

OUR TIME IS NOW

Annual Report 2022-2023



Canadian Mental
Health Association
Saskatchewan

Association canadienne
pour la santé mentale
Saskatchewan

CANADIAN MENTAL HEALTH ASSOCIATION

**CMHA Saskatchewan has been in existence for 73 years
(recognized as the first Provincial Division on November 27, 1950)**

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 well-being for all. Often the actual work is carried out 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, formal mental health service providers, planners and policy makers. CMHA works through partnerships, collaborations and coalitions to empower all sectors to take responsibility and leadership to improve mental health in our communities.



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Our Board of Directors and Staff

2022-2023 Provincial Board of Directors

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CMHA SASK. DIVISION OFFICE STAFF in 2022-2023

Phyllis O'Connor, Executive Director

Peter Chaya, Director of Finance & Administration

Dave Nelson, Senior Program Consultant

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

Vera Thompson, Director of Resource Development

Shauna Altrogge, Director, GAP (Gambling Awareness Program)

Nicole Tainsh, Central GAP Coordinator

Kathy Moorman, Northern GAP Coordinator

Sabrina Lybeck, Southern GAP Coordinator

Kaeliegh Allan, GAP Communications Coordinator

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

Danielle Cameron, Education & Training Assistant

Garrett MacNaull, Director, Justice Community Support Program

James Desjarlais, JCSP Worker (Regina)

Megan Dubinak JCSP Worker (Creighton)

Rose Favel, JCSP Worker (North Battleford)

Samuel Oluyide, JCSP Worker (Saskatoon)

Julius Brown, Director, OSI-CAN

Ronley Arnold, OSI-CAN Communications Coordinator

Etchu Besong, Youth Support Coach

Angie Paull, Executive Assistant

Stacey Mallett, Administration Assistant

Jayne Whyte, CMHASK Community Newsletter Coordinator

Tayef Ahmed, DISC Coordinator

The Canadian Mental Health Association (Saskatchewan Division) Inc. is a volunteer-based organization which supports and promotes the rights of persons experiencing mental illness to achieve their full potential; and supports the mental health and well-being across all our diverse Saskatchewan communities.

OUR VISION

A Canada where mental health is a universal human right

OUR PURPOSE

People in Saskatchewan can rely on CMHA to promote mental health and well-being for everyone by:

- Fighting to reduce the stigma of mental illness and promoting inclusion;
- Providing tools and educational resources to help the public understand mental health issues;
- Providing programming and services to schools, communities and individuals; and
- Advocating for timely, adequate and accessible mental health and addictions services.

OUR VALUES

Advocacy – We embrace and amplify the diverse voices of people with mental health issues.

Promote Diversity and Inclusion – We focus on mental health issues of all people.

Safety – We provide a welcoming, non-judgmental and psychologically safe space for those seeking support.

Social Wellbeing – We support the social determinants of health (e.g. housing, justice, contributing to mental health)

Work Collaboratively – We nurture mutually beneficial partnerships working to move the issues of mental health forward.

Evidence-Based – We use evidence to inform our work and to innovate.

Transparency and Accountability – We are transparent and accountable to our funders, partners and those we serve.

REPORTS



President's Report

Submitted by Chet Hembroff

This has once again been a busy year for CMHA Saskatchewan Division. The Division has 10 branches located throughout the province, and has direct responsibility for the operation of 4 branches. As well, the SK Division leads multiple local and province-wide programs. These continuously expanding programs have provided invaluable care to many residents through direct or remote support.

The newly developed Mentally Safe Minecraft Server provides virtual peer support to many youths across Saskatchewan and has even provided support internationally. As many of us, youth in particular, increase their virtual engagement with the world, providing support through a familiar, virtual medium will be very valuable. In fact, in October 2022, the Mentally Safe Minecraft Service won the Saskatchewan Award for Innovation in Mental Health and Addictions care. Our Research and Public Policy team, Dave Nelson and Rebecca Rackow, have continued to receive funding for various research grants investigating the mental health of our Saskatchewan residents, including providing continuous support for the Métis Addictions Council of Saskatchewan, developing an understanding of the 2SLGBTQIA+ experiences in Saskatchewan, and investigating Indigenous programming for the Justice Community Support Program.

This year was a difficult year, as the division had to close the doors on their telemarketing centre and say farewell to several staff who had contributed greatly to the Cash Calendar fundraising campaigns. CMHA SK Division had been facing considerable challenges promoting and selling the Cash Calendars and due to changes in technology, finding donors to buy Cash Calendars through telemarketing was no longer financially feasible. We would like to thank all of the staff members for their effort to support the fundraising efforts of our division. Unfortunately, the next few years will continue to be difficult as the projected government funding for mental health continues to remain stagnant as inflation increases rapidly. In the face of financial constraints yet again, CMHA SK Division has been preparing to revitalize their fundraising strategies to continue to provide the community support and programming that so many residents need.

On behalf of the Board, I want to thank our Executive Director, the SK Division staff, and our Branch Directors and staff for the work that they do each year in support of people with mental health concerns. Whether it is fundraising, accounting, program management, or providing and examining service needs, these efforts continue to improve the quality of life and mental health in Saskatchewan. Successes big and small, for individuals and for communities, are all worth celebration and praise. We are grateful for the tireless efforts these teams exhibit to support and advocate for the mental health needs of Saskatchewan residents. Thank you for all that you do.



Executive Director's Report

Submitted by Phyllis O'Connor

In reflecting back on the past year and with the pandemic now seeming to be in our rear view mirror, I am filled with appreciation for all of the dedication and hard work of our Board, staff and volunteers.

The last three years have been very challenging with an increase in those seeking support for their mental health. At the same time we were experiencing a drop in financial resources to carry out the work. Through it all, our team kept their focus on supporting our clients while trying to maintain their own mental wellness.

In March 2020 we were suddenly shut down but within a very short time we had established the Wellness Response Lines so individuals who were struggling could reach out for support. Branches had to close their in-person programming, but came up with creative ways to maintain connection with their clients through phone wellness checks, takeout meals and other innovative methods to ensure that, to the best of our ability, all were cared for. The H.O.P.E. Learning Centre rapidly moved to virtual programming and developed Mental Health Bytes, which provided much-appreciated mental health education during the pandemic and onward. Programs like the Gambling Awareness Program also moved to on-line programming in order to keep the work moving forward. I am proud to say that none of our staff had to be laid off during this period as we were able to have them monitor the wellness line phones, work from home in some cases, and take advantage of training opportunities. Flexibility and adaptability were the order of the day, and I am proud to say CMHA staff in Saskatchewan have that down to an art!

As restrictions started to ease, branches and programs were gradually able to start reopening in a very structured and safety conscious manner. Throughout the entire period, health and safety of clients and staff was our main priority.

2022-2023 has seen the full return to in-person programming as well as continued growth in programs such as the H.O.P.E. Learning Centre, OSI-CAN, the Justice Community Support Program and our Youth programming. So much good news in this year's Annual Report!

2023-2024 will be my final year as Executive Director at CMHA Saskatchewan Division and I want to take this opportunity to express my sincere gratitude to our Provincial Board of Directors for the wonderful support they have shown me over the years. I also want to thank all of the amazing staff at CMHA Sask. Division Office and at our branches around the province. Their hard work and dedication is what makes our work possible, and I feel so blessed to have been able to lead this group since 2016. It truly has been a privilege.



Advocacy, Research & Public Policy Development Report

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



Individual Advocacy

This past year we provided 110 people with individual advocacy and systems navigation. This included being present at SAID application processes, finding resources for family members, helping people find unique counselling services, dealing with housing and bedbug issues, and working with people struggling with their crisis events. Youth and their family members continue to reach out for counselling service recommendations and education.

Research

Our Métis Nation Saskatchewan research wrapped up in October with a Knowledge Sharing Event in Saskatoon. We had over 50 attendees. Darien Theira, Elder Bruce Dumont, Elder Stanley Kipling, and Clinical Director of Cedars at Cobble Hill treatment centre spoke about a number of issues, as well as provided some hands-on land-based learning at the event. Authors Jayne Whyte (*Pivot Points*) and Nikki Langdon (*Shades*) were there signing copies of their books and joining in the conversation.

Community Health Regina called us to do a community-based research project, interviewing stakeholders and holding staff focus groups to determine the direction the Regina Community Clinic can take to address mental health concerns with their membership.

Our Emergency Mental Health Services paper has received quite a bit of interest regarding the nature of mental health services as provided through the new Urgent Care Centres. The document reviews research on mental health service models from around the world and then applies them to how existing Saskatchewan services could work together. We have been invited to present this work at the Canadian Collaborative Mental Health Care Conference in Vancouver. We have also been cited as co-authors in a collaborative work: Eaton, A. D., Livingston, J., Fletcher, K., Asadullah, M., McInroy, L. B., Rackow, R. Mills, J., Poellet, L., Brownlee, M., Roy, R., Seiferling, C., Ritenberg, E. (2022-2023). *Civilian and co-response crisis mental health programs: Scoping review and partnership formation*. Our contribution was sharing our EMHS model with Dr. Andrew Eaton. This research is funded through the Social Work Research Centre.

We were awarded the project to create a Saskatchewan-based, Suicide Prevention Toolkit for our proposal to the Mental Health Commission of Canada. Our research involves focus groups of youth around the province to present the current Canada-wide Suicide Prevention Toolkit that the Mental Health Commission of Canada has available, and then asking how we can make it more applicable to Saskatchewan youth.

We have been talking to representatives of the Saskatchewan Health Research Foundation (SHRF) and the Saskatchewan Centre for Patient-Oriented Research (SCPOR) regarding future research projects and funding initiatives.

Program Development

Métis Addictions Council of Saskatchewan Inc. (MACSI) is a provincial community based addictions agency with locations in three cities across the province, Saskatoon, Regina and Prince Albert. Métis, First Nations and Non Aboriginal people seek support to free themselves from addiction. Last year, MACSI contracted an all-encompassing 90-day treatment program guide that includes intake, detox-stabilization, admissions, in-patient services, transitional extended stay programming, out-patient and day programming, second stage housing, and a mobile outreach program for patients and families. An Alumni program builds a lasting community for MACSI treatment centres. MACSI has once again partnered with us on implementation of the 90-day treatment program. We are training staff in their Prince Albert centre to pilot this program.



The Mentally Safe Minecraft Server (MS^2) was awarded the Canada's Premiers Award for Innovation in Mental Health and Addictions Care in October. (We served cake when Mental Health and Addictions Minister Everett Hindley presented the award.) We are in the process of updating the Hub to another recognizable Saskatchewan landmark. Creative, survival, and mini-games worlds can be accessed from our hub. We currently have 89 engaged gamers (up from 27 this time last year). We have updated the server to 1.19.4. Gamers participating in this program have linked with mental health workers and peer supporters from CMHAs around the province available to answer questions or just to talk on the associated Discord as well as have engaged in a number of events and group builds. We have had interest from gamers from

throughout Canada and around the world and have had to request numbers for services from our other CMHA Divisions to accommodate these gamers' needs.

The new **Provincial Suicide Prevention/Life Promotion Community of Practice** has had three meetings so far. We have had speakers from the Ministry of Health, and the Youth Solvent Abuse Committee (YSAC) regarding the Life is Sacred Program. When the speaker from Roots of Hope talking about the Embracing Life app was unable to attend, Etchu Besong and Rebecca Rackow presented on CMHA SK Youth Programming. About 34 people from around the province who are involved in this Community of Practice.

We are working with **Ethical Digital** to create informational brochures about the mental health impacts of social media and how to reduce negative impacts based on current research done on this topic. We have also been included as a panelist to discuss safe social media practices and how to create safe spaces online.

Policy Development

We have made connections with the **Saskatchewan Health Authority (SHA)** 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 met with the **Saskatchewan Urban Municipalities** group (SUMA) as well as the Council of the Mayors Committee's Mental Health and Addictions Work Group. We have participated in discussions

about research needs for participants in rural communities as well as an overarching concern about housing across communities in Saskatchewan.

The **Health Standards Organization** is currently looking at the standards that should be in place for mental health services and have requested our input.

The **Saskatchewan Chamber of Commerce** hosted their 2023 Political Forum event. We took that opportunity to talk to Premier Scott Moe, Minister of Education Dustin Duncan, Minister of Social Services Gene Makowsky, and Critics Meara Conway, Nathaniel Teed, and Trent Wotherspoon in a one-on-one, informal way. We also spoke with guests Jason Moser (PFM Capital Inc.), Jeff Keshen (University of Regina President), Patrick Odnokon (CEO, SHRF), and others.

