



Canadian Mental  
Health Association  
Saskatchewan  
*Mental health for all*

**Annual Report**  
2023 - 2024

# Changing The Narrative



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## SECTION I

# Board of Directors, Division Staff, and CMHA Root Messaging

An overview of the current Board of Directors, staff who work out of the Division office, and our essential key messaging that CMHA embodies here in Saskatchewan.

## Board of Directors

<b>Chet Hembroff</b>	President
<b>Grant Rathwell</b>	Past President
<b>Femi Ogunrinde</b>	Vice President
<b>Bryan Leier</b>	Treasurer

### Members at Large

**Jasmine Beriault**

**Susan Grohn**

**Marcie Nugent**

### Regional Delegates

Micheal Halyk (Melville)

Erskine Sandiford (Weyburn)

Bill Pringle (Saskatoon)

## CMHA Sask Division Office Staff 2023-2024

<b>Trevor Gates</b>	Executive Director
<b>Rebecca Rackow</b>	Assistant Executive Director
<b>Dave Nelson</b>	Senior Program Consultant
<b>Peter Chaya</b>	Director of Finance and Administration
<b>Md Shofekur Rhaman</b>	Payroll/Benefits Clerk
<b>Angie Paul</b>	Executive Assistant
<b>Jayne Melville Whyte</b>	Consultant and Communications Coordinator
<b>Shauna Altrogge</b>	GAP Director
<b>Kathy Moorman</b>	Northern GAP Coordinator
<b>Laura Walter</b>	Central GAP Coordinator
<b>Sabrina Lybeck</b>	Southern GAP Coordinator
<b>Teanna Morgan</b>	GAP Communications Coordinator
<b>Daniel Blondeau</b>	H.O.P.E. Learning Centre Director
<b>Julius Brown</b>	OSI-CAN Director
<b>Ronley D. Arnold</b>	OSI-CAN Communications Coordinator
<b>Cathy White</b>	C.A.R.E. Program Facilitator
<b>Angela Hounjet</b>	Justice Community Support Program Director
<b>Sarah Ross</b>	Justice Community Support Program Worker
<b>Ian Morrison</b>	Healing Through Humour Director
<b>Etchu Besong</b>	Youth Support Worker



**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
- 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-judgemental and psychological safe space for those seeking support.

### Social Well-being

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.

## SECTION 1

# Reports

This section contains reports from the President, Executive Director, and Advocacy, Research, and Public Policy Development.

# President's Report

## Chet Hembroff

I would first like to open this report by thanking Phyllis O'Connor for her years of service to CMHA. With over 25 years with CMHA, we cannot be more grateful for her dedication to improving the lives of the residents of Saskatchewan. Through her hard work Phyllis has been pivotal in the growth of our organization, supporting fundraising, programming, and partnerships and has helped make CMHA a conversation piece when talking about mental health in Saskatchewan. We cannot thank you enough for all the time you have given to CMHA and we wish you the best in your retirement!

We are also happy to welcome Trevor Gates to the CMHA community as the Executive Director for SK Division. Trevor has dedicated the majority of his career to improving the lives of diverse, vulnerable populations and has a breadth of experience working in public, private, and non-profit sectors. We are excited for all the experience that Trevor is bringing to CMHA-SK and for the growth that will continue under their leadership.

While CMHA-SK moves through this transition, it is clear that the hard work never stops. CMHA-SK has been given a leadership role in the Saskatchewan Suicide Prevention Community of Practice and after completing the development of a 90-day treatment program for the Métis Addictions Council of Saskatchewan Inc. (MACSI), MACSI have begun implementing this program in Prince Albert. Many of our programs continue to grow and expand their reach. Programs such as the Justice Community Support Program and Operational Stress Injury Canada (OSI-CAN) continue to expand their services by incorporating cultural and Indigenous programming, with OSI-CAN now reaching as far as New Brunswick. The Mentally Safe Minecraft Server (MS2) is now supporting over 120 individuals and through partnership with Service Hospitality, a total of almost 1200 individuals have participated in training in psychological safety in the workplace.

Each year we can see the efforts of CMHA expanding and it is clear that there is a need in the community for the services being provided by CMHA. On behalf of the Board of Directors, I want to thank each employee, volunteer, and donor for their continual efforts to improve the mental health and well-being of all those across Saskatchewan. Whether you are involved at an individual, local, or provincial level, you are making a positive impact on the quality of someone's life and we are grateful for that. Thank you to all of our staff who give us their time and energy each day, thank you to all of our volunteers who give us their support, and thank you to all of our donors who support programming across the province. It is when we all work together that meaningful change has and will continue to occur, thank you for all of your contributions. You should all be proud of the efforts put forth in improving our communities.

# Executive Director's Report

## Trevor Gates

I am pleased to submit my Executive Director's report for the 2023-2024 year. At the time of this meeting, I will have been a part of the team at CMHA SK Division for approximately 7 months. I remember when I was first offered this position how excited and honoured I was to be able to be a part of the federation's long history. I continue to be amazed at the work everyone does at all of our CMHA branch locations in Saskatchewan. The ability for our branches to be able to respond to regional issues as they arise is one of our greatest strengths. I am very thankful for all of the support the previous Executive Director, Phyllis O'Connor, and the Provincial Board provided as I transitioned into this position. Within my time here I have been able to meet with a variety of funders and community leaders to better understand the current gaps in services and how CMHA can best serve the residents of Saskatchewan in those areas.

We are currently looking at restructuring some of our positions and programs at CMHA SK Division and will continue to evaluate our programs to make sure that they are meeting the needs of the people that we serve. I am hopeful that CMHA SK Division can continue to act as a hub for services and information to the people of Saskatchewan.

In May, I was fortunate enough to be able to attend the CMHA National Leadership Meeting in Toronto. We discussed how CMHA would like to position itself nationally with certain key public issues specifically, addictions. CMHA wants to continue to be a leader in this area and remain evidence-based when it comes to programming and policy. Many issues that the people we support are faced with become politicized and public opinion may not be always in our favour. It is during these times that CMHA as a federation provides strong leadership for other smaller agencies that might find it more difficult to oppose public opinion.

I currently sit on the National Committee for Truth and Reconciliation. CMHA has embarked on a process of reflection on our organization's past, present, and future as it relates to Truth and Reconciliation with Indigenous Peoples. This work has been led by many Divisions and Branches in their own communities for many years now. We recognize that Indigenous and Non-Indigenous reconciliation takes work and that change does not take place overnight. I am honoured and humbled to be a part of this committee.

I am looking forward to working with the Provincial Board and all the CMHA branches in Saskatchewan. Thanks again for this incredible opportunity!

# Advocacy, Research, and Public Policy Development Report

Rebecca Rackow

## Individual Advocacy

This past year we provided 75 people with individual advocacy and systems navigation. This included helping people navigate through forms for SAID, SGI, Worker's Compensation, etc., helping people find housing, helping with household chores and computer settings, advocating for CPP-D qualifying, understanding medications and diagnoses, and working with people to stay safe during their crisis events. Youth and their family members continue to reach out for counselling service recommendations and education.

## Research

As the roll out of the Urgent Care Centre has been completed, many recommendations from our **Emergency Mental Health Services** paper have been implemented including a separate entrance and waiting room for patients with mental health issues.

The collaborative work with Dr. Andrew Eaton's team is wrapping up. We provided some of the theme extraction/ data analysis as well as provided feedback on the draft for publication. This project has funding through the Social Work Research Centre. We are cited as co-authors in this 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.*

We are in collaboration with another research team that focuses on the impact of Street Revitalization on Mental Health. This will be a long-term project that includes qualitative surveys and interviews as well as quantitative data measuring the use of psychiatric and recreational substances in the neighbourhood wastewater. This project is being reviewed for a grant through the Canadian Institutes of Health Research (CIHR). We will be cited as co-authors in this collaborative work:

**Mahani, A. Asmundson, G. Fuller, D. Graham, R. Guliani, H. Hansmeier, N. Muhajarine, N. Chao, T. Diab, E. Hopper, T. Lewis, B. Neudorf, C. Roe, J. Shah, T. Xie, F. Ali, S. Buttazzoni, A. Nguyen, H. Safariour, R. Zahid, S. Brown, C. Diene, T. Dunbar, G. Dusterbec, T. Flores, V. Husack, K. Knudsen, J. LeBlond, J. Lorenc, J. Love, A. Masters, S. McCallum, C. Miller, W. Naytowhow, J. Phelps, A. Rackow, F. Rackow, R. Ravada, V. Sare, K. Stevens, A. Strauch, C. TeedMcKay, Z. Triffo, T. Wellman, S. Willow, W. Yuhasz, T. (2024).** **Complete Streets: Impact of Street Revitalization on Mental Health.**

We have completed our work for the project to create a **Saskatchewan-based, Suicide Prevention Toolkit** with the Mental Health Commission of Canada. Our research involved focus groups of youth in two high schools as well as surveys through the Mentally Safe Minecraft Server Discord. We also did an environmental scan to find life promotion services for youth and family members to include in this project. The end result will be a Saskatchewan-based, Life Promotion Toolkit to help youth who have thoughts of suicide and their families and friends find tools and services that they need. It is based on the Mental Health Commission of Canada's Suicide Prevention Toolkit designed to be Canada-wide.

We continue 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 as well as.

