who is promoting, grant writing, and facilitating the C.A.R.E. program as well as adapting it to online delivery. We also received funds from a Rexall Pharmacy initiative to have donated funds directed to the C.A.R.E. program. We promoted the program through a one-month Billboard and Bus Blitz in Saskatchewan's urban centers with the picture (below) of our students dressed as caregivers thanking those on the frontlines.

TO ALL OUR FRONT LINE WORKERS, THANK YOU

Our program is here to help support caregivers

C.A.R.E.

Caregiver
Affected
Recovery
Education

Find us on **SK.CMHA.Ca**

The C.A.R.E. program is proudly offered through

Canadian Mental Health Association
Mental health for all



Submitted by Daniel Blondeau, Director, H.O.P.E. Learning Centre

The Hope Learning Centre has had a very interesting first year. For a program that mainly expected foot traffic when it got started in January of 2020, we've had to make some fundamental adjustments to our offerings to accommodate the health measures required during the era of COVID-19. Since March 2020, the Hope Learning Centre has been operating in a virtual classroom setting and, though there have been challenges along the way, we have still found success with this new model. Being forced online has begun influencing how our program will likely continue to develop. Blended learning, combining both in-person and virtual learning, is now a top priority for the Hope Learning Centre moving forward. Had the pandemic not occurred, we may not have developed this capability as early in the Centre's development.



Our Lunch Bytes series has quickly become the most popular offering at the Hope Centre. Every Tuesday at 12:15 pm, we have run this 30-minute session discussing various

mental health topics, often supported with the help of a guest speaker. In this last fiscal year, we hosted 484 participants for this series alone. We require pre-registration for these sessions, and we're currently seeing a 70% retention rate with those registrations.



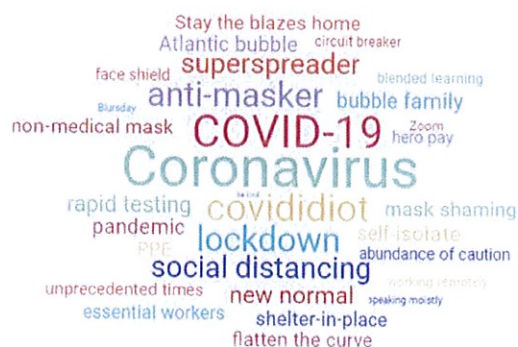
In addition to our Lunch Byte series, we have also offered three training sessions for the Art of Friendship and one additional course for Recovery 101. In total, we have served 41 students in these classes and expect this number to grow at a steady pace over the next year as more classes become available in our calendar.

In December of 2020, the Hope Learning Centre saw our previous Director, Donna Bowyer, begin her retirement. Donna was integral to the early launch of the Hope Learning Centre, and her presence and experience in the mental health field will be missed by everyone here at CMHA. Danielle Cameron, the Hope Learning Centre's lead program coordinator, did a fantastic job maintaining operations at the Centre during this time. Danielle was performing both the administrative roles of the Hope Centre as well as leading its education programs. For that, we would like to highlight her exceptional efforts and thank her for the commitment and dedication she provided during this transitional period. In April 2021, The Hope Learning Centre hired its new program director, Daniel Blondeau, formerly of the Gambling Awareness Program.

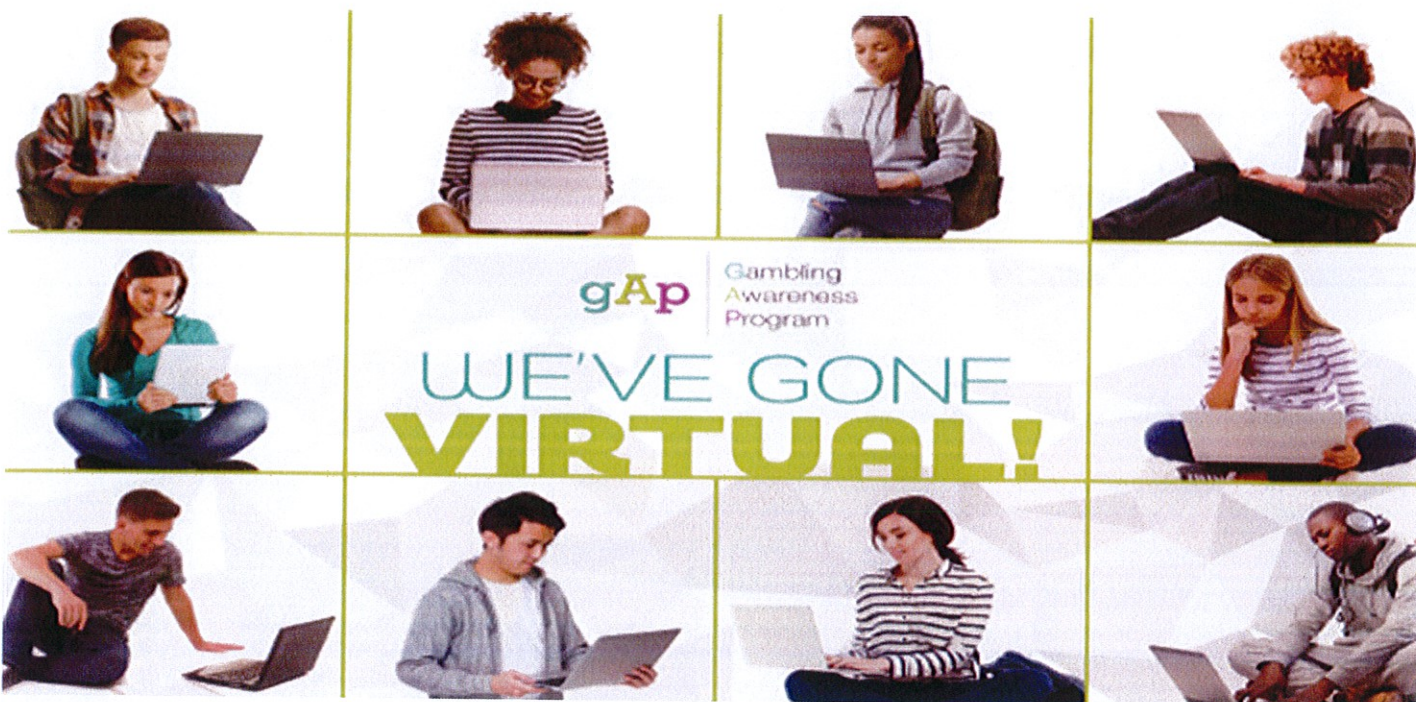
For now, the only sure thing is that we will continue to improve this very young program. There are many great things to come in the next couple of years, and we are very excited to be serving the needs of the public. Access to relevant upstream mental health education has not traditionally been widely available, and we hope to change that very soon!



As I reflect on this past year of 2020, there are some words and phrases that have been repeated time and time again, now engrained in our collective minds. *Pandemic, unprecedented times, herd immunity, quarantine, zoom fatigue, PPE, physical distancing.* If words were tangible, I'd hope to see them bouncing down the road, shattering into a thousand pieces, as I glance in my rear view mirror. *Oh what a year it's been!*



Amongst the distraction and interruption to almost every aspect of our lives, our work at CMHA continued. At GAP, our team was committed to find alternative and creative ways to deliver programming that focused on responsible gambling, gaming, and technology use perhaps no more important of a time than during a pandemic. Pivoting from the in-person activities to mostly virtual educational sessions became our new norm, delivered from our small office spaces or personal



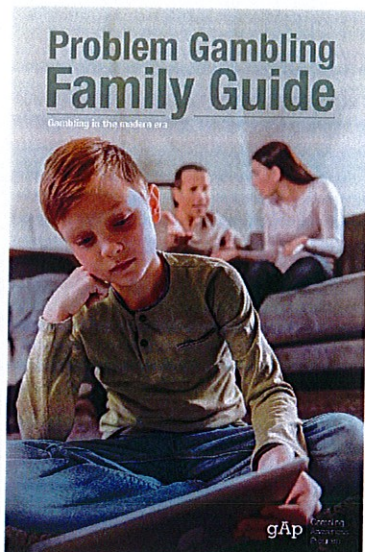
living rooms. An investment in enhanced webcams, proper lighting, and quality mics helped elevate our new workspaces. Virtual sessions added additional logistical steps in terms of preparations, communications, the delivery of resource materials prior to sessions, and managing many IT hurdles along the way. It wasn't always easy but we made it work.

Our connection to Saskatchewan schools continued. Two provincial school mail-outs were completed; one in the fall, followed by one in early spring, to offer our services to all Saskatchewan schools, and to help promote the introduction of our new BounceBack® Program being offered through CMHA SK Division.

Facebook ads and the Saskatchewan Teacher Federation ad to promote our professional development resource for teachers, was also completed.

GAP's cyber library expanded to offer a high school Financial Literacy module, as well as a professional development module designed for educators that shared information related to youth and gambling and video game overuse. An on-line tracking form suggests our modules were mostly teacher led for the middle years' classes, and accessed 451 times by high school students as they worked from home. GAP delivered a total of **142** presentations with the majority being held virtually, apart from the northern regions that allowed some in-person sessions when proper protocols were in place. When compared to our 5 year average, this is a 56% decrease that is fully attributed to realities of the pandemic. Parent night panels and virtual displays, also helped to get our message out during this challenging year.

Recurring sessions continued with some of our strategic alliance groups, such as Impaired Driver Treatment Centre, Valley Hill Youth Treatment Centre, MACSI, and Radius Community Centre.



This year gave our team the time and space to explore program needs and with some additional funding from SLGA, we redeveloped the *Problem Gambling Family Guide* 53 page booklet, along with refreshed content, and new imagery. Notepads and the Parent Teacher Folder were also reprinted and exhausted the remaining funding.

GAP also produced some new resources; tote bags, pens, and 2 new brochures entitled *Video Games and Gambling*, and *Technology and Gambling* that were developed to respond to growing concerns from parents, students, and educators on the subject.

Facebook Live Series

As the pandemic took hold, GAP explored new ways to connect with people and to help educate on a range of timely and relatable topics. The FB Live series included topics such as *Gaming, Social Media and Screen Time, Online Gambling, Escapism and Mental Health, and Daily Fantasy Sports Betting*.



GAP Communications offered a consistent approach with our Facebook and Twitter accounts, sharing interesting news, research and trends related to gambling, gaming, and tech use. GAP services were advertised, and our social media channels offer ways to ignite interest in our program. Our *Bridging The Gap* video series that explores a range of gambling and video game topics saw the ambitious release schedule of 19 new videos this year, a great addition to our resources!

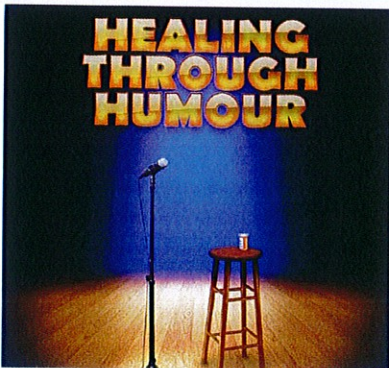
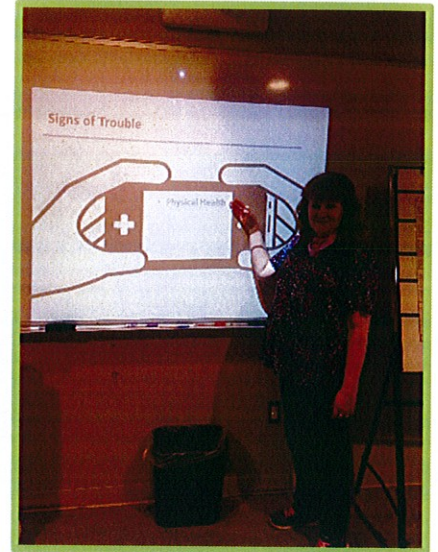
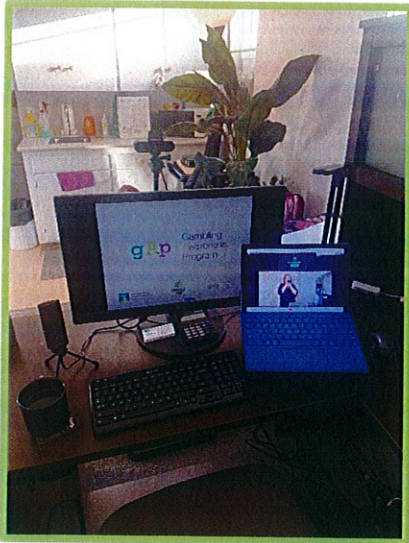
Trends on the horizon...

