



Canadian Mental
Health Association
Saskatchewan
Mental health for all

Cultivating a Culture of Wellbeing

Annual Report
2021-2022

**CMHA Saskatchewan has been in existence for 72 years
(recognized as the first provincial division on November 27, 1920)**

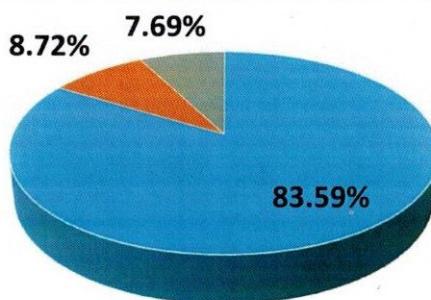
Canadian Mental Health Association

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 persons with lived experience of 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.srchNmFltr=Canadian_Mental+Health+Association+Saskatchewan+Division+Inc.&q.stts=0007&selectedCharityBn=106864044RR0001&dsrdPg=1

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#BellLetsTalk

Canadian Mental Health Association
Saskatchewan
Mental health for all

January 26, 2022



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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

A Canada where mental health is a universal human right.

ENDS POLICY 1 QUALITY OF LIFE

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

ENDS POLICY 2 PROMOTION AND PREVENTION

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

ENDS POLICY 3 AUTONOMY AND HUMAN RIGHTS

People with lived experience of mental illness, and families affected by mental illness, will be empowered and supported in their efforts to protect their human rights and to freely make autonomous, reasonable and responsible choices and decisions.

Our Key Values and Principles

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

ADVOCACY	Embracing the voice of people with mental health issues.
PROMOTING INCLUSION	Focusing on mental health issues of all people.
WORKING COLLABORATIVELY	Nurturing mutually beneficial partnerships with CMHA nationally, provincially and with CMHA branches as well as other mental health and disability groups and organizations working to move the issues of mental health forward.
SOCIAL WELLBEING	Influencing the social determinants of health (e.g. housing, justice) contributing to mental health.
EVIDENCE-BASED	Using evidence to inform our work and to innovate.
TRANSPARENT AND ACCOUNTABLE	To our funding partners and those we serve.

PRESIDENT'S REPORT

Submitted by Grant Rathwell



As we reflect together on the past year of the collaborative work of our “CMHA family”, I have a strong sense of appreciation for all that has been accomplished on behalf of those who continue to need our support in these very challenging times. Yes – very challenging times! One of the initiatives that stands out in particular is the establishment of the COVID – 19 Wellness Response Lines so individuals who were struggling could reach out for support in coping with the effects on their mental health. This could involve referrals to particular needed services, but often it was simply to provide a friendly voice and someone to listen. Offering a compassionate presence is at the heart of our shared commitment in CMHA, and it leads to the many actions that result in improvement in the quality of life for everyone.

It has been an honour for me to serve as your president this past year. I offer my thanks and appreciation to my fellow board members, to Phyllis O’Connor for her continuing excellent work as our Executive Director, and to all of our staff at Division Office and throughout our Branch locations. I also extend heartfelt thanks to the many volunteers who continue to support our efforts every step of the way.



EXECUTIVE DIRECTOR'S REPORT

Submitted by Phyllis O'Connor

2022 has arrived....another year full of possibilities. 2020 and 2021 were certainly very challenging for many and we saw an upsurge in the need for mental health support for those who are struggling but I don't want to talk about COVID-19 and all the damage the pandemic has done. It's time to change our focus. While it is still with us, the pandemic has



consumed our energy and resilience for too long. I saw a post on my social media feed recently that really resonated with me. Society as a whole has been feeding the dark wolf for well over two years. We need to change our focus. We need to look for the things that bring us joy and build optimism. This is why I feel the theme for this year's Only Human Conference and this Annual Report "Cultivating a Culture of Wellbeing" is so appropriate.

This year we need to focus on feeding the light wolf.

While 2020 and 2021 have been very difficult years, there is so much to celebrate here at CMHA Saskatchewan Division Office.

During this year we were able to do either direct advocacy or systems navigation for 156 people. This covered a range of issues

including addictions, community services for youth, housing, poverty, legal and human rights complaints and domestic violence.

Within the Justice Community Support program we completed research into the needs for housing for our clients. This collaborative research resulted in a report entitled "Barriers and Solutions for Independent Living Strategies: Transitional Housing for Serious Violent Offenders in Saskatchewan." The project also saw the creation of the Suitable Housing Inventory Scale, which measured the suitability of housing in Saskatchewan against the individual needs of serious violent offenders. The scores agree with the qualitative and anecdotal evidence and indicates a high level of validity.

Data has been collected and a report produced regarding mental health services specifically for Métis citizens. This was carried out through support from Métis Nation Saskatchewan. We are now planning a conference for stakeholders to share our results and recommendations and highlight some of the services that we have been introduced to on our travels for this research.

Our Youth Support Coach, Etchu Besong, and Rebecca Rackow had the opportunity to visit Winnipeg to observe and discuss the partnership and to really collaborate as a team for our Youth Bounce Back Prairie Hub. This was a great opportunity to learn from our CMHA family in Winnipeg and to participate in some land-based therapeutic practices such as the Porcupine Teachings and a Sweat Lodge Ceremony.

We have been working in collaboration with the YMCA to cross-refer youth from their Y-Minds and our Living Life to the Full Youth programs. We will also be working with the YMCA through our H.O.P.E. Learning Centre to develop a certificate program on Youth Peer Support, which will be aligned to the Peer Support Canada requirements.

We also had the opportunity to partner with CMHA Regina Branch on the Saskatchewan Stretch project with support from the Saskatchewan Roughrider Foundation. This project involves a Mentally Safe Minecraft Server. Full details on this exciting new initiative are included in this year's Annual Report.

We are also proud to have full partnership in the Healthy Campus Saskatchewan, which addresses the wellness needs of all post-secondary students in Saskatchewan through an online hub. CMHA Saskatchewan Division is working on the

steering committee/guiding group level. This group has also applied for funding to address the mental health needs directly on campuses throughout Saskatchewan and the hope is to be able to create pop-up CMHAs during high-stress times such as midterm and final exams that can be run by peer supporters and offer services and connections to students who are struggling.

CMHA Saskatchewan Division continues to participate in a leadership role on the Disability Income Support Coalition (DISC). CMHA Sask. Division staff member David Coulombe works 20 hours per week on DISC coordination. DISC had a successful advocacy project involving “Welcome back to work” cards that were sent to all MLAs that featured a “Where’s Waldo?” type of art puzzle created by one of our DISC self-advocates. The message read “Where’s the person with a disability?” on the front with a number of people on a street scene. Inside it read, “Actually, every one of these individuals has a disability, qualifies for and needs Saskatchewan Assured Income for Disability (SAID).” It also read “Welcome back to work! Please keep all of your constituents in mind during your deliberations this session.” These cards were well received.

We were able to offer Living Life to the Full for Youth to a group of LGBTQ2+ youth in partnership with OUTSaskatoon. OUTSaskatoon provided their counselling team members alongside our trainers to offer support and suggestions on how to make the material more accessible to participants and to ensure we were meeting their needs.

There is also continued work on 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.

We continue to endorse a workable model for dealing with mental health emergencies and urgencies in Saskatchewan. Our document containing the model now contains feedback from a focus group of ER doctors who wholly endorsed the model and suggested some addictions services to also be included within. Other CMHAs across the country, including CMHA National, have taken an interest in our Emergency Mental Health Services model document and have decided to create a committee to discuss CMHA’s role in new approaches to crisis response. CMHA Saskatchewan Division sits on this committee.

Our OSI-CAN PTSD support program continues to expand within western Canada. We currently have active groups in Manitoba, Saskatchewan, Alberta and British Columbia with interest expressed from the Yukon. At this writing we are in the process of expansion into the lower mainland British Columbia. We are also very proud to now have 16 support groups operating within Saskatchewan. The Healing with Horses Retreat has become a very popular program within OSI-CAN and now we are incorporating family and youth programming. Our youth program will be providing volunteer childcare workers (Youth Support Coach, You Care Workers, Early Childhood Educators, Social Workers and a Youth Peer Supporter) as well as working with the Equine Assisted Therapy provider to incorporate the tools offered for youth through Living Life to the Full for Youth into activities that can be carried out at that venue.

Our Gambling Awareness Program (GAP) and the H.O.P.E. Learning Centre are excited to be able to do more in-person training. While virtual presentations have allowed us to keep getting the message out there, nothing replaces in-person events.

The H.O.P.E. Learning Centre continues to grow its catalogue of training courses and Mental Health Bytes continue to be a very popular offering. Information on the various courses offered through the H.O.P.E. Learning Centre can be found at <https://www.skhopelearningcentre.ca>

There is so much more I could talk about but this provides some of the highlights....the good news! I want to express my sincere appreciation to the amazing team at CMHA Saskatchewan Division and at our branches around the province. Every day I am inspired by their dedication and hard work on behalf of CMHA and those we serve. It is such an honour to lead this wonderful CMHA family.

Moving forward, let's be determined to feed the light wolf! It's time to celebrate all of the good around us.



Advocacy, Research & Public Policy Development Report

Submitted by Dave Nelson, Senior Program Consultant and Rebecca Rackow, Director of Advocacy, Research and Public Policy Development

Individual Advocacy

This past year we provided 147 people with individual advocacy and systems navigation. This included being present at SAID appeals, finding resources for family members, helping people find unique counselling services, working with people who struggled with finding addictions services and who struggled with suicide ideation. There was an increase in youth reaching out on their own behalf rather than their family members.

Research

Our Métis Nation Saskatchewan research is wrapping up with a conference scheduled for fall.

Refresh Inc. is looking to partner with us on a research endeavour about the mental health of women entrepreneurs

The University of Regina has accepted the proposal for a study on Drag Culture within the LGBTQ2+ community and the wellness benefits those members receive for community membership.

Program Development

MACSI has partnered with us to update and create new addictions treatment programming and staff training modules for their three treatment centres in the Province.

Mentally Safe Minecraft Server (MS²) was created with youth in mind with funding provided by the Saskatchewan Roughrider Foundation. Creative, survival, and mini-game worlds are joined by a hub that is a Minecraft replica of Mosaic Stadium. We currently have 27 people participating with mental health workers and peer supporters from CMHAs around the province available to answer questions on the associated Discord.

We have put in a proposal for a Provincial Suicide Prevention Community of Practice with the Ministry of Health, where we would mobilize our collaborative relationships to work together under our leadership to learn from each other's experiences.

We have also put in a proposal for the Back to Basics program which works with the Ministry of Policing and Corrections and the Ministry of Health to reduce recidivism for repeat women offenders through housing provision, daycare facilities, family reunification, and mental health supports in three locations in the Province. We have so far made it to the third stage of the evaluation process which was a presentation/interview showcasing our vision for this program.

Policy Development

Further work has been done on the Emergency Mental Health Services Model to incorporate more specific services that would be a part of the service delivery. This will be presented at the Samwel Uko Coroner's Inquest slated now for the week of May 30, 2022.

Connections were made with the SHA's Patient-Family Partner program to be a part of the discussion when they include community organizations to be a part of the engagement process.

We have made steps in meeting with the Saskatchewan Urban Municipalities group (SUMA) as they place their focus on linking Regional Mental Health and Addictions needs to large urban centre health services.

The Health Standards Organization is a National standards development organization dedicated to ensuring that provinces follow standards for health regulations. They are currently looking at the standards that should be in place for mental health services and have requested a meeting to provide input.