Les Femmes Michif Otipemisiwak hosted an in-person consultation regarding Medical Assistance in Dying, specifically with respect to Mental Illness diagnoses being the condition being assessed for MAID. We attended this event in Saskatoon in February, 2023. A candid discussion opened up some very real perspectives surrounding this issue.

We continue to have a presence with **Healthy Campus Saskatchewan** steering committee. This is a collaborative group involving 20 post-secondary institutions in Saskatchewan, along with CMHA-SK and the Saskatchewan Human Rights Commission. Healthy Campus has seen significant changes in leadership, funding, and support but we continue to brainstorm solutions.

After some changes in leadership in the **Disabilities Services Alliance**, and some hurdles with government interest, members have started meetings again with renewed vigor to lobby the government for funding for disability service hubs in Northern Saskatchewan.

The **Disability Income Support Coalition (DISC)** has a new chair, Tayef Ahmed who started with us in January, 2023. Tayef has spent some time getting to know the DISC membership and meeting with Minister Makowsky and his staff regarding the workings of the SAID program. SAID recipients received a \$30/month increase in payments after no increase in 7 years. This is a good start but has a way to go to ensure people with disabilities can afford to be full citizens of society. Tayef had the opportunity to meet with Prime Minister Trudeau through a town hall meeting in Regina and then a 7-minute, one-on-one meeting. Tayef asked about the new Federal Canada Disability Benefit (Bill C-22) and the process of working with existing provincial disability funding. DISC is also working on setting up a joint committee with Social Services to determine policy around this upcoming funding.

We continue to be an active partner of the **Serious Violent Offender Response (SVOR) with Saskatchewan Corrections**. SVOR Steering committee members formulated a Memorandum of Agreement (MOU) for sharing information about clients and ensuring office space for CMHA Justice Community Support Program (JCSP) members to continue to work closely with the frontline teams.



Minister Dustin Duncan answering questions about education at the Saskatchewan Chamber of Commerce Political Forum

Media Presence

The media has requested CMHA input in a number of topics this year including:

The Mentally Safe Minecraft Server

Policies surrounding education for counsellor certification

Mental Health in the Justice System

The Three-year anniversary of the Pillars for Life Suicide Prevention Plan

Mental Health Tips to combat Seasonal Affective Disorder

The impact of trauma on communities where a mass murder event occurs

.....and more



Dave Nelson (Left) receiving an award for being a Champion for Human Rights presented by Darrell Seib of the Human Rights Commission

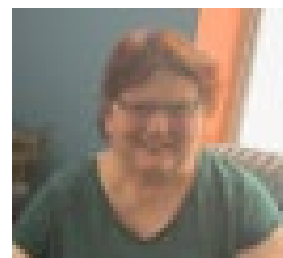
PROGRAMS AND SERVICES

Caregiver Affected Recovery Education (C.A.R.E.)



The Caregiver Affected Recovery Education (C.A.R.E.)

program has been doing virtual classes through the H.O.P.E. Learning Centre this year. We worked out a number of snags transitioning to a virtual platform. We have also had some interest in bringing back in-person training in the upcoming year.



Contractual C.A.R.E. Co-coordinator, Kathy White, R.P.N. has been facilitating these courses. Kathy has also started to update the program so that all of the information is current and aligns with best practices.

C.A.R.E. has been asked to participate on an advisory panel in a Pan-Canadian research project led by the Institute for Advancements in Mental Health called Caring for Caregivers: Charting the Pathway to Support. This research is intended to inform support services available to caregivers in each province. Topics include the range of concerns about current support for caregivers, and a way to better understand caregiver needs and experiences over the short and long term, to enhance systems navigation and available supports.

McGill University's Faculty of Medicine and Health Sciences reached out to our C.A.R.E. program to discuss the experiences of patients and family members of children and youth who were hospitalized during COVID restrictions.

Community Newsletter

CMHA Saskatchewan Division had received numerous requests from members, staff, partner organizations and others for increased communication around events, programs/services and resources around the province regarding mental health and mental illness.

To meet that demand, Jayne Whyte was contracted by CMHA Saskatchewan Division in November 2022 to prepare and distribute the CMHASK Community Newsletter.



If you would like to subscribe or if you have items of interest to share, please contact cmhacommunity@cmhask.com

Gambling Awareness Program (GAP)



Submitted by Shauna Altrogge, Director

1. **Did you know...**Saskatchewan has the highest rate of gambling spend across the nation? Saskatchewan adults spend an average of \$855 per year, well above the Canadian average of \$515. (Gambling and Problem Gambling in Canada in 2018: Prevalence and Changes Since 2002. Robert J Williams, et al. Alberta Gambling Research Institute.)

Perhaps not surprising when we consider the oversaturation of gambling products on a per capita basis that offers VLT's, slots, table games, lotteries, scratch tickets and bingo. Launched this year, Saskatchewan's first online casino has seen gamblers wager nearly \$32 million in the first two months of operation, with experts weighing in...



When the gambling market opens and is deregulated, it's typical to see a prohibition effect but this [\$31.8 million] well exceeds what I would expect to see during this honeymoon period"

-- Darragh McGee, Professor, University of Bath,
specializing in sports gambling.



Echoing the high participation rates and expenditures on gambling, not to mention the tsunami of sports book advertising since the legalization of single event sports betting in Canada in 2021, it is easy to understand how Saskatchewan also has a higher than average rate of problem gambling. Ads often showcase a celebrity to endorse sports betting products and could be very persuasive in moving consumers to gamble.

When we look at alcohol and cannabis by comparison, you don't see Wayne Gretzky or Connor McDavid extolling the joys of getting high or drunk. However glamorizing gambling and using slogans such as "every bet has a chance to grab destiny" and has "a potential for greatness" is a troubling message when it comes from a well-respected, Canadian sports icon many of us, including our youth look up to.

Funded by the Community Initiatives Fund (CIF) the provincial Gambling Awareness Program (GAP) helps educate people about the potential risks and harms associated with gambling and its convergence with video gaming, social media and technology. As the industry continues to expand, youth in particular are exposed to gambling, its normalization, its accessibility and the worrying trends of seeing gambling or gambling-like mechanics embedded in many of the games our kids enjoy playing. There is much work to do in helping educate people to reduce their risks.

GAP in a SNAP...



- The Team connected with **18,298** individuals through community based programming. GAP delivered **345 presentations** to a wide range of demographics from Beauval in the north to Eastend in the south and many communities in between! GAP also made some guest appearances on the popular Lunch Bytes Podcast offered through the H.O.P.E.

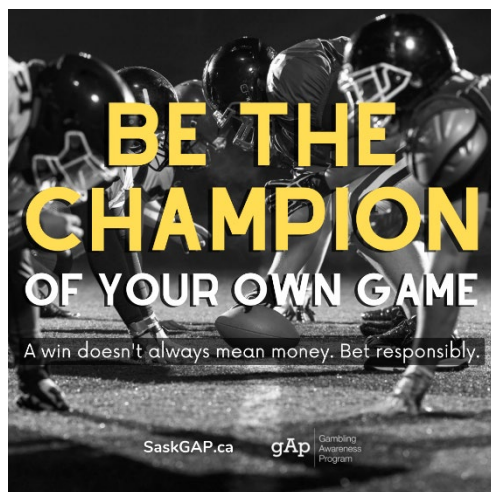
Learning Centre. Topics covered Goal Setting, PTSD and Disordered Gambling, and Online Gambling. Reaching people in active treatment for other addictions can help to support them as they work on their overall wellness plan and help reduce transference. GAP worked with clients at Pine Lodge Pine Lodge (Regina), Calder Centre (Saskatoon) and Saskatchewan Impaired Driver Treatment Centre (IDTC PA), among others.

- The GAP Display was a hit this year, attending **34 events** across the province! There was a sense that people wanted to see a return to in-person events and talking face-to-face, to engage, share their stories often reflecting on the impact of the pandemic on their mental



health, gambling and gaming habits. The interactive display could be seen at casinos, post-secondary institutions, school fairs, youth summits, teacher conferences, senior events, and a number of on-reserve community events. At the invitation of some CMHA branches, GAP appreciated being a part of the SJHL **Talk Today** events – Saskatoon Blades, (pictured on previous page) Moose Jaw Warriors, and the Prince Albert Raiders games!

- **Responsible Gambling Awareness Week** and Mental Health Week occur simultaneously in May, making for a busy but rewarding time. The team partners with SIGA and Saskatchewan Gaming Corp. to attend their in-house player events at each of the 9 casinos located in Lloydminster, North Battleford, Prince Albert, Saskatoon, Regina, Moose Jaw, Yorkton, Carlyle, and Swift Current. A number of other mental health events are supported by GAP in different communities.



- **Single Event Sports Betting**...as more and more sports book apps come online, GAP shared our Responsible Gambling message through media interviews as well as some advertising opportunities, in an effort to reach sports gamblers. GAP created and ran punchy responsible gambling ad campaigns during some prominent sporting events such as lead up to the NFL Super Bowl, and NBA March Madness. Media interviews for CBC and Globe and Mail – *The Athletic*, related to sports betting and the proliferation of advertising were done by the Director.

Youth Matters

Delivered **235** youth presentations in schools across Saskatchewan, ranging from Grade 3 to Grade 12 broadening our message to include video gaming, sports betting, and social media in connection to gambling. Overall sessions went very well, although the team recognized behavioural challenges with some of the students, likely a post pandemic issue. Teachers provided a lot of valuable feedback noting how they will be able to use our presentations in the future to reinforce conversations around decision making, probability, and media literacy/advertising.



What's Your Gaming (or Social Media) Profile scratch cards allow students to explore their gaming or social media habits and this engaging tool has opened up conversation and in some cases a concerned teacher or parent has noticed a change in behaviour. Now that is impact!

Sharing resources, chatting with students while they spin the wheel of trivia, and learn safe gambling and gaming habits is part of the fun during youth health fairs and events – including the **Youth Matters Summit** in Melfort, connecting with 197 excited students! GAP also attended Opening Doors to Tomorrow High School Career Fair, reaching 491 enthusiastic teens, as well as Ecole White City, Dr. Martin Leboldus and Pasqua First Nations schools.

What program recipients say...

The team had 17 **problem gambling disclosures** during outreach where individuals told their personal struggle with gambling, and many of those people were referred to the helping services – another way GAP can help our community.

instead of seeing the issue at face value. Empathy is key...It reminds us officers to be empathetic with all people we interact with.

- RCMP Cadet

This is a presentation that parents should be seeing too! I was shocked at how many students said they didn't have any limits on screen time.

- Grade 3-4 Teacher, Fairview School

My friends and I get high, and play Texas Hold 'Em. I've lost quite a bit of money, even stole from my Grandma, cause she doesn't keep track of how much she has in her purse. I feel guilty sometimes, but I need the money.

- Valley Hill Youth Treatment Centre participant

Evaluations are an important part of our outreach story, and our team is dedicated to collect this important data. It's important to understand the 'why' behind gambling addictions from 15% of delivered services. It suggests program recipients learn new information, content is meaningful and relevant, there is a marked increase in understanding and in some cases a desire to change behaviour.

Funny, when I saw you were GAP... and saw a spinning wheel I initially thought it was gambling...but you helped educate me that in fact it was not, as I wasn't wagering anything to play –unlike how real gambling works. Thanks for that brief educational moment.

- U of S Student, Welcome Week outdoor event

GAP visiting a range of communities and events





HEALING THROUGH HUMOUR

Submitted by Ian Morrison, Director

Healing through Humour teaches people living with mental illness and mental health issues the art of comedy writing and performance. Our mission is to give people living with mental illness an opportunity to express themselves in a safe and *creative environment*. *We also work with people without an illness so they can experience working hand in*

hand with those are ill -- a way to break down stigma.

This year Healing Through Humour turns 13 years old. We finished our first animated project this year, which is our 5th film. We also released our fifth musical comedy album by General Spanky. We are currently working on a sketch comedy album and will continue to do new projects in the coming year.

<https://www.facebook.com/HealingThroughHumour/>

<https://www.healingthroughhumour.com/>

<https://www.youtube.com/user/HealingThroughHumour>

H.O.P.E. Learning Centre

Submitted by Daniel Blondeau, Director



H.O.P.E. Learning Centre Overview

This was the H.O.P.E. Learning Centre's 3rd Year in operation, and we've come a long way from where the year started. Funding from Saskatchewan Health has been secured for the 2023-2024 fiscal calendar year. We've seen staffing changes this year for the first time and expanded our course library significantly.

Learning Centre staff have trained to deliver Mental Health First Aid and ASIST, making these workshops a strong potential revenue generator for the program. An overhaul of our website and course material has begun. There are many moving parts. Not all of them are moving at the same speed, but each task helps improve the H.O.P.E. Learning Centre, bringing us closer to our long-term goals.