## Program Development

We have now been leading Friday Night Games on the first and third Fridays of every month. This was developed through the H.O.P.E. Learning Centre and is led by Rebecca (Social Worker, certified in therapeutically-applied role-playing games) and has a growing community of 12 regular participants with some added sporadic participation so far. We play a mixture of Dungeons and Dragons (utilizing an experienced Dungeon Master with Lived Experience) and board games such as Ticket to Ride, 7 Wonders, Terraforming Mars, Chess, etc. We supply food (personal donation by the leaders) and participants are encouraged to give a \$20 donation for the night's activities that goes directly to CMHA-SK. We have been approached by a potential corporate partner for added funding as well.



## Policy Development

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**. This group is currently focussed on Houselessness in Saskatchewan communities and are looking for ways to resolve this.

The Saskatchewan Chamber of Commerce hosted their **2024 Political Forum** event. We took that opportunity to talk to Minister of Social Services Gene Makowski, Minister of Mental Health and Addictions, Seniors, and Rural and Remote Areas, Tim McLeod, and Critics Meera Conway and Carla Beck, in a one-on-one, informal way. Trevor and Rebecca also attended the **2024 Deputy Minister's Breakfast**. Trevor sat with the Ministry of Social Services and Rebecca sat with the Ministry of Health.

The Regina Chamber of Commerce held an informal Q&A event with Mayor Sandra Masters at the Regina Brewing Company called the **Beer-aucracy Event**. Dave Nelson and Rebecca Rackow attended.





CMHA-SK was present at the **2024 Regina Pride Parade**. We handed out educational pamphlets to the crowd of common mental health issues which were well received.

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

Our work with the **Disabilities Services Alliance** included hosting a reception for the MLAs at the legislature. All of the partner organizations had a table and we presented the research and proposal for the Disability Service Hubs in Northern Saskatchewan. This led to meetings with MLA Jim Lamaigre from the Athabasca riding.

The **Disability Income Support Coalition (DISC)** has been actively talking to both Provincial MLAs and Federal MPs regarding the design and impact of Bill C-22 and its impact on SAID recipients.

We continue to be an active partner of the **Serious Violent Offender Response (SVOR)** and have worked with other steering committee members with regards to an MOU for sharing information about clients and ensuring office space for JCSP members to continue to work closely with the frontline teams.

## Media Presence

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

- Mental Health Tips to combat Seasonal Affective Disorder
- The launching of the 9-8-8 suicide crisis line
- Healthy relationships and the mental health impact of Valentine's Day
- MAID as used for people whose primary health concern is a mental health concern



## SECTION 2

# Programs and Services

This section contains reports from CMHA Sask Divisions programs such as C.A.R.E., Community Newsletter, Life Promotion and Suicide Prevention Community of Practice, Gambling Awareness Program, Healing Through Humour, H.O.P.E. Learning Centre, Transition Magazine, CMHA SK Youth Programming, Justice Community Support Program, and OSI-CAN.



## Community Newsletter

The first *CMHA SK Newsletter* was emailed at the beginning of November 2022. From the end of March 2023 to 2024, thirty (30) editions of the Newsletter were prepared and emailed. The March 20, 2024 Newsletter was emailed to 1,232 subscribers and opened by 388 readers.

Every Newsletter promotes **CMHA** activities at National, Division and Branch levels. We also **build networks and collaboration** by increasing awareness of other agencies and resources in the community. Each issue featured upcoming **H.O.P.E.** classes. **Suicide Prevention / Life Promotion** regularly invites readers to quarterly meetings.

**Feature articles** during the year included Mentally Safe Minecraft C.A.R.E for Caregivers, Urgent Care, MAiD, Homelessness, Disability Income Support Coalition, Justice Community Support Program, Orange Shirt Day, OSI-CAN, and the CMHA National Push-Up Challenge.

All Newsletters include one or more information topics about CMHA, appreciation for **donations**, announcement of **fundraisers**, acknowledgement of **national and international days**, and press releases from Government of Saskatchewan. Agencies and programs featured were often added to the **REVIEW** section to create a directory of resources for support and therapy in the community.

I have enjoyed researching, writing, editing, and sharing the news and stories over the year. If you want to subscribe, contribute, correct or comment, email [cmhacommunity@cmhask.com](mailto:cmhacommunity@cmhask.com)

**Submitted by:**

Jayne Whyte, B.A, Educator and Advocate, CMHA SK Newsletter



Jayne Whyte showing off her Newsletter at a recent South Saskatchewan Community Foundation FRIENDraiser

## Life Promotion/ Suicide Prevention Community of Practice

This project is hosted by CMHA Saskatchewan and supported by the Saskatchewan Ministry of Health and Saskatchewan Health Authority's Roots of Hope program in response to the Pillars for Life: The Saskatchewan Suicide Prevention Plan.

The purpose of the Provincial Suicide Prevention Community of Practice is to:

- Create collaborative learning opportunities
- Increase stakeholder/participant knowledge about suicide prevention initiatives across Saskatchewan
- Strengthen partnerships and connections between programs, agencies and staff working in suicide prevention.

*Purpose statement from Terms of Reference (November 2022)*

When interested persons sign up, they are sent the Terms of Reference and Confidentiality Guidelines. The gatherings are open to anyone who registers. As of February, 2024, we have 59 registered CoP members. Invitations allow anonymous participation if a participant has that need.

Rebecca Rackow, Director of Advocacy, Research and Public Policy Development; Dave Nelson, Senior Consultant; and Jayne Whyte, Educator and Advocate attended each of the meetings. They are counted among the number of attendees at the gatherings.

### May 17, 2023 (11 participants)

When the planned speaker was unable to attend, **Etchu Besong and Rebecca Rackow** spoke about **Mentally Safe Minecraft**. This online, world-building game, coupled with Discord for communication, is a monitored safe space to encourage youth with mental health concerns to explore. Etchu, who also staffs the youth Bounce Back program, can be reached for on-on-one chats.

### August 16, 2023 (9 participants)

Guest speaker **Brandi Bell** described the development of **Embracing Life App**. Embracing Life started in 2014 as a collaboration of northern agencies funded by a grant from Northern Affairs, now Department of Government Relationships. Fifteen agencies met to collaborate about the mental health work they were doing "off the side of their desks." Brandi, the Senior Policy Analyst for Northern Engagement, Ministry of Government Relations was assigned as Secretariat of the Embracing Life program. The most important aspects of the research and planning were done by surveying and involving YOUTH in the community. The app is designed to provide guidance for youth, family and friends who experiencing the impact of emotional distress.

### November 15, 2023 (8 participants)

Guest speaker **Anne Duriez** who has been active with Roots of Hope Meadow Lake and area. Roots of Hope was begun through the Mental Health Commission of Canada and is now in 189 communities in three provinces. Their mission to reduce suicide with public awareness, research and evaluation, specialized supports for particular populations, and training and networks. Identifying and limiting access to potential methods is a key aspect of safety. Medication Lock Boxes have been distributed through the community to prevent accidental overdose and because every household has a box, there's less stigma. Anne suggested "relationship building" should be recognized and named in job descriptions as one of the most important tasks of community work.

**February 2, 2024 (10 participants)**

Almost everyone at the Round Table check-in had news to share about activities in their communities. Guest speaker **Shauna Keepness Bourgon** from Pasqua First Nation described the **Talking Stick App** where First Nations Peer Support Listeners offer safe, anonymous, judgment free virtual listening and emotional support. Through the 24/7 app, someone asking for support can connect with a Peer Supporter who understands their culture and circumstances, including a preferred language. Shauna also introduced the new First Alert program to warn a community of fires, floods, or potential violence. The Federation of Sovereign Indigenous Nations (FASIN) is working with TryCyle Data Systems to develop the app and other resources that are Indigenous centred but open to anyone in Saskatchewan.

## Gambling Awareness Program.

Submitted By:  
Shauna Altrogge, Director

# A Word from the Director



**In the realm of Canadian pastimes, gambling has undeniably secured a prominent place.**

From the glittering lights of casinos to the convenience of online platforms, the allure of chance and fortune has woven itself into the fabric of our society. We gamble to win, socialize, compete, escape, avoid negative feelings, alleviate boredom, or remedy loneliness. In recent years, however, the landscape of gambling has undergone a profound transformation, with implications reverberating throughout Canada, including Saskatchewan.

As the allure of wagering has seeped into the mainstream propelled by the legalization of single-event sports betting across Canada, Saskatchewan stands witness to a burgeoning trend of interest and engagement in sports gambling. It can affect anyone, however, young males are a demographic of concern.

GAP has been there to contextualize what youth are experiencing, help shape the conversation, educate, and help build resiliency. Our programs are developed to help educate youth but also to help support parents, teachers, wellness coordinators, coaches and others that are involved in their lives. Outreach efforts with the general public, post-secondary students, protective services, and older adults helped round out our year.

As stewards of public health and advocates for responsible gambling, GAP stands at the forefront in Saskatchewan. Our mission, rooted in education, prevention, and support, kept us committed to our work with all demographics, from far north to down south and many points in between.

# A YEAR IN REVIEW

#GAMBLINGAWARENESSPROGRAM

1 14,177 individuals were impacted through GAP's direct programming, including youth, post-secondary students, older adults, general public, those in treatment and protective services. The end game is to encourage self-reflection and mobilize people to make healthier choices if gambling, gaming, or tech use is of concern.

2 The team delivered **414** presentations across Saskatchewan, and engaged crowds during 30 community events, **surpassing our targets by 25%**. A big shout out to our communities for seeing the value we bring and inviting us in. They helped us overachieve, and that is always a good thing!

3 With boots on the ground, we had **35 problem gambling disclosures** and those people were referred to some of the helping agencies.

4 **Saskatoon Minor Hockey Association (SMHA)** reached out to GAP and staff mentored their Wellness Champions that work directly with thousands of young hockey players as it relates to concerns with sports gambling.