We continue to have a presence with Healthy Campus Saskatchewan on a steering committee level. This is a collaborative group involving 20 post-secondary institutions in Saskatchewan, along with CMHA-SK and the Saskatchewan Human Rights Commission. One of the initiatives proposed by this group to a funder involves “pop-up” CMHAs run by student peers in the various academic locations during high-stress exam times. The peer leader has been trained in peer support upon our suggestion and that training would continue for students who run the pop-ups based on the approval of the funding.

We continue to have a leadership role in the Disabilities Services Alliance and have completed all research, recommendations, and proposal documents in order to lobby the government for funding. We have presented this initiative through the Saskatchewan Human Rights Commission’s Courageous Conversations platform to reach an audience of 60 viewers which included Deputy Ministers of the Saskatchewan Government. This was under the direction of the HRC’s new Interim Chief Commissioner, Barry Wilcox.

The Disability Income Support Coalition (DISC) has had some great activity with David Coulombe chairing the meetings. We have expanded our Lead Team membership, met with the Minister of Social Services, Minister Carr, met with the Social Services Critic, Meara Conway, the NDP Caucus Committee, and the Sask Party Caucus Human Services Committee. David has also been meeting with the MLAs along with DISC membership providing education and insight surrounding the SAID program. Our students worked diligently to start creating props for the Game of SAID to illuminate the reality of SAID recipients to the public and decision-makers.

We are an active partner of the Serious Violent Offender Response (SVOR) and have presented members with our housing report as well as discuss advocacy for those that we collaboratively serve.



PUBLIC EDUCATION & AWARENESS



Caregiver
Affected
Recovery
Education

This year saw the C.A.R.E. program go virtual. Contractual C.A.R.E. Co-coordinator, Kathy White, worked closely with Dan in the H.O.P.E. Learning Centre to develop learning modules and offer the program the way we have been asked to by busy caregivers -- virtually, online, with touch-points where you meet with the facilitator to go over



questions and exercises. At first, we had dismissed this possibility, thinking that building a community of carers would be best in person, but Covid forced us to change and expand our delivery process, leading to a much more accessible program. We have also had quite a few organizations and groups ask us to do presentations at conferences or events highlighting some of the education that C.A.R.E. presents. We have done presentations for last year's We're Only Human conference, the Spinal Cord Injury of Saskatchewan's Family Support Network, the Saskatoon Council on Aging, and the Service Hospitality's Mental Health Best Practices Group's spring meeting. There has been a lot of follow-up interest from these presentations that should lead to a very full schedule for C.A.R.E. presentations.

GAP delivers the public education and community development components of the provincial Problem Gambling Program. Our team had a productive and interesting year. While managing the ever changing pandemic health guidelines as it affected the work at hand, by fall there was the beginning of a return to some public engagements and attending of events in-person. One could say, *GAP got its groove back!* We still provided a hybrid of both in-person and virtual sessions to our schools, universities, colleges and agencies across the province, in an effort to meet the needs of all our groups.

In response to new trends in gaming and social media, GAP has expanded our education programming, to include the addictive properties of technology as there is a cross-over between gambling and the design of popular games and apps.

GAP snap year in review

- Connected with **43** different communities across the province, ranging from Uranium City in the north, to Estevan in the south, and many places in between
- Delivered **266** presentations, in a number of cities, towns and on First Nation reserves. Maintained our schedule of sessions with our regular strategic alliance groups, to the usual suspects...RCMP Cadets, IDTC, MACSI, YWCA, Radius, Valley Hill, among others
- Attended **10** display events with the full suite of swag and resources, including the engaging *GAP Spinning Wheel of Fun*.
No wagering required!
- GAP display events included some fall Moose Jaw Warrior games, Saskatchewan Camps Association, SIIT, U of R Welcome Week, Sask Polytech Career Fairs in Regina, Saskatoon, Prince Albert, and Moose Jaw. Our educators talk with the public about their gambling, video gaming and tech use and how that might be affecting them. Some key themes emerged with some of post-secondary students:

- 1) video gaming, scratch tickets, and online gambling a concern, with some sharing it has affected their school success, and eroded their finances/student loans 2) the effect a gambling problem from someone close to them has impacted them 3) endorsement of the GAP Display and the need for this information in communities. A number of students were provided with referral information on seeking help/treatment in their community.



A Call For Help



GAP created a 30 second commercial that aired on Bell Media (CTV) network in Saskatchewan, from November to January. The commercial focuses in on a middle aged male, seemingly distracted at work as he stared down at his cellphone. He appears distracted and engaged in gambling while seemingly struggling with his emotions. As it wraps, the PSA closes with a panel that promotes GAP and the Problem Gambling Help-Line. The commercial was part of a wider campaign in conjunction with the PGHL. Early results suggest there was a two-fold increase in calls suggesting people were concerned enough to reach out for more information and/or help.

New Developments

- Presentations | Developed new modules on Homelessness and Gambling, Financial Literacy, Gaming and Social Media, Mass Media and Sports Betting to reach a broader audience. Infused the new Lower Risk Gambling Guidelines into our programming to help people determine if their gambling may be of concern
- Communications | E-News - launched a bi-monthly mixture of gambling/gaming content, GAP activities and promotion of upcoming events, as well as some light-hearted segments to help round out the engaging newsletter. Created new print material, YouTube videos on lotteries, and moved into Linktree, TikTok & Instagram space.
- Community | Collaborated with some new group - Turning Leafs Regina, OUTSaskatoon, Prairie Harm Reduction, and Str8Up (provincial), a program designed to support people to leave the gang lifestyle.
- Sports & Betting | Single Event sports betting now legal in Canada, and in Saskatchewan SIGA will be managing the new online casino with sports betting component, set to launch in summer 2022. Team is building knowledge in this area, with a presentation under development and resource materials completed. GAP is excited to explore some collaboration with sports teams and franchises such as U of S Huskies, Sask Roughriders, Rush, SJHL.

Captured on camera...

Hard at work





Captured in quotes...

"I have a lot to talk to my kids about! The connection between gambling and gaming is quite scary, considering that their dad had a huge gambling problem. He even attempted suicide twice." - Impaired Driver Treatment Centre client, Prince Albert

"I used to have a gambling problem for several months. I was going to use the VLT's because I banned myself from the casino for 5 years, but I stopped myself. It's really hard to quit."

- Moose Jaw Warriors Game attendee

"Even though I work in research about problematic substance use there is specific information about gambling related harms/behaviours that are unique. This presentation helps me stay current with gambling trends in SK and Canada. Thank you!"
Public Health Student, Saskatoon

"SHOWING THE GAMES THAT ARE CURATED TO KIDS HELPS THEM MAKE CONNECTIONS TO THE BIGGER PICTURE."
- GRADE 8 HEALTH TEACHER, ROCANVILLE

We've had this presentation in the past and the students loved it! The scratch card activity was great. I even had one student tell me they wanted to change their gaming habits after they did it - Gr. 4/5 Teacher, South Corman Park

"I won't continue my family's tradition of bingo scratch cards in X-mas stockings with my children."
- RCMP Cadet, Regina

"My cousin and I were gaming out in the shop. I won, he got mad and jammed a screw nail into my shoulder, right by my neck...he got really scared and didn't want me to tell our parents. That didn't happen as I had to go for stitches. It was almost unbelievable." - East Central School Student

"Both [gambling and gaming] are something specially designed to keep you playing and most people keep playing. They become victims to something that they believe they have full control over."

- Grade 7 student, Delisle Composite School

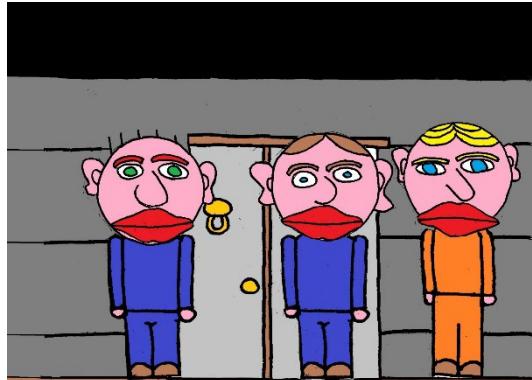
"I learned what my role is in mitigating the harms of gambling as a public health practitioner." - Central Region

HEALING THROUGH HUMOUR

Submitted by Ian Morrison,
Director

This year Healing Through Humour released its fourth musical comedy album by General Spanky called "Thoughts of a Heavily Medicated Man". Three music videos from this album were posted to Facebook and the Healing Through Humour You Tube page.

We have also been working on our first animated project and we recorded the voices with the members of Healing Through Humour. We got to include lots of new people and everybody worked really hard and had a lot of fun. When this project is finished we hope have a release by next year.



This year Healing Through Humour has had members as young as sixteen and as old as 70. We are proud that we have been able to include a diversity of people in an encouraging and creative environment.



Submitted by Daniel Blondeau, Director

As the Program Director of the Hope Learning Centre, I would like to first thank the facilitators who make this program possible. Danielle Cameron our full-time Educational Programming Facilitator, Carmen Ledding , the CMHA Rosetown Program Director, and of course, Melanie Tritz and Melanie Lange our two contract

Peer Facilitators. Without the outstanding work of these four individuals, the goals of the Hope Learning Centre would not move forward at our current pace. We have an amazing team and these four facilitators work incredibly hard to ensure the quality of our course materials. Thank you to each of you for your continuing commitment to peer support, connection and creating a safe space for our students to learn and prosper. I am privileged to be working with such talented and capable individuals and the Hope Learning Centre is the prime benefactor of their continued efforts.

"Welcome to the Hope Learning Centre." We may not have had the chance to say those words in person over this last year, but we undoubtedly repeated them online many times!

The Hope Learning Centre has been operating at its current staffing capacity since October 2021. This is after approximately six months of program upgrading, which resulted in our newly developed digital capabilities. Since April 2021, we have undergone extensive changes to our online course delivery ecosystem. We developed a new web platform, streamlined our registration and payment processes, digitized our student record keeping, and began the process of automating our digital communications with our students. We also optimized our video conferencing tools and obtained the computer hardware necessary to ensure the quality of those conferencing tools.

Really, for the first half of fiscal 2021-2022, the Hope Learning Centre was able to transition away from the service delivery model the centre was initially set up for when it opened its doors in March 2020. During that time, the Hope Learning Centre was an in-person facility with almost no virtual capabilities. However, as we all know, several factors changed in 2020, making in-person training no longer possible. As one year became two, it became abundantly clear that maintaining

a primarily in-person training model was not feasible. This began the Hope Learning Centre's reinventing and culminated in the changes achieved in October 2021.



It should be noted that between the start of January 2021 and the end of September 2021, the Hope Learning Centre delivered seven Hope Learning Centre courses and one certificate workshop. At the time, our registration to attendance ratio was relatively high for those seven courses. We registered 129 people and saw 82 of them attend our classes for a retention ratio of about 64%. We will revisit this early registration ratio later in this report. Still, it is essential to recognize that despite offering very few courses, we had good attendance for those early 2021 course dates.

October 2021 was when the Hope Learning Centre began using most of our newly created virtual classroom tools. We certainly had some obstacles in our initial launch. Our video platform was not as stable as we initially had hoped. Our automated emails had to be sent manually for a time, and our facilitators needed a few weeks to become comfortable with the new course formats. However, by November, most of these growing pains were addressed, and solutions either had been applied or were in a second phase of development. Some issues, like our automated emails, took a considerable amount of time to solve, but none of the ongoing problems compromised any of our service delivery. These operational challenges simply added additional workload to tasks that could be done, but were not operating correctly, for various features built into our new web platform.

Our October to December 2021 semester should be considered a pilot launch of the Hope Learning Centre's new delivery model. We learned a lot in those first three months of virtual course delivery, and many of those lessons were applied to subsequent semesters.