Thanking H.O.P.E. staff

The most important place to start this annual review is by acknowledging the people making the H.O.P.E. Learning Centre possible. I want to extend a very big thank you to Danielle Cameron, Carmen Ledding and Melanie Tritz. These 3 very capable, talented, and caring women have been with the H.O.P.E. Learning Centre for the last 3 years of the program. Each of these women has gone above and beyond in their facilitation of H.O.P.E. Learning Centre content and I am immensely proud of the work they have done. I would also like to thank Melanie Lange for her support and hard work. Melanie parted ways with the H.O.P.E. Learning Centre in January of 2023. She has also been a pivotal member of our team and we wish her all the best in her future endeavours. With Melanie Lange's departure, we were able to bring on a new staff member, Fakhra Shahid. Fakhra has been an amazing addition to our team, and we look forward to working with her in 2023-2024. Without the H.O.P.E. Learning Centre's staff's dedicated hard work, there wouldn't be a program to run. Thank you all for your positive attitudes, your eagerness to offer suggestions to improve our services, your compassion for our students and for the life experience each of you brings to the program. I am honoured to work with and deeply appreciate each of you.

Staff Training for Facilitating Certificate Courses

Danielle Cameron, H.O.P.E. full-time Education and Training Assistant, was certified in both Applied Suicide Intervention Skills Training (ASIST) and Mental Health First AID (MHFA) Train the Trainer. This was a significant investment for our small budget, and a necessary step in moving toward revenue generation to support the H.O.P.E. Learning Centre. Danielle completed all her training at the end of November 2022 and in the 4 months since we have been able to generate about \$10,000 in workshop fees. This is a big step forward for us as these training workshops, though popular, had been a major cost for the H.O.P.E. Learning Centre. Facilitator fees ran anywhere from \$1,000 to \$2,000 per workshop, outsourced to registered trainers. Because of these costs, most MHFA and ASIST workshops lost money at the start of this fiscal year. With Danielle Cameron trained in MHFA, SafeTalk and ASIST we have a viable path towards generating program revenue. Rebecca Rackow (Division) and Tasha Collins (Weyburn) are also registered ASIST trainers and Carmen Ledding (Rosetown) is a registered SafeTalk trainer.

With staff now trained and able to deliver these Certificate workshops, H.O.P.E. has begun taking private bookings as well as continuing to offer registration with H.O.P.E. LC. Private training requests came from the RCMP, various Ministries of the Saskatchewan government, Family Services, and private businesses looking to train their managers. In the next fiscal year, we will be promoting these workshops, and I am very optimistic that this will become a significant revenue driver. We can offer these workshops at a cost below many of our competitors, and that really has given us an edge in booking private sessions. We are also able to travel to locations, a very useful option for many inquiring about our services.

A Growing Schedule of Courses

By the end of 2023, we will have a course catalogue of 35 different courses, including our workshops. At the start of the year, we were offering about 20 different courses. The 35 courses is where we will likely stay until we have the budget to bring on more staff. Our current schedule runs Monday to Thursday with one class at 1 pm and a second course at 6:30 pm. There have been discussions about starting a private course schedule for Monday Mornings at 10 am. We are hoping to offer these new morning sessions soon, but delays with our website have made it challenging to implement this new time slot.

Website Updates

The H.O.P.E. Learning Centre website had some major updates done this year. All the Course, Event registration pages, Lesson pages, Email notifications and dashboard pages were updated to make our site more user-friendly. Unfortunately, due to internal platform issues, some of the features we rely on, like email notifications, have not been working as expected. In the next fiscal year we will remove ourselves from our current Learning Management System (LMS) platform and rebuild the entire H.O.P.E. Learning Centre website by the end of 2024. The goal has always been to allow students a 2 click path to registering for any event; we intend to keep this goal with any future website update.

Improved Attendance

Looking at the deliverables for this year. The H.O.P.E. Learning Centre had 285 students in attendance over the past year. We registered 508 students giving us about a 56% retention rate on our registrations. Last year 180 students attended classes. In our next fiscal year. ending March 2024, I would like to see about 700 students registering and at least 400 students taking part in our courses and workshops. That growth rate would keep us on pace with about 200 new students per year.

Lunch Bytes and Wider Media Promotion

The Lunch Bytes Podcast has also seen some growth. We had a total attendance of 777 people on our Live Streams. This is down from 950 viewers last year. Maybe more people returned to a normal schedule, no longer available for Tuesdays at noon. Big plans for Lunch Bytes in the next fiscal year to add the Restream platform to our streaming mix. Restream allows us to stream to about seven social media platforms simultaneously. We also will book more guests from outside organizations. Hopefully, this has a double - more viewers because we have different speakers on the show, and more course registrations as more organizations know of our services at H.O.P.E. Learning Centre. Time will tell.

In addition to Restream, we added Hootsuite. Hootsuite allows us to set up one post for multiple social platforms. To date, we posted 323 times this year; our posts were sent to 35 thousand people, with about 19 thousand stopping to look at our content for an engagement rate of about 6% which is pretty good. Instagram tends to be our best platform, but we also do well on Facebook. As it gets easier to set up our website content, more time should be available to spend on promotion work. Since we do a lot of work virtually, social platforms offer good growth potential.

The CMHA SK Newsletter, prepared by Jayne Whyte, features H.O.P.E. upcoming courses and other news in every issue. About half of the 1000 subscribers opened the Newsletter email each week from November to May. and there were usually clicks on the H.O.P.E. links.

Gratitude for Funding

One of the most important things that happened at the end of the 2022-2023 fiscal year was the confirmation that the Saskatchewan Ministry of Health will be fully funding H.O.P.E. Learning Centre for our 2023-2024 year. This funding guarantees we will be able to continue delivering course material, improving our offerings, and growing our student base. We are grateful for the funding, but this also makes the 2023-2024 year very important as we must show this program can grow and is worth the investment by the government.

Looking Back and Looking Ahead

In closing, we have covered a lot of ground this last year. Our site looks better than ever, we have good promotional material now, our staff is strong, we have funding and access to different web-based platforms we'll need for growth. All these growth plans require time to be successful and time is always in short supply. I am working diligently to get more eyes on our program this next year. However, there is still a lot of work that needs to be done to get our program in front of the right people. For example, Promoting the H.O.P.E. Learning Centre classroom in Regina means physically going to mental health service providers, educational facilities, doctors' offices, coffee shops, and anywhere students may see our promotional materials. Additionally, parts of the H.O.P.E. Learning Centre still need to be branded. Courses with other Recovery College branding on them will be updated to better reflect H.O.P.E. LC. The most important thing before next year-end report is to increase our student numbers to ensure future funding for the continuity of H.O.P.E. Learning Centre. It's a pivotal next year for us and I am cautiously optimistic that we will see our biggest growth period take place in Q3 and Q4 of 2023-2024.

Workplace Mental Health Training Programs

CMHA Saskatchewan Division, through the H.O.P.E. Learning Centre, 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 department's 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 available free of charge in pdf format on the CMHA Saskatchewan Division website at <http://sk.cmha.ca/documents/transition-magazine>. Print copies are also available upon request to contactus@cmhask.com.

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.

We would like to take this opportunity to thank Ted Dyck for his many years as of Editor of Transition Magazine as well as to welcome our new Editor, Mareike Neuhaus. The next issue of Transition is scheduled for release fall/winter 2023.

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.

PROGRAMS AND SERVICES

CMHA-SK Youth Programming

CMHA-SK Youth Programming

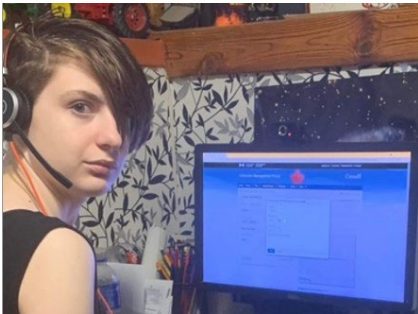


BounceBack for Youth® offers individualized coaching to build skills with youth who are experiencing mild to moderate depression. This program was developed by CMHA-BC. It offers Cognitive Behavioral Therapy (CBT)-based workbooks that a participant goes through, one-on-one with a trained BounceBack for Youth coach, Etchu Besong.

Living Life to the Full for Youth® also uses a similar structure of CBT-based workbooks. The course 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.

Systems Navigation for youth, their families, and their educators continues to be an important part of our program. We have explored provincial services to be able to provide tools for youth and their families to use as they wait for appointments within the formal system.

Education for classrooms, teachers, and school assembly talks continues to be 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.



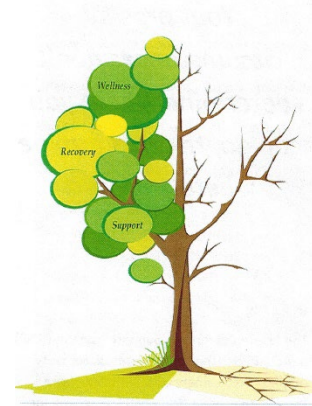
Our **MS^2** server has created a safe place for youth to be gamers online. It also extends our education, systems navigation, and peer-to-peer community building. MS^2 has also been a platform to link youth to our internal services such as BounceBack for Youth, Living Life To The Full for Youth, and courses through our H.O.P.E. Learning Centre as well as connecting youth with our Youth Support Coach and Peer Supporters.

Through this youth programming, we have reached approximately 138 specific youth ages 13-29, and have spoken to many more groups, families and classrooms overall.

Justice Community Support Program

Submitted by Garrett MacNaull, Director

The Justice Community Support Program (JCSP) has supported community re-integration of offenders identified in the Serious Violent Offender Response (SVOR) since 2013. JCSP provides transitional supports of clients exiting custody and re-entering the community. The staff facilitates teaching the basics of mental health, how drugs and alcohol impact mental health, and assists to fill the gaps in services that create barriers and increase risks for the clients. With the program located in Saskatoon, Regina, North Battleford and Creighton, each location is unique in its available services in the community, resulting in different service delivery gaps to be filled by the program across locations. Part of the staff's role is supporting the other SVOR partners (i.e. RCMP/City police, Community Corrections) by reinforcing conditions and relapse prevention plans. The JCSP has assisted SVOR clients to improve their understanding of their symptoms while connecting them to services, resulting in more days in the community with reduced risk of re-offending violently.



We are glad to say it was a good year for the program in terms of identifying new services, developing new training objectives for staff and adjusting to the social environment post-COVID. The beginning of 2022 was the lifting of COVID restrictions across the province, yet it should be noted that different regions applied the lifting of restrictions at different times. -- specifically, in the NE region where COVID restrictions stayed in place until the summer of 2022; i.e. no visitors on reserves. This significantly hindered the ability of the program to serve clients in an environment where telecommunication is already limited. Given the nature of the long-lasting impact of COVID, the program took the cautious approach early in the pandemic to allow staff to decide how often they were meeting with clients in person, allowing for communication and coordination of services to be arranged via phone or text. Some staff met clients regularly as far back as July 2021, and others concerned with the risks of COVID preferred to keep contacts through telecommunication. However, by the summer of 2022, all locations were meeting with clients in-person.

Referrals are an integral part of the programs viability and vitality. As there are many reasons why a referral to the program is submitted, the most common purpose of the referral is to assist the client with in-community stabilization, connection to community services and advocacy. Operationally, the program received 50 referrals from SVOR partners, with 19 of them coming from North Battleford. There were 41 discharges this year, with 12 of them coming from Regina. Discharges from the program occur when one or more of the following happens: 1- the client is non-compliant (i.e. ongoing engagement is unsuccessful/client openly refuses services), 2- their order expires, 3- they move outside the jurisdiction of Community Corrections with an SVOR team, 4- sentenced to over 8 months in custody. Out of the 41 discharges this year, 22 out them were due to the expiry of their probation order. Out of the 41 discharges, 8 of them requested additional support in the form of the 90 days' post care services offered by the program.

There were several significant changes that occurred in the program this year, which impacted the program's ability to deliver consistent services in different locations. North Battleford lost its staff in November 2021 and didn't get a new staff member until February 2022. Regina lost its staff in August 2022 and didn't get a new staff member until October 2022. Saskatoon lost its staff in September 2022 and didn't get a new staff member until November 2022. The program lost its director in June 2022 with the former Regina staff filling this position while balancing part time duties associated with the Regina

caseload. In the NE region the staff wasn't allowed to enter reservations until July 2022 due to COVID restrictions in these communities.