5 The teacher's strike offered some unique challenges, mostly impacting scheduled visits or last minute changes to the class schedule. Amongst the slight chaos, youth sessions were the top of our leader board, delivering **286 class presentations, surpassing our target by 50%!**

6 Getting a head start, the GAP module audit across the suite of presentations was **completed** and a re-development was initiated.

7 Instagram helped **raise our profile** across SK, as we put a lot of energy and punchy personality into our video reel posts.

8 Responsible Gambling Awareness Week was a big hit in May 2023 – GAP was an integral part of both SIGA's numerous casino events, as well as Casino Regina and Casino MJ Player Events, called **We Have Friends and So Do You**.

9 **KIOSK Konection** – SIGA's interactive RG Kiosks were under development this year with the **inclusion of a GAP section**. The sleek new information kiosks will be placed on the casino floors at all 7 casinos to help support players.



## Some Highlights

Our story started way back in 1994, and as we looked ahead we wanted to prepare for our 30th year of operation. A plan was in place to punctuate this milestone with a GAP brand refresh. To help tell our story and capture the essence of our work in the community, we started with a new logo.

Our most common theme weaved into the work we do is community and communication. The speech bubbles represent the many, many conversations we have, all in an effort to raise awareness, educate and empower people to make healthy gambling choices!

### RESTO-BARS NEAR AND FAR

A CBC article had revealed “Saskatchewan’s new online gaming platform PlayNow.com generated \$31.8 million in wagers in its first two months of operation.” This raised some concerns there may be people that are playing beyond their means, spending more money than anticipated, and chasing losses in an effort to win that money back.

GAP decided to move forward independently with a Saskatchewan Resto-Bar campaign. Our goal was to help drive home the point that chasing losses is never a good idea and often leads to gambling-related harms. The campaign involved ads on both digital e-boards as well as classic poster ads, as a way to get the message out and reach a broader audience, with higher number of ads placed in men’s washrooms.

During the eight week ad campaign, ads were placed in Regina, Saskatoon, Prince Albert, Moose Jaw, Estevan, North Battleford, Swift Current, Weyburn, and Yorkton - some of our target regions. 58 classic board locations, and 131 digital e-boards placed in washrooms, created 700 impressions/week, and the campaign ran 8 weeks in April and May 2023, for a total of **5,600 impressions**. Results suggest there were **248 QR code** scans that linked individuals to a GAP RG page that offered additional information on chasing losses, a list of GAP PDF resources, and where to seek support.



# Gambling Awareness Program.



## Connecting with Post-Secondary Crowds

This year GAP fully returned to the complete interactive display experience across many campuses, connecting with 2,201 students. Students shared their concerns with gambling:

**“My roommate has a big problem with online sports. I took information on this. He is really bothering me with requests to borrow money. At the end of April, I’m moving out because I cannot deal with this and school at the same time. I hope that he will finally decide to get some help!**

**–Sask Polytech Student, Prince Albert campus**

Some international students attending university indicated they did not even know what gambling was upon arriving to Canada, while others had started in their home country of heritage. Unfortunately, many of these students suggest they are actively gambling. Some students shared that gambling is seen as a way to get out of financial problems, while others gambled to relieve loneliness and a lost connection to home.

**“I work in a convenience store and I have been trained in gambling. Our store owner doesn’t allow us to help people stop buying scratch cards because it makes him more money. A lot of old people buy 100’s of dollars’ worth every time..They spend so much money.”**

**-SK Polytech student, Moose Jaw**



## Healing Through Humour

This year Healing through humour turned 14, we completed the script for what will be our second feature film and are currently recording our 6th musical comedy album. We are in the process of making a new website and are always on the lookout for new members.

Respectfully submitted,

**Ian Morrison**  
Program Director



## H.O.P.E. Learning Centre

### Growth Amidst Challenges

The 2023-2024 fiscal year was a period of both growth and significant challenges for the Hope Learning Centre (HLC). Despite facing obstacles such as the departure of key staff and financial uncertainties, the Centre made impressive strides in expanding its reach and refining its programming.

Over the year, the Hope Learning Centre experienced a notable increase in student participation, with a 17% rise in unique attendees compared to the previous year. This brought the total number of students engaged in public programming to 345, up from 285 in 2022-2023. The Centre also saw a surge in course registrations, with 643 enrollments, reflecting the growing demand for its mental health education and support services.

Community engagement remained a strong focus for the Centre, which actively participated in several public events throughout the year. Through a series of presentations and display events, the Centre reached over 400 individuals, contributing to greater awareness and participation in its programs. In addition, private workshops provided valuable training to over 100 participants, further extending the Centre's impact within the community.

The Centre's Lunch Bytes Podcast continued to play a vital role in its outreach efforts, broadcasting 44 episodes with a cumulative live audience of 846 across various platforms. The podcast has become an essential tool for the Centre, enhancing its visibility and fostering a broader conversation around mental health.

Social media also played a crucial role in the Centre's engagement strategy. The Hope Learning Centre's online presence grew significantly, with its follower count reaching 374 across platforms. Instagram, in particular, showed exceptional engagement, with an impressive rate of nearly 12%, underscoring the Centre's ability to connect with its audience in meaningful ways.

Financially, the Centre generated \$25,807.85 from its services, surpassing its projected revenue target of \$20,000. This revenue was derived from a combination of private workshop bookings, presentations, and public workshops. Despite these gains, the Centre faced financial challenges, including a potential deficit of approximately \$4,192.15 due to lower-than-expected grant funding and increased operational costs. However, it is important to note that in our final program audit, we ended the year with a small surplus of \$7,630.00, which was carried over to the start of the 2024-2025 fiscal year.

Staffing posed another challenge, as the Program Director took a 10-month paternity leave, impacting long-term growth and grant applications. Although the acting Director managed day-to-day operations, the absence of the regular Director slowed some aspects of the Centre's strategic development. This period also saw a reduction in social media campaigns and advertising, which affected the Centre's visibility. In addition to the Director's leave, the Centre also parted ways prematurely with one of our contract facilitators. While this was a small, part-time facilitation contract, the departure had a notable impact on staff morale, especially given the already reduced staffing complement. The remaining staff did an exceptional job maintaining program delivery through the latter half of Q3 and all of Q4, but the loss of this part-time position required extra effort from everyone. Two candidates were selected to fill the role, but neither remained available, and ultimately the position remained vacant.

Looking ahead, the Hope Learning Centre is taking steps to address these challenges and build on its successes. A new website, set to launch soon, promises to save the Centre approximately \$10,000 annually while enhancing user experience and program accessibility. The Centre is also adjusting its program schedules to increase participation rates across all available courses. The proposed schedule will divide the upcoming year's weekly operations into two parts: Monday and Tuesday will focus on public courses and workshops, while Wednesday and Thursday will remain available for private bookings. Historically, our course scheduling limited the opportunity for additional private bookings, despite ongoing community requests. With this change, we aim to better accommodate these requests.

Additionally, the Centre is addressing a persistent issue: while registration rates are high, actual class attendance remains stubbornly low. By limiting public courses to just two days a week and reducing the number of classes available for registration, we anticipate an increase in participation rates. Our registration data shows that students often register months in advance but fail to attend on the course date. By shortening the registration window, we hope to see an improvement in course attendance. This adjustment should help address issues such as changing student schedules, forgotten registrations, and fluctuating student availability, which we believe are significant factors in student absenteeism. We will ultimately evaluate whether this change has the intended positive effect on course attendance.

Finally, as we look to the future of this program, there is one major component that remains missing. The Hope Learning Centre was envisioned as a hub of services for the community, yet we have not successfully integrated our services with the other CMHA branches in Saskatchewan. To address this, the Centre will embark on an ambitious 3-phase pilot project during the 2024-2025 fiscal year, aiming to connect our services with those of other CMHA branches across the province.

### Phase 1

In Phase One, we will reach out to each branch director and relevant staff to propose using the HLC to support branch members. Our goal is to offer HLC courses during time slots that complement existing branch programming schedules, ideally filling open programming slots. To facilitate this, we will equip each branch with the necessary audio-visual technology to establish a functioning “satellite classroom.” Through this satellite network, the HLC will provide virtual course facilitation to the branches, with each branch responsible for having a peer support staff member on site to ensure that students remain in a safe and supported environment.

### Phase 2

Phase Two of the project will focus on standardizing the technical equipment across branches, provided each branch opts into Phase One. This phase will likely involve two visits to each branch location – first to assess the satellite classroom and provide recommendations for the necessary equipment, and second to assist with the installation of that equipment once purchased. By ensuring uniform capabilities at each location, the HLC will be better equipped to support branches in the event of technical issues and ensure a consistent and satisfying student experience. The quality of video and sound will be crucial to the immersive student experience, and we aim to make it feel as close as possible to being in the same room with the facilitator and other students.

### Phase 3

In Phase Three, we will use the data from this pilot project to expand our efforts to other locations, particularly rural and remote communities with limited services. Our goal will be to close service gaps, engage with a variety of community partners, and improve the lives of people in these more isolated areas. We plan to utilize the Starlink network to address the issue of limited high-speed internet availability in these regions. Although Phase Three may not take place in the coming fiscal year, we aim to have a solid program proposal in development for fiscal 2025-2026.

The Centre remains steadfast in its commitment to providing accessible mental health education and support across Saskatchewan, and with its ongoing efforts, it looks forward to another year of growth and impact.