- Bill C-218: single event sports betting on its way to becoming legal in Canada
- Growth of day trading and how Apps such as Robin Hood & Cash App make it easy and serve to *gamify* the stock market
- Canadian Low Risk Gambling Guidelines (LRGG) to be released in Fall 2021

Professional development was very robust this year, and collectively, we amassed a lengthy list of virtual training opportunities, ranging from the CMHA National Conference, to New Horizons in Responsible Gambling, with many interesting topics in between. GAP looks forward to incorporating the results of the recent release of a national study – *Gambling and Problem Gambling in Canada in 2018: Prevalence and Changes Since 2002 (AGRI)*, a much overdue snapshot of current gambling trends and problem gambling rates for Saskatchewan.

Thanks to my team – Dan, Kathy, Nicole and Bretton for their work this year, during some really challenging times. Weekly virtual Google Meets helped to keep us on task, stay connected, reduce feelings of isolation, and to simply be there for each other.

Dan Blondeau has been an integral member of the GAP team, helping elevate our Program in countless ways. We will surely miss him, and wish him great success with the HOPE Centre, leaving some big ‘kicks’ to fill here at GAP!



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. Its mission is to give people living with mental illness an opportunity to express themselves in a safe and creative environment. The program also works 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.

During 2020-2021 Healing Through Humour completed its fourth musical comedy album and fourth film. The program is currently working on its first animated film voiced by the members of Healing Through Humour.

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 and follow us on Facebook [Healing Through Humour - Home | Facebook](#)

Psychological Health and Safety Adviser Training



CMHA's certified Psychological Health and Safety Advisor Training program will help individuals who are working to improve psychological health and safety in workplaces or implement Canada's [National Standard of Canada for Psychological Health and Safety in the Workplace \(the Standard\)](#). Employers will see those with this certification as having the practical expertise to help improve

psychological health and safety or implement the Standard in their workplaces.

Learning Objectives

After your training you should be able to:

- State and demonstrate your ability to adhere to the overarching principles of a CMHA Certified PH&S Advisor.
- Assess readiness for change.
- Prepare employers to proceed with a psychological health and safety assessment.
- Apply tools to assess and analyze psychological health and safety.
- Give and accept feedback in a constructive way.
- Present to employers – the business case, assessment processes, and implementation plan.

The certification training has been developed to provide an experiential learning opportunity for Advisors so they can better support organizations of all sizes. Advisors are provided with hands-on experience of the key questions, challenges and opportunities of organizations striving to implement psychological health and safety within their workplaces.

It is focused on developing competency for:

- **Presenting the business case** – This focuses on convincing senior leaders and other key workplace stakeholders of the value and necessity for working toward improved psychological health and safety of their workplaces or implementation of the Standard.
- **Preparing for the assessment process** – Helping employers be comfortable with and understand the scope, process and necessity of collecting data. This is required before establishing effective baseline measurements. Managing expectations and being clear about issues such as confidentiality and process are key.
- **Making recommendations** – Analyzing the assessments and recommending an action plan must be done with knowledge of the organization's constraints, competing demands and current realities. To be successful in sustaining implementation, the plan must be manageable and valuable in terms of outcomes.

To find out more about the CMHA certified Psychological Health and Safety Advisor Training contact our PH&S Advisor Trainer at ph&s@cmhask.com or watch our website at www.sk.cmha.ca for scheduled events.



Difficult Discussions

SUPPORTING MENTAL HEALTH
IN THE WORKPLACE



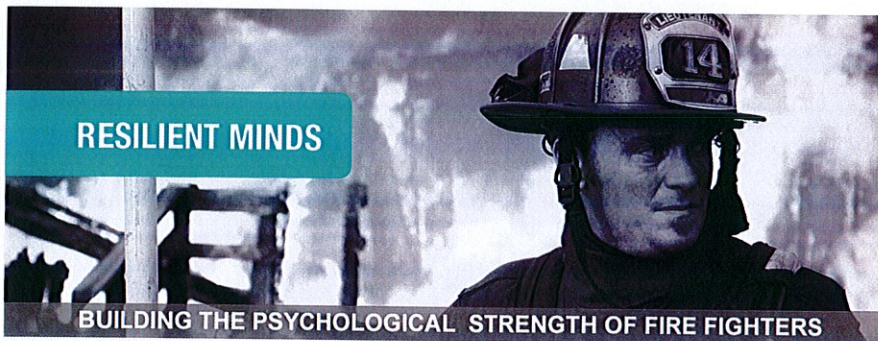
This training offers a unique "Safe to Fail" environment while learning the skills necessary for effective discussions with people dealing with mental health issues; their own or a family member.

The workshop teaches the principles of "Effective Questioning" and "Active Listening" as well as basic communication skills. It then offers a safe environment in which to put those skills to the test.

The “Safe” fail is provided through the use of professional improvisational actors who will be following various scenarios. However, these actors will be reacting directly to how participants approach them. This simulated interaction will help prepare participants for the real world experiences they may one day face.

The workshop is for anyone in management or human resources who may be called upon to directly interact with an employee dealing with mental health issues. It also is for supervisory staff who may be placed in similar situations.

For further information on Difficult Discussions Workshops, contact ph&s@cmhask.com or watch our website at www.sk.cmha.ca for scheduled events.



On December 1, 2020 CMHA Saskatchewan Division was pleased to announce the launch of Resilient Minds training in Saskatchewan. This program, the first of its kind, brings formal psychoeducation to fire halls and departments nationwide, mitigating occupational stress and trauma responses, while building healthier teams.

Co-developed by CMHA Vancouver-Fraser with Vancouver Fire and Rescue Services in 2016, Resilient Minds is an evidence-based, peer-led, skills and resilience development training program designed by and for firefighters. The program is designed for both career and volunteer firefighters and is quickly becoming a sought-after program in the fire-fighting community across the country.

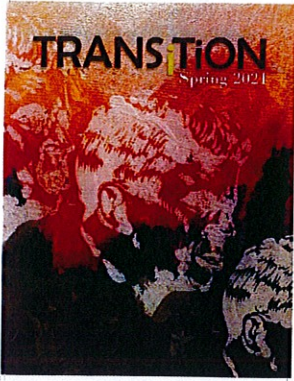
Firefighters are exposed to significant trauma as a result of their work and require resources and skills to protect their psychological health, skills that are not taught as part of their technical training. This skill deficit not only puts them at risk of developing a mental illness but contributes to a rate of suicide amongst firefighters that is 30 percent higher than in the general population.

Recognizing that many other first responders, such as paramedics and nurses are in need of this training, CMHA is prepared and eager to begin adapting Resilient Minds for other first response sectors. There is a clear need for evidence-based solutions to support first responders in a way that is specific to their occupational stressors. CMHA is dedicated to promoting mentally healthy cultures and behaviours within fire services more broadly.

Resilient Minds has supported hundreds of firefighters to develop strategies to mitigate and better manage occupational stress, resulting in informed and healthier teams. Firefighters learn to:

- a) recognize the effects of psychological stress/trauma in themselves and in peers
- b) communicate with peers who may be struggling
- c) respond promptly, safely and appropriately to distressed citizens
- d) apply personal strategies for managing stress, mitigating trauma and boosting resilience.

- **Innovative and Evidence-Informed** – Resilient Minds is a skill and resilience development training course designed by and for firefighters using the latest literature on resilience, stress and stress-related injuries.
- **Fire Fighters Train Fire Fighters** – Using a peer-to-peer model of instruction, the Resilient Minds curriculum is taught by firefighters to firefighters.
- **Volunteer and Career Fire Fighters** – Resilient Minds is the only training program designed to train both career and volunteer firefighters and takes into consideration the differences in experience and resources available to the two groups.



Transition Magazine is published twice a year and distributed free of charge of 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/>

As well as updates from CMHA Saskatchewan Division activities, 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 media:

Website: www.sk.cmha.ca

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

Twitter: https://twitter.com/CMHA_SK

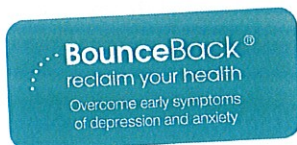
Instagram: https://www.instagram.com/cmha_sk/



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

PROGRAMS AND SERVICES

BOUNCE BACK AND BOUNCE BACK FOR YOUTH




On November 18, 2020 CMHA Saskatchewan announced the introduction of CMHA's BounceBack® program to Saskatchewan residents thanks to a donation from Bell Let's Talk.

BounceBack is a free, guided self-help program effective in helping adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Through telephone coaching and a selection of skill-building workbooks to choose from, participants can customize their own program, learn ways to overcome their symptoms and improve their mental well-being now and in future. Based on cognitive behavioural therapy, BounceBack has been shown to reduce depressive and anxiety symptoms by 50% at program completion. The donation from Bell Let's Talk has enabled CMHA to leverage existing expertise in BC, Ontario and Manitoba, where the program is already funded by governments and donors, to expand the impact of this evidence-based program to more Canadians. Available to residents in English and

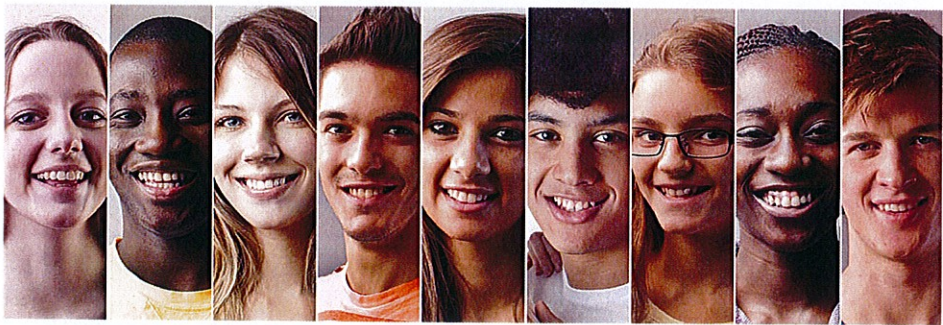
French, the program is free to all participants and will be delivered by coaches who are extensively trained and overseen by clinical psychologists. Participants can be referred by a primary care provider or choose to self-refer as long as they're connected with a primary care provider, giving Canadians more choice in accessing support from home.

Bell Let's Talk funding has supported the creation of a national website and toll-free number where Canadians can learn about BounceBack and find out whether it is right for them.

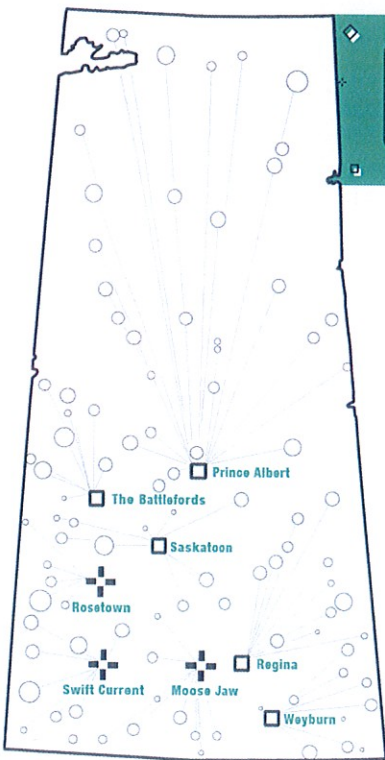
For Saskatchewan residents interested in registering for the program, please visit bounceback.cmha.ca




CMHA Saskatchewan Division will also be launching Bounce Back for Youth in 2021. We have hired a Youth Coach who is completing his training. At the time of this writing we are able to offer Living Life to the Full for Youth and are excited to be able to add the Bounce Back for Youth program in Saskatchewan in the near future.