We also received a significant Grant from Shoppers during this initial Launch semester. That allowed us to continue purchasing hardware that would be required to achieve the Hope Learning Centre's ultimate goal of a blended learning classroom environment. For those who may not know what that term means, Blended Learning is the ability to deliver one class, both in-person and virtually, at the same time with both sets of students able to interact with each other freely. The goal of Blended learning is to provide equal access to services regardless of a student's location. This also extends to our facilitators, who, except our full-time staff member, are all located in different communities across Saskatchewan and Alberta. This Shoppers grant and a very generous donation of computer equipment from the Co-op Refinery in Regina allowed the Hope Learning Centre to provide a computer, webcam, mouse, and keyboard to all 17 seats of our classroom. We were also able to provide four complete computer stations in our commons area. And, our three remote facilitators were able to upgrade their computer equipment for the following January 2022 semester.

From our initial launch semester in October 2021 to our second semester running from January to the end of March 2022, we were able to run 20 Hope Learning Centre courses and three certificate workshops. We had six additional certificate workshops planned and available for registration. However, these could not move forward as we did not have the minimum number of participants for these other workshops.

This is where we revisit our registration retention number from earlier. If you remember, from January to the end of September 2021, we had a retention rate of about 64%. During these two semesters, between October 2021 and the end of March 2022, we registered 371 people, and 150 of them attended our classes. That puts our retention rate at about 40% for these six months. There are some significant differences in these data sets worth mentioning. For example, in just six months we run more courses than had been run in the totality of the Hope Learning Centre's history going back to March 2020. In the same 6-month period, we had more students in attendance of our classes than had even registered in the prior 9 months. Therefore, the retention rate is a great metric for us to use to get a better understanding of how students are finding and ultimately participating in our programs. It just does not capture the volume of students moving

through our course material, which is also important. Our retention rate may have been down 24%, but our reach in the community was up 288%. Thus in future reports, we will be using both metrics to illustrate program growth on an annual basis from April 1st to March 31st.



I should also make mention of our ongoing Vlog series called Lunch Bytes. These 30-minute long mental health presentations cover different topics each week and take place every Tuesday at 12:15 pm. We have run a Lunch Byte episode every week this last year for 52 episodes in the reporting period. Our Lunch Byte sponsor, Innovation Credit Union, has made this possible. ICU's support has been pivotal in maintaining the Lunch Byte series and we are deeply grateful for their involvement. Because of our sponsor, we were able to deliver content to 933 viewers over the course of the full year (April 2021 – March 2022). As we move into our new fiscal year, there are plans to begin improving this series. The Hope Learning Centre will be establishing a permanent social media presence, currently, we use CMHA Sask.'s account for our promotions. We will also be looking at multi-streaming platforms like Stream Labs, this would allow us to broadcast each Lunch Byte episode LIVE on Facebook, YouTube, Twitch, Instagram, possibly Spotify and possibly Rumble simultaneously. We will also be looking at a format overhaul, which should allow us to expand into different episode types. Most of the Lunch Byte series is presentation style right now, but I would like to see us doing more panel discussions, more interviews, and more Q & A sessions with this new format.

In closing, we have many exciting initiatives planned for our new fiscal year. We are working with several other community organizations to deliver course material not currently covered by the Hope Learning Centre's course catalogue. We are looking to expand our course offerings from 10 courses to 20. We have trained our full-time facilitator in Mental Health First Aid certification, eliminating a major cost restraint to running MHFA, this is also true of the ASIST course, which we also have in-house staff trained to deliver. Almost all of the bugs in our web platform have been fixed and optimized. We have also optimized our registration system once again in an attempt to eliminate the need for waitlists and further reduce administrative tasks on the website backend. Moreover, we have tested and are ready to begin course delivery in our Blended-learning classroom, which is a major feat, as many technical challenges had to be solved in order for this to work effectively. We are now waiting to begin offering classes in our classroom with the expectation that in September 2022 students will once again be joining us in person.

A screenshot of the Hope Learning Centre dashboard. The top features a banner with the text "Learn • Grow • Thrive" over a background of green leaves. The left sidebar contains links for Dashboard, My Courses, Lunch Bytes, HLC Courses, Certificates, My Profile, Support Levels, and Contact. The main area includes sections for "WELCOME TO THE HOPE LEARNING CENTRE DASHBOARD", "HOPE LC TIME" (Central Standard Time, 5:12 PM, Wednesday, May 11, 2022), and "REGISTER FOR AN UPCOMING VIRTUAL HOPE LC COURSE" with four course cards: "Facilitation Skills Training" (8 Classes, 1.5hrs/Session, Tue Apr 12, 2022 - Thu May 31, 2022), "Art Therapy" (10 Classes, 2hrs/Session, Wed Apr 20, 2022 - Wed Jun 22, 2022), "Adulting 101" (4 Classes, 1.5hrs/Session, Mon Apr 25, 2022 - Mon May 16, 2022), and "TALK ASK LISTEN" (2 x 1.5hr sessions, Wed May 04, 2022 - Wed May 11, 2022).

Workplace Mental Health Training Programs

CMHA Saskatchewan Division offers a number of training opportunities to support mental health in the workplace.

- Psychological Health and Safety Training – This training will help individuals who are working to improve psychological health and safety in workplaces or to implement Canada's National Standard for Psychological Health and Safety in the Workplace (The Standard).
- 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 that of a co-worker or 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 utilizing professional improvisational actors who follow various scenarios. The simulated interaction helps prepare participants for the real world experiences they may face one day.
- Resilient Minds – This program, the first of its kind, brings formal psychoeducation to fire halls and departments nation-wide, mitigating occupational stress and trauma responses while building healthier teams. 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. Using a peer-to-peer model of instruction, the Resilient Minds curriculum is taught by firefighters to firefighters. 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.
- The H.O.P.E. Learning Centre also offers a variety of workplace-related mental health topics from certificate courses to our popular Lunch Bytes. Full details of current offerings can be found at www.skhopelearningcentre.ca



Transition Magazine

Transition Magazine is published twice a year and distributed free of charge to members of CMHA Saskatchewan Division, to CMHA Divisions and Branches across Canada and to community-based and government organizations in Saskatchewan who have an interest in mental health/mental illness issues. Transition Magazine is also made available in pdf format on the CMHA Saskatchewan Division website at <http://sk.cmha.ca/documents/transition-magazine>

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 and www.skhopelearningcentre.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.

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PROGRAMS AND SERVICES

CMHA-SK Youth Programming



BounceBack for Youth ® is a skill-building program for youth who are experiencing mild to moderate depression and/or anxiety through individualized coaching. This program was developed by CMHA-BC and has a number of Cognitive Behavioural Therapy (CBT)-based workbooks that a participant goes through, one-on-one with a trained BounceBack for Youth coach.

Living Life to the Full for Youth ® also uses a similar structure of CBT-based workbooks but was designed by CMHA-BC to be facilitated in groups with two trained facilitators. To join a group, all that is required is a self-referral to ensure the information and booklets are received before a group starts.

Youth Peer Support Training is being developed in partnership with the YMCA and the H.O.P.E. Learning Centre to provide youth with tools to help each other.

Systems Navigation for youth, their families, and their educators has become an important part of our program. As this year's Children's Advocate report has indicated, there are long waitlists and more demand than services available for child and youth mental health. We are trying to fill that gap with our own services and be knowledgeable about other services out there that can make a difference and give youth tools to use when they are between the long, tedious interval between referral and appointment.

Education for classrooms, teachers, and school assembly talks are developed on an as-needed basis to fulfill Sask. Learning curriculum requirements as requested by teachers and principals. We have done topics such as Bullying, Suicide and Self-harm, and recognizing mental health struggles in youth.



Our new **MS² (Mentally Safe Minecraft)** has also created a safe place for youth to be gamers online as well as extends our education, systems navigation, and peer-to-peer community building.

Through this youth programming, we have reached approximately 113 specific youth ages 13-29, and have spoken to many more groups, families, and classrooms overall.

Justice Community Support Program

Submitted by Andrew Love, Program Director

It is well recognized that those living with a mental illness are more likely to be victims of crime than perpetrators of it. Nevertheless, the relationship between the law and people living with mental health problems and illnesses is complex. People living with mental illnesses are disproportionately involved in the justice system, with 40% of people with a mental illness being arrested at least once in their lifetime (CAMH, 2013). These same people routinely experience discrimination, human rights violations, are systematically barred from employment opportunities, housing, and access to critically needed healthcare services. When people living with mental health problems or illnesses are incarcerated, they become isolated from their community supports and services which can exacerbate their symptoms and cause significant psychological distress (CAMH, 2013). They are also reliant on mental health services that are often inadequate (CAMH, 2013). In addition, people within the criminal justice system can develop mental health problems and illnesses due to incarceration and other stressors that hinder recovery and healing.

Program Overview

The Justice Community Support Program (JCSP) will continue to provide direct and coordinated services for offenders with a history of serious violent offending and mental health disorders. The Program forms an important component of the Serious Violent Offenders Response (SVOR) implemented in select areas of the Province. The Program will continue to work closely with Adult Probation, Municipal Police Services, Crown Prosecutors, RCMP, treatment and community services providers, and family members, while carving out unique and tailored service to individual clients and their mental health barriers. One of the primary purposes of the program is to assist in the stabilization of offenders with emotional or behavioral problems so they can live crime-free and contribute to their communities. This is being achieved through assistance with medication compliance, connection to other organizations and a stronger link with the CMHA regional branches.

Project Scope

- Reduction of potential for future violent behavior
- Remission of psychopathology e.g. monitoring compliance regarding medications
- Development of healthy and responsible inter-personal relations
- Teach social and living skills e.g. establishing residential stabilization
- Develop vocational interests
- Maintain psychological health
- Promoting engagement of community-based treatment and services addressing risk factors that promote offending

Program Services, Activities

Services will align with four broad areas: assessment, acute crisis intervention, brief therapeutic intervention, and special mental health evaluations. Within this broader context services can include:

- In reach supports and services for individuals with mental illness who are currently serving sentences of incarceration.
- Reintegration planning from custody to community or from community sentence to post-sentence which can include the development and maintenance of a relapse prevention plan.
- Create or ensure linkages between treatment, health care, and other service systems identified in the case plan.
- Coordination of transition plans with community supervision.
- Ongoing program development
- Ensure the offender has successfully adapted to new housing, employment, and treatment services.

2021 – 22 Client Caseload for JCSP – Total

	Apr	May	June	Jul	Aug	Sept	Oct	Nov	Dec	Jan 21	Feb 21	Mar 21
North Battleford	-	-	-	-	-	10	10	10	10	10	12	14
Saskatoon	16	16	15	14	15	15	15	16	16	16	15	15
Regina	16	16	16	15	15	15	15	15	17	17	17	17
Creighton	9	8	8	8	8	8	8	8	8	8	8	8
Total	41	40	39	38	38	48	48	49	51	51	52	54

This year marks significant growth for the Justice Community Support Program (JCSP) in terms of core training requirements and a commitment to continued education for the Justice Community Support Workers (JCSW). Each member of the team has completed a 60 credit hour certificate program in mental health counselling skills through the Crisis and Trauma Resource Institute. This training provides the JCSP's with addition skills to effectively support individuals who experience mental health barriers that result in involvement with the criminal justice system.

This past year a gap in service was identified in the far north region of the SVOR. Like most places, the pandemic had caused service interruptions that drastically effected marginalized groups more than others. In the far north region, services are scarce at best. The JCSP along with other member of the SVOR team made a connection with local health centers to expand virtual psychological services to our client in that region. The impact this has made on service delivery in that region is immeasurable. For the first time, our clients can receive virtual psychological services with pre and post care being delivered in their own communities. This has increased the safety for the client receiving service, and the community as a whole.

After 2 full years of the pandemic, the JCSP has honed its skills to adapt to any interruption in service delivery, positioning us at the forefront of innovative, client centered care.