Respectfully submitted,

**Daniel Blondeau**  
Program Director

## Transition Magazine

When its then editor Ted Dyck retired in July 2022, TRANSITION took a hiatus to initiate a consultation process with relevant stakeholders to determine the future of the magazine. The result of this process is a revamped format: a slightly shorter magazine exclusively dedicated to writing for mental health and available both digitally (free of charge) and in print (annual subscription fee of \$15). Since its redesign, we have published two issues under my editorship, the 2023 Fall/Winter issue and the Spring/Summer 2024 issue. We will continue to publish two issues per year, and each issue will feature poetry, fiction, and non-fiction with a mental health focus by Canadian contributors as well as submissions from our Writing for Your Life (WFYL) group members across the province.

Showcasing the work of our WFYL group members makes TRANSITION a truly unique publication. It underlines the magazine's biggest contribution in the mental health realm, to quote Ted Dyck: "to encourage better writing by its contributors while they are writing to get better." With this idea in mind, the bi-annual WFYL contest has been replaced with a bi-annual writing challenge. This writing challenge allows group members to workshop their best work with their group facilitator and peers and to share this work with the public. For if writing helps promote better mental health, so does having your voice heard by others.

Respectfully submitted,

**Mareike Johnson**  
Transition Magazine Editor

## CMHA Sask Division Youth Programming

Bounce Back for Youth® offers individualized coaching to build skills with you who are experiencing mild to moderate depression and/or anxiety. This program was developed by CMHA-BC. It offers Cognitive Behavioural Therapy (CBT)-based mental wellness tips and strategies, and accompanied by workbooks that a participant goes through, one-on-one with a trained Bounce Back for Youth coach, Etchu Besong. As of August 2024, we are actively engaged in one-on-one support with 27 youth participants aged 13-29.

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. In order to join a group, all that is required is a self-referral to ensure the information and booklets are received before a group starts. So far in 2024, our group facilitation has involved two groups of 29 and 15 respectively, making to a total of 44 participants.

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 us as they wait for appointments within the formal system.

Education for classrooms, teachers, and school 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. Julia Rackow, with their team, manages to server to ensure that members participate responsibly. The month of August, 2024 was busy as Julia and their team were engaged in play testing the server and upgrading it to the current version of 1.21. Upgrades are expected to be completed by the end of September 2024.

MS^2 has been a platform to link youth to our internal services such as Bounce Back 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. It is growing and becoming a community where members are always quick to respond and support other members who are feeling vulnerable in one way or another.

Through this youth programming, we have reached approximately 145 specific youth ages 13-29 as of August 2024, and have spoken to many more groups, families and classrooms overall.



# Justice Community Support Program

## Serious Violent Offender Response

The Justice Community Support Program (JCSP) has supported clients with a mental health impairment and a designation on the Serious Violence Offender Registry (SVOR) for the past 11 years. JCSP is intended to bridge the gaps individuals face upon being released from incarceration and re-integrating into their surrounding community. Such gaps include, but not limited to, obtaining appropriate housing, being connected with appropriate support services, establishing pro-social relationships and implementing coping strategies for mental health and addictions. The mental health of clients is a central pillar in the work of the JCSP, where inadequate mental health support can leave a client with the same criminogenic risk profile as before. Justice Community Support Workers (JCSW) assist in targeting symptoms of mental health so clients can productively work on improving other risk-relevant areas in their lives. Although, it is important to acknowledge the complex interrelationship between mental health symptoms and criminogenic risk factors. Mental health interventions are considered as an adjunct, and not a replacement, for addressing such risk factors. For this reason, the wide range of daily supports offered by JCSW's for SVOR clients are client centered and based on each client's goals and unmet needs.

The JCSP collaborates with several key SVOR partners, which includes RCMP/City Police, Community Corrections, Offender Services and Crown Prosecutors. The collaboration helps reinforce probation orders, develop relapse prevention plans, address criminogenic risks and reduce recidivism rates, which ultimately, increase public safety in Saskatchewan. With program locations in Regina, Saskatoon, North Battleford and Creighton, JCSWs travel to clients throughout the province, resulting in the ability to fill the unique gaps of service in different areas.

In 2023, the Director began tracking statistics related to the operational deliverables of the program. As the program's foundation lays in establishing and maintaining contact with clients in the community, the statistics display how effective the JCSWs can be in meeting unmet needs and reducing barriers to meet such needs. Despite the slight yearly decrease in the overall contacts with clients (where Regina and NE were without a JCSW for a couple of months), there were increases in other important services.

Location Area	Average Caseload	Contacts
North Battleford	13.5	943
Regina	10.4	166
Saskatoon	10.8	345
Creighton	8.4	59

	2022-2023	2023-2024
<b>Overall Contacts with Clients</b>	<b>1665</b>	<b>1513</b>
<b>Contact with Clients in Custody</b>	111	242
<b>Saskatoon Contact with Clients on First Nations</b>	95	151
<b>Transportation to Services</b>	291	364
<b>Client Advocacy</b>	211	282
<b>Psychoeducation</b>	79	247

Psychoeducation lessons were included more frequently throughout the year, particularly when clients were incarcerated. JCSWs utilized this time to work on mental health literacy with clients, however, client engagement was an evident barrier. Low engagement could be attributed to readiness to learn/participate, illiteracy, clients being in crisis or impaired, insufficient therapeutic alliance or prioritizing other immediate needs. Additionally, transportation to services increased significantly. The most common purpose for transportation was to assist the client with community stabilization, connection to community services and client advocacy. This highlights how important the JCSP is in reducing barriers to services/supports, as without such transportation, clients may not have accessed the services/supports they needed.

As 2023-2024 was a year of growth and transitions, the growth and transitions continued in July 2024, when Angela Hounjet was welcomed as the new JCSP Director. The warm welcome offered individualized meetings to occur with JCSWs and SVOR partners, where the meetings reviewed the history of the program and openly discussed future endeavors. Some goals that arose from these meetings include standardizing JCSP procedures across locations, creating on-boarding material for new employees on Sharepoint, continuing to establish a working relationship with RCMP and providing further training for JCSWs in Forensic Cognitive Behavioural Therapy to use for additional psychoeducational purposes. Focusing on these goals will strengthen not only our JCSP team, and the efficacy with clients, it also strengthens our relationship with SVOR partners, as we work towards providing enhanced risk management and risk reduction to high risk, serious violent offenders.



Submitted By:  
Julius Brown, Director

## Empowering Recovery and Resilience for Veterans, Public Safety Personnel and their Families

### Operational Stress Injury – Canada (OSI-CAN)

The OSI-CAN initiative continues to significantly impact the mental health and well-being of front-line protectors and their families, offering a beacon of hope, fostering resilience, and supporting recovery. Over the past year, we have engaged with and positively influenced the lives of 3,077 individuals.

For this chart, “members” designates all persons who live with OSI/PTSD and are part of the OSI-CAN network –veterans, front-line protectors, paid and volunteer workers in many fields. The members may interact on more than one occasion, which gives a cumulative number of “opportunities to serve and support” this year.

OSI-CAN during the 2023-24 Year	Opportunities to Serve and Support	Number of Individuals
<b>COMMUNITY PEER SUPPORT:</b> 15 specially trained Peer Support Facilitators in 13 groups around Saskatchewan offered a safe, healing experience for 85 members (veterans and front-line protectors) who attended one or more weekly meetings. Over the year, we counted 2,652 persons who attended Community Peer Support meetings.	<b>2,652</b>	15 Peer Facilitators +85 members = 100 members
<b>FAMILY SUPPORT:</b> 104 partners, spouses and children participated in events and received support through OSI-CAN an average of three times in the year.	<b>312</b>	104
<b>SYSTEM NAVIGATION FOR REFERRALS:</b> The two office workers and the 13 Peer Support leaders answered at least 842 inquiries for crisis and general support and guidance in linking with other community resources to meet their needs. Some people call once, and some keep in touch regularly. Answering the phone served 500 people during the year.	<b>842</b>	500
<b>EQUINE ASSISTED LEARNING:</b> 45 veterans, protectors and family members experienced one or more one-hour sessions of learning with horses. The three Healing with Horses Reset Events were each filled to capacity at 20 participants for a total of 60.	<b>105</b>	45 + 60 = 105



<b>FINANCIAL SUPPORT FOR PROFESSIONAL COUNSELING:</b> OSI-CAN reduced financial barriers for 5 members who struggle with operational stress injury and PTSD. Many sessions were for people waiting for services through WCB or mental health clinics.	<b>9</b>	<b>5</b>
<b>SERVICE DOGS</b> provide support for persons whose lives are limited by their stress injuries. A service dog allows them to leave their homes, participate in the community, and improve life quality. With donors' generous support, 2 members could purchase a service dog that would support the member every day for several years.	<b>2</b>	<b>2</b>
<b>Total</b>	<b>3,922</b>	<b>816</b>

## Supporting a Diverse Demographic

OSI-CAN, established in January 2016 through a collaboration between the Canadian Mental Health Association Saskatchewan Division and the Royal Canadian Legion Saskatchewan Command, takes pride in its commitment to a broad range of individuals. Our primary focus is Veterans and Military, Police and Justice professionals, Emergency Communications, Emergency Medical Services, Indigenous Emergency Management, Health Service Providers, Fire Protection Services, Wildland Firefighters and Volunteer Firefighters. Other groups that could benefit include Social Workers, Accident Clean-up Crews, Conservation Officers, and Veterinarians. Essentially, anyone who has the potential to develop an Operational Stress Injury (OSI) through operational duties in their paid or volunteer work. Family members, including spouses, partners, and children, are also eligible for support.

## Peer Support

Our approach to recovery stands out for its inclusivity. OSI-CAN doesn't require a formal diagnosis or referral to utilize its services. Across Saskatchewan, we facilitate 13 weekly peer support groups, offering a secure and confidential space for individuals to connect, share, and heal collectively. These groups, with an average attendance of five people per session, provide an essential platform for fostering mutual understanding and support.