WELLNESS SUPPORT RESPONSE LINE





Wellness Support
Response Line
Directory

Prince Albert	1-306-940-7678
The Battlefords	1-306-441-5746
Saskatoon	1-306-270-3648
Rosetown	1-306-831-4083
Swift Current	1-306-741-5148
Moose Jaw	1-306-630-5968
Regina	1-306-535-4292
Weyburn	1-306-861-4951
Provincial Div.	1-306-421-1871
Youth Line	1-306-730-5900

On April 13th, 2020, in response to the COVID-19 pandemic, CMHA Saskatchewan and it's branches started a province-wide 'Wellness Support Line'. These Wellness Lines have helped connect our staff to community members and have played a pivotal role in maintaining a continuity of service throughout the COVID-19 Pandemic. Unfortunately, as the pandemic still rages on, many of our physical branch locations have remained closed to the public due to physical distancing measures and other health restrictions that have been put in place for public safety.

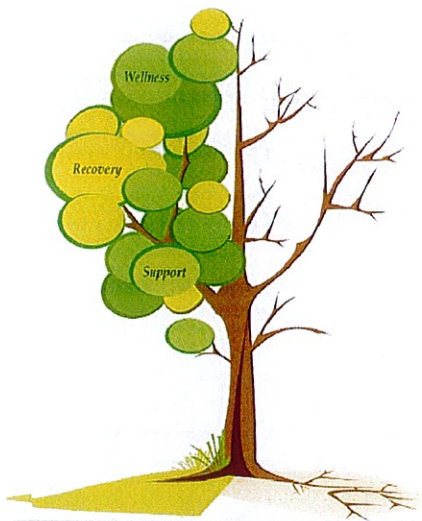
We know this major pandemic is affecting all of us in different ways. CMHA and its staff want you to know we're here to listen and help. The *Wellness Support Response Line* is based on the Peer Support model. Our staff are here to help answer questions, let you know more about some of the assistance programs being offered right now, and also, just to talk with. Many of us are feeling more alone and it's okay to call and let

some of those heavy feelings out. **This is NOT counselling.** Our staff are uniquely connected to their communities and can help navigate services while offering a compassionate ear.

Since its start in April 2020, the Wellness Support Response Line has answered over 1,000 calls from around the province.

JUSTICE COMMUNITY SUPPORT PROGRAM

Submitted by Andrew Love, Director Justice Community Support Program



This past year was a year of change. Many folks had to adapt to new ways of working, new ways of socialising and new ways of accessing services. This program was no different. The year started with working from home. This was a major adjustment for both the Justice Community Support Workers (JCSWs) and the clients they serve in the community every day. The JCSWs rely on the in-person interaction in order to build trusting relationships that help shape meaningful and engaging progress towards our client's goals. The JCSWs stepped up to the challenge and have managed to maintain these relationships and build new ones as new referrals continued to come in. The program continues to be an integral part of the overall Serious Violent Offenders Response (SVOR) team and a valued resource during these uncertain times.

Throughout this time of change, one thing has remained the same – the consistency and effectiveness of the JCSPs contribution to the SVOR. Throughout the year I have received positive feedback and praise for the four individuals who make this program work. At this time I would like to give my heartfelt and gracious thanks to Garret MacNaull (Regina), Lianne Hounjet (Saskatoon), Megan Dubinak (Creighton) and Melissa Pateman (North Battleford) for all their hard work, collaboration, compassion and patience throughout this past year. Without the contributions these folks continue to make, the Justice Community Support Program and the Serious Violent Offenders Response as a whole would not be able to run as effectively as it does. Despite having never been in a room all together, we manage to keep open lines of communication and regularly rely on each other for support. This group redefines what a team looks like while simultaneously defining how a team should work.

A focus of the past fiscal year has been on improvement. The JCSP pointed the lens inward and identified our strengths and weaknesses in an effort to improve upon an already exemplary program. One of the areas we focussed on was core training and continuing education. This year, as the pandemic has limited the ability of our team to engage clients in the community, we have spent a significant amount of time honing our skills by way of a new core training curriculum for Justice Community Support Workers. The training program includes the core requirements of our funders such as First Aid – CPR and ASIST, and takes it further into the realm of mental health crisis management and support.

In addition to this, the JCSP has enhanced its core training with a 60 credit hour certification program in Mental Health Counselling Skills delivered through the Crisis and Trauma Research Institute. The courses selected to complete the requirement for certification reflect the identified needs of our client base. The focus of the training centres around the ideas of problem solving through a number of mental health crisis and everyday life situations using gentle and accessible techniques. The program is rooted in evidence-based practices such as motivational interviewing, cognitive behavioural therapy (CBT) and dialectic behavioural therapy (DBT).

Along with this new core training program, we have implemented a standard of continuing education. JCSWs are encouraged to seek out and attend training opportunities throughout the year to supplement or refresh the training they

have already taken as part of the core program. The JCSWs will have access to Crisis and Trauma Resource Institutes webinar database as an additional resource to continue this learning on demand throughout the year.



One of the consistent themes that came up during discussion about barriers to successful treatment was housing, or the lack thereof. Housing has been identified as the number one barrier to stabilization in all areas that the JCSP runs for a significant majority of our client base. During the first part of 2021 the JCSP, along with CMHA’s Advocacy, Research and Public Policy Development team, conducted research in Regina and Saskatoon evaluating the current rental market and how the availability and

livability of housing fairs in comparison wo what funding is allotted to those on assistance. The research has been completed and is currently being evaluated with an expected first draft report completed in the fall.

While collecting data for this project, the consultants made connections with other housing programs in the city including emergency shelters to help us identify the gaps in services, and to direct the focus of the research. The consultants also made connections with private landlords who were made aware of our clients needs and the support they have, which resulted in successful housing of 3 clients in Regina and 2 in Saskatoon.

Despite restrictions to accessing services and accessing people in the community, the Justice Community Support Workers were still able to provide exceptional support. We look forward to continuing to provide grass roots, front line services to the folks we serve.

2020/2021 Stats:

2020/2021	Apr	May	June	Jul	Aug	Sept	Oct	Nov	Dec	Jan./20	Feb/20	Mar/20
North Battleford	13	15	16	20	20	20	20	13	14	14	15	15
Saskatoon	17	17	16	16	16	16	16	16	16	16	17	17
Regina	16	16	16	15	15	15	15	13	15	15	15	15
Creighton	9	8	8	8	10	10	10	10	8	8	9	9
Total	56	56	56	59	61	61	61	52	54	54	57	57



Submitted by Julius Brown, Director

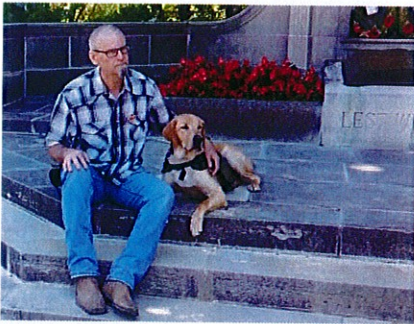
OSI-CAN, an Operational Stress Injury/Post Traumatic Stress Support Initiative, continues to provide hope, resilience and recovery to the military, RCMP, First Responders/Public Safety Personnel and their families.

It 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 currently serving and former members of the Canadian Armed Forces, Allied Armed Forces, the RCMP, Indigenous Emergency Management, Federal Wildlife Officers, 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 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. Currently, our support groups are supporting 13 communities throughout the province. To date, OSI-CAN operates in Alberta, Saskatchewan, Manitoba and recently expanding into British Columbia in 2020. 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 and those with mobility issues that prevent them from physically attending a support group meetings. OSI-CAN services are free of charge to anyone in need. Due to Covid-19, our peer support group meetings are conducted via Zoom. However, we are still able to deliver our other supports and services.

OSI-CAN Peer Support Training Program – In 2020, we developed a peer support training program specific to our target demographic. Certification is in alignment with Peer Support Canada’s (PSC) best practices. We are grateful to Debbie Weibe, a member of PSC and former member of CMHA Alberta for guiding us through the development of our program.



Service Dogs – Last year we provided financial assistance for the acquisition of two service dogs, which cost up to \$30,000 each.

Equine Therapy – OSI-CAN provides equine therapy through two programs. One is our Sunday Equine Therapy created in 2016 where we are partnered with ranches around



the province to deliver one-hour sessions once a week throughout the year. The other is our Healing with Horses Retreat created in 2020. It is open to current and former members of our target demographic and their spouses/partners are encouraged to attend.

The benefit is recovery, building up relationships and communication using equine therapy (unmounted), peer support, yoga, counselling, meditation and art therapy.

While similar programs exist in other provinces and the U.S., the cost for each attendee is \$4,000 to \$5,000. We were able to secure funding that allows us to provide similar support while removing the barrier of high cost. The fact that it is local also reduces the cost of travel. The cost for each attendee is \$25.00. This support is delivered in nature, which is relaxing and more conducive to healing and provides support for those dealing with the symptoms of PTSD and their family. Dates for 2021 are June 26-27, July 17-18 and August 21-22. For more information or to register, please go to <https://www.osicansk.ca/healing-with-horses-retreat>.

OSI-CAN is funded primarily through private donations from individuals, communities, organizations and businesses. The program is also partially funded by the Saskatchewan Workers’ Compensation Board. We want to express a special thank you to our major sponsors for 2020-2021: “100 Women Who Care” and Mobius Benefit Administrators Inc. Their generous support is very much appreciated.

Check out our website at [222.osican.ca](https://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

Our branch has spent the past year navigating a constantly changing environment, delivering programs in a limited and sometimes sporadic capacity and moving forward with two significant projects.

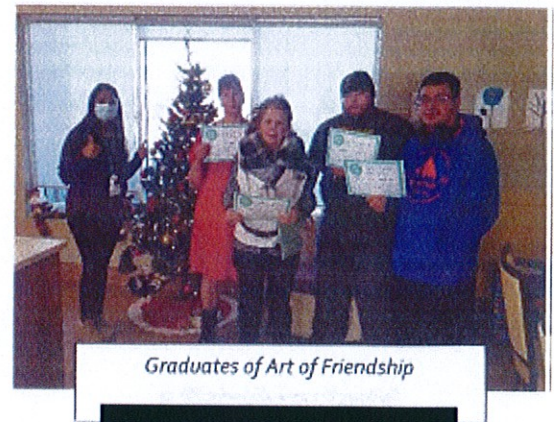
The first part of the year focused on supporting our members and community during those early days of the pandemic. A pamphlet that contained suggestions for coping, maintaining mental health and information about mental health services was distributed to both Battlefords communities. Our branch participated in CMHA Saskatchewan Division's Wellness Support Line program and continued to reach out to members on a regular basis until COVID restrictions were lifted during the summer and early fall. Our organization continues to connect with our members who have been unable to participate in programs on a regular basis.

Recreation and wellness programs were suspended for several months due to risk and reintroduced in July. In late September 24 members and 4 staff travelled to Duck Mountain Provincial Park for a 5-day vacation. As this "tour" is a popular program for many, we were grateful that it wasn't cancelled due to the pandemic.

Vocational therapy programs were not suspended. Crew sizes were limited to 2 participants initially and were gradually increased to 6 by mid-summer. We provided meaningful work opportunities to 39 individuals this past year.

Peer support services were shifted to virtual group meetings while supporters connected with their peers by phone. The pandemic impacted this program noticeably as many were uncomfortable or unable to connect to group meetings via Zoom. We saw an increase in requests for one-to-one peer support over the course of this past year.

A successful application to Canada's Emergency Community Support Fund (ECSF) allowed us to train staff, purchase equipment that connected residents of Saskatchewan Hospital North Battleford (SHNB) to peer support services and provide office/IT equipment, learning materials and furnishings for the future home of the Living Well Learning Centre (recovery college model). Further, this funding allowed us to deliver Art of Friendship and Recovery 101 courses to SHNB residents and our members.