	Justice Community Support Program Stats Jan. 2022- March 2023	Program statistics via SVOR SharePoint site/Program Files
North Battle fords		
	Average caseload	15
	Contacts (in-person, phone, text)	976
Regina		
	Average caseload	12.8
	Contacts (in-person, phone, text)	561
Saskatoon		
	Average caseload	10.8
	Contacts (in-person, phone, text)	290
NE Region		
	Average caseload	8
	Contacts (in-person, phone, text)	83

This has been a year full of transitions and growth for the program from new staff to several proposals to expand the program by refining the services while expanding into new areas of support. The program is prepared to continue to display the benefits of its merit by setting a foundation for the JCSP to become a centralized service provider within the SVOR initiative.



OSI-CAN Operational/ Occupational Stress Injury

Submitted by Julius Brown, Director (Veteran)

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.

We were created in January 2016 as a partnership between the Canadian Mental Health Association Saskatchewan Division and the Royal Canadian Legion Saskatchewan Command.

While we provide support for Canadian Armed Forces, RCMP, Police, Fire Fighters and Paramedics, we also support Allied Armed Forces, Emergency Dispatch or 911 Operators, Indigenous Emergency Management, Traumatic Accident Clean-up Crews, Conservation Officers, CN Police, Animal Protection Officers, Corrections Officers, Healthcare Workers such as Hospital Trauma Personnel, all Nurses, Social

Workers, Crown Prosecutors working in child abuse and sex crimes and more -- essentially, anyone who has the potential to develop an OSI through daily operational duties. 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 formally 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 13 support groups in communities throughout the province and we are in the process of expanding into Melville.

To date, OSI-CAN operates in Manitoba, Saskatchewan, Alberta, British Columbia and we are currently in the process of expanding into New Brunswick.

We also have groups with 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 focus on relationship-based mutual learning.

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

Referrals to Counsellors – OSI-CAN also provides referrals to counsellors specializing in Trauma, Depression, Anxiety and Suicidal Ideation.

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.

Financial Assistance for Counselling – There are times when our target demographic cannot financially cover more than three visits for counselling. In this case, OSI-CAN will cover a few extra visits. We have a special interest in volunteer first responders who have limited support from programs such as Workers Compensation Board (WCB).

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, psychosocial rehabilitation, advice on prescriptions, equine-assisted therapy and financial assistance for those needing a service dog.



Service Dogs -- This is a support we have offered every year since we were created in 2016. Over the last 7 years we have assisted in the acquisition of 11 service dogs.

EquineTherapy – Horses are empathetic creatures that reflect what we are feeling. If you are excited, they are excited. If you are confident, they are confident. In most cases they can detect that you are being triggered before you do. This teaches symptom management.



OSI-CAN provides equine-assisted learning for those dealing with the symptoms of OSI/PTSD through two programs:

- One is our Sunday Equine-Assisted Learning created in 2016 where we partnered with ranches around the province to deliver one-hour sessions once a week throughout the year.
- The other is our Healing with Horses Recovery event program (HHR) created in 2020. It is open to veterans, first responders and all frontline protectors and their spouses.

Healing With Horses Recovery Event -OSI-CAN, in partnership with Being Among Horses farm, allows us to offer our Healing with Horses Recovery program. It is located 30 minutes east of Regina. It is a two-day non-riding event where Veterans, First Responders and Public Safety personnel can come out and learn some skills in dealing with high-stress situations affecting their lives both in and out of uniform. It combines different nature and body-based modalities to provide an optimal healing experience. Spouses and Partners are encouraged to attend. For more information, or to register, please go to <https://www.osicansk.ca/healing-with-horses-recovery-event>

Indigenous Land-Based Healing – OSI-CAN is currently in the process of developing an Indigenous Land-Based Healing program intended for both Indigenous and Non-Indigenous Veterans and Frontline Protectors. This program utilizes alternative and holistic methods of healing, focusing on land-based healing methods and wellness to help revive our spirit, relearn traditional practices and re-establish our sacred connection to all our relations.



Mini Indy Race for Recovery – Join us for our 6th annual Mini Indy Race for recovery to reduce the stigma of OSI/PTSD and celebrate our veterans and first responders. It was held at the Towne & Country Mall in Moose Jaw on June 17, 2023.

So, what makes OSI-CAN different?

- Meeting veterans, first responders and public safety personnel where they are at.
- Holding safe space within a peer's own community (13 across Saskatchewan) to seek connection and resources.
- Positive, conscious connections with other lived-experience peers, creating community.
- And changing the perspective of peer support and mental health, to improve the desire to seek help.

This allows our Target demographic and communities of practice to articulate their mental health journey in a positive and informed way.

OSI-CAN offers short and long- term support and prevention.

In summary, we were created by Veterans, First Responders, and Public Safety personnel, supporting the mental health of all frontline protectors, military personnel and their families.

No formal diagnosis or referral is required and the use of our services are free.

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 2022-2023: “Saskatchewan Veterans Service Club”, National Cranes, “High Noon Optimist Club”, the YXE First Responder Fitness Festival, First Responders Half Marathon, Saskatchewan Government and General Employee’s Union (SGEU), the RCMP Depot Spin-O-Thon and the Ministry of Health. Their generous support is greatly appreciated

Follow us on our website (www.osican.ca), Facebook ([#osicanrecover](https://www.facebook.com/osicanrecover)), and Twitter ([@osican_ptsd](https://twitter.com/osican_ptsd))

BRANCHES

CMHA Battlefords Branch

Submitted by Michelle Winterholt, Executive Director

CMHA Battlefords officially went back to in-person meetings with the Board and for the AGM. – In the Centre, we are no longer locking the doors during regular office hours and signing in for tracking purposes. The last few years have taught us we are resilient, flexible, adaptive and willing to change to ensure our programs; services and support are delivered within the community.

CMHA Battlefords Branch continues to offer programs, services and support to all in the community, whether an individual is living with mental illness or struggling with their mental health.

Vocational Programs

There have not been a lot of changes to our vocational programs. Our vocational program supports 32 clients monthly, distributed to services that include, but not limited to snow removal, yard maintenance, flier deliveries, move and refuse requests, housekeeping, recycling, newspaper deliveries, janitorial contracts and the David Laird Campground management. Our office vocational program includes janitorial and meals (home-made meals for our vocational participants and staff who attend the office, learning meal planning, preparation and shopping). In total we have an average of 33 clients per month receiving our services. We continue to provide employment and build our clients' skill sets and will focus on expanding our customer base and services offered into the next year.

Social, Recreational and Wellness Programs

Social, recreational and wellness programs continue to provide our members with activities that promote positive mental health, social interactions and which build confidence and self-esteem. This year our programs welcomed Saskatchewan Hospital, North Battlefords Community Reintegration Unit residents. We have standing weekly Seniors Club & Commons shopping events for housing tenants. Other activities enjoyed by our participants included Battlefords North Stars games, movie nights onsite and at the theatre, crafts, bingos, charades, suppers, fitness activities (including attending the local Field House and Aquatic Centre), special events available in the community and more. Highlights included attending GLOW bowling in Saskatoon and Camp Cosmo for summer tour. Most popular are the suppers and hockey games. In total, these programs average 100-150 participants in a month among the various activities. We look forward to expanding and offering different activities and building capacity in offering more.

Peer Support

The Peer Support Program has shown a strong increase in demand for one-on-one sessions; group sessions during the day have decreased. COVID continued to impact the ability to deliver group peer support onsite at the Saskatchewan Hospital. Through this program, we were able to purchase books to launch a library for our members going into 2023-2024. In addition, we purchased gift cards to recognize individuals who are reaching their goals through this program. We have one part-time employee providing this service who also attended the mini conference held in Saskatoon in October.

Independent Commons Housing Project

Independence Commons Housing held a grand opening event in June and a Tenant Support Worker was hired, whose primary focus is supporting our tenants in their independence. Our housing units are at full capacity -- 8 tenants who are doing well, growing and learning every day in their independence. CMHA

Battlefords Branch was the recipient of the 2022 BBEX Community Impact Award for Housing. Marion Palidwor, Board President, accepted this on behalf of the organization.



Living Well Learning Centre

CMHA Battlefords experienced a staffing change, having a direct impact on the ability to offer H.O.P.E. Learning Centre Courses at the Living Well Learning Centre. We hope to build capacity to re-launch in 2023-2024. In the interim, social media is the platform used to share H.O.P.E. Learning Centre courses.

CMHA Melville Branch

Submitted by Tania Moore, Board Chairperson

Socialization after COVID

Our year started off with us hosting two very different events. The first was a dessert theatre where we offered members of the community a chance to emerge after COVID and reacquaint themselves with others while enjoying the Melville Community Theatre's play Anger Management, followed by a delicious dessert and conversation. A few weeks later we held a first responders appreciation night with guest speaker Nicholas Hennick. Both events were very well attended and a lot of good discussions took place around mental health. These were our final events before our Board took the summer to recharge their batteries for the fall.

Mental Wellness Peer Support

When we got back to business in the fall, our priority was bringing people back to our Mental Wellness Peer Support Group, which we hold the first Wednesday of each month. COVID really took a toll on the number of people who came out to our monthly groups. We continue to struggle getting our numbers back up, but we are determined to continue hosting them as we feel there is a need. If only one person shows up, we consider it a success because that one person wasn't left feeling alone.

We did partner with Do More Ag to host the Talk, Ask and Listen workshop, but due to lack of registrations we had to postpone this workshop until another time. We have hosted this workshop before and the information shared is great even if you don't have an agricultural background.

At our December support group, we were lucky enough to have Tracey Hanley come and do a presentation on Grief and the Holidays. This session was filled with a lot of great tips to help people understand and move forward in their grief journey, specifically 6 holidays that will never be the same.

Sharing the Care



In March, the Melville & District Quilters Guild gave us a generous donation of pillowcases they had made. We were able to take these pillowcases to Pine Lodge in Yorkton, where they will hand them out to people who receive mental health services. With each pillowcase, we included a card that let people know about our branch and monthly support group. The last thing we want is for people to feel alone.

We continue to work on getting a Buddy Bench in each school yard in Melville and surrounding communities and this year we were fortunate enough to partner with Omar's Welding out of Springside. This talented man created two more yellow benches, which we look forward to placing in their forever homes this spring once the weather warms up.



Volunteer Effort

As a small Board of seven volunteers, our passion and drive to help others never fades. We are all committed to offering workshops, events, and spreading the word about mental health services in our area and we are looking forward to next year and what we can accomplish.

CMHA Moose Jaw Branch

Submitted by Dusti Hennenfent, Program Director

The Moose Jaw Branch of the Canadian Mental Health Association has had another busy year with several exciting projects in addition to integrating new staff and clients. During this year we welcomed a new Vocational Coordinator and Acting Branch Director. Despite the changes in staffing, the office continued to provide valuable support and services in a variety of ways to clients. The attentive and considerate staff never fails to put those coming into the office, even for the first time, at ease knowing that they are always welcome.

CMHA Moose Jaw Highlights



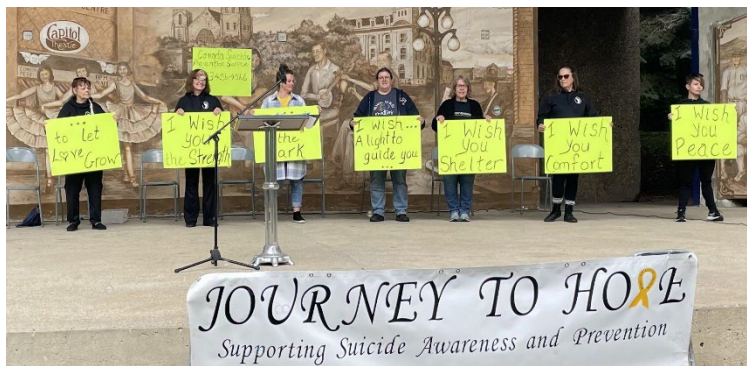
The Masquerade Ball, a 50's themed dinner and dance fundraising event, was incredibly successful in promoting the Moose Jaw Branch and increasing our community's awareness of mental health needs and the importance of access to resources. We invited a number of CMHA Moose Jaw clients to participate in the evening by sharing their original compositions as a result of their participation in the creative Writer's Group, held in the office each week. Several clients were able to temper their nerves about speaking in front of such a large audience (200 people!) and reported feeling proud and exhilarated afterwards at the crowd response and their own personal accomplishments.

In June, CMHA Moose Jaw lent support to the annual OSI-CAN Swervin' Mini Indy Race fundraising event. Our office provided volunteers to assist with the setup and tear down of the event. In addition, we had a table at the race to educate those in attendance about CMHA services.

As the WHL hockey season began in September, we were invited by the Moose Jaw Warrior hockey team to attend the annual Black & White scrimmage game on September 4th. Entry to the game was by donation to the CMHA Moose Jaw Branch. We set up a table at the entrance of the game to provide written information and to speak with game attendees about our services at the branch.