Submitted by Julius Brown, Director

OSI-CAN, an Operational Stress Injury (OSI)/Post Traumatic Stress Support Initiative, continues to provide hope, resilience and recovery to military, RCMP, First Responders/Frontline protectors 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 serving members and veterans of the Canadian Armed Forces, Allied Armed Forces, the Royal Canadian Mounted Police and Community First Responders or public safety/frontline protector personnel—which includes municipal police services, indigenous emergency management, conservation officers, CN police, emergency medical services, fire protection services, hospital trauma personnel, emergency communications specialists, corrections officers, nurses, social workers, traumatic accident clean-up crews and volunteer first responders. This demographic was chosen due to the commonality of experiences they share through the service they provide to country and community.

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.

Support groups provide a secure and confidential forum that is built on anonymity. Here, their issues can be discussed with others who are going through the same thing, without fear of judgement or criticism. It is within the support group that other needs are identified and addressed. Currently, we have 16 support groups in communities throughout the Saskatchewan.

To date, OSI-CAN operates in Manitoba, Saskatchewan, Alberta and British Columbia. We also have 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 virtual support group is for individuals located in remote or hard to reach areas of the province, those with mobility issues that prevent them from attending a physical support group and for other communities we have yet to expand into. OSI-CAN services are free of charge to anyone in need.

We provide intentional peer support that is recovery focused. We don't assume that individuals have a deficit to be fixed, but rather focuses on relationship-based mutual learning.

OSI-CAN Peer Support Training Program – We continue to provide peer support training specific to our target demographic. Certification is in alignment with Peer Support Canada's (PSC) best practices.

OSI-CAN has an ever-expanding network of service providers to link members with other services necessary for their recovery, such as housing, OSI counselling, addiction services, vocational training, psycho-social rehabilitation, advice on prescriptions, horse-assisted therapy, and financial assistance for those needing a service dog.



Service Dogs – It is a support we have offered every year since we were created in 2016. Last year we provided financial assistance for the acquisition of two service dogs, which can cost up to \$30,000 each.



Equine Therapy – OSI-CAN provides equine assisted learning, for those dealing with the symptoms of OSI/PTSD thorough two programs. One is our Sunday Equine Assisted Learning created in 2016 where we are partnered with ranches around the province top deliver one-hour sessions once a week throughout the year. The other is our Healing with Horses Retreat (HHR) created in 2020. It is open to veterans, first responders and all frontline protectors and their spouses. We provide a variety of supports they can access to support their mental wellness such as equine assisted learning, meditation, bilateral movements, art therapy, peer support, sleep therapy and access to counsellors/psychologists. While similar programs exist in other provinces and the U.S., the cost for each attendee is \$3,000 to \$5,000. We have been able to secure funding that allows us to provide similar support while removing the barrier of high cost. Our retreat is local thus reducing the cost of travel and is delivered in nature, which is relaxing and more conducive to healing. The dates for this year are May 14-15 near Regina, June 4-5 in the Prince Albert area and August 6-7 near Regina.



Additionally, we created a Family-Healing with Horses Retreat ((F-HHR) for those within our target demographic with children six years and older July 9.

The benefits of attending this event provides the tools for building trust, reducing anxiety, increasing self-esteem, improving communication, improving social skills, and more through:

- Family Team Building Equine Assisted Learning exercises
- Art Therapy
- Horse Drawn carriage ride
- Learning tools for support such as how to ask for help (wellness)
- Tools to help with language, movement, emotions and its FUN

For more information or to register, please go to <https://www.osicansk.ca/healing-with-horses-retreat>

OSI-CAN is funded solely through private donations from individuals, communities, organizations and businesses. We want to express a special thank you to our major sponsors for 2021-2022: "Saskatchewan Veterans Service Club", "100 Men Who Care Regina", and "High Noon Optimist Club". Their generous support is greatly appreciated.

Follow us on our website (www.osican.ca), Facebook (#osicanrecover), and Twitter (@osican_ptsd)

CMHA Battlefords Branch

Submitted by Jane Zielke de Montbrun, Executive Director

Despite the ongoing challenges of the global pandemic, this past year saw us complete two significant projects to support people with lived experience in our community.



With Rental Development Program funding secured in January 2020, we are excited to report that Independence Commons was completed in July of 2021. This capital project is the first of its kind in The Battlefords and begins to close a gap in the transitional housing continuum. The



Commons has established safe, affordable housing for eight people living with mental illness and supports them in their hope to live independently. They are an amazing group! Our residents meet twice each month – for a social activity that includes a meal (that they all contribute to) and a more formal meeting with CMHA as their landlord to explore ideas, bring up concerns and discuss challenges that arise and collectively find solutions. Each tenant has a buddy as another form of support to promote and maintain wellness. The official opening event is tentatively scheduled for the end of May 2022.

Our second project, to establish a recovery college, became a reality far sooner than expected. Independence Commons has three buildings on the property (two apartment buildings that face the middle green space and a multiuse building). What we refer to as the common building is used for tenant meetings and functions, the capacity to provide emergency, temporary housing and is the home base for the Living Well Learning Centre – our recovery college in the Battlefords. Launched in the fall of 2021, tenants, members and others have engaged in learning opportunities that promote mental health and wellness.

These two projects would still be a just a dream without the support and funding of Saskatchewan Housing Corporation, Canadian Mortgage and Housing Corporation, Saskatchewan Health Authority and the City of North Battleford. With the help of LVS Construction and Tree World Nursery we were able to build fencing and complete landscaping – work completed with the help of our vocational program participants. We are so very thankful to all.

The Living Well Learning Centre officially opened in October. We successfully delivered eight courses over the course of the fall, winter and spring. Participants included members, patients at Saskatchewan Hospital North Battleford and individuals in the community.

Recreation and wellness programs were 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 to see that take place.

Weather played a significant role in our ability to deliver programs consistently later in the year. Many recreation, wellness and vocational programs were cancelled by significant extremely cold days and COVID was a challenge. Our organization was part of an outbreak that closed our office for most of December and we experienced significant employee absences due to illness. As the weather warms and virus loads decrease, we expect program delivery to go more smoothly. Referrals for services continue to increase.



*The David Laird
Campground*

The City of North Battleford continues to support our organization through partnerships that provide employment to vocational program participants. The David Laird Campground grounds and facilities management program had a successful year. Nineteen members enjoyed their outside work from May to October and the campground's guests included people from across Canada and part of the United States. Looking forward, we are working on a volunteer opportunity removing graffiti as a way to give back to our community. At the time of this report, 42 members are participating in vocational therapy programs.

The peer support program is going well. Currently, two group meetings are held each month and 13 individuals are receiving one to one support. Referrals to this program range from 2 to 6 each month.

We launched our website in the fall (www.cmhabattlefords.ca) with the help of SG New Media Design and Vaughan Graphics and ran a 12 month community awareness campaign with a generous donation from Battleford Furniture. The support from these folks has meant a lot to our organization.

We gratefully acknowledge Saskatchewan Health Authority; CMHA Saskatchewan Division; Jim Pattison Broadcast Group; Battlefords United Way; Battlefords and District Community Foundation; SPRA; Community Initiatives Fund; our donors and volunteers for their continued support of CMHA Battlefords Branch this past year and look forward to our continued work supporting others. Many thanks to all!

CMHA Melville Branch

Submitted by Micheal Halyk, President

Like so many other groups, COVID-19 still played a distraction role throughout most of our last year. While our Board still struggled to meet mostly via Zoom, it became very difficult to have individuals attend our Open Table Session when we had to meet virtually. As the pandemic appeared to slow down and the Government again asked for citizens to start living without the fear of COVID, we did start seeing a bit more activity at our monthly meetings, and that activity did result in a couple of new faces at our Board table.

Unfortunately, in the last year we did see one of our founders and long-term President Tim Ziola step down due to some lingering health problems and the wish to go into a retirement situation. The past year also saw a couple of other long-term members step back due to either a growing family or a Grandmother needed for grandchild on a regular basis. It is always hard to see people leave the organization, but it is interesting how others picked up the pieces and we kept moving forward.

In the late fall of 2020 we hosted, in partnership with Do More Ag, a "Talk, Ask and Listen Workshop" which was aimed at the farm community. We were pleased to have a good group from a wide range of districts within the Melville area show up with enthusiastic questions and comments. Our hope is to possibly do another one of these sessions again, possibly in the fall of 2022.

As we moved into 2022, we hosted a Mental Health First Aid Basic training course on April 7th and 8th. This was hosted in Yorkton since there appeared to be an interest in that community for more information around mental health. Unfortunately, our turnout (while okay) did not attract the numbers from Yorkton and area that we had hoped for. Nonetheless, we had a good course with a good number of enthusiastic participants and certain some may eventually connect themselves to the Melville Branch of the CMHA!

As we moved closer to spring and Mental Health Week, and with the Provincial Government's lifting of COVID restrictions, we decided to put on two major events to kick off another season of our group's existence. As I prepare this report, the Spring into Spring with the Melville Branch of the CMHA Dessert Theatre and the Anger Management presentation by the Melville Community Theatre Works group will be happening on April 29th. Our maximum goal of 150 guests plus over 20 branch and theatre individuals has been met with relative ease. Not only will our guests be treated to a special musical therapeutic presentation by a local, Laverne Spratt, and of course the Theatre group, but also the desserts (which are to die for) are prepared by a local Chefs in Training group out of Rail City Industries. This will be a well-rounded evening proudly presented by the Melville Branch of the Canadian Mental Health Association.

At the end of Mental Health Week on May 6th we are heading into another huge event for our group. This time we are bringing in a speaker from Cochrane, Alberta, Nicolas Hennink, who is a recording artist, a mental health advocate and the 2020 Paramedic of the Year. His presentation will be on his journey through PTSD and addictions to get to where he is today. That evening will also be dubbed a Salute to Melville and Area First Responders! We felt it is important to recognize those that stood on the front lines throughout the pandemic and we want this evening to be a chance for the community surrounding Melville to say thank you for a difficult job well done.

As you can see, we are a small but active group and have found we have lots of support in the Melville and surrounding area. We intend to continue building on that support and hopefully continue to fulfill our goal of making the discussion about mental illness a discussion that can be had by everyone, but also a support that is there for all to access without delay.

The job, while huge, is only made smaller and more manageable when shared by many people. Our entire group looks forward to the coming year, hoping that a pandemic is not front and centre, and we as a group can continue to do the projects we have all set out to do.

CMHA Moose Jaw Branch

Submitted by David Couloumbe, Program Director

2020 and 2021 have been difficult years for CMHA Moose Jaw. Like many organizations delivering services and rethinking how to best impact clients' lives while navigating COVID restrictions set in place by the Saskatchewan Health Authorities (SHA) has been and remains a challenge.

From the fall of 2020 to the spring of 2021, the Saskatchewan Health Authority's (SHA) measures regarding the pandemic created several challenges in delivering services the branch traditionally offered. After countless hours of evaluation, multiple options needed consideration. Service demand increased pressure on the already limited resources available, specifically in the downtown area. All reviews lead to the necessity to be closer and more accessible to clients with limited transportation options and who, for various reasons, tended to congregate towards the centre of Moose Jaw. Therefore, a new and accessible location was selected. The following eight months were engaged in preparing an office with a modest drop-in center and the capacity to offer valuable programming to the growing clientele.

The relocation of the branch and re-evaluation of service delivery was of primary importance. CMHA Moose Jaw is present today where needed, and the programing offered is already making a difference. The early collaborations since September all attest to the validity of the changes that needed to occur.

At CMHA we promote and advocate through solid connections with policymakers, mental health consumers and their families, educators, the media, stakeholders, and other service providers. Currently, we are focused on education and vocational training, advocacy, and Peer Support in Moose Jaw. Peer Support, as it stands, is at the core of what we offer clients on their road to recovery.