Looking forward, two significant projects will be completed this year. Independence Commons will be ready for occupants by the end of June 2021. This program will move eight individuals with significant mental health problems and complex needs from group homes to independent living with support. Recreation, wellness, skill development and group learning will take place on site. Independence Commons will be a multi-faceted mental health program incorporating safe and affordable housing that fosters independence through peer support, socialization, recovery and vocational therapy.

The Living Well Learning Centre will launch in the fall. As part of Independence Commons, a dedicated building will be its home base. Fourteen adults and five youth courses will be offered to start and everyone living in our community will have free access to learning opportunities that support recovery and wellness through education.

The COVID-19 pandemic has in some ways been a blessing for our organization. It allowed us, through its restrictions, to dedicate the time we needed to develop and introduce the Living Well Learning Centre much sooner than anticipated. This past year has brought some sadness – our office environment is no longer a bustling place where many people gather together on a daily basis for work, social interaction, wellness, recreation or to just "hang out" and visit. We look forward to a future where we can freely give a hug to those who might need one and gather together without masks and distancing.

We gratefully acknowledge Saskatchewan Health Authority, CMHA Saskatchewan Division, Jim Pattison Broadcast Group, Battlefords United Way; Battlefords and District Community Foundation, W. Brett Wilson and Family Foundation, SPRA, Community Initiatives Fund and our many donors and volunteers for their continued support of CMHA Battlefords Branch this past year. Many thanks to all!

CMHA MELVILLE BRANCH

Submitted by Micheal Halyk, President

Like so many other organizations, COVID-19 changed almost everything about the operation of the Melville Branch of the CMHA.

The positive part of the past year is that through Zoom and social media, we continued to run a skeleton branch. Through Zoom we managed to host an open table the hour before our board would have its regular monthly meeting. The message that always came through loud and clear is that there is a lot of individuals who need assistance to help them cope and deal with their mental wellbeing.

As we moved into 2021 still facing the restrictions of COVID-19, we changed some of our table offices, who I have to say had provided a great deal of work and direction to our group. Personal issues dictated that a change was necessary and I was elected as the new President knowing full well that I had a tall order to fill the shoes of Tim Ziola who was there from the very beginning and brought so much common sense to the table to steer us in the right direction.

We are already starting to make some preliminary plans for the fall, hoping that we will be in a post-COVID period and can start carrying out activities in a more “normal” way.

Here’s to a great rest of 2021 to everyone connected to CMHA Saskatchewan.

CMHA MOOSE JAW BRANCH

The primary focus of CMHA Moose Jaw, is peer support.



What is Peer Support? “Peer support is a supportive relationship between people who have a lived experience in common. This support provides both an emotional and social support to others. The commonality may not be in relation to a specific challenge or illness, but rather to the struggle and emotional pain that can accompany the feeling of loss and/or hopelessness due to a mental illness.

We recognize that each person is unique in their experience and path towards recovery. According to Toward Recovery and Well-Being, A Framework for a Mental Health Strategy for Canada, peer support is deep rooted the idea that hope is the starting point from which a journey of recovery must begin. Peer support workers can inspire hope and demonstrate the possibility of recovery. They are valued for their genuineness because they can relate to the challenge and have found their way to recovery. Recovery does not necessarily mean “cure”, but focuses on people recovering a quality of life in their community while striving to look for their strengths and achieve wellness that includes their relationships, their involvement within community, their general wellbeing and a sense of empowerment. It also focuses on health and recovery rather than illness and disability.

Peer support can be provided in both group and one-to-one relationships, and can take place in community groups, clinical settings, and workplaces. This range of accessibility is important since living with a mental health problem or

illness, or living with a loved one who has a mental health challenge, influences a person's day-to-day interactions in their communities, clinics, workplaces and more.

The person who is seeking support is considered a "peer," not only because of challenges related to mental health, but also due to a past or current connection with the community, clinical setting or workplace.

Regardless of its setting, peer support is considered to have value, either on its own or as a complement to clinical care. For some, peer support may bring all aspects of a person's journey towards recovery into view. The peer support relationship may be the first step that an individual takes towards recovery, or it may be introduced years into a person's journey towards wellness. The specifics of a peer support relationship will be a unique experience for each individual".

(https://peersupportcanada.ca/wp-content/uploads/2019/06/MHCC_Peer_Support_Guidelines_2016-ENG.pdf)

Broadly speaking, our peer support programming falls into one of three categories:

One-on-one

Someone who has a goal can meet one-on-one with a peer supporter.

This is for isolated people, or people who otherwise can not come to programs, but are seeking support.

Group peer support

Come Together Groups- Through each month, different activities are planned. These activities may change periodically, but typically include: Coffee Groups; Check In's; Men's Night; Ladies Night; Games Nights; Movie Night; Craft/Art Night; Walks; Exercise Groups; and Facebook Groups.

Vocational Support

CMHA Moose Jaw Branch also offers vocational support programming. This can include job coaching, work placements, supported employment through the Individualized Placement and Support model, supporting those with psychological injuries incurred on the job, in-house or group work experiences to clients transitioning from hospital or corrections systems, skills training for employment readiness and supporting volunteer experience.



CMHA PRINCE ALBERT BRANCH

Submitted by Doug Kinar, Executive Director

What can I say about this year that hasn't been said so many times before by everyone else? The pandemic (that I shall not name yet again) has dominated awareness.

We shut down our drop-in center "The Nest" and all programming for five months. We did not lay off any staff and still managed to stay incredibly busy updating and renovating to ensure a fresh new start to welcome back our participants. This is a testament to how much work is carried on by staff behind the scenes. While closed, we stayed in touch with our



regulars through phone calls, emails, Facebook and letters. While many services were interrupted, we continued to provide support to people participating in our residential program.

We reopened July in a reduced capacity and a refreshed landscape of programs and services were introduced. Unfortunately, our community kitchens, First Nations University Diner Program, daily BBQ fundraiser, the As Good As New Store and the quilting program have been suspended to date. The risk to our people through public programming was deemed too high. We have reopened the Nest drop-in center, our affordable lunch

program and in-house janitorial program. We have continued to develop the firewood program as people are available and weather permits.



This year we received funding from the Prince Albert and Area Community Foundation to purchase hydroponics equipment. We have set the hydroponics up in our quilting room area. We are on a steep learning curve regarding types of light, light exposure and water chemistry. To date we have successfully grown cucumbers, herbs, tomatoes and a variety of lettuces which we have enjoyed in our lunch program salads. We will be offering our residential participants the opportunity to take part in the learning process of growing your own food. We look forward to the program growing (pun intended) exponentially!



Our renovations are progressing. We have completed the technical drawings through a generous contribution from the CMHA Saskatchewan Division building fund. We were also fortunate to receive a donation of \$34,000.00 to be utilized specifically for our renovations. The Sask. Health Authority has also provided an additional \$100,000.00 towards the project through a one-time funding opportunity. This puts us in a position to complete the renovation work very soon. The result will be safe access to the drop-in center as well as washrooms and all programs and services located on the main floor of our building.

We continue to host practicum students from First Nations University, SIIT and the University of Regina. The opportunity gives the student a perspective shift and a chance to learn about mental health from people with lived experience. The students learn communication skills, how to treat people as people rather than as case files, and most importantly, it reduces the

stigma of mental illness.

We are working towards sustainability for our programs by making baby steps towards self-sufficiency. We can grow our own vegetables for the lunches we provide. We will maintain our residential program to keep our people housed. We will keep people working in our vocational programs to assist in maintaining agency operations and to generate revenue. We may never achieve total self-sufficiency, but we modelling an attitude of self-reliance, accountability, pride and a positive work ethic to maximize and thrive, not simply survive!

CMHA REGINA BRANCH

Submitted by Leroy Berndt, Executive Director

This past year has indeed been a challenging time with the opportunity for much learning. We as a Branch had to close due to the COVID-19 pandemic. We were able to reopen again but had to do things differently. Our members have received services through our Pre-Vocational and Vocational areas. Our Community Engagement area has been busy providing education and awareness to our community throughout these pandemic times.

Pre-Vocational Report – Submitted by Susan Beug, Pre-Vocational Team Leader

The year 2020 started out great! It was scheduled and routine. January to mid March we offered a full gamut of programming that encompassed social recreational activities at the club and in the community, and educational wellness sessions.

We were pleased to have the freedom and flexibility to do our best to meet the needs of all who came through our doors whether they were registered Members or others seeking support or information.

Life was not just good; it was really good! The club was finally renovated the beginning of February. With the new flooring and freshly painted walls, plus new tables and chairs, it looked great! We enjoyed a Valentine's dance and were planning for our traditional annual St. Patrick's day tea provided by the Eastview Inner Wheel Group.

Well this last event never happened in 2020, nor in 2021!

April 2021 Members Club Newsletter, created by Karmin, eloquently captures this last year.

"With little warning the world as we knew it changed, bringing new challenges in the way we interact with each other and stay connected as Covid 19 entered our lives in March of 2020. When we closed our doors in March 2020, following the guidelines from the Health Authority, we were presented with the challenges change often brings. Phone calls to our members began in earnest and virtual meetings were created to enable us to stay connected until we were able to reopen the Members Club at the beginning of July.

Our reopening brought new protocols where patience was practiced in making appointments and waiting at a distance to enter the club one member at a time. Our members adapted effortlessly to the changes of being greeted by mask adorning staff, temperature checks, and the fragrant scent of hand sanitizer.


Our summer saw a drop in the number of Regina's Covid cases enabling an increase in the number of members entering the club and the introduction of a few new and modified activities. With this, our very first and ever popular X-Box bowling league was created.

The increase in cases as the colder weather began, brought a reduction of members entering the Club to ensure our members safety. Christmas was celebrated with care and caution as we welcomed members to a well-planned meal to go.

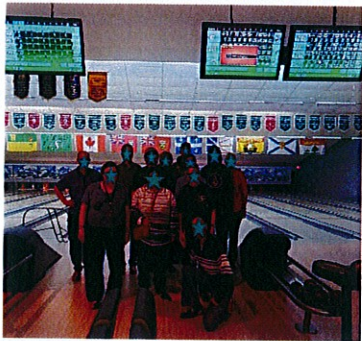
Easter passed with a temporary closure of the Members Club due to rising numbers of Variants within our community. We are confident however, that with the continued cooperation and the generous support of our members as we continue to adapt to the challenges of change, reopening, where we can meet again safely in person, is imminent. Until then, stay well, stay safe, and stay connected with us via phone, email and with our virtual programming.”

“Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge.” Eckhart Tolle

The COVID 19 pandemic drastically changed our service delivery and our activities. We have continually adapted to health guidelines and have been creative to develop and deliver new programming.

 **Pivot to Safe Programing:** In the spring of 2020 we started to deliver virtual programming like Online Peer support, The Art of Friendship, Community Kitchen and continued to build on this in the following months. Unfortunately, our virtual programs have only tapped a very small fraction of our population as many of our members do not have access to computers or smart phones or may not have access to the internet. We did offer tutorials on using technology as a way to promote virtual

→ **Safe in-house programming and visits started in July 2020:**



Bowling 2019



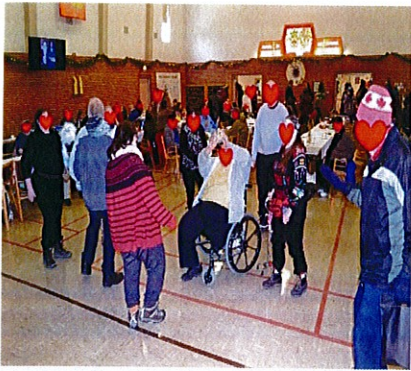
X-Box Bowling at the Club 2020



Mental Health Week Pancake Brunch pre-COVID



Take Home MHW Pancake Brunch 2021



Wesley United 2019



Christmas Party

Christmas Party at the club 2020



Eastview Inner Wheel St. Patrick's Day Tea 2019



St. Patrick's Day at the Club 2021

I would like to give a resounding thank you to the "tech-savvy" Pre-Vocational Team of Suzanne and Karmin, and of course to the rest of our CMHA Staff for their ongoing support in managing the Club in fine "COVID-style". Everyone has been so adaptive and flexible this last year as things shifted one way and then another. Thank you to all the Members, their families and caregivers, and our volunteers for your patience and your gracious words of support. Thank you to our Board of Directors, your contribution is appreciated. Thank you to our community partners and individuals from the public for their virtual and tangible support over this year, as this has truly kept us in a position to assist our Members in meaningful ways (groceries and toiletries, care packages, Christmas hamper, and gift cards).