OSI-CAN provided specialized training for 12 recovery-focused peer support group facilitators. This ensures that our support groups maintain a focus on the unique needs of individuals on their recovery journey.

## Professional Counselling

Financial constraints can be a barrier to extended counselling sessions. OSI-CAN extends financial assistance for individuals to access the support they need for their mental health, making resources available to all those who seek help on their path to recovery.





## Additional Support Services

We recognize that recovery often requires a holistic approach. OSI-CAN has an extensive network of service providers to link members with essential resources, including housing, addiction services, vocational training, psycho-social rehabilitation, prescription advice, and financial assistance for acquiring service dogs.

## Equine Therapy and Healing with Horses

Our Equine-Assisted Learning Programs, which encompass Sunday Equine-Assisted Learning and Healing with Horses ReSet events, have been transformative. These programs use the empathic nature of horses to teach symptom management and promote mental wellness. The combination of structured learning with equine interaction has a powerful impact on supporting individuals on their journey towards improved mental health.

## Expanding Our Reach

OSI-CAN is currently active in Manitoba, Saskatchewan, Alberta, and British Columbia, and we are excited to announce our ongoing expansion into New Brunswick.

## Gratitude to Our Sponsors

OSI-CAN is profoundly grateful for the invaluable support we receive from various contributors, including private donors, communities, organizations, and businesses. We extend our heartfelt appreciation to our major sponsors for the period of 2023-2024. Your generosity plays a pivotal role in sustaining and enhancing the impact of our initiatives. A special thank you to the following sponsors:

Grants and donations allowed OSI-CAN 3,922 + opportunities to offer support and healing to persons dealing with operational stress injuries related to the work they do or have done to serve our country and communities. **The number 3,922 represents OSI-CAN providing an average of more than 10 meaningful interactions and interventions every day during the year.** *Note: we primarily work office hours and take holidays, so based on 48 weeks @ 30 hours = 1,440 hours, OSI-CAN averages a healing difference more than twice per working hour!*

- Saskatchewan Veterans Service Club
- Royal Canadian Legion SK Command
- Hill Ave Drug
- High Noon Optimist Club
- YXE First Responder Fitness Festival
- First Responders Half Marathon
- Saskatchewan Government and General Employee's Union (SGEU)
- RCMP Depot Spin-O-Thon
- CTV

Your support enables OSI-CAN to continue its mission of providing crucial assistance to front-line protectors and their families. Thank you for being integral partners in our journey towards a healthier, more resilient community.

## Stay Connected

For the latest updates on OSI-CAN's activities and events, please visit our website at [osicansk.ca](https://osicansk.ca).

Stay connected with us on social media by following our Facebook Page (#osicanrecover), X (Formerly known as Twitter) (@osican\_ptsd) and Instagram (@osican\_support) accounts. Look for our new Indigenous Land-Based Healing Program.

In summary, OSI-CAN is committed to the mental health and well-being of Veterans, Public Safety Personnel and their families. Our mission is to provide the necessary resources in a supportive community to help them thrive in the face of operational stress injuries. We look forward to making a positive impact on the lives of those who selflessly serve our communities and country. Join us on this journey and stay engaged with OSI-CAN through our online platforms. You can also donate through our website at [canadahelps.org/en/dn/29044](https://canadahelps.org/en/dn/29044)

### SECTION 3

# CMHA Sask Division Branch Reports

This section contains detailed reports on our various branches throughout the province. Each branch has highlighted their successes in their programs and have outlines major events from the fiscal year.

# CMHA Battlefords Branch Annual Report 2023-2024

CMHA Battlefords Branch continues to offer programs, services and support to all in The Battlefords.

## Membership

We are proud to offer our Independent Fitness Program to our 164 members in 2023-2024; providing our program participants and those in the community access to the local Fieldhouse and Aquatic Centre, making fitness a key part in their mental health recovery and wellness journey.

We have over 60 members who regularly participate in our social/recreational/wellness and vocational (work) programs.

## Vocational, Training Employment Program (TEP)

Our teams continue to contribute to the community through our TEP program, along with providing our member participant's meaningful work, connection and skill development. There is a large demand for participation in this program. We are thankful to our customers and partners who use our services, which create these opportunities for our members.





## Social, Recreational and Wellness Program

Our member participants enjoy a variety of outings and activities throughout the year, including ongoing events, community events, special events and tours. Shopping, suppers and coffee outings are highly popular. We have designated days for senior outings and keep active through swimming, walking, golfing, and bowling as a few ways to keep physically active for mental health wellness. These activities promote positive mental health, social connections and interactions and help build one's confidence and self-esteem. In July 2023, a group of member participants attended a tour in Edmonton with three staff members. They visited the Edmonton Zoo, Edmonton Science Centre, and Edmonton's Jurassic Park.



## Housing Program

Independence Commons Housing continues to house eight tenants (full capacity); they have a Tenant Support Worker who is there to coach, guide and support them in maintaining their abilities to live independently. There was over 340 visits by the Tenant Support Worker with the tenants over the year. There is a waiting list for those interested in applying for this unique housing program for those living with a lifelong mental health and addictions journey.



## Living Wells Learning Centre

Unfortunately, CMHA Battlefords did not have the capacity to re-boot this recovery college model of delivering education within the community and to our members. This will be a key focus in 2024-2025.

## Peer Support Program

Our Peer Support Program was paused for a period due to staffing; affecting the number of hours, we were able to deliver. However, a focused effort made to rebuild relationships with prior program participants, promote the service to support new members and were able to get things back to a normal rhythm.

CMHA Battlefords Branch appreciates and is extremely grateful for the continued support from the individuals, businesses and partners within the Battlefords and beyond. Thanks to all those who hosted events in support of mental health, participated in CMHA initiatives, and attended CMHA or community events advocating and supporting mental health. There are so many! A special acknowledgment to the Saskatchewan Health Authority and CMHA SK Division.

CMHA Battlefords board and staff are looking forward to living out the possibilities of what is ahead that enhances the programs, services and support provided in the communities we serve.

Thanks to the Board for their leadership and support and the staff for their continued commitment and efforts in supporting those, we serve, driven by our mission, vision and values.

Stay well,

**Michele Winterholt**

Executive Director, CMHA Battlefords Branch

## CMHA Melville Branch Annual Report 2023-2024

We started off our year by hosting another dessert theatre which was a huge success. Funds raised at this event allow us to continue to offer training and workshops at a discounted rate to members in our community. It also allows us to provide donations to organizations in Melville and surrounding areas to assist them in putting on events that support mental health.

Buddy Benches were donated by our branch to St. Henry's Junior and Senior Schools. These benches were made by Omar Welding who gave our group a special rate to ensure we can get benches to all schools in Melville and surrounding areas.

We tried hosting another Talk, Ask, & Listen workshop with DoMore Ag in the fall, but unfortunately due to lack of registrations we had to cancel this event. We also investigated offering a session on technology addictions but, again due to lack of interest, we were unable to make it happen.

The holiday season saw us once again run our Spread the Love campaign. We received many cards and pieces of artwork for schools in our community and were able to deliver these cards to people living in group homes, nursing homes, and senior apartments.

We finished off our year by offering Mental Health First Aid. As always, this course was well attended. We look forward to hosting it again in the coming year.

Our dedicated volunteer board of directors continues to work hard trying to find different ways to support mental health in our communities. Our mixed areas of knowledge provide us with an opportunity to think outside of the box and hopefully make a difference in the lives of our neighbours.

Well wishes,

**Tania Moore**  
Executive Director

# CMHA Moose Jaw Branch Annual Report 2023-2024

As we reflect on the 2023-2024 fiscal year, I am filled with pride and gratitude for the incredible work our team at the Canadian Mental Health Association (CMHA) Moose Jaw Branch has accomplished. In a world where mental health challenges continue to touch so many lives, our commitment to providing support, education, and resources has never been stronger.

Throughout the year, we've witnessed an increased demand for mental health services and education in our community. Despite the challenges of balancing rising costs with available funding, our dedicated team has worked tirelessly to meet these needs, providing support and programming for those experiencing mental health struggles.

This report showcases our achievements, highlights our impact, and demonstrates the vital role CMHA Moose Jaw plays in fostering mental wellness in our community. From innovative programs to community partnerships, every initiative reflects our unwavering dedication to improving mental health for all.

## Services & Activities

### Public Education

Our commitment to public education remained strong throughout the year, with a diverse range of presentations and community engagement activities.

- **Youth Mental Health Symposium:**

In April, we presented “Mental Health 101” at the Prairie South School Division’s virtual workshop, reaching approximately 700 students and staff.

- **Mental Health Week:**

In May, we participated in CMHA Mental Health Week, promoting the theme “#MyStory” to build connections and reduce stigma through storytelling.

- **Sidewalk Days:**

July saw us engaging with the community at Moose Jaw Sidewalk Days, where we distributed over 600 custom-made pins and shared information about our services.

- **Mental Health and Aging Series:**

From September to December, we delivered a four-part series at Mulberry Estates retirement home, addressing topics such as anxiety, life changes, end-of-life concerns, and grief and loss.

- **Talk Today Workshops:**

We presented the Talk Today workshop to two hockey teams - the Moose Jaw Warriors Hockey Club and the Athol Murray College at Notre Dame Junior “A” team, focusing on suicide prevention and mental health awareness.

- **The Push-Up Challenge:**

In February, we participated in the inaugural Canadian edition of The Push-Up Challenge, raising over \$1,500 for our branch and contributing to a national total of \$2,453,922 for CMHA branches across Canada.