Mid-August saw the hiring of a new part-time Vocational Coordinator, soon followed by a new, part-time Branch Director (20 hours a week). These human resources enabled the MJ branch to stabilize service delivery. January saw the departure of the Vocational Coordinator, but a new employee started at the beginning of March, bringing a positive new direction to the program.

2021 brought a new dynamic and heightened activity level at the CMHA Moose Jaw branch. Efforts to reposition the branch in its rightful place as a service provider started to pay off. Multiple meetings exploring new collaborations or reaffirming long-standing ones were held. New projects are now anticipated, and ongoing services have been validated, giving the sense that the branch's team was on the right track. But the office was still fielding a higher demand for services and resources. To alleviate the pressure on the Peer Support program (one-on-one), psycho-social activities were brought back in late fall, with appropriate health precautions observed at all times. Increasing the capacity to deliver more Peer Support was becoming a priority.

The Moose Jaw branch's stability rests on the quality and capacity of its combined human resources. Planning and investing in training for the staff became a priority, and two training opportunities were established for the staff in 2021; First Aid and CPR (St-John) and Conflict Resolution (Sask Justice). In 2022, the team participated in Mental Health First Aid and Peer Support Training. At the end of December, an agreement was reached with Prairies to Peaks for an in-person four-day Peer Support certification training process, and the training occurred in Moose Jaw at the end of February 2022. The certification is aligned with Peer Support Canada, the national standards body for Peer Support. The course is highly esteemed across Western Canada and has been recommended by agencies in Saskatchewan and Alberta. <https://prairiestopeaks.com/peer-support-training-and-education/>.

Public Education and Research:

The fall of 2021 brought an increased interest in mental health services and an increase in the number of community members asking for resources. Of particular interest was the rise in the number of calls that required immediate attention, a referral for other services in the community, or an assessment for CMHA's services.

September also saw the creation of the CMHA's Masquerade Ball work committee. The Masquerade Ball is one event that enables the branch to reach deep and raise awareness concerning mental health issues within all community segments. The Masquerade Ball took place in May of 2022 and was highly successful. Guest speakers at the event helped fulfill CMHA's mandate to educate influential community members. CMHA's work and presence (Media and social networks) were bolstered in the preparation months leading to the event.

CMHA Moose Jaw Branch has a solid partnership with the Moose Jaw Warriors, and again this year, the branch was active in educating the public about mental health and the services available in the City of Moose Jaw (including those provided by CMHA MJ) during the Black and White games (September 12th and 14th). This year, besides suicide ideation awareness which is at the core of the collaboration with the Warriors, a new partnership with CMHA's GAP team offered awareness on gambling addiction. The kiosk was busy and very appreciated by the Warriors' fans. More than 800 Moose Jaw residents and hockey fans were exposed to and informed on CMHA's work, and the response and interest of the public was impressive.

In January, a safeTalk session (Suicide ideation awareness) took place with the WHL Moose Jaw Warriors players. This vital workshop for the relationship between CMHA and the Warriors was offered to 15 players and their accompanying staff. In a new partnership with Remax, CMHA's Game Night with the Warriors took place on March 5th, 2022. Again, the event was an exciting and valuable event with respect to public education. More than 2000 people were exposed to the work the CMHA branch does here in Moose Jaw, and patrons were able to come by our stand and displays, ask questions on relevant mental health topics or take home printed material.

Finally, CMHA Moose Jaw is still active in the partnership "Journey to Hope," - which raises awareness for Suicide Ideation and Mental health issues through various events year-round.

Core services: Vocational Program, Peer Support and In it Together

The Vocational Program has been through a transition over the past two years. The reality of having three coordinators within that period made it difficult to deliver reliable service to our clients. As of March of 2022, our new coordinator offers stability, excellence and a vocational experience and understanding that has already shown impressive results.

The end of the year saw personalized work with all existing clients to get to know their individual needs and goals. The relationships with our current work placement local employers were revisited and consolidated, and new employers in the area were introduced to the program's opportunities. Finally, within the office, we undertook a collaborative approach to clarify the Vocational Program's guiding principles to ensure consistency of services and offerings to clients. We felt this was an essential part of developing a successful program offering customized options to clients to meet their individual needs and goals.

Our efforts to improve the delivery of this essential service have already rendered positive outcomes. We look forward to continued growth for the Vocational Program in Moose Jaw in the coming year.

The interest in obtaining Peer Support services was steady again this year. Waitlists for services were still in effect in 2021, and CMHA Moose Jaw relied on one full-time and one part-time trained and certified Peer Support worker. The time to invest in our capacity to deliver Peer Support to potential clients became necessary.

In cooperation with Prairies to Peaks Consulting from Calgary, we organized the training and certification processes that would fill in this critical gap. The training occurred in Moose Jaw, and the objective was to offer the training to six individuals residing in the community. Now trained, these Peer Support workers enable CMHA Moose Jaw to not only meet its demands for services but also position itself favourably in a new working relationship with the Moose Jaw Pride Center, which is facing significant challenges trying to offer Peer Support to a high number of young people facing addictions issues and homelessness.

Psycho-social group activities were re-instated in the fall, but with limited participation in consideration of COVID restrictions. The Come Together activities paired with the Hope Learning Centre's Lunch Bytes began in November. Clients

were delighted with the opportunities, and participation was steady. The partnership with the Hope Learning Centre offers, via Zoom, an impressive and diverse programming.

An ongoing creative writing workshop began in November as well. Meeting twice a month, the participants explored various writing styles and learned to find and develop their own voices and stories. Participation increased in 2022, and a presentation of the works done by clients occurred at the May 21st Masquerade Ball. A special Literary Cafe event is planned for the fall of 2022.

The "In it Together" program with the Moose Jaw Association for Community Living was still going strong this past year. Participation remained constant, and the group enjoyed an appreciated cohesiveness. Many participants have joined other group activities. Although the possibility of a second group was considered, no changes are planned for now.

In the fall of 2021, CMHA Moose Jaw consolidated its partnership with the Moose Jaw Association for Community Living (MJACL) and the Moose Jaw Pride Center. During an exercise meant to revisit some of the most pressing needs in the community, it was established that for many young adults living with autism, there are practically no offerings of services or opportunities for further developments. It also became apparent that most of CMHA's young clients often lack basic skills while facing the intricacies of their recovery.

As a first step, CMHA launched the Program for the Education and Enrichment of Relational Skills (PEERS®) in January. The program is world-renowned for providing evidence-based social skills treatment to preschoolers, adolescents, and young adults with autism spectrum disorder (ASD), attention-deficit/hyperactivity disorder (ADHD), anxiety, depression, and other socio-emotional problems. CMHA began delivering the 16-week PEERS® program at Zion United Church in partnership with MJACL. A list of potential candidates was established from the membership of both organizations. All participants underwent a screening process to determine their suitability for the program. In essence, the course is a coach-assisted social skills intervention for motivated young adults ages 18-30 who are interested in learning ways to initiate friendships and develop more meaningful connections and relationships. During each group session, these young adults were taught essential social skills and encouraged to practice them. CMHA Moose Jaw, again in partnership with MJACL, wanted to offer younger clients simple and valuable technics when facing the trivial and concrete perspective of taking care of oneself. So a young adult cooking workshop was developed. Over ten weeks, participants will explore different ways of selecting and preparing healthy meals, especially on a limited budget. The program will be offered as of September 2022.

Demographics:

At CMHA Moose Jaw, we actively supported clients aged between 17 and 91. There is a higher percentage of women. Most of our clients receive social assistance under either the SIS or the SAID programs. Most live in Moose Jaw, but many are rural clients or live in one of the peripheral communities.

Some have comorbid diagnostics, suffering from mental health issues and/or addictions. The majority have a "significant and enduring disability." Some reside in group homes, some with a family support system, and others are independent but reside in a designated mental health apartment program or Moose Jaw Housing places. Finally, some are fully independent and on their own, living in the community at large.

In 2021-2022, our team ensured that more than 68 Clients received direct and regular support. These interventions contributed significantly to creating a balanced and healthy community. Staff, volunteers, and clients alike are grateful for the support we received from CMHA Division. We have learned much in the past two years and acquired the knowledge to ensure our services are relevant and delivered where needed. We now look towards 2022-2023 with renewed dedication and enthusiasm.

CMHA Prince Albert Branch

Submitted by Doug Kinar, Executive Director

2021-22 has been a year of new beginnings. Our branch has come out of hibernation from both the pandemic and a long winter. We are stretching slowly but surely, gaining energy and momentum towards the future.

While our drop-in center remained open during the pandemic, our numbers have been steadily increasing as we welcome back familiar faces and welcome new ones. For the interim, we have moved back to the second floor of our building while we wait for renovations to be completed on the main floor. Those renovations will include washrooms on the main floor, an office and functioning kitchen to better service our needs.

For the most part, our Vocation programs had been operating at reduced numbers during the pandemic however as people begin to utilize our services; interest and participation levels are steadily increasing, before long people will be fully engaged once again. At the beginning of the pandemic it was decided to temporarily close the As Good As New store. After careful deliberation, we have chosen to permanently close our As Good As New store vocation program located in the front of our building. As we build towards the future, we believe we can make better use of the space by fully operating on the main level of the building. As our Vocation programs gain momentum more space will allow us to maximize new programming such as the Hydroponics program and existing programs like our Affordable Meal and Community Kitchens programs. Not only do we enjoy our own lettuce, herbs and tomatoes, we have saved hundreds of dollars and time by pre starting our own bedding veggies to be planted in our outdoor garden this summer. The harvest from both our garden and hydroponics will supplement our Affordable Meal program and assist in those participating in the Residential program to enjoy fresh garden veggies.

Our Firewood program will fire up as soon as its dry enough to begin collecting, splitting, stacking and bagging. Participation should not be a problem as people are already inquiring when its dry enough to begin. Those who love to be outside and close to nature tend to gravitate towards this program.

Our apartments are all filled with tenants receiving support from our residential program. We are completing a new project to revitalize a four plex for inclusion into the program.

Once again, the pandemic affected our Education programs however anyone wishing to pursue art or writing at the Drop In Centre were encouraged and supported to do so. I am happy to report that after a long two years, our annual Art Gala at Prince Albert Art Center is back with a renewed creative energy from participants. The Art Gala opening kicked off Mental Health Week and is open to the public for the month of May. Both the Art program, and Writing for Your Life group, participate in this month-long show and proudly display their art works.

Mental Health Week, as mentioned, was kicked off with our Annual Art Gala and presentations in local communities as well as our annual Awareness Walk. Look out next year as the effects of the pandemic wear off and people begin to forge a new normal.

The reduction of restrictions reopens opportunities for public presentations regarding mental health. We are hoping to embrace many opportunities to facilitate workshops and presentations in the upcoming year. The silver lining of the pandemic, if you look at the glass as half full, is the entire world had the importance of Mental Health for All thrust into the limelight. We are all much more aware of the need for positive mental health, the importance of practicing healthy behaviors and the need to have open and honest conversations to ensure voices are being heard.

I believe it also shone a light on the discrepancy between existing financial supports and the actual minimum needs required to live in our society. CERB payments of \$2000.00 per person were not enough for many people to subsist, yet our Social Assistance programs and CPP OAS benefits are dramatically less than \$2000.00 per month. We can only hope that our elected officials embrace the knowledge and act accordingly to increase the dignity and financial wellbeing of so many people living in a vulnerable state within our community.

The future, as always, looks bright and I anticipate another positive and productive year.

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CMHA Regina Branch

CMHA Regina Branch faced the many challenges brought about by the pandemic. Nothing was constant and life was uncertain. We did, despite all of the uncertainty, continue to provide support to our members and those in our community.