September 24th, we supported our local chapter of Journey to Hope during their annual Walk for Hope in Crescent Park.



CMHA Moose Jaw participated in the Moose Jaw Police Service Community Stakeholders Engagement meeting.

This was a positive networking and learning experience. We were pleased the Moose Jaw Police Service (MJPS) included a variety of community agencies in developing their long-term community goals plan. Gathering information from various community groups added important direction to better our city's future.

On a very cold evening in December, CMHA Moose Jaw hosted a holiday party for our clients. This potluck-style get together was well attended and provided a fun and relaxed atmosphere for conversation and discussion about the coming year for this office.





Our local WHL team, the Moose Jaw Warriors, hosted a mental health awareness game in partnership with CMHA Moose Jaw. This provided a great opportunity to share Information to attendees and speak with local citizens about the services offered by CMHA Moose Jaw Branch. The Moose Jaw Warriors provided a table for CMHA and GAP (Gambling Awareness Program) to hand out literature, stickers and keychains to game attendees.

Services and Activities in Moose Jaw

Peer Support

Peer Support continues to be a valuable service for our community. We have received an increasing number of inquiries on how to find someone to talk to/connect with. The Prairies to Peaks training taken in Q4 of 2021/2022 was successful in adding to the confidence and knowledge of our Peer Supporters. Also, the weekly opportunities to attend a community of practice knowledge-sharing sessions have been utilized to maintain and improve Peer Support skills.

Our Peer Support group activities have been an important part of supporting clients this year. Some of our long standing offerings - such as the creative Writer's Group and the weekly Lunch Bytes podcast/Come Together - are still very popular. We've also added in several new offerings like our weekly Coffee & Connection group as well as a regular Game Night activity. The weekly Coffee & Connection group is held at a local restaurant. CMHA provides a coffee or pop to enjoy and the purpose of this activity is to provide meaningful social opportunities for connection and relationship building. Hosting this activity at a local restaurant allows for additional interaction in our community. Coffee & Connection has been well received and the feedback is very positive. The Game Night activities have achieved great client interaction over video games and the popular board game, Dungeons & Dragons.

During the summer break from some of the regularly scheduled activities we took the opportunity to enjoy the nice weather with weekly walking groups and Art in the Park. Nice weather is always appreciated by the staff and clients to get out and do something new!

In It Together

In It Together saw some changes this year as Shannon Gray, with Inclusion Moose Jaw, a co-facilitator to this activity, exited her position. The new program coordinator at Inclusion Moose Jaw began with In It Together to learn about the group structure and dynamics. That transition fared well and clients continue to benefit from this important mental wellness maintenance option. However, at the end of March we were advised that Inclusion Moose Jaw's funding had

changed and they were no longer going to host and co-facilitating this group. All clients have been advised that CMHA Moose Jaw is now hosting In It Together in our office and that we are continuing to work on this program.

Vocational Program

A new Vocational Coordinator near the beginning of this fiscal year saw lots of activity revitalizing this program. New clients have been added to the program throughout the year. In addition, new relationships with employers and organizations were fostered to create opportunities for Vocational Program participants to gain employment skills and experience. We have a number of clients who have successfully flourished in the work placement program. Several of these clients are on the cusp of receiving job offers as a result of their successful hard work in the Vocational Program.

We continue to work on job readiness skills, work search opportunities and employee development with our employment partners. This provides our clients practical and valuable knowledge and experience for their future employment.

Psychosocial Activities

Getting out to experience new adventures in our community is an important part of supporting clients' mental health. This year we have provided opportunities for our clients to attend Moose Jaw Warriors hockey games, Moose Jaw Miller Express baseball games, The Burrowing Owl Society, pizza picnic lunch in the park, swimming at Temple Garden Mineral Spa, and movies at the local theatre.

Public Education

We've used many opportunities this year to provide information to Moose Jaw and surrounding communities about mental health and the services we offer. However, as we move toward a post-pandemic time and the mental health effects of COVID-19 become more and more apparent, there is an increasing number of requests for public education. We continue to use these opportunities to reduce the stigma surrounding mental health and increase the knowledge about local support and services.

The Year Ahead

The coming year is expected to see increased demand for services at Canadian Mental Health Association Moose Jaw Branch. We continue to be grateful that more people are recognizing the importance of attending to their mental health. Further, as the stigma declines the willingness to ask for help, when needed, will increase. Despite various challenges for our clients in receiving services, such as limited public transportation in Moose Jaw, we will continue to work creatively with them to achieve and maintain mental wellness.

CMHA Prince Albert Branch

Submitted by Doug Kinar, Executive Director



The year goes by so fast! A lot can happen, yet we cope successfully, build resiliency and keep on keeping on.

Recreation Program

Our recreation program enjoyed lots of creative engagement including a trip to Regina for a Rider game and a visit to the Science Center. We enjoyed a few days at Christopher Lake for the annual camp put

on by the SHA. We continue to find fun things to do that are engaging and provide a sense of reward. Much of the engagement is created by social work students from both the University of Regina and First Nations University. They participate through their practicum placements in our agency. Their impact on us, as well as our impact on them, always amazes both sides.

Housing Program Growing

Our newest apartment complex opened in the fall. This was a four-plex we purchased and renovated through a grant from Sask Housing (HSC). It filled with tenants very quickly. We now own five residential properties totalling 27 units. We provide support to our tenants with a full-time social worker. We are very proud of our Residential program. The first property is named, Maple Ridge, for the maple trees planted on the slope at the back of the property. The second property is named, Rascher Place, for our past president, Dave Rascher. His support throughout the years on our board of directors was phenomenal. The third is named, Joni's Place, for a past board member, Joni Hladun. She was a consistent supporter for more years than I can recall! The house we purchased we named Gilbert House. Gilbert was a participant in our programs for many years prior to moving back to Manitoba. He stays in our minds through many phone calls each month. Our final property to date, is named, Simpson House. Alan Simpson was the board president who hired me in 2004. He was a part of the board for many years.

Renovations at the Branch

We operated our drop-in center, The Nest, on our top floor over the last two years. This allowed our renovations to proceed. We moved back to our new and improved "Nest" in May of 2023. A full kitchen and accessible bathrooms were created to allow all of our activities to operate on the main floor. We are thrilled to be in our new space! No Stairs! We can come and go as we please enjoying ease of access through a single door. Did I mention no stairs?

The space vacated on our second floor will now be available to facilitate Mental Health First Aid (MHFA) workshops and as a rental area for meetings.

Hydroponic Program

Alas, our hydroponics program remains on the second floor. We are growing fresh lettuce and other produce for our Affordable Meal program on a continuous basis. Our hope is to expand the program to include gardening outdoors as well as indoors.

Firewood Program

Our firewood program continues to burn slowly as we supply a few regular customers including camp grounds in North Battleford. Thank you to the North Battleford branch for their support and contacts.

Thank You

As we look forward to another year, we thank our supporters and donors for their continued partnership: Manitoulan Transport, Prince Albert and Area Community Foundation, Saskatchewan Health Authority, Saskatchewan Housing Corporation, Labour Market Services, University of Regina, First Nations University, Men of the North and the Enabling Accessibility Fund from the Canadian government

CMHA Regina Branch

Submitted by Leroy Berndt, Executive Director

CMHA Regina Branch faced many challenges as the pandemic seemed to drag on. Nothing was constant and life was uncertain. We did, despite this uncertainty, continue to provide support to our members and those in our community.

Vocational Report -- Submitted by Lorna Schmidt

It's hard to believe another year has passed by so quickly. CMHA Regina has been steadily welcoming back their members, the old and the new. Many of our members chose to stay away from the club for a long time because of the fear of catching COVID.



Our kitchen has been busy with trainees who work under the direction of our Kitchen Supervisor and chef, Dillon Brown. Members learn to work in a commercial kitchen until they are comfortable with food prep, following directions, working with a team, and using commercial equipment. The average number of members participating in the kitchen program each quarter is 6. In the past year, 6,118 meals were served to our members.

The Kitchen also provides members the opportunity to make a meal or dessert several times a month. This is called "Community Kitchen". Members sign up and physically help prepare the meal in the kitchen. This helps some decide if they think they would like to work in the food service industry. The meal is divided and each member gets to take their serving home for supper.

Our Janitorial program continues to run every day and offer trainees the opportunity to experience working with a team. We have several members who want to work in housekeeping, so this is the program that will give them the skills needed for that field. This program averaged 9 members per quarter. CMHA Saskatchewan Division employs 1 member to clean and Child and Youth, 2 members. I hope to find more Community jobs for small groups of members who can work independently.

We also have a group of 4 members who run our Attendance Ambassador Program. They answer the front door, sign members in for attendance and answer any other inquiries.

Our truck Crew Program began last summer, and we mowed lawns and raked leaves. It employed 2 people at a time. We hope to continue this spring and gain some new customers. Our truck is also used for Mosaic Stadium cleanups. This program allows any member the opportunity to sign up to help with cleaning up the grounds after football games at Mosaic Stadium.

We have also begun a Peer Led Art Group where individual members teach a class to their peers. We have had a yoga class and a craft class. The goal is to encourage members to use their skills and eventually, share them in the Community.



Last year, I had 123 appointments with members to work on resumes, cover letters, and job searching. Four have found work in the community as a night-time janitor, in a Flower shop, having a home business caring for dogs (Rover) and driving an Access A Bus for special needs children. CMHA Regina also hired one of our members as our Maintenance Man for 1 day per week. Five of our members have completed Food Safe Level 1.

I am constantly watching for Programs that would benefit our members. For some, who are training with us, this is the first time they ever had to be accountable. Some are middle aged and never had a job in their lives or haven't worked in 10 to 20 years. They have never had to get up to go to work, to preplan what they would wear to work, or be at work for a certain time. There are many life skills to be learned, not just the skill of cooking or cleaning.

We are still progressing in Vocational at CMHA Regina and I hope to encourage more members to participate in our training programs, volunteer and have the courage to work in the Community. All of these things contribute to good mental health and that is our goal!

Pre-Vocational - Submitted by Sue Beug

The Pre-vocational program in Regina has seen a gradual return to a “drop-in center” format of service delivery this last year. In reflection it seemed like an excruciatingly slow process as we build back opportunities for engagement and participation, re-establishing or nurturing new connections, which often meant flexing how and what we delivered. During this time our members, and the public who were seeking mental health support or information have remained a focal point. System navigation or assisting with challenging forms or applications, and crisis support when needed has been appreciated.

In January 2022 the Club hours were 9am-12pm and then 2pm-4pm, with a two-hour closure for intense cleaning. As SHA restrictions were lifted in March the constraints of a maximum capacity increases from 10 to approximately 30 so that shift helped us leverage our ability to support. People have been cautious in returning to the drop-in center and we have increased programming in a very safe manner. Overall, Members were resoundingly thankful for a safe place to socialize. Pet therapy, community kitchen, crafts, games, pool, movies, and bingos were offered. By summer we were able to offer community activities again, after more than two years, and being able to transport small groups in the van was an advantage too. Peoples' spirits were picking up as they enjoyed weekly excursions to the farmers market, golfing, afternoon walks for ice cream, visits to Wascana Park and boat tours, and the Craven market and corn maze in the fall. July was

something to celebrate as the center stayed open straight through from 9am to 4pm, which meant that sit-down meals could be offered again rather than the bagged take home lunches (however a take-home lunch was still an option for people if they prefer not to eat in the center).

In the fall, in-house skill building groups started again and the monthly birthday parties were welcomed back. Special meals were served at the club in October and December with attendance between 50-60. After three years we all enjoyed a festive celebration for Christmas at Wesley United Church.

We were pleased to offer practicum placements to six Nursing Students, in three semesters. They helped enhance our programming with weekly sessions on wellness strategies, and health education sessions, and ongoing weekly health clinics. As well, we were fortunate to host a student from the Saskatchewan Indian Institute of Technologies (SIIT) who brought a cultural perspective to the Club.

It has been a year of small steps forward but throughout this whole ordeal our members have continued to express that they were grateful to have a safe place to socialize and appreciated the support we have provided. Daily we witnessed and acknowledged their strengths and resiliencies. On behalf of our pre-vocational program we are thankful to all the community supports and donations throughout the year, especially the longstanding generous relationship from St. Georges Orthodox Cathedral. This last year our members have benefited tremendously from a new partnership with the Second Harvest Food Rescue program and appreciated the nutritious groceries every Thursday. It has been a valued way for the community to care for one another. In our path forward we are dedicated to building our members' individual capacity and the community capacity.

Community Engagement - Submitted by Shannon Patton, CMHA Regina Branch

Over the past fiscal year, we have seen so many wonderful opportunities that were presented to us.