On behalf of the Pre-Vocational Team, we are grateful to be part of an organization that works to inspire hope for all. We are thankful for the strong connections we have continued to enjoy, nurture, and grow, even in the face of adversity. This last year we have gained insight into living a vulnerable life. This compassion and empathy will surely help us be better mental health advocates.

Vocational Report -- Submitted by Kaitlin Shannon -- Vocational Coordinator

The Vocational Program focuses on motivating, supporting and empowering individuals on their journey to competitive employment. CMHA Regina Branch offers unique training programs in various areas that provide on-the-job training, skill development and support. Vocational support services such as vocational counselling, job coaching, resume building, assistance with job searching, referrals to community agencies and advocacy are also offered. Demands for these services remained consistent over the past year, obtaining on average 1-2 referrals a month. Vocational supports have been utilized a total of 96 times in the last fiscal year.

Of the 96 times supports were utilized:

- 71% received vocational counselling
- 12% received assistance with resume building
- 10% received help with job searching
- 5% received job coaching
- 2% received a referral to community agency and advocacy.

"I am so thankful for the work I have been given. Especially with COVID I don't know where my mental health would be without this place!"

With the Vocational funding provided by CMHA Saskatchewan Division office, the Janitorial, Kitchen, and seasonal work training programs continued to operate and employ a total of 18 members (several of which worked in more than one program). Attendance, Canteen, and housecleaning programs were unable to be offered due to COVID-19 restrictions. 13 members were employed in Janitorial at the branch, 2 members in Janitorial at CMHA Saskatchewan Division office, 4 members in the Kitchen, and 4 members doing seasonal work. One member took the skills they learned working in the janitorial program and obtained competitive employment.

On several occasions, members employed here at the branch have mentioned how much the opportunity to work and other services we provide mean to them. We are so grateful to all our funders, sponsors and supporters that allow us to continue to provide these valuable services to our members. Starting with CMHA Regina branch during COVID-19 has been challenging, but also very rewarding. I appreciate the warm welcome I received from staff and members alike. The opportunity to meet members, build strong rapport, and help them reach their goals has truly been amazing. I look forward to another year, whatever it may bring! Thank you and stay safe.

As we move forward in 2021, we are optimistic and dedicated to re-designing our programming in keeping with the post pandemic times to enrich the lives of others in innovative ways. 'With open minds, open hearts, and hopefully open doors' we will pursue guidance and direction from the Mental Health Commission of Canada and CMHA National to help us 'inquire, inspire, and improve our response to answering the call' to provide mental health service for our community.

Community Engagement Report

Submitted by Shannon Patton, Director of Community Engagement

Throughout this past fiscal year, we have seen the impact of Covid-19 on everyone's mental wellbeing and how physical distancing and isolation has profoundly affected one's mental health but, we have also seen a community come together and support each other as best as possible. The Community Engagement area is no exception.

While faced with branch closures off and on throughout the past fiscal year, the Community Engagement area was able to pivot to an on-line/virtual program platform. Educational presentations to workplaces, elementary and high schools, post-secondary institutions, community agencies and organizations, while initially cancelled, began to be rebooked and offered once the virtual platform became a common everyday tool. Unfortunately, the one area of offering that has not been able to continue at this time is our safeTALK training, as the training is required to be done in person.

In addition to the virtual educational presentations, we have been contacted by numerous people within the Regina and surrounding communities for support, a friendly ear to listen or assistance with system navigation- often because they had attended a session, event or one of their family/friends had. Most commonly, people are just looking for someone to listen.

In April 2020, we made the quick decision to take our very popular CMHA Ride Don't Hide Regina event and turn it into a virtual event. While the event certainly was not as financially lucrative, we were very proud and thankful to have raised the amount we did. Our community continued to support us as we made this big change and between the phenomenal sponsors, participants, and supporters, we were able to hold a wonderful and successful event.

Another amazing fundraiser we have been fortunate to be the recipients of over the past number of years is, Punchline Comedy Night. This comedy evening is usually held in April but again, due to the pandemic, it had to be postponed. The organizing committee were not going to let a year go by without ensuring monies were raised for our branch, so they creatively organized a virtual comedy night in Sept. With provincial health restrictions limiting the number of people to 30 for any gathering, the comedians presented live with the show being streamed to hundreds around all parts of Canada and even into the US and Europe. This event was hugely successful, and we were extremely grateful.

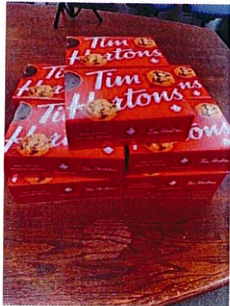
We were very fortunate to be one of three charities chosen as the recipients of the Tim Horton's Smile Cookie Campaign this past year. The other two charities we were honoured to partnered with were United Way Regina and Family Services Regina. Not only did this bring a smile to our face but we were able to share the smiles with many in the community all while raising much needed funds.

Our community engagement area continues to be our only non-funded programming area at our branch. However, we continue to strive to carry out the support and education that our community is in much need of. We believe our service requests will only escalate over the next year and through the unbelievable support given to our branch and the community engagement area, we will continue to grow and expand our support, ensuring that those who are in need of our services will continue to receive them.

"We don't grow when things are easy, we grow when we face challenges" author unknown.

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

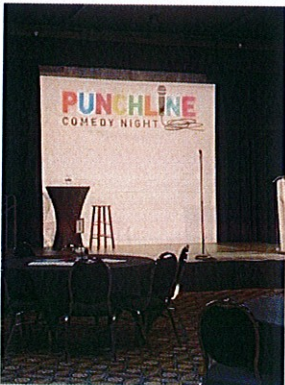
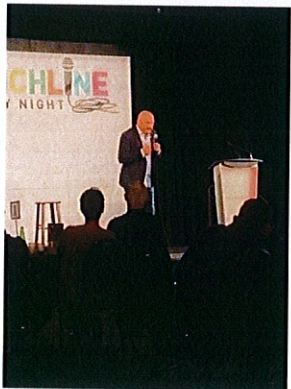
Tim Horton's Smile Cookie



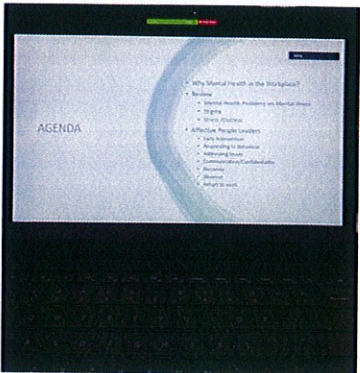
Ride Don't Hide Participants



Punchline Comedy Night 2020



Virtual Presentation



CMHA ROSETOWN BRANCH

Submitted by Carmen Ledding, Branch Coordinator

This year has been a year of great change at CMHA Rosetown. Like many other service providers, we had to close our doors on March 19, 2020 in response to pandemic restrictions. It has been a year of advocacy, networking, supporting isolated members of the community, and developing new skills as facilitators of virtual programming and education to meet the needs of residents while promoting health and safety during a global pandemic. Where possible, we have opened our doors for small pre-screened support groups and Recovery College classes since October 2020, pending local public health guidelines.

VOCATIONAL PROGRAMMING

As of October 1, 2020 CMHA Rosetown has one full-time employee and is accepting referrals for clients seeking help in social skills, budgeting, resumes, job shadowing, and the job application process. CMHA Rosetown has been working with our community partners at Saskatchewan Health Authority to streamline our referral process. We currently have one member with lived experience who has completed facilitator skills training to help with the Art of Friendship, one of our most successful Recovery College courses at CMHA Rosetown.

ADVOCACY: Presenting Saskatchewan's Voice to Partners Across Canada

CMHA Mental Health 4 All National Conference (took place virtually October 20, 2020)

In October I moderated a virtual session with Access Open Minds, which is a national network that provides youth, carers, researchers and decision-makers an opportunity to provide better mental health services to youth and cutting-edge research in this field. We discussed current initiatives and factors that impact youth mental health with 20 mental health workers across Canada.

Stakeholder Consultation with University of Brandon – Suicide in Rural and Remote Communities (May 7, 2021)

Suicidal ideation has been an issue of interest among local mental healthcare providers, including our community partners at West Central Crisis Centre and counsellors at Sunwest School Division. CMHA Rosetown is committed to assisting parents and youth through advocacy, education and support groups, as over seventy-five percent of our current callers are parents looking for mental healthcare for their children; and there has been one suicide within our school division in the last few weeks. The University of Brandon is conducting a nationwide study on the factors impacting suicidality in rural and remote communities. We discussed the gaps in mental healthcare in Saskatchewan that have not currently been represented in the national discussion, as data is overwhelmingly represented in Ontario. As part of our advocacy, we discussed the need for more primary care physicians trained in mental health and remote healthcare, the need for more child and youth psychiatrists in the province delivering remote consultations, and the need more visible centralized intake contact information in the form of Public Service Announcements.

SUPPORT GROUPS



Parent Support Group – has 4 members and meets once a month to discuss challenges and successes in parenting a child with mental illness. We have recently begun pre-screened in-person meetings as of March 2021.

LGBT+ Coffee group – is open to members aged 16 years and older. We have met 8 times since the group formed in February 2020. Our group

currently has 4 members and has been meeting virtually, which has been advantageous, as one member is located in Dodsland. Group discussion topics have included self-care vs. self-sabotage, healthy boundaries, how did I come to my current label (and what was my journey?) as well as member presentations on PRIDE topics. Our group has followed the guidance of CMHA Calgary Rainbow Coffee Group and OUT Saskatoon. We look forward to collaborating with the Gay Straight Alliance at Kindersley Composite School on an information night for parents in the fall, once restrictions are lifted.

Our **Caregiver Support Group**, which meets once a month, decided to postpone further meetings until further notice, as they all care for vulnerable persons. Only 2 members felt confident in accessing virtual meetings, so I have been calling each member (9 members) once a month on a check-in basis in lieu of our support group meetings. I have also forwarded links to online supports to those who are interested. One new member joined in May 2020. They are all looking forward to in-person meetings in the fall.

I co-facilitate a virtual **Young Carer's Group** (co-facilitated with **Laura Steeves-Green, Alzheimer's Society of SK**) once a month via Zoom. Attendance has been low and fluctuating month to month, but caregivers are longing for connection and advice from others going through the same journey.

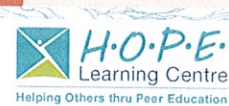

EDUCATION

Covid Coping and Beyond
Free online classes to build your resilience

April 19th - Coping with Current Events
*April 26th - Isolation and Loneliness
May 10th - Separation & Connection
*May 17 - Self-Compassion
*May 26th - Positivity & Optimism

all classes are available on Zoom
3-4:30 PM
to register:
<https://sk.cmha.ca/programs-services/hope-learning-centre/>
or email hopelc@cmhask.com

*co-hosted by Carmen Ledding,
CMHA Rosetown



As part of our ongoing outreach and education program, CMHA Rosetown sponsored participants for a webinar detailing the impact of screentime on children and families held by CPRI (Child & Parent and Resource Institute) entitled **Screentime, Sexting and Safety: Promoting Digital Health and Well-being for Children and Families (February 11, 2021)**. Our Parent Support group sponsored a total of 9 parents, school counsellors, and a support worker. Screentime is a major concern of Sunwest School Division and West Central Early Years Coalition.