## Peer Support

Our Peer Support offerings have been a cornerstone of our services, providing valuable support to individuals on their mental health recovery journey.

### ▪ Individual Peer Support

Throughout the year, we provided one-on-one peer support to numerous clients, offering a listening ear and shared experiences to foster hope and recovery. Our individual support program reached 80 unique clients throughout the year, with 384 calls or meetings, demonstrating the continued need for personalized support in our community.

### ▪ Group Peer Support Programs

Throughout the 2023-2024 fiscal year, CMHA Moose Jaw Branch continued to provide a wide range of programs and services to support our community's mental health needs. Here's a summary of our program attendance:

#### ▪ FH Wigmore Hospital Mental Health Group

This weekly program reached a total of 151 attendees over the year, providing crucial support to individuals in hospital care.

#### ▪ Coffee & Connection Social Group

Our most popular weekly program, with a total of 327 attendees throughout the year, fostering social connections and community support.

#### ▪ Lunch Bytes

This weekly program saw consistent attendance, with a total of 101 participants over the year.

#### ▪ Mental Wellness

Learn Share Grow: Introduced in Q2 and running weekly thereafter, this program quickly gained traction with a total of 137 attendees, demonstrating the community's interest in in-depth mental health education.

#### ▪ Writer's Group

Meeting every other week, this creative outlet engaged 80 participants throughout the year.

#### ▪ Games Night

Video Games/Dungeons & Dragons: Another bi-weekly program that proved popular, with 104 attendees over the year, providing a fun and social environment for participants.

### ▪ Wellness Walk & Talk

This seasonal program in Q1 and Q2 attracted 23 participants, encouraging physical activity and social interaction.

### ▪ Support Group

Allies for Mental Health: Introduced in Q3 and meeting twice a month, this new initiative for supporters of those with mental health challenges engaged 16 participants.

## New Initiatives

We introduced a summer Wellness Walk & Talk group in Crescent Park. In October, we launched “Allies for Mental Health: Helping the Helpers,” a support group for those supporting loved ones through mental health challenges.

## Mental Wellness Learn Share Grow

In response to changing needs, we rebranded our “In It Together” program to “Mental Wellness: Learn Share Grow.” This weekly program provides in-depth information on various mental health maintenance topics, encouraging discussion and participation. Topics covered throughout the year included:

- Emotions and Emotional Processing
- Relationships and Communication
- Loneliness and Connection
- Managing the Holidays
- Habits and Behavior Change
- Emotional Awareness
- Physical Health Effects on Mental Health

## Psychosocial Activities

Various one-time or seasonal activities engaged our community members:

- Dungeons & Dragons Movie Night
- MJ Millers Express Baseball Games
- Art Gallery Visit
- End of Summer Wind-Up
- Holiday Party
- Drumming Class
- Holiday Movies
- Coffee & Games

These numbers reflect not just the quantity of our services but the quality and diversity of support we offer to the Moose Jaw community. From ongoing weekly programs to special events and one-on-one support, CMHA Moose Jaw Branch continues to adapt and respond to our community members' varied mental health needs.

## Community Engagement and Partnerships

We continued to strengthen our community ties through various initiatives:

- **Moose Jaw Warriors Partnership**

We sponsored the annual Talk Today Mental Health-focused game in February, raising awareness about mental health among hockey fans.

- **Journey to Hope**

We participated in the annual Walk for Hope event, sharing information about our services and speaking about suicide prevention.

- **Community Changemakers Workshop**

In December, we attended this workshop and collaborated with government officials, community organizations, and local businesses to address pressing community issues.

- **John Howard Society Youth Home**

We hosted support staff and clients, providing information about our services and engaging youth in a button-making activity.

## Vocational Program

The CMHA Moose Jaw Vocational Program has demonstrated its effectiveness in supporting individuals with mental health challenges to gain valuable work experience, improve their skills, and transition into employment or further education. The program's individualized approach and strong community partnerships have been key to its success in positively impacting participants' lives and employability. The Moose Jaw & District Food Bank has been a key partner, providing valuable work placement opportunities for multiple participants. The program successfully adapted to various challenges, including participants' health issues and the need for more intensive support in some cases.

## Looking Ahead

As we move into the new fiscal year, CMHA Moose Jaw Branch remains committed to addressing the mental health needs of our community. We will continue to adapt our programs, seek new partnerships, and find innovative ways to support those in need.

We extend our heartfelt thanks to our staff, volunteers, partners, and the Moose Jaw community for their unwavering support. Together, we are making a difference in the lives of those affected by mental health challenges, and we look forward to continuing this important work in the years to come.

Respectfully submitted,

**Dusti Hennenfent**  
Acting Branch Director

## CMHA Prince Albert Branch Annual Report 2023-2024

The Prince Albert branch of CMHA is currently completing interviews for the Executive Director position. We hope to fill that position very soon.

Our programs are up and running successfully. These include the lunch program which is always well attended, art program with our new art instructor, Cathy Lacey, Writing For Your Life workshops with Lynda Monahan. The Writing For Your Life group is launching its third collection of stories and poetry titled My Heart is a Fancy Place at the Prince Albert Library on September 16th.

Our song writing and music program with Lee Raymond is our newest program which has created interest. Our janitorial, maintenance and kitchen work programs are continuing successfully.

Clients from The Nest enjoy regular barbecues and picnics at The Little Red River Park. Pool tournaments, karaoke and bingos continue to be enjoyed. We have an exercise program involving walking and tai chi. Our hydroponics program continues to supply fresh produce to our meal program and others.

We have successfully completed our Mental Health First Aid courses in June which were very well attended. Our apartment rentals are full, which means our independent living program is doing well.

A real success is one of our independent living clients has moved on to a steady job, getting married and is now living on his own. Another independent living client will be completing her social work degree and moving on next year.

Looking to the future, we are considering re-opening the second hand store, having two of our clients proficient in beadwork offering classes in beadwork and making dreamcatchers, a quilt making program. We are considering offering more Mental Health First Aid courses. We are excited to see what the future brings for our organization.

Well wishes,

**Don Monahan**  
Interim Executive Director

## CMHA Regina Branch Annual Report 2023-2024

In November 2023, Leroy Berndt, our previous Executive Director resigned after five years of service. At that point, the Board's Executive Committee appointed me, Shannon Patton, as Interim Executive Director. I am pleased to submit the CMHA Regina Branch report for the year 2023/2024. It has been a pivotal year for us with several challenges but also of significant progress, growth, and continued dedication to supporting mental health in our community. As with most non-profits, finances are of concern, but we continue to navigate through, knowing that what we do is important to our members and our community as a whole.

One of our highlights this year was the launching of our Capital Campaign.

The Capital Campaign for Mental Health, to refurbish the building, was launched on September 26, 2023, with a press conference held at the branch. This has been a huge project taken on by the Building Committee chaired by Diana Hawryluk and supported by branch management and various community partners/sponsors. Our building was constructed in 1951 and is owned outright by CMHA Regina and as most of you know, our site is ideally located to serve our members and the community.

I am pleased to advise that the outside of our building is complete. We will be starting on the roof within the next year, followed by the HVAC and electrical updates etc. If you haven't driven by the building lately, I invite you to do so, as it looks awesome, inviting and a place where people can come and feel at home. We believe strongly in the concept, when you look good, you feel good. This applies to our building as well. For more information on the campaign itself, I would invite you all to visit our website at [cmharegina.com](http://cmharegina.com) and click on the *Capital Campaign* tab.

Our branch continues to be a place where people can come and feel safe and supported. Where people who have found themselves in dire straights receive assistance with system navigation, a lunch or snack and most importantly, a friendly ear, willing to listen.

I look forward to what lies ahead for our branch, and I know because of the dedicated and supportive staff and Board of Directors, we will continue to flourish. Some of the programming area's achievements are highlighted below which will give you an idea of the wonderful work being done.

Respectfully submitted,

**Shannon Patton**  
Interim Executive Director



## Pre-Vocational Program

**Submitted By:**

**Sue Beug, Pre-Vocational Team Leader**

The Pre-Vocational Program and our infamous drop-in center continues to offer many opportunities to “actively be part of a community”, helping individuals build connections to each other and in essence gain a sense of stability. Pre-voc has exposed our members to new programs, different outings and educational sessions. Things such as photo-walks, morning stretch class, anxiety and reality therapy support sessions, as well as various arts and crafts—all tailored to the abilities of our members.

The drop-in center was utilized **11,184** times by **496 unique individuals**. The daily average was 41 in April going up to 50 daily by December through March. Staff delivered 93 different types of structured social-recreational activities and educational/wellness sessions that occurred **1285** times which members participated in on average of **17 people per activity = 21,404**.

We were pleased to offer practicum placements to 6 Nursing Students, in three semesters. They helped enhance our programming with weekly sessions on wellness strategies, health education, health clinics, and they updated our community resource board.

In June the club hosted a Traditional Indigenous Feast for National Indigenous Peoples Day. We welcomed Elder Calvin to share teachings on practices like the use of Indigenous Medicines and Smudge protocol. Members enjoyed learning about Talking Circles, Tobacco Ties, Creating your own Healing Circle, Smudge Kits, Horse Therapy, etc.