We continue to be sought after for education and awareness in our schools, post-secondary institutions, various workplaces, treatment centres, community service clubs and support groups. We have formed wonderful partnerships with Saskatchewan Polytechnic, various school divisions such as Regina Catholic, Regina Public, Prairie Valley, in addition to some of the private school systems in the city. Through the CMHA Talk Today program, we have a wonderful partnership with the Regina Pats of the WHL as well as the Yorkton Terriers and Melville Millionaires of the SJHL. All of which, have provided us with the opportunity to reach more than 2500 people this year.

At the end of March 2023, we held our first annual CMHA Regina Youth Summit – Uniting Young Minds. This was made possible thanks to the designated funds raised in 2020/2021 Punchline Comedy Night (PLCN) fundraiser. Because of COVID, we were not able to carry this summit out until this year.

Students from all high schools in Regina including two schools in surrounding areas (Lumsden and Greenall) in addition to one school from Montreal Lake, that was invited, thanks to our friend and summit committee member – Dr. Elaina Guilmette. Each school was allowed 20 students who were chosen by the various guidance counsellors in the respective schools. As a result, in total, we had over 375 student and teachers/support staff in attendance. Added to that, all the presenters, panelists, volunteers and community booths, we had a total of approx. 427 people in attendance.

Below are Just a few of the comments on the evaluation forms received after the Youth Summit:

"I enjoyed and learned from every session"

"My overall favourite part of the summit was being able to learn how I can help others and make a difference and hearing other share their own experiences and stories"

"The best experience"

"I am impressed with how well organized it was. Well done!"

"I hope we can have one every year"

"It was a great summit overall, I really enjoyed being here and would love to come back next year"

As in other years, we continue to be honoured as the chosen recipient for various fundraising initiatives. A special thank you to Colliers for the wonderful Grand Prix Fundraiser, which raised much-needed funds for our Capital Campaign. Our Ride Don't Hide (RDH) Virtual fundraiser continued in 2022. Thank you to our Presenting Sponsor, Knight Archer Insurance for their generous support of our virtual event. While we did see the number of participants down as was the monies raised, we did feel that it was once again a great event and very successful, given that it was not in person. We were also very fortunate to have a number of other fundraising events, that all contributed to wonderful donations and support of our branch. Thank you so much to the Rotary Club of Regina Eastview, Music4MentalHealth (Crosby & Harle Band), More Joy Regina, Women on the Go, Crocus & Ivy, QCM – Run, Walk and Ruck for Mental Health to name 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.

We look forward to the 2023/2024 fiscal year with hope, excitement, and a strong dedication to continuing our support of education and awareness of mental illness and mental wellbeing for all those in our community.

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

CMHA Rosetown Branch

Submitted by Carmen Ledding, Branch Coordinator



CMHA Rosetown has had a fabulous year of growth. After 2 years of gathering limitations, we hit the ground running with increased monthly support groups, mental health education presentations, peer support appointments, service navigation calls, and our brand-new Community Service program with Corrections. Our patience has paid off, and our careful attention to outreach and networking with community partners has been rewarded with new



project opportunities.

Support Groups

CMHA Rosetown has two prolific support groups, the **Caregiver Support Group** and our **Parent Support Group**; both of which held 2 monthly meetings since November 2022. Our Caregiver Support Group is informed by the Alzheimer Society of SK and supports community members who support loved ones with ever-increasing care needs. Since April of 2022, we have added 3 new members (6 total), including one who cares for a loved one with Palliative cancer (a total of 6). This group discusses the vicarious grief of a changing relationship, grief for the change in the identity of your loved one, as well as some of the difficulty navigating difficult family discussions and division of responsibilities. We have 3 members who have lost loved ones in the past year, who return for the fellowship and to support those who are on the same journey.

Our Parent Support Group now has 9 members who meet twice a month, with 2 travelling from Kerrobert (1 hour and 20 minutes away) to attend. Our group discusses juggling our children's needs as well as our jobs and well-being, and the challenges of finding balance. In our group, we have different lived experience caring for children with Oppositional Defiant Disorder, Borderline Personality Disorder, Autism Spectrum Disorder, ADHD, addictions, co-parenting and lived experience raising grandchildren. Despite their different lived experiences, they are highly supportive and empathetic toward each other; and prioritize their group attendance for their own well-being.

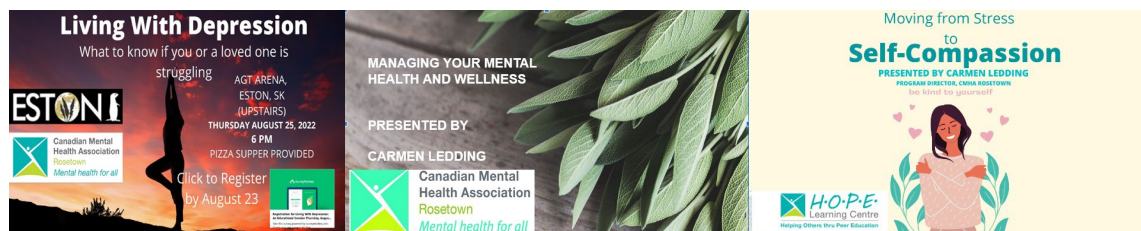
Service Navigation

CMHA Rosetown has seen an increased demand from callers who are seeking information on available counselling services and mental health service providers within the west central region of Saskatchewan (39 total in the last year). We are always mindful to give several options for callers who may need a variety of cost-effective in-person and virtual supports so that callers have access to timely care.

Peer Support One-on-One Meetings

We offer One-on-One Peer Support for individuals who need additional assistance dealing with depression, anxiety, grief, stress, caregiving, and trauma. We offer this program to support people in between their appointments with counsellors or psychiatrists to empower them and stay solution rather than problem focused. This year we have had 37 in-person and phone meetings with 8 clients.

Presentations



Our regular promotion and facilitation of H.O.P.E. Learning Centre courses has garnered our branch multiple invitations for keynote speaking engagements throughout Saskatchewan. Our presentations have included

- Living With Depression: What to know if you or a loved one is struggling (Eston and District Healthcare Committee – 25 people)
- H.O.P.E. Learning Centre Lunch Byte: Disability is not a Disadvantage (info on Registered Disability Savings Plan, Mental Health Week, 10 people)

- Moving From Stress to Self-Compassion (virtual presentation to Ross Payant Nursing Home employees Assiniboia, Saskatchewan, and CMHA Moose Jaw)
- Intro to the More than Mamas program (H.O.P.E. Learning Centre Lunch Byte) - virtual learning outreach with 11 Public Health Nurses
- SCC workshop, Sunwest School Division (78 people)
- Managing Your Mental Health and Wellness (with Rosetown Diabetes Support Group, 15 people)
- Team Up Suicide Prevention Training with the Iron Horse Kindersley Klippers (21 people)

Accessibility with Age Friendly Rosetown

Carmen Ledding, our Branch Coordinator, works hard to promote accessibility needs and mental health awareness among the senior community members of Rosetown and surrounding area. We have presented findings from our local information surveys to the Saskatchewan Health Authority to request safe and necessary accessibility renovations to our local Health Centre.

Other ongoing projects:

Talk to Youth Live (with 264 students from Rosetown, Biggar, Elrose, Dinsmore, Plenty, Beechy, and Kindersley) - a day of mental wellness program for grade 8 students in collaboration with Sunwest School Division and SHA. I present Peer and Community Supports in a matching card game activity.

P.A.R.T.Y. program (Preventing Alcohol and Risk-related Trauma in Youth) - a day of addictions and risk awareness in grades 10-12 students. This program is in collaboration with Sunwest School Division, SHA, Addictions, EMS, Shanidar Funeral Home, RCMP and SHA rehabilitation physiotherapy program. In 2022 we facilitated this program to 75 Rosetown and area students.

Community Service Program – As of November of 2022, CMHA Rosetown is the Community Service Agency (Corrections) for Rosetown and Biggar. We provide volunteering opportunities for clients who are committed to taking responsibility for their actions of the past while remaining empowered by connection to their home communities. CMHA Rosetown has assisted 3 individuals this year by providing Community Service opportunities, including accessible volunteering opportunities for one client with limited mobility. We look forward to growing this program in 2023 and beyond.

CMHA Saskatoon Branch

Submitted by Faith Bodnar, Executive Director

Post-Pandemic Impacts

We saw a growing awareness of post pandemic mental health impacts in all areas of our programs and services for 2022-2023. The support of our sister agencies in the community, CMHA Branches and CMHA Saskatchewan Division helped us adapt and meet ever changing needs as well as new demands for service and support. The growing gaps in access to mental health care exposed and deepened a health system in crisis. CMHA Saskatoon peer led support groups resumed in person meetings, while continuing to offer virtual access and new groups emerged, including a Men's Mental Health Group. In-person visits and drop in traffic to our office grew as we welcomed the community back to our space.

Core Services in Saskatoon Branch

Our core programs and services continue to evolve and expand:

1. *Employment Services, Mental Health Supports, Life Skills, Job Development & Labour Consultation*
2. *Education and Awareness*
3. *System Navigation and Advocacy*
4. *Coming Home*
5. *Special Projects*

Online Wellness Hub

Our online [Wellness Hub](#), features free, self-directed workshops and content you can view anytime on your desktop or mobile 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 podcasts from our Teenz Table Talk group. We upload new content regularly and look forward to expanding our offerings and now link with CMHA Saskatchewan Division's H.O.P.E. Learning Centre to expand access to both learning and educational programs. As virtual learning becomes a permanent part of our lives and in-person training resumes, the hybrid approach is here to stay.

Independent Living Program







Our work over two years with the Saskatchewan Health Authority to develop a supported independent living program came to fruition this fall with the launch of **Coming Home**, our first ever residential program. We are funded to support 16 people to access quality, inclusive, affordable housing in Saskatoon and we are already experiencing the pressure of more than 35 people waiting for a new home. The scope of need is broad and includes single people and families with children, all seeking a better home from which to build their lives. We are incredibly grateful for the partnership of the SHA and the National Affordable Housing Corporation as we deliver and grow this much-needed initiative. We have begun to reach out to private landlords, as the major source of housing, offering mental health supports to tenants while requesting designated suites for our clients

Core Services in Saskatoon Branch

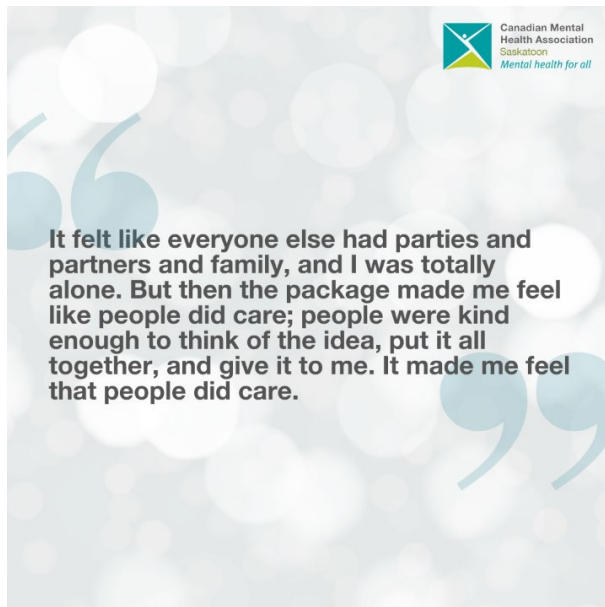
Our core programs and services continue to evolve and expand:

- 1 *Employment Services, Mental Health Supports, Life Skills, Job Development & Labour Consultation*
- 2 *.Education and Awareness*
3. *System Navigation and Advocacy*
- 4 *Coming Home*

Current Courses

 <p>7 Lessons</p> <p>COVID Fatigue</p> <p>FREE</p> <p>Enroll</p>	 <p>17 Lessons</p> <p>Healthy Relationships: Dating Violence</p> <p>FREE</p> <p>Enroll</p>	 <p>7 Lessons</p> <p>Mental Health in the Workplace</p> <p>FREE</p> <p>Enroll</p>
 <p>7 Lessons</p> <p>Mental Health: Seniors</p> <p>FREE</p> <p>Enroll</p>	 <p>7 Lessons</p> <p>Stress in the Workplace</p> <p>FREE</p> <p>Enroll</p>	 <p>6 Lessons</p> <p>Strong Families: Assertive Communication</p> <p>FREE</p> <p>Enroll</p>

Holiday Hampers



Canadian Mental Health Association
Saskatoon
Mental health for all

It felt like everyone else had parties and partners and family, and I was totally alone. But then the package made me feel like people did care; people were kind enough to think of the idea, put it all together, and give it to me. It made me feel that people did care.