Vocational Report – Submitted by Lorna Schmidt, Vocational Coordinator

The Year 2021 certainly was a year of adaptations for everybody. Covid restrictions limited the number of Members allowed in the Club at one time and many of our members stayed home, just to be safe. All our programs were modified to meet the needs of the Members. Vocational was no different.

Our former Vocational Coordinator met with Members mainly through phone appointments and zoom. In September, I took over the position of Vocational Coordinator and met with most Members interested in vocational assistance, downstairs, in the Club. It was early Fall and Members were eager to work so inhouse training was a priority going forward.

The Kitchen has had multiple Members take Food Safe Level 1 and train in our kitchen preparing meals and learning how to use kitchen equipment. The results are astounding! They have reached a level of confidence where they can pair up and prepare a meal independently. Three of our Members found jobs within the community. One Member now works independently in a hotel and two others, at restaurants. Our inhouse training gave them a chance to build their confidence so they were ready to take the next step to the Community.

The Janitorial Program also has a great team who excelled in cleaning and disinfecting after every person while at the Club. Their level of commitment during Covid was outstanding.

Our biggest accomplishment in 2021 was purchasing a truck for our department to start a Gardening/Odd Job Business for interested Members. In the Winter, there will be snow shovelling. Members are excited to be a part of this venture and I plan to include them in all aspects of this business. I hope to encourage Members to learn new skills, try new jobs and feel the joy of seeing what they can accomplish. When this happens, their lives will change

Pre-Vocational Report - Submitted by Sue Beug

In 2021 the Pre-vocational area was fortunately able to constantly adapt our services and delivery style to still meet the needs of our clients and the Public. Our primary focus was to offer support, system navigation, and keep connections! We strived to help others maintain and build support networks even though again this year our drop-in center was scaled back significantly. At the beginning of the year “visits” were by appointments with a max of 6 participants at one time. Then we had to close the drop-in center from March 24 to June 1st due to SHO restrictions. We have progressed to a “drop-in format” with a max of 20 participants plus the 3-5 Members who may be working in janitorial or in the kitchen.

Over the year our programing was adjusted to ensure COVID safety protocols were followed vigilantly: for example, the Virtual Passport Trek Across Canada was an offsite physical/wellness incentive program, while at the center bowling was offered via X-Box, we also taught people how to use technology to access all the online resources. Our members enjoyed watching movies and documentaries together, playing bingo was still a favorite activity, they explored their creativity with crafts and participated in a lot of mindfulness activities. Mainly our members just really appreciated having a place to come, visit, stay connected with friends and take a lunch home and look forward to coming back tomorrow.

From a virtual platform we offered Peer Support meetings, Coping Strategies, Group Chats, Supporting Anxiety, Urban Legends, Community Kitchen, and Writing for Your Life. Unfortunately, most of our clients do not have access to the Web. For our members who were reluctant to attend the drop-in center staff focused on phone and email support. Our Regina Branch continued to help with the wellness phone line for the public for the first 3 month of 2021. When the drop-in center was closed, we were able to provide some outreach service to deliver emergency groceries and care packages, and

at Christmas, gifts, and food hampers to those who were struggling to get out, while others stopped by to pick these up. It should be noted that throughout the whole year we provided take home lunches and support from our front door too.

We are so very grateful for all the generous donations from the community that made it possible for the pre-Vocational program to help ease the hardship our marginalized population tends to experience. The highlight of the year was that in the fall we once again were able to host two Nursing Student placements; a sign that we were emerging to better times at the Members Club.

Community Engagement Report – Submitted by Shannon Patton, Director of Community Engagement

The past fiscal year has been one of many challenges as well as many exciting times. To see the resiliency within our community has been awe-inspiring. As per the previous year, while many of our numerous community engagement presentations and training sessions had to shift to virtual platforms, we were able to remain the catalyst for understanding and awareness around mental health and mental illness within our community.

Fundraising opportunities continued to present themselves to us. Virtual Ride Don't Hide 2021, Tim Horton's Smile Cookie Campaign, Crocus & Ivy Bell Let's Talk Day and Punchline Comedy Night email fundraiser drive, to name just a few. We are greatly appreciative of the support and generosity shown to our branch and to all those living with mental health concerns in our community.

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

Please visit our website at cmharegina.com and like or follow us on Twitter, Facebook or Instagram to stay up to date on the great things we are doing in Regina.

CMHA Rosetown Branch

Submitted by Carmen Ledding, Branch Coordinator

The past year has been one of rolling with the punches, collaborating with community partners, improving recreation programming for seniors, and expanding the outreach of CMHA Rosetown's mental health and wellness education. We hosted our last in-person Art of Friendship course in the spring of 2021 and have refocused our education efforts in the form of virtual recovery college courses to meet the needs of isolated individuals all over the province, while hosting regular in-person support group meetings.

Welcome to the
H.O.P.E.
Learning Centre

Saskatchewan's First Recovery College
Offering Courses Virtually & In-Person Thru Blended Learning

www.skHopeLearningCentre.ca

Life After Addiction | Kids & Stress | Recovery 101 | Insights into Mental Health | Facilitation Skills | Art Therapy | Adulting 101 | The Art of Friendship | Coping With Current Events | TALK LISTEN

Join us every Tuesday at Noon
Lunch Bites at the Hope Learning Centre, 100 1st Street East, Rosetown, SK S0K 1C0 (203) 942-2059 ext 202 10am - 12pm ET

Our courses are offered to Seniors, Newcomer families, youth, adults, and individuals who are experiencing mental health challenges. Our courses are designed to help individuals learn new skills and gain confidence in their personal resilience.

Register For FREE On Our Site

Join us every Tuesday at Noon
Lunch Bites at the Hope Learning Centre, 100 1st Street East, Rosetown, SK S0K 1C0 (203) 942-2059 ext 202 10am - 12pm ET

Register with the Hope Learning Centre

www.skHopeLearningCentre.ca

CMHA Rosetown has focused on public awareness and collaboration through our collaboration with H.O.P.E. Learning Centre (CMHA SK Division) on regular presentations of courses such as Coping With Current Events, Insights into Mental Health, Adulting 101 and Kids and Stress. These courses have been heavily promoted to clinicians at Saskatchewan Health Authority, mental health counsellors throughout SunWest School Division; and have been an excellent resource for people who live in rural areas within our region. The response has been amazing, particularly from our colleagues at SunWest School Division! We hope to build our class inventory to include More than Mamas (for postpartum mothers), Confront the Discomfort, Building Better Boundaries, Body Image, and Female Empowerment. These are all exciting options for the people who currently access our support groups and for others who are building their own personal resilience. Many thanks to the wonderful co-facilitators at H.O.P.E. Learning Centre who inspire the Peer Support within our course offerings!

FOREVER IN MOTION

In November 2021 CMHA Rosetown hosted Forever in Motion training for 8 volunteers who are eager to teach seniors fitness classes in Rosetown and surrounding areas. Seniors have been particularly impacted by the isolation they have

experienced over the past two years, and our hope was to promote inclusion and improve the mental and physical health of our senior community members with this project. CMHA Rosetown also sponsored the CPR certification of 3 volunteer leaders to promote the health and safety of all participants. As a result, we currently have 5 active Forever in Motion classes in Rosetown (1 public, 4 in seniors housing), 1 group in

Milden, and 1 group in Dinsmore. These classes are offered in the community to promote maximum inclusion to those who may have mobility issues or do not feel comfortable taking part in public activities outside their place of residence. We currently have over 40 regular participants in 3 communities, who are thrilled to take part in group activities once more.



Forever in Motion classes have also been crucial to the mental health of our volunteer leaders, who have been unable to volunteer over the course of the pandemic due to public health guidelines. Each participant has filled in a detailed fitness waiver and has been encouraged to contact their primary care provider to ensure their health and safety. We have actively promoted this program to local physiotherapists, Home

Care, Age Friendly Rosetown, our Caregiver Support Group, Community Mental Health Nurses, and the local Continuing Care Team members at Saskatchewan Health Authority to assist with the physical and mental health resilience of local seniors. We have purchased hand weight, resistance bands, and squeeze balls as equipment to meet the growing demands of this program. One volunteer leader has also purchased hula hoops to incorporate more variety to participants who would like additional stability exercises.

SUPPORT GROUPS

CMHA Rosetown is thrilled to finally host in-person support groups as of July 1, 2021.

Our Caregiver Support Group is for those with loved ones who have dementia and is informed by the Alzheimer's Society of Saskatchewan. We meet twice a month to discuss family challenges, next steps, stress, and self-care. This group has been an important lifeline for members who struggled to visit their loved ones in long-term care over the last two years. Our Caregiver Support Group has provided valuable input to Age Friendly Rosetown, which is working hard to make Rosetown more accessible for all seniors.

Our Parent Support Group meets once a month and discusses the challenges of parenting children with complex social, mental health and other needs. It is an excellent group to learn about additional resources, communication, managing stress and self-care.

Our LGBTQ+ Coffee Group meets on a casual basis and was thrilled to host our first virtual public awareness presentation in October 2021. "How to Make Your Classroom LGBTQ+ Friendly" was presented in honour of LGBTQ History Month to 13 educators from the Chinook School Division. We are hopeful that our presentation dispelled common misconceptions about the LGBTQ+ community and answered important questions about the many challenges they face while in a school setting. Our group members gained confidence in building this course from their own experience in the hopes of making school a more inclusive environment for students in rural Saskatchewan.



CMHA Saskatoon Branch

Submitted by Faith Bodnar, Executive Director

While the pandemic pushed on relentlessly in 2021/22, we continued to adapt, pivot, reassess, discover new ways to support people and deliver services, expand our programs and help 5 times as many people navigate local mental health services as we did the first year of the pandemic. Kudos to our amazing staff and board of CMHA Saskatoon for focusing on our vision and values as we lived through historic times and for supporting each other to be healthy and safe as we helped others cope and thrive. So much about the pandemic changes, making planning ahead almost impossible, yet we evolved again and again, learning as we went and inspiring each other to seize new opportunities and ways of supporting people in Saskatoon.

July 2021 saw the launch of our new website. After 8 months of research, planning, sending out surveys, doing interviews and reflecting on who we are as a community-based agency, we arrived at a modern, accessible

website designed to provide current information and self help resources. With all the information that's available on the pandemic, we want to make sure that when people came to our website, they know we are a trusted source. We also want our website to be a place where people feel welcome and comfortable, whether its just one or a return visit or where they can contact us with a request for support. Of course, nothing will ever replace in person contact, but our website provides an place to explore and open the door for mental health information and help.



As we developed our new website, we also integrated a new, online **Wellness Hub** <https://cmhasaskatoon.ca/education/wellness-hub/>. It features free, self-directed workshops you can take anytime on your desktop or handheld device. Current workshops include family dynamics, workplace mental health, stress in the workplace, healthy relationships and teens, mental health for seniors and COVID fatigue and a podcast from our Youth Mental Health Action Group. We upload new content regularly and look forward to expanding our offerings. We know the pandemic has changed where and how people get their training and information and we wanted to make sure we provide quality, accessible online content. We are once again providing a in-person training as along with our online outreach. This new hybrid approach is here to stay.

Our core programs and services continued to be even more critical this past year as we focused on:

1. Employment Services, Mental Health Supports, Life Skills, Job Development and Labour Consultation
2. Education and Awareness
3. System Navigation and Advocacy
4. Partnerships and Special Initiatives



A highlight of the past year was our **2nd Annual Holiday Hamper** program. The Holidays are a very difficult time for many, and we want people to know we understand. Expanded from the 75 hampers we delivered in year 1 to 150 this year, they provided connection, activities, self care and the unconditional acceptance that comes from just being able to say, "Yes, I'd like one", no qualifiers, no application process. All you needed to do was send an email or give us a call.