The best champions of our cause are those who use our services and I am pleased to share the following testimonial:

**“The Canadian Mental Health Association has been such a wonderful place to visit; whether it be for a nice meal or to spend time in a welcoming environment, I have always felt welcome since I was accepted as a temporary member last year.**

**I came from a place of low self-esteem, confidence and even love for myself but through some of the resources and kind staff, I have been able to return to the best person I know I can be. Thanks a ton, CMHA!”**

**-Anonymous**





## Vocational Program

**Submitted By:**

**Lorna Schmidt, Pre-Vocational Team Leader**

In our vocational program we provide a comfortable and empowering environment for the various members searching for job experiences. Our in-house training program provides clients a chance to learn skills and confidence that can be used to find a job in the community. Some of our members have struggled with all aspects of life because of their mental illnesses and addictions; creating challenges with finding work because of transportation, physical limitations, age, lack of skills, and medications which disrupt their sleep cycles and day-to-day functioning. Hence, the Vocational Program is twofold. Our members get paid training and provided supportive employment. We have 6 training programs including the Kitchen, Janitorial, Front Door Ambassador Program, Truck Crew, Peer Led Art Classes and Community Janitorial.

Our kitchen program offers members the opportunity to learn to cook in a commercial kitchen and work as a Team. All of the trainees receive Food Safe Level 1 and have the opportunity to cook delicious food with our Food Services Chef. The average number of members participating in this program per quarter is 6 members. In the past year, 8,120 meals were served to our members. In 2023, the Vocational Program **engaged 37 members with 114 appointments.**

Most of our clients have not worked in years. Some had never had a job. Many were in their 50's and 60's. In 2023, 12 of my 37 clients were new to the vocational program. Throughout the year, 8 of my clients have found jobs in the Community including roles driving a Paratransit bus, working as an Intake Worker, Medical Receptionist, Food prep, Housekeeping, Night Janitor, Receptionist, and construction. Some members need to work to make extra money for a better quality of life. Others want to finish high school or learn a trade. The one thing they all have in common is all of our clients need to have a reason to get out of bed each morning; to feel they have something to offer to society. The desire to learn and participate in society is the key to good mental health.



# Community Engagement

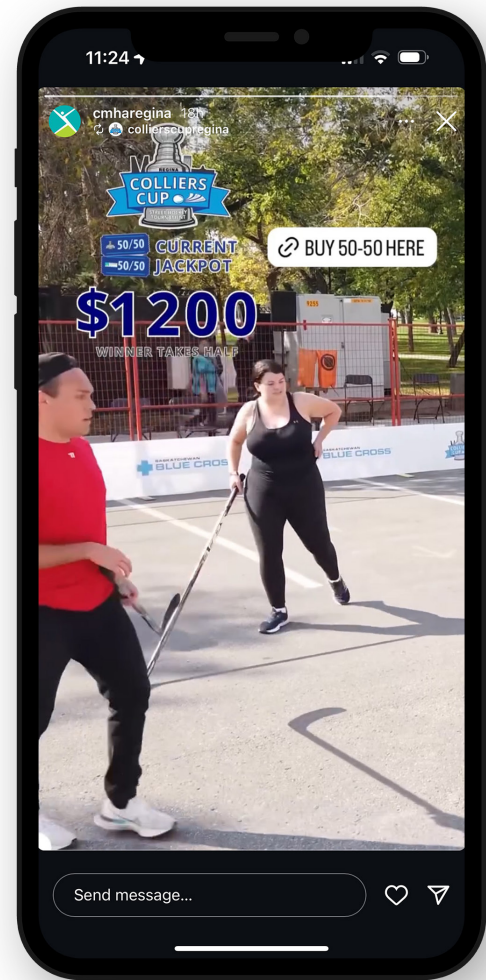
**Submitted By:**  
Shannon Patton, Director of Community Engagement/Interim Executive Director

The Community Engagement program remains very active in presenting educational and awareness opportunities in our community including to schools, community agencies and organizations. This past year **we reached 6,407 individuals with messaging about mental health and addictions** through 38 unique occurrences consisting of 10 events, 23 presentations and 5 training sessions.

We continue to work closely with our hockey teams who participate in our national TalkToday program called Team Up. The Regina Pats, Yorkton Terriers and the Melville Millionaires all received training this year. Team Up is a certificate training that provides education around what it means to be a team, suicide awareness, what that might look like in the various communities they represent (i.e. their home where they came from, their team community and their school community).

Three major fundraising events really stood out this year. The Derek and Teigha Meyers Foundation made a generous donation following Derek’s passing on March 28, 2023. The family created “The Derek and Teigha Foundation” and held the first ever “The Duke Golf Classic” in August 2023 for which we were the chosen recipient. Hundreds of friends & families participated, donated and had a wonderful time. The total donation raised was **120 thousand dollars**.

The second major fundraiser was the Colliers Cup Regina Street Hockey Tournament. This event raised 40 thousand dollars to put towards our capital campaign which combined with the monies raised at the 2022 event, a total of just over 60 thousand dollars has been donated to our branch. We are so appreciative of Colliers and are super pumped for the Colliers Cup Regina on September 12, 2024.



The third fundraiser that we were fortunate to be a recipient of was the Brandt Family Christmas. Canadian Mental Health Association was selected as 1 of 5 charities that would be donated to during the holiday season. As Brandt has a number of businesses across Canada, the local CMHA's in the areas where Brandt Industry has offices, would all receive a percentage of the monies donated. In our case, as we are one of the larger centres, our percentage was 44% of the total 57% that came to Saskatchewan CMHAs. The total for Saskatchewan was just over **\$44 thousand** with almost **\$20 thousand** coming to our Community Engagement area.

This year we participated in a new national fundraiser held in February called The Push-up Challenge. Here we joined thousands of Canadians in the #pushupforbetter mental health. The event was held virtually across the country with people choosing the CMHA they wanted their fundraising efforts to go to. We were pleasantly surprised with how many people participated in Regina resulting in our branch receiving just over 13 thousand dollars.

We are thrilled this past year to see a greater presence on our social media channels. The number of people following us on Facebook currently sits at 1.9K, Instagram at 830 and X (formally Twitter) at 711. Our Facebook reach went up by 114% and Instagram by 127.3% with visits to our Facebook page up 210.6% and Instagram up 13.7%. This is exciting and we look forward to our continued growth in this area. Please visit our website at [cmharegina.com](http://cmharegina.com) and like or follow us on X, Facebook and Instagram to stay up to date on the great things we are doing in Regina.

Each day we get to come to work and be with people who appreciate our support. We have noted an increase in people living with substance use issues which along with their mental health concerns makes them more in need of safety and support. Each day our staff comes to work with the knowledge that we have no clue what the day holds for us, but what we come knowing is that today, just like yesterday and the day before, we are making an impact in this world and in our city

Respectfully submitted,

**Shannon Patton**  
Interim Executive Director

# CMHA Rosetown Branch Annual Report 2023-2024

**Submitted By:**

Carmen Ledding, Branch Coordinator and Program Director

CMHA Rosetown has had a busy year expanding its community mental health education opportunities, HOPE Learning Centre programming, support groups, and collaborations with local partners.

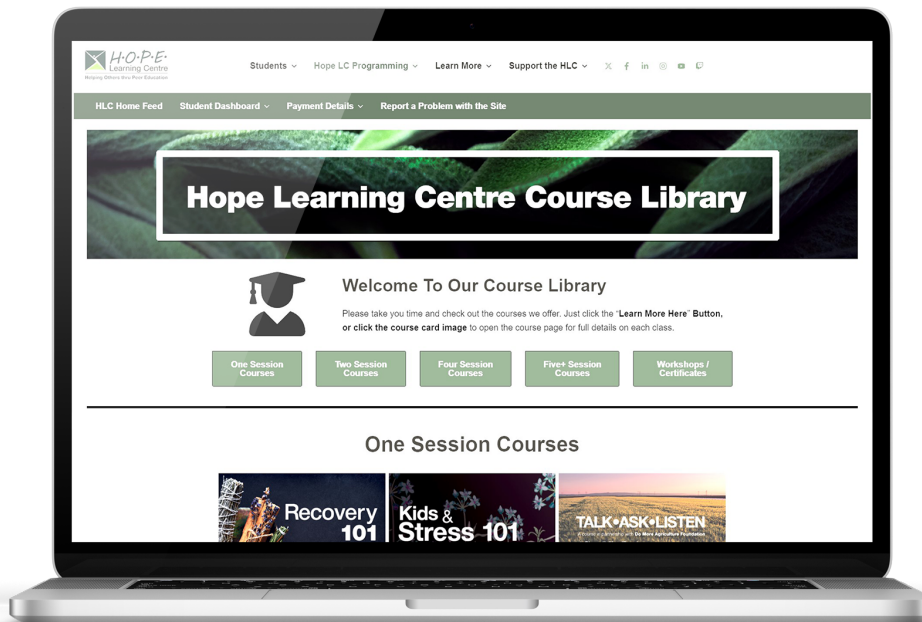
## SK HOPE Learning Centre

Our Branch Coordinator, Carmen Ledding, has been a valuable facilitator and program coordinator for mental health education with the HOPE Learning Centre (part of CMHA SK Division Inc.) since it began in 2020. The peer support and education available through HOPE LC has been a key resource for CMHA Rosetown as it continues its outreach within west central Saskatchewan. Over the past year, Carmen has facilitated 25 HOPE LC courses and lunchbytes to a total of 132 students. The virtual courses are particularly valuable to participants in rural Saskatchewan, who may not be able to travel for in-person classes.