Once again, our **3rd Annual Holiday Hamper** program was a resounding success and 150 people received hampers at a time when meaningful connection is so important. People receiving hampers expressed appreciation, knowing that we were thinking of them over the holidays. The SGEU came on board once again and we initiated a matching program for people to provide a \$60 donation for a hamper. Again, our community stepped up and we were able to fund all 150 hampers.

We have had a Family Support initiative for almost three years with funding provided by the Dubé family through the Saskatoon Community Foundation. We were able to leverage these

funds and secure a grant from the Cameco Step Up for Mental Health fund to hire a Family Navigator, who works with families who have members with mental illness and/or substance use issues to help them navigate services and build capacity to support their loved ones.

Video Series

Working with Anderson Marketing Group and Campfire Stories, a Saskatoon based film production company, we developed a video series including **20 Mental Health Minutes** and **40 Mental Health Bytes**. We launched these intimate and personal stories and reflections about mental health from people across Saskatoon in March. The official launch was marked by an intimate gathering where we thanked contributors. We will continue to share the **Mental Health Bytes** on our YouTube and social media channels.



Fundraising



Fund raising is always challenging. Post pandemic uncertainties continue as new trends and practices emerge in fund development. We are encouraged to see an uptake from the year before in the number of donors and groups organizing campaigns and events to support our work.

In June of 2022 we were part of our first ever in person **Shoppers Drug Mart Run for Women**, along with 18 other cities in Canada. What an amazing experience it was with over 800 exuberant participants converging at Rotary Park on the banks of the South Saskatchewan River Park in June. Our deep thanks to Shoppers Drug Mart Head Office, Flow Marketing and the Shoppers Drug Mart owners and staff for raising the bar about women's mental health and generating much needed funds for CMHA Saskatoon. It's an honour to be part of this event.

Thank You

CMHA Saskatchewan Division continues to provide us with a **Vocational Grant** that allows us to expand our employment programs. These core funds are critical in helping us innovate as we support individuals in securing and maintaining inclusive employment. Our joint commitment to the values of real work for real pay propel our work.

We are grateful for the ongoing support of our funders, including the Saskatchewan Health Authority, Immigration and Career Training with the Province of Saskatchewan, Saskatoon Community Foundation, (Royal University Hospital) RUH Foundation, United Way of Saskatoon, the Government of Canada, City of Saskatoon and hundreds of donors whose generosity and commitment ensure we can deliver services and programs to all who reach out to us.

My deep thanks go to our dedicated staff, volunteers and Board of Directors, who steward CMHA Saskatoon as we respond to our community and the people we support. With this incredible team we can meet the needs of our community and take part in building a Saskatoon where everyone belongs and is included.

CMHA Swift Current Branch

Submitted by Todd Vallee, Executive Director



Grand Opening

August 17, 2022 we opened the doors to our new space at 28-5th Avenue NE in Swift



Current. We've enjoyed the accessibility it offers, as well as the space to conduct different programs at the same time, and still offer the clubhouse model. Members can hang out, utilize our internet on our laptops, start a jam session on our music room, or possibly pump some iron or hit the treadmill in our physical activity space.

Our Grand Opening was held on September 9th, 2022 with many dignitaries in attendance from Municipal and Provincial Government Officials, to those from CMHA Sask. Division. Our new building affords us the ability to host decent sized gatherings, and offers us some type of income as we rent out our boardroom when it's not in use for our own programming.

Semicolon Tattoo



Our Semicolon Tattoo event also coincided with our grand opening, raising funds and awareness. We were thankful for the support from the community as this year's event sold out.

CMHA Swift Current was a finalist for a Swift Current Business Excellence Award again in 2022, but ultimately did not end up winning. We have been named a finalist in two of the last three years, winning in 2020.

Programs in Swift Current

Overall membership at CMHA Swift Current is at an all-time high. Our staff are committed to looking for ways to keep our members involved in our programming, including the online offerings of the H.O.P.E. Learning Centre.



We hosted our first Spring Fling Disc Golf Tournament last June. The tournament was a great way to participate in a sport that many of our members enjoy, while also raising some funds for our programming.



Garden boxes have been donated to our new building so we are looking forward to planting those this spring, along with other warm-weather activities like going to the driving range and playing pickleball.



CMHA Swift Current was once again involved in the Frontier Days Kickoff Pancake Breakfast. Staff and members helped feed hundreds of attendees celebrating the beginning of our local fair, and fundraised in the process.

The Southwest came through for CMHA Swift Current this past year regarding fundraisers. Our local Co-op helped us raise over \$10,000 through their Fuel Good Days. While our cookie decorating could use some work, the Tim Horton's Holiday Smile Cookie Campaign was responsible for over \$6,500 raised.



Cost of living, as well as the price of groceries, increased the use of our meal program. Our new commercial kitchen at our facility comes at a time where we are serving more meals and, in order to do so without going over budget, taking in more food donations. The walk-in freezer is a life-saver in this regard.

Staff, again this year, volunteered at the Community Christmas Dinner. We continue to do what we can to help those experiencing food insecurity in our community.



Just like at every house gathering, everyone seems to gravitate towards the kitchen. Our dining area was teaming with Christmas Spirit as we had our local high school choir entertain us for our Christmas Party, which saw over 60 people attend.



Our Vocational Program is trending upwards in terms of the sales they are making. In addition to the Lunch Bunch Canteen they operate, they have introduced catering for small events.

Peer Support



After a Peer Supporter resigned in late 2021, we onboarded another in the spring of 2022. Our two Peer Supporters attended a provincial conference in October of 2022, returning with more education on their work, and a boost in positivity regarding Peer Support. Many of our members enjoy the support they receive through this program.

Bell Let's Talk Day seems to provide a more open environment for members, staff and the public to join in the conversation surrounding mental health. We continue to advocate for

the breakdown of stigma of mental illness for the other 364 days of the year.

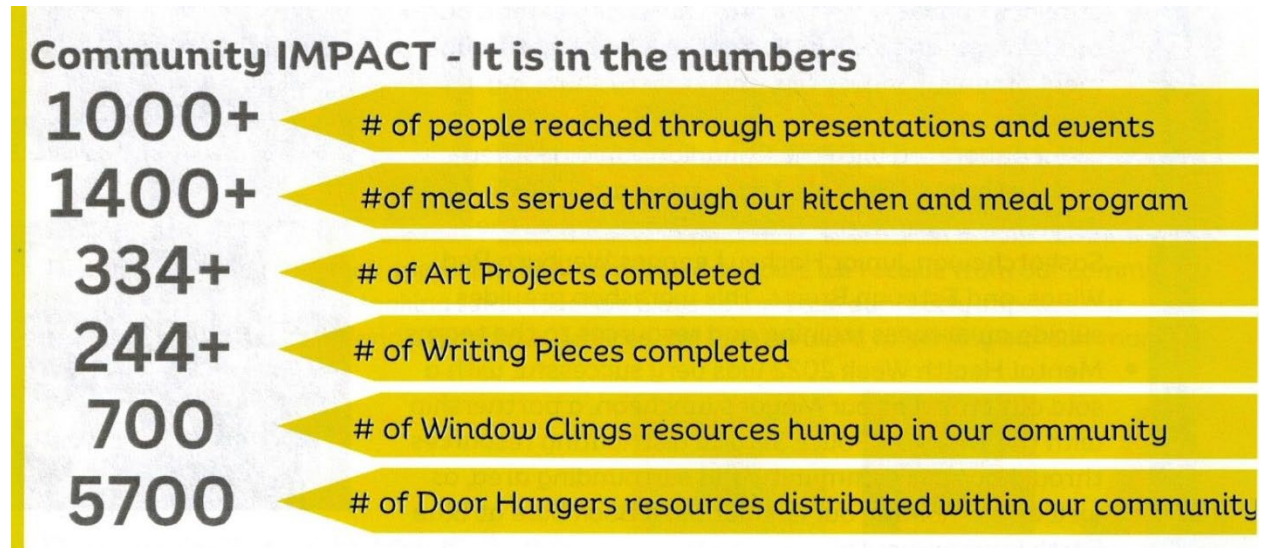
Looking Forward

As exciting as last year was at CMHA Swift Current, we believe we can keep the joy and enthusiasm rolling with work on our green space outside of our facility, and the return of our Mayor's Luncheon. It seems like a tall task to top last year, but we are sure going to have fun trying.

CMHA Weyburn Branch

Submitted by Tasha Collins, Program Director

CMHA Weyburn had an amazing year with many highlights and successes. If “pivot” was the word for the last few years, then “IMPACT” is our word for this past year! We were thrilled to be able to provide consistent programs, activities, and services to our community in a variety of different ways. This past year, the CMHA Weyburn Branch has provided services to over 100 individuals between our regular day program, evening art program, and our youth leadership program.



Highlights from 2022-2023 include:



Completion of our Kitchen and bathroom renovations, increasing safety and inclusion within our branch.



Our social and recreational programs and activities continue to promote positive mental health, interactions, self-confidence, engagement and a sense of belonging. We also saw the return of programming outside the centre with day trips, as well as community programs and events.

Our Vocational one on one program provides support to individuals that allows for personal growth and skill building. This program saw many successes including increased social skills, resume writing, interview skills, safe food handling, and WHMIS. The Workplace Hazardous Materials Information System (**WHMIS**) is Canada's national hazard communication standard. We are excited about the growth this program offers participants, including employment, and we look forward to its continued successes.



Educational and skill building opportunities included our Writer's Group (39 times), Art Program (48) and Wellness/Peer Support (17 times), and Lunch Bites (18 times).

Our vocational programs continue to provide many opportunities for growth, teamwork, responsibility and a sense of pride. Our work crew offers snow shoveling, lawn mowing, raking, refuse hauling, cleaning services, and small moves. Our vocational meal program provides homemade meals for those who attend our programs, along with individual skill building through meal planning, meal prep, and grocery shopping continue.



We collaborated with the Canadian Junior Hockey League through the Talk Today program; CMHA Weyburn delivered the Team Up Workshop to the Saskatchewan Junior Hockey Leagues Weyburn Red Wings, and Estevan Bruins. This workshop provides suicide awareness training and resources to the teams.



Mental Health Week 2022 was very successful with a sold out crowd at our Mayor's luncheon, a partnership with the Weyburn Police Service distributing resources throughout our community and surrounding area, as well as our hosting our Annual Used Book Sale at Blue Earth Environmental.



Evening Art Programming saw 37 different community members participating completing 143 projects.

Our branch and participants continue to volunteer through the Adopt a Planter program with the City of Weyburn.

Our staff, board members and participants contributed to our floats in the Summer Parade, along with the Parade of Lights, winning Best Organizational Float in both!



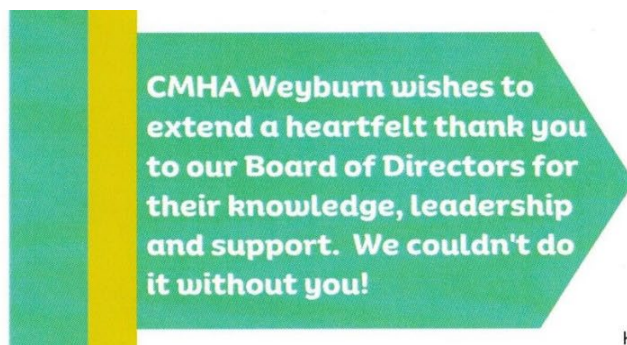
CMHA Weyburn hosted our 5th Annual Semi-Colon Event in partnership with Under Your Skin tattoo shop, this year 111 tattoos were completed. Through this events history, Under Your Skin has completed 373 tattoos and donated \$12,350.00 CMHA Weyburn.



We took part in the Chamber of Commerce Riverside Sparkles for the first time over the holiday season. Our Youth Leadership Program was offered four times this year with 36 participants.



The CMHA Weyburn Branch appreciates the continued support we receive from our community and we are committed to looking for innovative ways to increase our reach, improve our programs, engage others and expand our services. We look forward to serving our community in the coming year.



Mal Barber



Jamie Blunden



Britany Burnett



Dave Rennie



Erskine Sandiford



Susan Grohn



Rose McInnes



Karly Pickering



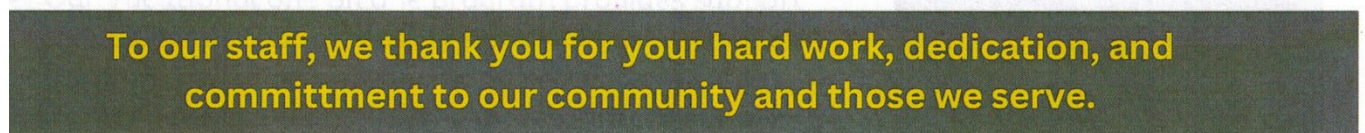
Sara Lawrence



Joni Hagen



Theresa Girardir



We are grateful for the continued funding and support received from our partners. Without these partnerships we would be unable to serve our community at the capacity we do.