Recovery College Courses – CMHA Rosetown has been working on education to enhance resilience in collaboration with CMHA Manitoba & Winnipeg and H.O.P.E. Learning Centre at CMHA SK Division. I have co-Facilitated a virtual session called **Isolation & Loneliness** as part of the series

Covid Coping & Beyond. I will co-facilitate **Self-Compassion**, and **Positivity & Optimism** in May. In addition,

we have hosted 2 (8 week) sessions of **Art of Friendship** with a total of 5 graduates. This course promotes healthy relationships through accountability, communication, and boundaries.

Wellness Support Response Line at CMHA Rosetown has been well-received, as there has been long wait times to see local counsellors due to frequent staff changes. We are happy to provide a friendly ear and provide callers with additional suggestions of mental health supports available in Saskatchewan.

SOCIAL MEDIA OUTREACH

CMHA Rosetown has seen a large increase in our social media followers on Facebook (92 followers and 62 members across Canada) and Twitter (12 followers). We post regular articles and events that promote mental health, and have even had requests from BC and Ontario to join us for Art of Friendship, as many people are longing for in-person supports.

Committee Memberships - Nothing happens in small-town Saskatchewan without the help of our neighbors and community partners. We collaborate regularly with: **West Central Early Years Coalition,**

Age Friendly Rosetown, West Central Literacy Committee (promoting Family Literacy in West Central Region), and **Rosetown Chamber of Commerce.**

Our board: Allison Bokitch (President), Carmen Ledding (Secretary), Shann Vick (Treasurer), Dave Mysko, Meghan Friedrich, Megan Craig, Lisonne Gervais-Acuna, Crystal Storey, Chris Hopkins, Emily Cledgett.

CMHA SASKATOON BRANCH

Submitted by Faith Bodnar, Executive Director

It's been quite a year! And that's an understatement for sure. It's hard to even begin to capture all the changes, adjustments and issues we have been confronted with. The emerging impacts of the pandemic expose and exacerbate gender, racial and economic inequities and gaps in programs and compel us to develop new approaches and more and different services. The good that has come from this devastating pandemic can be embracing the fact that all of us need support to maintain and restore our mental health and create hope for the future. In many significant ways, it has taken a pandemic to bring mental health out of the shadows and into the mainstream of everyday life, not for some but for us all.

As pandemic restrictions were put in place, the ways we connect with each other and our families, friends, neighbours and colleagues shifted drastically. At times, the speed of change made it difficult just to keep up. But in all of what has happened since March 2020 we have demonstrated our adaptability and strength as people, communities and agencies.

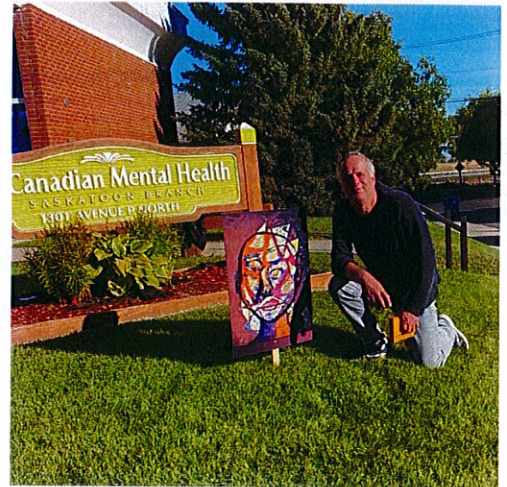
What stands out for all of us at CMHA Saskatoon, is the resilience of our city, those we support and our Board and staff. We have been called to respond quickly, adjust, pivot, change and then do it all over, again and again. And we have risen to the challenges, as difficult as it's been. We looked at everything we do, changing to meet the needs in new ways. So, we can't talk about what we do, without first considering how the pandemic has changed us.

At CMHA Saskatoon, the pandemic resulted in a wholesale shift to virtual services and a three-fold increase in our contact with our clients since last March 2020. In addition, our partnership with CMHA Saskatchewan Division on the Wellness Support Line has brought many new people to us, seeking support, a listening ear, connection and assistance in navigating COVID, while maintaining mental wellness. All this while making sure people received timely, relevant and meaningful support. While we adjusted and readjusted to new ways of delivering our programs and services, we have been mindful

that many of the changes we are making will become a permanent part of what we will do into the future. In fundamental ways CMHA Saskatoon has been transformed by COVID.

Even with the pandemic, at CMHA Saskatoon our work remains focused on:

1. **Employment Services, Life Skills, Mental Health Supports and Labour Consulting**
2. **Education and Awareness**
3. **System Navigation and Advocacy**
4. **Partnerships and Special Initiatives:**
 - a. **Riding the Wave** – partnering with Bridgepoint Center for Eating Disorders, our new interactive, online mental health awareness program for high school students is up and running, providing anytime, free access to any student as well as a new Teachers Guide.
 - b. **Connect Up** – we developed this inclusive social recreation pilot project and are now partnering with Crocus Coop who we are supporting to deliver it.
 - c. **World Suicide Prevention Day** – every year we hold a special event marking this day and creating a platform to destigmatize suicide and what community prevention supports can look like.
 - d. **Cont;inue Project** – with the support of Hometown Designs we launched this new initiative to raise awareness about suicide prevention.
 - e. **Families Matters Support Group** – new in 2020, now meeting virtually and facilitated by CMHA staff, this group has grown and become an important place for families to connect, learn, support each other and come together to create awareness about how important families are, however they are defined, in making positive change.
 - f. **Rêveurs de Vie** – a new partnership in 2021 with this Saskatoon based, online clothing company, that will see CMHA Saskatoon receive a percentage of sales as well as an opportunity to work with an amazing local company that integrates its brand with mental health awareness.



We know that supporting people to get and maintain work, begins with helping people believe they have skills, important things to contribute and that with the right support they can work. The journey to work is very much unique to each person and can include mental health supports, workplace accommodation, assessing skills and goals, additional training and education and work-based life skills. Working with employers is key in this process, in supporting them to understand they can accommodate people with mental health needs.

Prior to COVID, we provided vital, in person education and training to over 4500 people/year. This included in workplaces and for community and sports groups, professionals, students, educators, post secondary institutions and members of the public. Knowing how important this work is and given the impacts of the pandemic, we quickly moved to online education, realizing early on that we need a more systematic and effective way of virtual delivery. We were able to secure a grant and our online **CMHA Saskatoon Wellness Hub** launches the end of May 2021. With the shift to online learning, we are excited to launch what will be a growing catalogue of workshops and learning opportunities that ensure easy access and anytime learning. This allows us to further expand and customize our content, accessing experts in different fields, linking to other courses as well as



delivering our own interactive sessions. We have also installed a state-of-the-art e classroom that provides high quality, live broadcasting and pre-recorded sessions, lots of resources, optimal experiences for learners and better user tracking.

The old saying “one thing always leads to another”, certainly holds true for CMHA Saskatoon this past year more than ever. With the new **CMHA Saskatoon Wellness Hub** and the shift to online social connections, our website became an urgent priority. We had known for a while we needed to update it and the pandemic made it an imperative. If anything, the pandemic has underscored the need for us to be on top of the ways people connect with each other and CMHA Saskatoon. Our new modern, website is a true new, from the ground up initiative. We started by looking at who our primary users are, what they need to know and then beginning the process of updating and creating new content and ensuring navigation is streamlined. Working with Blair Habitch, owner of Jellycode Web Designs, months of complex work has really made the difference in how we reach out and connect with people. While people will always have the option to donate to us through Canada Helps, our new website also provides donors with the ability to give directly to us.

We’ve always been a central hub for people searching for mental health services for themselves and their loved ones. Our focus is to be there when people need us to listen and help them access what they require. Navigating services are a challenge at the best of times but when you’re struggling it can feel impossible. We field inquiries from families, professionals and government with the goal to help people advocate for what they need and connect them to best resources.



A December 2020 highlight was our first ever **Holiday Hamper** project. We knew that the holidays were going to be challenging and wanted to reach out and offer a hamper full of activities and ways to stay healthy at a time when many struggle. The pandemic made it even more important than ever that people knew someone cared. With a theme of the 12 days of Christmas, we delivered 75 wellness hampers to people across Saskatoon. It was first come, first serve, no conditions gift. Each hamper included self care products and projects, indoor and outdoor activities and gifts. With the overwhelming response, we are already planning next year’s Holiday Hamper.

Partnerships and special initiatives are how we test new programs and approaches and raise awareness about mental health. By bringing attention to issues like domestic violence, poverty, lack of affordable housing, maternal mental health, the need for more mental health services, isolation and loneliness, suicide prevention and working with our community partners, we build strength, hope for the future and momentum for lasting progress.

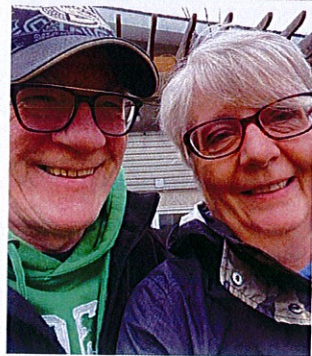
The pandemic created tremendous fiscal uncertainty for all non-profits. Yet, we have had more people than ever step up to raise funds for us. Our fundraising initiatives have also demonstrated the willingness of donors to support us in difficult times. Next year we are planning to start our first **Ride Don’t Hide** partnership with CMHA National.

We received a number of grants, including from the Saskatoon Community Foundation, United Way of Saskatoon and the Government of Canada. We are grateful for the ongoing support of the Saskatchewan Health Authority and Ministry of Immigration and Career Training for their long-term support of our work. We also extend our sincere appreciation to CMHA Saskatchewan Division for funding employment initiatives and for assisting us with the replacement costs of our furnaces and heating systems. CMHA Division is always there to support our work, collaborate, provide advice and information and stand with us as advocate for better mental health services in Saskatchewan.



We are also privileged to be able to have some fun. Whether that be an online give away, contests to engage people in mental health, special events like the Shoppers Drug Mart Run for Women or the Workplace Excellence Awards, creating awareness also means celebrating accomplishments and having fun while staying healthy.

CMHA Saskatoon's Board and staff have stepped up so much in the past year, drawing on our vision and resilience to support our clients and community in new ways. They've guided, lead and pivoted and changed direction so often and in ways we couldn't have ever imagined. It's been a year like no other and will continue to impact us in fundamental ways



going forward. It has been a year of transition and transformation.

As a member of CMHA Saskatchewan Division and along with over 300 other local branches across Canada, our connections with other communities and provincial and national leadership, adds tremendous value and capacity to what we do. As part of a movement for human rights and full citizenship for people with mental health needs, we join together as a force for change that has shaped Canadian society for more than 100 years, helping build a country where everyone belongs and is welcomed and supported for who they are.

CMHA SWIFT CURRENT BRANCH

Submitted by Jacqueline Williams, Executive Director

PANDEMIC...COVID-19...WASH YOUR HANDS...WEAR A MASK...ANNUAL REPORT

March 17, 2020 was the St. Paddy's Day that we will always remember. One that day we served lunch to our members and then had a meeting with everyone present. That was the day that we said that we will be shutting our doors until it was safe for everyone to return. We promised that the meal program would continue for as long as it was safe. We promised that we would keep in touch and that service (in some form) would continue. The year of the pandemic started and no one knew what to expect.

We have seen shut downs, slow downs, Phase 3 Re-open plans and we persevered. The staff worked throughout this entire year. We focused on helping those we could. We spent time making ourselves smarter. We served the community of Swift Current.....and guess what? We're still going!



When we look back, we think of what Covid took from us; but let's look at what we did and how we thrived under uncertainty.



In March we painted, cleared out our offices, organized closets. We also made and delivered meals, reached out to members and took some training.



Sask. Division trained us to use the support line and we started reaching out to clients online, played games and checked in.