We are excited to be part of a virtual reality project in Saskatchewan. This year we received VR equipment that allows people to experience job exploration with our staff in real time. This technology opens the door for anyone to immerse themselves in a job on their own terms. With a growing number of experiences, VR is a powerful tool that removes barriers to employment for so many people.

Partnerships are always inspiring and help us think beyond what we know. This year we were introduced to the **National Affordable Housing Corporation**. The NAHC finances, develops and manages multi unit, inclusive rental housing in Saskatchewan and they do it with a social purpose; to provide quality, mixed rental housing that includes people from all backgrounds and diverse means. These developments are a mix of market and subsidized rents. In their newest Saskatoon development, 8 units in a 60 units complex will be for people with mental health needs, with CMHA Saskatoon providing the independent living supports for those who will live in these apartments. We are working with our funding partners and look forward to October 2022 as move-in month. It's been a journey of exploration, advocacy and partnership for us as we seek to do our part in providing access to quality, supportive, inclusive housing for those with mental health needs.



On November 25, 2021 we hosted our first annual Speaker Series, ***Awakening our Spirit, Bringing Domestic Violence into the Light***, with Sally Armstrong as our keynote presenter. Sponsored by the **SGEU**, Sally was joined by a panel of local experts. We explored the issues related to domestic violence and Murdered and Mission Indigenous Women and Girls. With Saskatchewan having the highest rate of domestic violence in Canada, almost 75 people joined us to listen, share and engage.

Fund raising is always challenging but never more so this past year. Uncertainties about money and employment meant people needed to be cautious about their giving. We were fortunate to be part of the

Shoppers Drug Mart Run for Women, along with 18 other cities in Canada. As well, we received numerous grants and accessed federal government programs that helped us weather an uncertain year.

For the second year in a row, CMHA Saskatchewan Division provided us with a **Vocational Grant** that allows us to expand our employment programs. These core funds are critical in helping us innovate as we help more people secure and maintain inclusive employment. Our joint commitment to the values of real work for real pay propel our work. CMHA Saskatchewan also convenes the local branches in Saskatchewan. These meetings are invaluable as we share, support and learn from each other. We look forward to the upcoming year when we will be able to meet in person – fingers crossed. The leadership and support of CMHA Saskatchewan Division is an essential part of our ability to provide the best services and programs we can.



As a proud 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 for who they are.

CMHA Swift Current Branch

Submitted by Todd Vallee, Executive Director

This year has been one of change, of excitement and of perseverance. The staff at CMHA Swift Current have been focused on providing service to our members throughout the COVID-19 pandemic, while adhering to public health guidelines. How our members have been served has changed month to month, week to week, and sometimes day to day, but during this time we have done what we can to support our members in Southwest Saskatchewan.

At the end of June, Jacqui Williams left CMHA to return to the East Coast. Jacqui departed after leaving the organization on a high note coming off a Swift Current Business Excellence Award for non-profit of the year, and with plans in full swing to begin construction on a new clubhouse. Her work for us will be appreciated for years to come. Todd Vallee began as Executive Director mid-August.



We had our sod turning for the new building on September 13th, 2021 and have been forging ahead despite the pandemic-affected supply chain. Our community has rallied with financial support of over \$100,000 during our Cash for Construction fundraising campaign. We hope to be in our new facility mid-summer 2022.

Our staff's commitment to limiting the pandemic's impact on our members has shown throughout the last year.



Staying active has been key. A new favorite at CMHA Swift Current has emerged as we now have a disc golf course. We are hoping to host a tournament as a fundraiser this spring. Mini Golf continues to rank high amongst members. Sometimes field trips to courses outside of the city are arranged.

Another new activity we have enjoyed is Crokicurl. Our level of enjoyment seems to depend on what the temperature is when we take part in the activity. Sarah continues to find ways to engage our members –new or those who have been with us for some time.



While our Social Programming is responsible for many of the smiles around CMHA Swift Current, our Peer Support and Vocational Programs are still very much appreciated around the organization. They have been anchors for many of our

members throughout these turbulent COVID-19 times. Barry and Jamie have rolled with whatever has been thrown their way and have done their best to operate uninterrupted.

Our Meal Program has shifted along with the COVID guidelines, but it continues to be a major resource for our members, whether the meals are consumed in-house, picked up or delivered.



In December Todd and Helen volunteered at the Community Christmas Dinner. Hampers during Christmas, Thanksgiving and Easter are appreciated by members.

While we continue to find our way in a world trying to do the right thing regarding COVID-19, we know that the effort we put in is being recognized in the community.

It is still challenging to forecast what is around the corner, but the resiliency of the staff and members here in Swift Current has never been in doubt.



Excitement is growing as we inch closer to moving into our new facility. With the new building comes new abilities for our programming and some much needed infrastructure upgrades. While some folks will miss the odd thing about the old CMHA clubhouse, one thing is for certain.....nobody will miss the stairs.



CMHA Weyburn Branch

Submitted by Tasha Collins, Program Director

The CMHA Weyburn Branch had a memorable year despite everything pandemic related. This year started with some very exciting news as we received \$40,000.00 through the SK Health Authority designated for the Kitchen and Bathroom renovations in our basement. We have since received funding support from the CMHA SK Division Office along with many local donations that have contributed towards these building upgrades. The branch has hired a local contractor and we are looking forward to having the renovations completed in 2022.

The CMHA Weyburn branch provides a variety of programs that are open to everyone in our community whether you live with an illness or struggle with your mental health. This past year we have seen our programs and services, changed, adjusted as well as improved in many aspects. We have been able to continue supporting our community in many ways while following health guidelines closely.

CMHA Weyburn highlights from 2021-2022:

- Arrival of our new vocational work truck.

NEW VOCATIONAL WORK TRUCK - GOLD SPONSORS

Prairie Sky Coop, Intellidrill, Weyburn Young Fellows Club



- Our social and recreation programs continue to promote positive mental health, interactions and build confidence. Although we saw adjustments to these programs, they were successful. We were able to incorporate crafts, movies, cribbage, bingo, dining in, karaoke, guided meditation, virtual games, virtual tours, nature walks, dice and card games, and recently programming outside of the centre at the library, as well as the Spark Centre.



Writers' Group



Cribbage

- We continue to offer quality skill building programming for our participants, which included Writers' Group and Art Program along with Lifeskills/Wellness programming with the support of Saskatchewan Health Authority Staff.
- Vocational one-on-one program is offering 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 in program is offering participants.
- Successful social media campaign and participation in 2021 Mental Health Week presentations partnering with all CMHA branches in Saskatchewan throughout Mental Health Week.
- Community presentations to Canada Post employees
- Many online presentations – participated in the Connect Group providing information and resources to students across the southeast.



- We were able to offer our evening Adult Art Program in September, October, December, February and March.
- Our pre-vocational programs continue to operate. These include our work crew (offering snow removal, lawn moving, 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, preparing and grocery shopping).



Evening Art Program



- The CMHA Weyburn Branch volunteers within the community. We participate with the Adopt a Planter program with the City of Weyburn, as well as offering refuse hauling for other non-profits in our community.



- We participated in the Parade of Lights during the holiday season for the first time this past year.



Youth – Future Trailblazers

- Developed and facilitated your Youth Leadership program called Future Trailblazers with 14 youth attending.



Mental Health Week Book Sale

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

If these past two years have taught us anything at CMHA Weyburn, it has shown us that we are resilient, flexible, able to adapt and willing to change how we deliver programming and services to our community. This past year the CMHA Weyburn Branch has provided services to over 55 individuals between our regular day program, evening art program and our youth leadership program. We have delivered presentations to over 1000 people, and served just under 1500 meals. Our vocational work crew has completed work for over 200 customers in our community this year through snow removal, lawn moving, small moves as well as providing over 180 landfill jobs. We offered Art Programming 49 times and Writers' Group 46 times, as well as had three of our writers win a writing contest through the Transition Magazine. We have been very busy and we look forward to this continuing into 2022-2023.

The CMHA Weyburn Branch is committed to continuing our programs and services as best as 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 strive to provide some stability in a time where things are changing frequently.

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

CMHA Weyburn would like to thank our Board of Directors for their leadership and support.

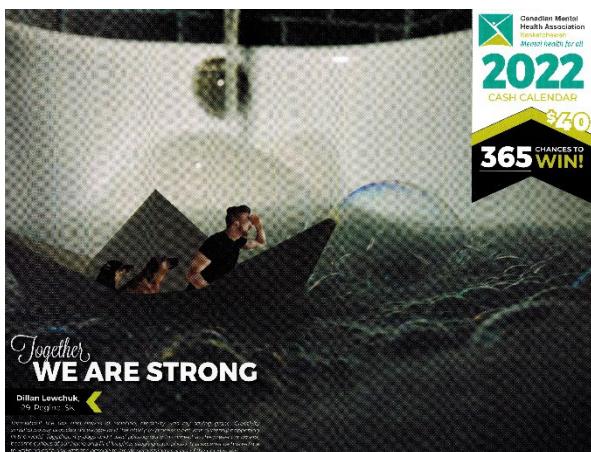


RESOURCE DEVELOPMENT

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 Saskatchewan as well as a very successful public awareness tool thanks to the hard work and dedication of the Resource Development Call Centre staff.

After a full year of pandemic, we decided to go with the theme “We Are Strong” to highlight the resilience of the people of Saskatchewan in the face of an event that has taken over our lives for over two years now. Art and poetry submissions focused on ways individuals coped with the anxiety and stress and what brought them comfort in difficult times.

CMHA Saskatchewan recognizes that the pandemic has been very hard on many both mentally and economically. We sincerely appreciate the amazing support we continue to see for the work we do. Thank you very much!



CMHA Saskatchewan Division continues to see a modest income from the proceeds of bingo generated at the Centennial Bingo Hall. 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. Thank you from the bottom of our hearts. We couldn't do it without your support.

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 to help reduce the stigma of mental illness in the community.



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

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

A special thank you to our major sponsors:





FINANCIAL STATEMENTS

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CANADIAN MENTAL HEALTH ASSOC.
(SASK DIVISION) INC.

Financial Statements

Year Ended March 31, 2022

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.

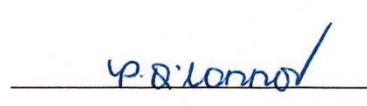
- In discharging its responsibilities for the integrity and fair presentation of the financial statements, management designs and maintains the necessary accounting, budget and other related internal controls to provide reasonable assurance that transactions are appropriately authorized and accurately 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, 2022

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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, 2022, 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 matters 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, 2022, 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

Included in miscellaneous revenue is \$30,681 that consists of net bank adjustments that is composed of various adjustments to revenues and/or expenses that are netted both for simplicity and for lack of information on the details of the components. If the complete details were known, it is likely that several revenue and expense accounts would be affected rather than just the one miscellaneous revenue account.

Additionally, 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, 2022, current assets and net assets as at March 31, 2022. Our audit opinion on the financial statements for the year ended March 31, 2021 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.

(continues)

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

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

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.

(continues)

DUDLEY & COMPANY LLP

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

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.