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 For over 30 years the Cash Calendar has been 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 staff. After two years of pandemic stress, for the 2023 theme we decided to go with “Show Us What makes you Smile” and our contributors answered the call resulting in what might be the most beautiful calendar we have produced.



Sadly, because of increased costs to produce and technology which blocked our ability to reach many of our past supporters by phone, we decided to discontinue the Cash Calendar. We are actively researching other ways to promote the talents of our poets and artists around the province and sincerely appreciate everyone who submitted their work over the years.

Spring Raffle & 50/50 In an effort to re-invigorate our fundraising activities, we decided to test drive a spring raffle and 50/50 draw in the spring of 2023. If this campaign is successful, we will also be running a similar raffle in the fall/winter of 2023.

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:



Foundation



Federated
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Limited



FINANCIAL STATEMENTS

CANADIAN MENTAL HEALTH ASSOC.

(SASK DIVISION) INC.

Financial Statements

Year Ended March 31, 2023

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, 2023

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DUDLEY & COMPANY LLP

Chartered Professional Accountants

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, 2023, and the statements of operations, changes in net assets and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, except for the possible effects of the matter described in the *Basis for Qualified Opinion* section of our report, the accompanying financial statements present fairly, in all material respects, the financial position of the organization as at March 31, 2023, and the results of its operations and cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations (ASNPO).

Basis for Qualified Opinion

In common with many not-for-profit organizations, the organization derives revenue from fundraising activities the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of the organization. Therefore, we were not able to determine whether any adjustments might be necessary to fundraising revenue, excess of revenues over expenses, and cash flows from operations for the year ended March 31, 2023, current assets and net assets as at March 31, 2023. Our audit opinion on the financial statements for the year ended March 31, 2022 was modified accordingly because of the possible effects of this limitation of scope.

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

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

Management is responsible for the preparation and fair presentation of the financial statements in accordance with ASNPO, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

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

(continues)

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

Auditor's Responsibilities for the Audit of the Financial Statements

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

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

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

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

Regina, Saskatchewan
June 12, 2023


Dudley & Company LLP
Chartered Professional Accountants

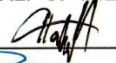

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Balance Sheet

March 31, 2023

	2023	2022
ASSETS		
CURRENT		
Cash	\$ 282,848	\$ 630,799
Investments (Note 3)	1,248,649	697,473
Accounts receivable	162,986	155,474
Receivable from branches	99,087	34,579
Interest receivable	13,153	1,873
GST receivable	11,124	24,871
Due from related parties	16,807	-
Prepaid expenses	22,192	6,127
	<u>1,856,846</u>	<u>1,551,196</u>
TANGIBLE CAPITAL ASSETS (Note 5)	241,092	265,248
INTANGIBLE ASSETS (Note 4)	976	1,220
LONG TERM INVESTMENTS (Note 3)	-	300,000
	<u>\$ 2,098,914</u>	<u>\$ 2,117,664</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 82,845	\$ 137,356
Wages payable	70,369	93,765
Deferred revenue (Note 6)	425,845	358,421
Due to related parties	1,722	-
	<u>580,781</u>	<u>589,542</u>
NET ASSETS		
Unappropriated	200,000	200,000
Appropriated (Note 8)	1,076,066	1,061,654
Invested in capital assets	242,067	266,468
	<u>1,518,133</u>	<u>1,528,122</u>
	<u>\$ 2,098,914</u>	<u>\$ 2,117,664</u>

ON BEHALF OF THE BOARD


 _____ Chair

 _____ Director

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Statement of Operations

Year Ended March 31, 2023

	2023	2022
REVENUES		
Saskatchewan Health	\$ 447,660	\$ 354,433
Saskatchewan Lotteries	94,860	94,860
Saskatchewan Justice	475,673	518,623
Saskatchewan Health Branch Vocational	350,000	359,250
Community Initiatives Fund - GAP	500,794	492,725
Metis Nation grants	80,000	135,000
Other grants (Note 13)	294,255	507,969
Fundraising and donations	509,197	594,851
Other revenue and recoveries	39,016	146,356
Community fund appeals	3,890	4,729
Branch administration recoveries	11,584	11,584
Interest	24,015	11,696
	<u>2,830,944</u>	<u>3,232,076</u>
EXPENSES		
Advocacy client support	1,462	-
Amortization of intangible assets (Note 4)	244	305
Amortization of tangible assets (Note 5)	22,177	20,294
Branch vocational support	350,000	350,000
Community justice program	78,622	135,560
Contributions to branches	51,145	128,010
Fundraising	195,220	195,390
Gambling program	112,945	133,197
Salaries and benefits (Schedule 1)	1,670,938	1,687,886
General and administrative	97,778	186,466
Occupancy	61,974	117,610
Public education	183,838	199,624
Research	775	72,368
	<u>2,827,118</u>	<u>3,226,710</u>
EXCESS OF REVENUES OVER EXPENSES FROM OPERATIONS	3,826	5,366
OTHER INCOME		
Unrealized loss on investments	(13,815)	(6,565)
DEFICIENCY OF REVENUES OVER EXPENSES	\$ (9,989)	\$ (1,199)

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Statement of Changes in Net Assets
Year Ended March 31, 2023

	Unappropriated	Appropriated - (Note 8)	Invested in Capital Assets	2023	2022
NET ASSETS - BEGINNING OF YEAR	\$ 200,000	\$ 1,061,654	\$ 266,468	\$ 1,528,122	\$ 1,529,321
Excess of revenues over expenses	(9,989)	-	-	(9,989)	(1,199)
Amortization of tangible capital assets	22,177	-	(22,177)	-	-
Amortization of intangible assets	244	-	(244)	-	-
Purchase of tangible capital assets	(18,020)	-	18,020	-	-
Expense Assets Under Construction	20,000	-	(20,000)	-	-
Transfers out	(14,412)	14,412	-	-	-
NET ASSETS - END OF YEAR	<u>\$ 200,000</u>	<u>\$ 1,076,066</u>	<u>\$ 242,067</u>	<u>\$ 1,518,133</u>	<u>\$ 1,528,122</u>

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Statement of Cash Flows
Year Ended March 31, 2023

	2023	2022
CASH FLOWS FROM (FOR) OPERATING ACTIVITIES		
Cash received from grants	\$ 2,312,649	\$ 2,400,943
Cash received from self-generated revenues	489,683	500,974
Cash paid to suppliers	(1,170,588)	(1,426,369)
Cash paid to employees	(1,694,334)	(1,685,439)
Interest received	12,735	12,767
Cash Flows From (For) Operating Activities	(49,855)	(197,124)
CASH FLOWS FROM (FOR) INVESTING ACTIVITIES		
Purchase of tangible capital assets	(18,020)	(28,233)
Unrealized gains (losses) on investments	(13,815)	(6,565)
Sale (Purchase) of short term investments	(551,176)	(197,473)
Sale (Purchase) of long term investments	300,000	(300,000)
Cash Flows From (For) Investing Activities	(283,011)	(532,271)
CASH FLOWS FROM (FOR) FINANCING ACTIVITY		
Advances to related parties	(15,085)	-
DECREASE IN CASH FLOWS	(347,951)	(729,395)
Cash - beginning of year	630,799	1,360,194
CASH - END OF YEAR	\$ 282,848	\$ 630,799

The accompanying notes form an integral part of these financial statements

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2023

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, 2023

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, 2023

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, 2023

3. INVESTMENTS

	<u>2023</u>	<u>2022</u>
CURRENT TERM		
Guaranteed Investment Certificates	\$ 961,249	\$ 400,000
RBC Dominion Securities CAD	287,400	293,986
RBC Dominion Securities USD	-	3,487
	<u>\$ 1,248,649</u>	<u>\$ 697,473</u>

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

The guaranteed investment certificates have effective interest rates of 4.20%-4.59% 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

	<u>2023</u>	<u>2022</u>
Guaranteed Investment Certificates	\$ -	\$ 300,000

Investments maturing after twelve months from the year-end date are classified as long term.

4. INTANGIBLE ASSETS

	<u>2023</u>	<u>2022</u>
Computer software	\$ 14,837	\$ 14,837
Accumulated amortization	(13,861)	(13,617)
	<u>\$ 976</u>	<u>\$ 1,220</u>

There were no intangible assets acquired during the year (2022 - \$0). During the year, no intangible capital assets were written off and no losses on disposal of assets were recorded (2022 - \$0).

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2023

5. TANGIBLE CAPITAL ASSETS

	Cost	Accumulated amortization	2023 Net book value
Land	\$ 13,635	\$ -	\$ 13,635
Buildings	549,469	377,525	171,944
Furniture and office equipment	61,715	36,525	25,190
Vehicle	98,617	72,386	26,231
Computer equipment	29,030	24,938	4,092
	\$ 752,466	\$ 511,374	\$ 241,092

	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

Tangible assets acquired during the year were \$18,020 (2022 - \$28,232). During the year, there were no tangible capital assets written off and no loss on disposal of assets was recorded. (2022 - \$0).

6. DEFERRED REVENUE

Deferred revenue consists of the following:

	2023	2022
CMHA Difficult Discussions	\$ 13,500	\$ 13,500
Emergency Community Support	-	28,535
Hope Learning Centre	192,828	-
Mental Health Commission of Canada	23,477	-
Metis Nation of Saskatchewan - DISC Program	80,000	100,000
RBC Bounce Back for Youth	100,000	100,000
Sask Health - Dave Batters Golf Tournament	-	31,386
Sask Health - Health funding	16,040	-
TT Charities USA for OSI	-	85,000
	\$ 425,845	\$ 358,421

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2023

7. 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, 2023:

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.

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.

(continues)

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

Notes to Financial Statements

Year Ended March 31, 2023

7. FINANCIAL INSTRUMENTS *(continued)*

Currency risk

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

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

Interest rate risk

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

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

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

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

Other

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

8. RELATED PARTY TRANSACTIONS

During the year, the organization provided vocational funding in the amount of \$43,750 (2022-\$43,750) to CMHA Weyburn, \$43,750 (2022-\$43,750) to CMHA Moose Jaw, and \$43,750 (2022-\$43,750) 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.

9. 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, 2023

10. APPROPRIATED NET ASSETS

	Building Fund	Program Fund	Mental Health Fund	2023	2022
Balance, beginning of year	\$ 292,846	\$ 384,404	\$ 384,404	\$ 1,061,654	\$ 1,070,485
Transfer from surplus	4,804	4,804	4,804	14,412	49,401
Transfer to surplus	-	-	-	-	(58,232)
	<u>\$ 297,650</u>	<u>\$ 389,208</u>	<u>\$ 389,208</u>	<u>\$ 1,076,066</u>	<u>\$ 1,061,654</u>

11. SICK LEAVE BENEFITS

The organization provides non-vesting sick leave benefits to its employees pursuant to union agreements and administrative policies. At March 31, 2023 management estimates that accumulated sick leave credits total \$110,184 (2022 - \$331,002).

12. 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.

	2023	2022
Total Contributions During the Year	<u>\$ 71,240</u>	<u>\$ 86,807</u>

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.
Notes to Financial Statements
Year Ended March 31, 2023

13. OTHER GRANTS

Other grants are comprised of the following:

	2023	2022
Bell - Let's Talk	\$ -	\$ 16,667
CMHA National - Difficult Discussions	-	4,000
CMHA York	-	4,000
Community Initiatives Fund - Weyburn	-	4,164
Emergency Community Support	28,535	86,465
Inclusion Saskatchewan	10,000	12,000
Innovation Credit Union	-	21,000
Mental Health Commission of Canada	23,477	-
RBC BB4Y	100,000	89,058
Regina Community Clinic	10,000	-
Royal Canadian Legion - OSI Can	2,500	22,500
Sask Liquor and Gaming Authority	13,968	28,976
Sask Workers Compensation Board - OSI	-	15,000
Saskatchewan Roughrider Foundation	-	18,400
South Saskatchewan Community	15,000	39,333
TT Charities USA for OSI	85,000	139,406
Various	5,775	7,000
	\$ 294,255	\$ 507,969

CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.

**Salaries and Benefits
(Schedule 1)**

Year Ended March 31, 2023

	2023	2022
Gambling Awareness Program	\$ 306,377	\$ 278,564
Executive and general	396,240	452,101
Justice Community Support	355,678	351,672
Public education	247,855	253,517
Resource development	178,838	221,745
OSI Can salaries	131,269	130,287
Salaries - Advocacy client support	54,681	-
	\$ 1,670,938	\$ 1,687,886

The accompanying notes form an integral part of these financial statements