On Fridays we delivered ice cream and did a sunshine check in.

With masking, things eventually opened up bit by bit. Our programs were all running in a modified way to keep everyone safe. This was incredible....but we also did this.....

We bought a double lot for our new building

We won the SCBEX Not for Profit Business of the year award.



We received donations and put together a wants and wishes Christmas hamper for many of our isolated members and we served almost 9000 meals.



We are unstoppable!

CMHA WEYBURN BRANCH

Submitted by Tasha Collins, Program Director

CMHA Weyburn Branch had a lot going on this year. Not only did we see our programs and services suspended for a short period, we also saw them changed, adjusted and in some aspects improved. After an initial program suspension, we quickly adjusted some of our services. The week of March 23rd, 2020 we started offering mental health supports through weekly phone calls to current clients as well as preparing and delivering lunches to those in need. We also provided rides and had our DVD library of over 400 movies available to the community to borrow.



By mid April we introduced our Wellness Support Response Line available at extended hours as well as one-on-one programming for some clients where one staff person would plan and work with one client for an hour each day. The middle of May saw our vocational crew start back up with protocols in place. This also allowed more frequent one-on-one programming for others.



On June 8th, 2020 we began with scheduled regular programming for some participants available from 10:00 a.m. to 2:00 p.m. Monday through Thursday. The week of August 3rd, 2020 we were able to increase our programming hours from 9:00 a.m. to 3:00 p.m., which continues to allow us time for program preparation along with cleaning and sanitizing procedures at the end of each day. We have been able to maintain those hours since August 2020.

COVID-19 has directly affected everyone's mental health. We felt it was important for CMHA Weyburn to be available if anyone was in need. We did our very best to continue supporting our clients and community. We needed to be and were flexible in our approach with many changes being made daily, weekly...and at times hourly. Although our branch has had to cancel, suspend, adjust and adapt many things throughout the pandemic, we have been able to continue supporting our community in many ways while following guidelines and restrictions put in place by the Sask. Health Authority and governments.

The CMHA Weyburn Branch provides a variety of programs that are typically open to everyone in our community, whether you live with an illness or struggle with your mental health.



CMHA Weyburn highlights from 2020-2021:

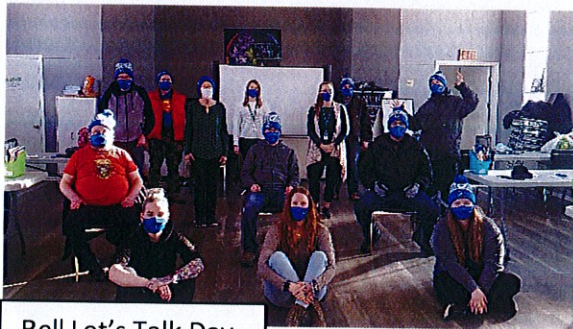
- Building improvements made – basement windows replaced, parking upgraded around the building and regrading around the building completed.
- Gift cards received through Second Harvest – distributed \$3,000.00 in gift cards to participants – reduced our grocery expenses by \$5,000.00.
- We received two grants through Federal Government programs, filtered through the United Way of Regina:
 - ✓ The first was the Seniors Response Grant which assisted in staff wages, program expenses and sanitizing/cleaning supplies.

- ✓ The second was the Emergency Community Response Fund which assisted us in developing and introducing a new table program with support for wages and the purchase of tablets. The table programming includes one-on-one facilitation with games, activities, learning opportunities and improved dexterity.



New Vocational Work Truck – Gold Sponsors Prairie Sky Coop, Intellidrive, Weyburn Young Fellows Club.

- New Vocational work truck – CMHA Weyburn designated reserved funds from our new Vocational funding towards the purchase of a new vocational work truck and then launched a community campaign to raise the rest of the funds needed for the purchase. Through sponsorship and donations we were able to raise the necessary funds for the purchase.



Bell Let's Talk Day

- Our social and recreation programs continue to promote positive interactions and build confidence. Although we saw adjustments to these programs, they were successful. We were able to incorporate bowling, crafts, movies, bingo, dining, line dancing, modified karaoke, guided meditation, virtual games, virtual tours, nature walks, dice games, etc.



Outdoor Activities

- We were able to continue offering quality skill-building programming to our clients which included Writers' Group and Art Program. We were also able to provide Lifeskills/Wellness programming with the support of Sask. Health Authority staff.



Evening Art Program

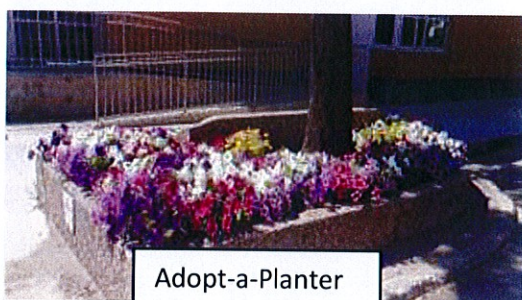


Art of Friendship

- New vocational programming is offering one-on-one supports to individuals that allows for growth in areas of their interest. This program has seen many successes ranging from increased communication and relationship building to a participant facilitating the Art of Friendship to others at the branch. We are excited about the growth this program is offering participants.

- CMHA staff partnered with H.O.P.E. Learning Centre and the Sask. Health Authority to facilitate ASIST (Applied Suicide Intervention Skills Training) workshops with 32 participants.

- Community presentations to Canada Post employees (60 people – 2 presentations – one on managing stress and anxiety and the other on holidays and stress).
- Online presentation for Rotary Club of Weyburn (18 participants)
- Our staff and Board of Directors received training with Moose Jaw Pride on inclusion.
- We were able to offer our evening Adult Art Program in September, October and December.
- 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).
- Successful social media campaigns with a focus on introducing our Board and Staff – Mental Health Week and 13 days of Christmas.



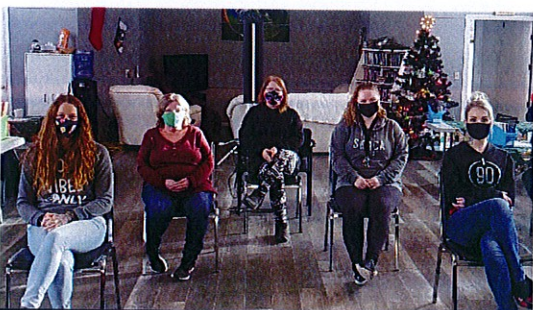
Adopt-a-Planter

- The CMHA Weyburn Branch volunteers within the community when and where we can. We participate in the Adopt a Planter program with the City



Gord Stairmand – Right Side

of Weyburn, as well as work with the Salvation Army by providing refuse hauling for them. This year our local artist, Gord Stairmand, volunteered his talent and time to complete a beautiful picture board for the Weyburn Therapeutic Animal Park, which is sure to be an amazing addition as well as providing another fun attraction in our community for all to enjoy.



CMHA Weyburn thanks our staff for their hard work, flexibility and dedication to those we serve.

The CMHA Weyburn Branch truly appreciates the continued support we receive from our community. We are very grateful for the funding and support we receive from our partners including the Saskatchewan Health Authority, Weyburn Communithon, Community Initiatives Fund, Sask. Lotteries, Sask. Parks and Recreation as well as the City of Weyburn.

We know that although we have been through so much already, there is a possibility of lasting effects where mental health concerns could increase dramatically. We also know that not only our agency, but others, along with our community, province, country and the world have had to adjust. If COVID has taught us anything at CMHA

Weyburn Branch, it has shown us that we are resilient, flexible, able to adapt and willing to change how we deliver programming to everyone we serve.

We are committed to continuing our programs and services as best we can. We are always looking for new ways to increase our reach, improve our programs, increase our capacity to engage others and expand our services. We also know that consistency is important so we hope to provide some stability in a time where things are changing frequently.

CMHA WEYBURN WOULD LIKE TO THANK OUR BOARD OF DIRECTORS FOR THEIR LEADERSHIP AND SUPPORT



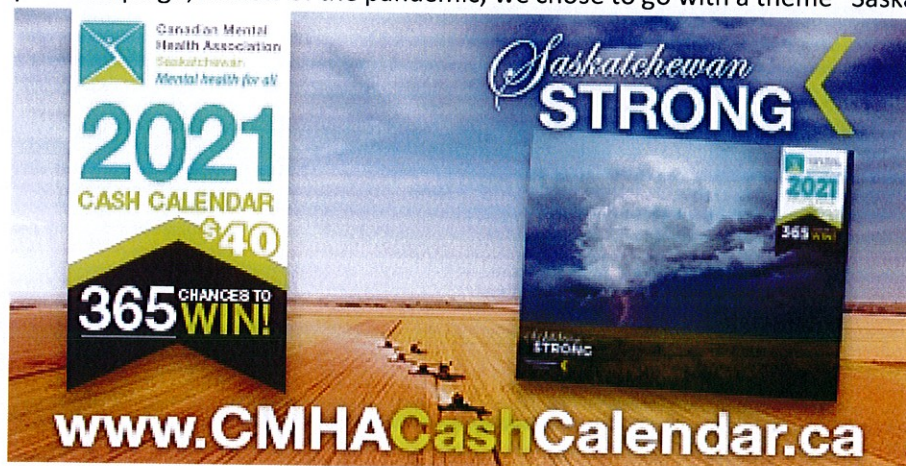
RESOURCE DEVELOPMENT

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 ensure that vital programs in support of people affected by mental illness continue to provide for their needs.

Cash Calendar Lottery and 50/50

For over 30 years now the Cash Calendar has proven to be a valuable fundraiser for CMHA SK as well as a very successful public awareness tool thanks to the hard work and dedication of the Resource Development can Call Centre staff. This past campaign, in view of the pandemic, we chose to go with a theme “Saskatchewan Strong”. The art, poetry and quotes



included in the 2021 calendar reflected the strength of Saskatchewan people. This year the people of our province really stepped up to support mental health and we had one of the best years we have had in some time. When times get hard, Saskatchewan comes forward in support of our communities, neighbours, friends and families who are struggling. Thank you from the bottom of our hearts.

Bingo



CMHA Saskatchewan Division continues to see a modest income from the proceeds of bingo generated at the Centennial Bingo Hall, although 2020-2021 has certainly provided challenges to many charities who rely on this form of fundraising. We are very grateful to the dedicated group of volunteers who have helped us in this area over the years. Thanks to their hard work and support very little staff time needs to be devoted to the bingo operation. We are very grateful. 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 feel a connection. For this reason, public education and awareness are an essential part of our direct mail campaigns. They not only raise funds for CMHA but they also provide awareness and education, which helps to reduce the stigma of mental illness in the community.



Philanthropy

Submitted by Tanya Condo, Philanthropic Facilitator

Philanthropy means the love of humanity and I can see no better description for the generosity of CMHA SK donors during this difficult time.

During this past year we have acquired software to manage donor relationships. This allows us to send out emails to people's preferences and to track interactions, print receipts and set reminders for the team. We also have the capacity to use it as a client relationship software through CMHA SK in the future.

In addition to standard giving, granting is also a priority and I continue to pursue this avenue of giving.

I have been fortunate to take webinars and attend the virtual Canadian Association of Gift Planning conference this year. It allowed me to acquire the updated skills I need to pursue planned giving in a more purposeful way.

At CMHA SK we want to have the capacity to help people pursue their dreams for mental health in the future and support the great programs we offer in meaningful ways to them. We are also gaining the ability to educate about the significant

tax and other benefits of giving appreciated stock, life insurance or mutual funds over a gift of cash. If you are interested in talking to someone about these types of gifts, please call Tanya at 306-525-5601 Ext 220.

I look forward to serving you in the future and if you would like to help with fundraising efforts, please feel free to call. As we return to our “new normal” there will be more opportunities to get involved.

We want to express a special thank you to our generous sponsors:



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.

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

Financial Statements

Year Ended March 31, 2021

Management's Responsibility

The organization's management is responsible for the preparation and presentation of the accompanying financial statements in accordance with Canadian Accounting Standards for Not-for-Profit Organizations (ASNPO). The preparation of the statements necessarily includes selecting appropriate accounting policies and methods, and making decisions affecting the measurement of transactions in which objective judgments and estimates by management is required.