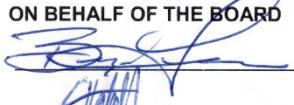
Regina, Saskatchewan
July 18, 2022


Dudley & Company LLP
Chartered Professional Accountants

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Balance Sheet
March 31, 2022

	<i>March 31 2022</i>	<i>March 31 2021 (Restated)</i>
ASSETS		
CURRENT		
Cash	\$ 630,799	\$ 1,360,194
Investments (<i>Note 3</i>)	697,473	500,000
Accounts receivable	155,474	132,665
Receivable from branches	34,579	1,981
Interest receivable	1,873	2,945
GST receivable	24,871	44,163
Prepaid expenses	<u>6,127</u>	<u>21,593</u>
	1,551,196	2,063,541
TANGIBLE CAPITAL ASSETS (<i>Note 5</i>)	265,248	257,310
INTANGIBLE ASSETS (<i>Note 6</i>)	1,220	1,526
LONG TERM INVESTMENTS (<i>Note 3</i>)	300,000	-
	\$ 2,117,664	\$ 2,322,377
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 137,356	\$ 80,245
Wages payable	93,765	91,318
Deferred revenue (<i>Note 12</i>)	<u>358,421</u>	<u>621,493</u>
	589,542	793,056
NET ASSETS		
Unappropriated	200,000	200,000
Appropriated (<i>Note 8</i>)	1,061,654	1,070,485
Invested in capital assets	<u>266,468</u>	<u>258,836</u>
	1,528,122	1,529,321
	\$ 2,117,664	\$ 2,322,377

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, 2022**

	2022	2021 <i>Restated</i>
REVENUES		
Saskatchewan Health	\$ 354,433	\$ 350,980
Saskatchewan Lotteries	94,860	92,727
Saskatchewan Justice	518,623	481,623
Saskatchewan Health Branch Vocational	359,250	340,750
Community Initiatives Fund - GAP	492,725	464,785
Metis Nation grants	135,000	122,750
Other grants (<i>Note 13</i>)	507,969	281,691
Fundraising	437,656	438,927
Donations	157,196	605,573
Other revenue and recoveries	146,370	115,228
Community fund appeals	4,729	24,508
Branch administration recoveries	11,584	11,584
Interest	11,696	4,364
	3,232,091	3,335,490
EXPENSES		
Amortization of tangible assets (<i>Note 5</i>)	20,294	20,251
Amortization of intangible assets (<i>Note 6</i>)	305	596
Community justice program	135,560	95,396
Contributions to branches	128,024	170,421
Fundraising	195,390	210,980
Gambling program	133,197	113,850
Gifts to qualified donees	-	5,000
General and administrative	186,467	140,657
Occupancy	117,610	108,465
Public education	199,624	140,044
Research	72,368	42,995
Salaries and benefits (<i>Schedule 1</i>)	1,687,886	1,495,774
Branch vocational support	350,000	319,750
	3,226,725	2,864,179
EXCESS OF REVENUES OVER EXPENSES FROM OPERATIONS	5,366	471,311
OTHER INCOME		
Loss on disposal of tangible capital assets	-	(3,724)
Unrealized loss on investments	(6,565)	-
	(6,565)	(3,724)
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES	\$ (1,199)	\$ 467,587

See notes to financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Statement of Changes in Net Assets

Year Ended March 31, 2022

	Unappropriated	Appropriated - (Note 8)	Invested in Capital Assets	2022	2021 Restated
NET ASSETS - BEGINNING OF YEAR					
\$ 200,000	\$ 1,070,485	\$ 258,836	\$ 1,529,321	\$ 1,061,734	
Excess of revenues over expenses	(1,199)	-	-	(1,199)	467,587
Amortization of tangible capital assets	20,294	-	(20,294)	-	-
Amortization of intangible assets	305	-	(305)	-	-
Purchase of tangible capital assets	(28,231)	-	28,231	-	-
Loss on disposal of tangible capital assets	-	-	-	-	-
Transfers out	8,831	(8,831)	-	-	-
NET ASSETS - END OF YEAR					
<u>\$ 200,000</u>	<u>\$ 1,061,654</u>	<u>\$ 266,468</u>	<u>\$ 1,528,122</u>	<u>\$ 1,529,321</u>	

See notes to financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Statement of Cash Flows
Year Ended March 31, 2022

	2022	2021
CASH FLOWS FROM (FOR) OPERATING ACTIVITIES		
Cash received from grants	\$ 2,400,943	\$ 2,279,833
Cash received from self-generated revenues	500,974	1,429,391
Cash paid to suppliers	(1,426,369)	(1,339,234)
Cash paid to employees	(1,685,439)	(1,492,517)
Interest received	<u>12,767</u>	<u>3,030</u>
Cash Flows From (For) Operating Activities	<u>(197,124)</u>	<u>880,503</u>
CASH FLOWS FROM (FOR) INVESTING ACTIVITIES		
Purchase of tangible capital assets	(28,233)	(27,369)
Unrealized gains (losses) on investments	(6,565)	-
Purchase of short term investments	(197,473)	(300,000)
Purchase of long term investments	<u>(300,000)</u>	<u>-</u>
Cash Flows From (For) Investing Activities	<u>(532,271)</u>	<u>(327,369)</u>
INCREASE (DECREASE) IN CASH FLOWS		
Cash - beginning of year	<u>(729,395)</u>	<u>553,134</u>
CASH - END OF YEAR	<u>1,360,194</u>	<u>807,060</u>
	\$ 630,799	\$ 1,360,194

See notes to financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2022

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, 2022

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, 2022

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%

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, 2022

3. INVESTMENTS

	2022	2021
CURRENT TERM		
Guaranteed Investment Certificates	\$ 400,000	\$ 500,000
RBC Dominion Securities CAD	293,986	-
RBC Dominion Securities USD	3,487	-
	\$ 697,473	\$ 500,000

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

The guaranteed investment certificates have an effective interest rate of 0.8% with a maturity date within twelve months or less. The RBC Dominion Securities accounts are made up of investments in corporate common shares and mutual funds that are easily traded and converted to cash at anytime.

LONG TERM

	2022	2021
Guaranteed Investment Certificates	\$ 300,000	\$ -

Investments maturing after twelve months from the year-end date are classified as long term. The fixed income securities have an effective interest rate between 0.75%-2.00%.

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, 2022:

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. Risk increased in the current year as significant portion of investment portfolio moved to corporate shares which are more volatile.

(continues)

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2022

4. FINANCIAL INSTRUMENTS (*continued*)

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.

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.

(*continues*)

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2022

4. FINANCIAL INSTRUMENTS (*continued*)

Other

The organization's credit risk has increased in the current as noted above, no other risk area has changed.

5. TANGIBLE CAPITAL ASSETS

	Cost	Accumulated amortization	2022 Net book value
Land	\$ 13,635	\$ -	\$ 13,635
Buildings	549,469	368,476	180,993
Furniture and office equipment	43,695	30,979	12,716
Vehicle	98,617	65,828	32,789
Computer equipment	29,030	23,915	5,115
Advertising display	20,000	-	20,000
	\$ 754,446	\$ 489,198	\$ 265,248

	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
	\$ 726,213	\$ 468,903	\$ 257,310

Tangible assets acquired during the year were \$28,232 (2021 - \$27,369). During the year, there were no tangible capital assets written off and no loss on disposal of assets was recorded. (2021 loss on disposal - \$3,724).

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2022

6. INTANGIBLE ASSETS

	2022	2021
Computer software	\$ 14,837	\$ 14,837
Accumulated amortization	<u>(13,617)</u>	<u>(13,311)</u>
	\$ 1,220	\$ 1,526

There were no intangible assets acquired during the year (2021 - \$0). During the year, no intangible capital assets were written off and no losses on disposal of assets were recorded (2021 - \$0).

7. RELATED PARTY TRANSACTIONS

During the year, the organization provided vocational funding in the amount of \$43,750 (2021- \$43,750) to CMHA Weyburn, \$43,750 (2021-\$43,750) to CMHA Moose Jaw, and \$43,750 (2021- \$43,750) to CMHA Rosetown. Accounts payable consists of \$28,500 (2021-nil) payable to CMHA Moose Jaw and \$32,750 (2021- nil) payable to CMHA Rosetown. This funding was provided at market rates and in the course of normal operations. These funds are included in the statement of operations under Branch Vocational Support expenses.

8. 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, 2022

9. APPROPRIATED NET ASSETS

	Building Fund	Program Fund	Mental Health Fund	2022	2021
Balance, beginning of year	\$ 334,611	\$ 367,937	\$ 367,937	\$ 1,070,485	\$ 605,695
Transfer from surplus	16,467	16,467	16,467	49,401	570,223
Transfer to surplus	(58,232)	-	-	(58,232)	(16,375)
Prior period restatement	-	-	-	-	(89,058)
	\$ 292,846	\$ 384,404	\$ 384,404	\$ 1,061,654	\$ 1,070,485

10. SICK LEAVE BENEFITS

The organization provides non-vesting sick leave benefits to its employees pursuant to union agreements and administrative policies. At March 31, 2022 management estimates that accumulated sick leave credits total \$331,002 (2021 - \$302,911).

11. PENSION CONTRIBUTIONS

Employees become eligible for pension after 1820 hours of service. The plan is a defined contribution registered pension plan. The employer pays 6% of gross salary into the plan on a monthly basis.

	2022	2021
Total Contributions During the Year	\$ 86,807	\$ 76,401

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2022

12. DEFERRED REVENUE

Deferred revenue consists of the following:

	2022	2021
Bell - Let's Talk	\$ -	\$ 16,667
Branch Vocational Funding	-	9,250
CMHA Difficult Discussions	13,500	17,500
Community Initiatives Fund - Gambling Awareness	-	11,653
Community Initiatives Fund - Weyburn	-	4,164
Emergency Community Support	28,535	115,000
Heartland	-	2,576
Metis Nation of Saskatchewan - DISC Program	100,000	-
RBC Bounce Back for Youth	100,000	89,058
Sask Health - Dave Batters Golf Tournament	31,386	41,886
Sask Justice	-	50,000
South Saskatchewan	-	24,333
TT Charities USA for OSI	85,000	224,406
Workers Compensation OSI	-	15,000
	\$ 358,421	\$ 621,493

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2022

13. OTHER GRANTS

Other grants are comprised of the following:

	2022	2021
3D Petroleum	\$ -	\$ 60,324
Bell - Let's Talk	16,667	8,333
CMHA National - Difficult Discussions	4,000	17,500
CMHA York	4,000	-
Canada Helps	-	5,000
Community Initiatives Fund - Weyburn	4,164	25,000
Conexus	-	14,000
Emergency Community Support	86,465	-
GAP - Resource Roundup Project	-	34,300
Inclusion Saskatchewan	12,000	-
Innovation Credit Union	21,000	-
RBC BB4Y	89,058	10,942
Royal Canadian Legion - OSI Can	22,500	-
Sask Liquor and Gaming Authority	28,976	8,725
Sask Workers Compensation Board - OSI	15,000	15,000
SaskPower	-	35,000
SaskTel	-	2,540
Saskatchewan Roughrider Foundation	18,400	-
South Saskatchewan Community	39,333	40,667
TT Charities USA for OSI	139,406	-
Various	7,000	4,360
	\$ 507,969	\$ 281,691

14. PRIOR PERIOD RESTATEMENT

In the previous financial statements, the deferred revenue was recorded incorrectly, the error was caught in the current period and the financial statements will be restated to reflect the deferred revenue correctly. The restatement resulted in the following changes to the 2021 comparative figures.

	Previously reported	Change	Restated
Deferred revenue	\$ 532,435	\$ 89,058	\$ 621,493
Other grant revenue	370,749	(89,058)	281,691
Appropriated net assets	1,159,543	(89,058)	1,070,485

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Salaries and Benefits
Year Ended March 31, 2022

(Schedule 1)

	2022	2021
Gambling Awareness Program	\$ 278,564	\$ 300,604
Executive and general	452,101	395,276
Justice Community Support	351,672	365,085
Public education	253,517	176,173
Resource development	221,745	187,167
OSI Can salaries	130,287	71,469
	\$ 1,687,886	\$ 1,495,774

See notes to financial statements

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DUDLEY & COMPANY LLP