In discharging its responsibilities for the integrity and fair presentation of the financial statements, management designs and maintains the necessary accounting, budget and other related internal controls to provide reasonable assurance that transactions are appropriately authorized and accurately recorded, that assets are properly accounted for and safeguarded, and that financial records are properly maintained to provide reliable information for the preparation of financial statements.

The board of directors is composed of officials who are not employees of the organization. The Board is responsible for overseeing management in the performance of its financial reporting responsibilities. The Board fulfils these responsibilities by reviewing the financial information prepared by management and discussing relevant matters with external auditors. The Board is also responsible for recommending the appointment of the organization's external auditors.

Dudley & Company LLP, an independent firm of Chartered Professional Accountants, is appointed by the Board to audit the financial statements and report directly to them; their report is attached to the financial statements. The external auditors have full and free access to both the Board and management to communicate their audit findings.



Board



Administration

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Index to Financial Statements
Year Ended March 31, 2021

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INDEPENDENT AUDITOR'S REPORT

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, 2021, 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, 2021, and the results of its operations and cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations (ASNPO).

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, 2021, current assets and net assets as at March 31, 2021. Our audit opinion on the financial statements for the year ended March 31, 2020 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 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 these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified audit opinion.

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 ASNPO, 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.

In preparing the financial statements, management is responsible for assessing the organization's ability to continue as a going concern, disclosing, as applicable, matters related 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.

(continues)

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

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
July 12, 2021


Dudley & Company LLP
Chartered Professional Accountants


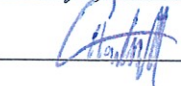
CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Balance Sheet

March 31, 2021

	<i>March 31</i> 2021	<i>March 31</i> 2020
ASSETS		
CURRENT		
Cash	\$ 1,360,194	\$ 807,060
Investments (Note 3)	500,000	200,000
Accounts receivable	132,665	106,377
Receivable from branches	1,981	8,905
Interest receivable	2,945	1,611
GST receivable	44,163	32,869
Prepaid expenses	21,593	37,923
	2,063,541	1,194,745
TANGIBLE CAPITAL ASSETS (Note 5)	257,310	254,131
INTANGIBLE ASSETS (Note 6)	1,526	1,907
	\$ 2,322,377	\$ 1,450,783
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 80,245	\$ 76,954
Wages payable	91,318	88,061
Deferred revenue (Note 11)	532,435	224,034
	703,998	389,049
NET ASSETS		
Unappropriated	200,000	200,000
Appropriated (Note 8)	1,159,543	605,696
Invested in capital assets	258,836	256,038
	1,618,379	1,061,734
	\$ 2,322,377	\$ 1,450,783

ON BEHALF OF THE BOARD

 _____ Director
 _____ Director

See notes to financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Statement of Operations
Year Ended March 31, 2021

	2021	2020
REVENUES		
Saskatchewan Health	\$ 350,980	\$ 338,565
Saskatchewan Lotteries	92,727	90,026
Saskatchewan Justice	481,623	405,623
Saskatchewan Health Branch Vocational	340,750	350,000
Community Initiatives Fund - GAP	464,785	471,600
Metis Nation grants	122,750	40,000
Other grants (Note 12)	370,749	353,921
Fundraising	438,927	468,359
Donations	605,573	35,525
Rental	-	26,361
Other revenue and recoveries	115,228	180,032
Community fund appeals	24,508	17,481
Branch administration recoveries	11,584	11,584
Interest	4,364	15,311
	3,424,548	2,804,388
EXPENSES		
Amortization of tangible assets (Note 5)	20,251	19,986
Amortization of intangible assets (Note 6)	596	477
Community justice program	95,396	50,822
Contributions to branches	170,421	118,832
Fundraising	210,980	218,045
Gambling program	113,850	86,509
Gifts to qualified donees	5,000	6,250
General and administrative	140,657	203,430
Occupancy	108,465	127,713
Public education	140,044	180,235
Research	42,995	41,243
Salaries and benefits (Schedule 1)	1,495,774	1,366,070
Branch vocational support	319,750	350,000
	2,864,179	2,769,612
EXCESS OF REVENUES OVER EXPENSES FROM OPERATIONS	560,369	34,776
OTHER INCOME		
Loss on disposal of tangible capital assets	(3,724)	-
EXCESS OF REVENUES OVER EXPENSES	\$ 556,645	\$ 34,776

See notes to financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Statement of Changes in Net Assets

Year Ended March 31, 2021

	Unappropriated	Appropriated - (Note 8)	Invested in Capital Assets	2021	2020
NET ASSETS - BEGINNING OF YEAR	\$ 200,000	\$ 605,696	\$ 256,038	\$ 1,061,734	\$ 1,026,958
Excess of revenues over expenses	556,645	-	-	556,645	34,776
Amortization of tangible capital assets	20,251	-	(20,251)	-	-
Amortization of intangible assets	596	-	(596)	-	-
Purchase of tangible capital assets	(27,369)	-	27,369	-	-
Loss on disposal of tangible capital assets	3,724	-	(3,724)	-	-
Transfers out	(553,847)	553,847	-	-	-
NET ASSETS - END OF YEAR	<u>\$ 200,000</u>	<u>\$ 1,159,543</u>	<u>\$ 258,836</u>	<u>\$ 1,618,379</u>	<u>\$ 1,061,734</u>

See notes to financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Statement of Cash Flows
Year Ended March 31, 2021

	2021	2020
CASH FLOWS FROM (FOR) OPERATING ACTIVITIES		
Cash received from grants	\$ 2,279,833	\$ 2,109,675
Cash received from self-generated revenues	1,429,391	755,833
Cash paid to suppliers	(1,339,234)	(1,400,096)
Cash paid to employees	(1,492,517)	(1,369,918)
Interest received	3,030	13,700
Cash Flows From (For) Operating Activities	<u>880,503</u>	<u>109,194</u>
CASH FLOWS FROM (FOR) INVESTING ACTIVITIES		
Purchase of tangible capital assets	(27,369)	(10,604)
Purchase of investments	(300,000)	(89,937)
Cash Flows From (For) Investing Activities	<u>(327,369)</u>	<u>(100,541)</u>
INCREASE IN CASH FLOWS	553,134	8,653
Cash - beginning of year	<u>807,060</u>	<u>798,407</u>
CASH - END OF YEAR	<u>\$ 1,360,194</u>	<u>\$ 807,060</u>

See notes to financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2021

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, 2021

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, 2021

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 financial statements in conformity with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amount of assets and liabilities, disclosure of contingent assets and liabilities at the date of the financial statements and the reported amounts of revenues and expenses during the period. Such estimates are periodically reviewed and any adjustments necessary are reported in earnings in the period in which they become known. Actual results could differ from these estimates.

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2021

3. INVESTMENTS

	<u>2021</u>	<u>2020</u>
CURRENT TERM		
Guaranteed Investment Certificates	<u>\$ 500,000</u>	<u>\$ 200,000</u>

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

The fixed income securities have an effective interest rate of 1.0% (\$300,000) and 0.45% (\$200,000) 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, 2021:

Credit risk

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

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

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

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

Liquidity risk

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

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

(continues)

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2021

4. **FINANCIAL INSTRUMENTS** (*continued*)

Market risk

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

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

Currency risk

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

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

Interest rate risk

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

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

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

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

Other

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

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2021

5. TANGIBLE CAPITAL ASSETS

	Cost	Accumulated amortization	2021 Net book value
Land	\$ 13,635	\$ -	\$ 13,635
Buildings	549,469	358,950	190,519
Furniture and office equipment	35,462	29,686	5,776
Vehicle	98,617	57,631	40,986
Computer equipment	29,030	22,636	6,394
	<u>\$ 726,213</u>	<u>\$ 468,903</u>	<u>\$ 257,310</u>

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

Tangible assets acquired during the year were \$27,369 (2020 - \$10,604). During the year, tangible capital assets were written off and a loss on disposal of assets was recorded for \$3,724 (2020 - \$0).

6. INTANGIBLE ASSETS

	2021	2020
Computer software	\$ 14,837	\$ 14,837
Accumulated amortization	<u>(13,311)</u>	<u>(12,930)</u>
	<u>\$ 1,526</u>	<u>\$ 1,907</u>

There were no intangible assets acquired during the year (2020 - \$0). During the year, no intangible capital assets were written off and no losses on disposal of assets were recorded (2020 - \$0).

7. SIGNIFICANT EVENTS

The COVID-19 pandemic is complex and continues to evolve. It has caused material disruption to businesses and has resulted in an economic slowdown. The association continues to assess and monitor the impact of COVID-19 on its financial condition. The magnitude and duration of COVID-19 is uncertain and, accordingly, it is difficult to reliably measure the potential future impact on the association's financial position and operations. The association has had to suspend specific programming as a result of the pandemic.

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2021

8. APPROPRIATED NET ASSETS

	Building Fund	Program Fund	Mental Health Fund	2021	2020
Balance, beginning of year	\$ 190,597	\$ 207,549	\$ 207,549	\$ 605,695	\$ 561,061
Transfer from surplus	190,075	190,074	190,074	570,223	(59,343)
Transfer to surplus	(16,375)	-	-	(16,375)	103,977
	<u>\$ 364,297</u>	<u>\$ 397,623</u>	<u>\$ 397,623</u>	<u>\$ 1,159,543</u>	<u>\$ 605,695</u>

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, 2021 management estimates that accumulated sick leave credits total \$302,911 (2020 - \$327,911).

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.

	2021	2020
Total Contributions During the Year	<u>\$ 76,401</u>	<u>\$ 72,122</u>

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2021

11. DEFERRED REVENUE

Deferred revenue consists of the following:

	2021	2020
3D Petroleum	\$ -	\$ 60,324
Bell - Let's Talk	16,667	-
Branch Vocational Funding	9,250	-
CMHA Difficult Discussions	17,500	-
Community Initiatives Fund - Gambling Awareness	11,653	-
Community Initiatives Fund - Weyburn	4,164	4,164
Conexus	-	14,000
Emergency Community Support	115,000	-
Heartland	2,576	-
Other	-	1,360
SLGA for GAP - Resource Round-up	-	34,300
Sask Health	-	3,000
Sask Health - Dave Batters Golf Tournament	41,886	31,886
Sask Justice	50,000	63,000
South Saskatchewan	24,333	-
TT Charities USA for OSI	224,406	-
United Way - Weyburn	-	12,000
Workers Compensation OSI	15,000	-
	\$ 532,435	\$ 224,034

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2021

12. OTHER GRANTS

Other grants are comprised of the following:

	2021	2020
3D Petroleum	\$ 60,324	\$ 11,500
Bell - Let's Talk	8,333	-
CMHA National - Difficult Discussions	17,500	-
Canada Helps	5,000	-
Community Initiatives Fund - Weyburn	25,000	20,834
Conexus	14,000	36,000
GAP - Resource Roundup Project	34,300	-
Humboldt Strong	-	25,000
KLM Ventures	-	20,000
RBC BB4Y	100,000	-
Sask Liquor and Gaming Authority	8,725	41,998
Sask Polytechnic	-	40,000
Sask Workers Compensation Board - OSI	15,000	41,666
SaskPower	35,000	100,000
SaskTel	2,540	-
South Saskatchewan Community	40,667	15,000
Various	4,360	1,923
	\$ 370,749	\$ 353,921

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

**Salaries and Benefits
Year Ended March 31, 2021**

(Schedule 1)

	2021	2020
Gambling Awareness Program	\$ 300,604	\$ 301,139
Executive and general	395,276	384,905
Justice Community Support	365,085	306,297
Public education	176,173	123,822
Resource development	187,167	186,490
OSI Can salaries	71,469	63,417
	<u>\$ 1,495,774</u>	<u>\$ 1,366,070</u>

See notes to financial statements