**“The peer support component of our programming at HOPE Learning Centre is essential to people who have struggled with isolation, supporting their mental health, building healthy relationships or finding a sense of hope in their lives. It allows people to work on their mental well-being while acknowledging that they are not alone in their struggles, and someone understands and validates their experience.**

**We work on building healthy coping skills, hope, and a sense of empowerment that when we have a mental wellness plan and cheerleaders to support us in our growth, we can do hard things.”**

-Carmen Ledding, HOPE LC Program Coordinator

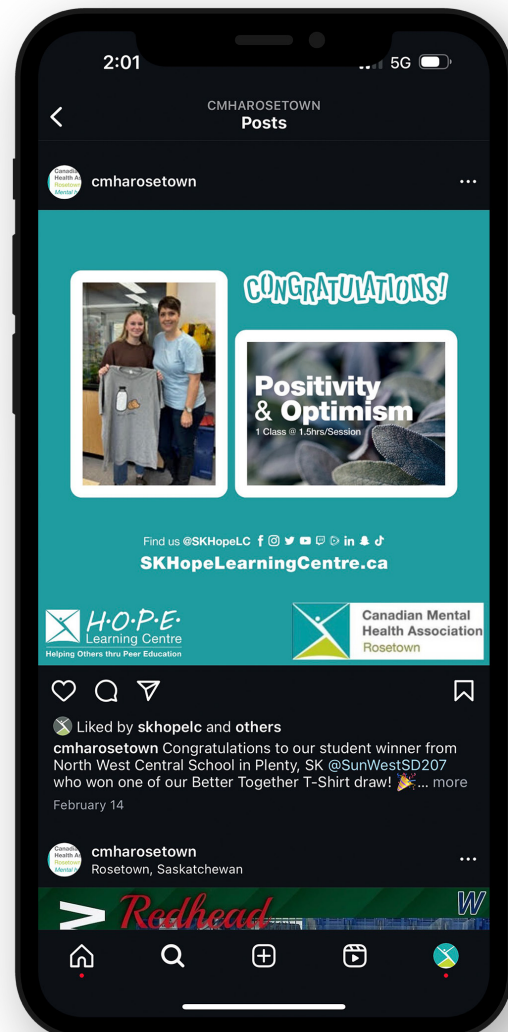


## Community Presentations

The demand for peer support and mental health education from CMHA Rosetown has propelled our outreach into community presentations in west central Saskatchewan and beyond. Carmen Ledding has delivered 12 community presentations to a total of 332 participants. These presentations include:

- **Finding Balance; Building Resilience**  
Saskatchewan Career & Work Education Association Retreat, Arlington Beach Camp
- **Managing Your Mental Health & Wellness; My Mental Health: Who's On My Team?**  
Gr. 4-9 students at Youth Kindness Conference, St. Gabriel's School, Biggar, SK
- **Well-being, Balance and Resilience; Workplace Boundaries**  
SunWest School Division Teachers Association
- **In the Bleak Mid-Winter: How To Cope With Loneliness & Isolation**  
St. Theresa's CWL, Rosetown, SK)
- **Positivity & Optimism**  
Gr. 10 students at North West Central School, Plenty, SK  
Gr. 9 to Gr. 12 students at Kindersley Composite School, Kindersley, SK

Carmen Ledding graciously accepted the Friend of SCWEA Award in May 2023, which is presented to non-educators who have assisted in the development and promotion of Career and Work Education in Saskatchewan, for the supportive resources provided in the presentations to educators. The teachers in particular have been very enthusiastic about the presentations that have been geared for their mental health and wellness, not just their students.





## Collaborative Partnerships

CMHA Rosetown is proud to take part in regular preventative mental health education opportunities in 5 high schools in west central Saskatchewan alongside SHA and SunWest School Division. One of our favourite programs is the Gr. 8 Mental Health and Addictions Awareness program, **TALK TO YOUTH LIVE**. Carmen Ledding prioritizes this program for its ability to discuss important mental health issues with youth before they find themselves in crisis. Ledding facilitates the **Peer & Community Supports** portion of the program, which promotes the discussion of available resources in our communities, who to reach out to if we need support, and how to access those supports. This year, we took part in 5 presentations to a total of 387 students across west central Saskatchewan.

## Team Up Suicide Prevention Education with the Kindersley Klippers

CMHA Rosetown has expanded its education outreach to athletes with another year of TEAM UP suicide prevention programming with the Iron Horse Kindersley Klippers. The program consists of one day of suicide prevention training, including discussions about the mental health risks among competitive athletes, how to spot a teammate and risk, and the supports available in our home/billet/team communities. Carmen Ledding facilitated the training with 28 athletes in October 2023, and followed up with a Game Day on February 9, 2024. Carmen not only did the puck drop, but sang the national anthem in the match-up between the Klippers and the Nipawin Hawks. We were honoured to include our game day guests, Kyle Parsons from Village of Hope (Eston) and Sandi Toner from SunWest School Division.

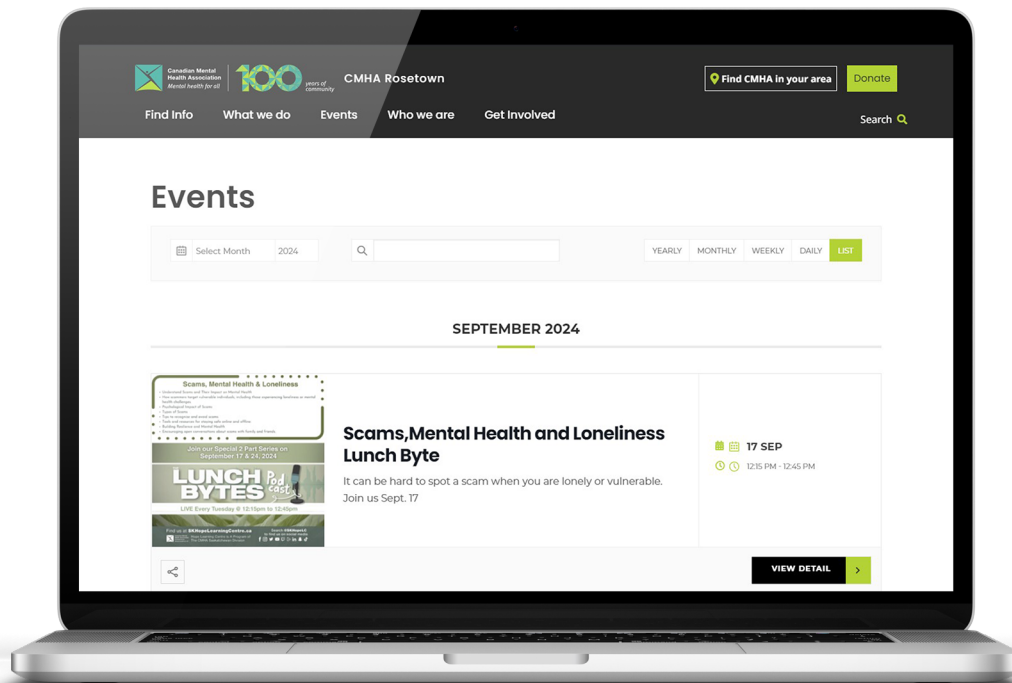




## Support Groups

Carmen Ledding also leads our core support groups at CMHA Rosetown, the Caregiver Support Group and our Parent Support Group. Both groups run twice a month throughout the year, and many of the discussions are supported by HOPE LC content and resources. Our Caregiver Support Group currently has 6 members and is for people who care for loved ones with dementia or palliative cancer, and is supported by the Alzheimer’s Society of Saskatchewan. This group discusses not only the ambiguous grief of watching a loved one decline, but delves into the complex family dynamics, exhaustion, grief, and even the complex legal issues of managing an estate. Our Parent Support group has 9 members, many of whom support children who are neurodivergent and struggle with mental health, school avoidance, sleep, and stress issues.

CMHA Rosetown is excited about continuing our outreach and community mental health programming. Follow us this year for exciting developments in our upcoming HOPE Learning Centre satellite classroom!



## CMHA Saskatoon Branch Annual Report 2023-2024

As we reflect on the past year, we are grateful for the progress made to advance mental health initiatives in our community and the opportunity to remember the people, events and programs that made this year significant. Working closely with CMHA National and CMHA Saskatchewan Division (CMHA Sask), we contributed to building a strong and vibrant federation, uniting efforts nationwide to advocate for mental health awareness, support, and resources.

Hosting a province-wide mental health conference in partnership with CMHA Sask was a significant milestone, fostering collaboration and knowledge-sharing among organizations. The conference highlighted best practices, emerging research, and innovative approaches to mental health care delivery. It also provided a connection to organizations after years of fragmented service delivery throughout the pandemic.

Our annual 'In the Spotlight' event focused on the impact mental health problems have on family. The event brought together community members, professionals, and families, emphasizing the crucial role of familial relationships in mental wellness.

Collaborating with Insightrix and Chess Club, we embarked on a strategic three-year Communications and Marketing Plan. This initiative aims to enhance our outreach efforts, attract more individuals to CMHA Saskatoon, and drive positive change in our community's perception of mental health.

Our partnership with the Shoppers Drug Mart Run for Women continued to grow. The funds raised have allowed us to launch the More than Mamas maternal mental health program.

The Push Up Challenge, introduced by CMHA National, was a resounding success! We were floored by the uptake of the challenge and look forward to incorporating it into our fundraising initiatives next year.



The demand for affordable, safe, and inclusive housing continues to rise, and our Coming Home program has expanded to meet this critical need, providing support to those in need of housing solutions.

Our collaboration with the Saskatoon Tribal Council's Emergency Wellness Centre addresses urgent mental health needs. We embrace diversity and welcome all individuals, ensuring our services are accessible and inclusive to everyone in our community. We are thankful for the opportunity to build this partnership.

While we are inspired to take on new projects, we remain committed to supporting individuals in their journey to meaningful employment, recognizing the significant impact it has on their mental well-being.

We extend our gratitude to our community partners, grantors, donors, supporters, the Saskatchewan Health Authority, and the Government of Saskatchewan, whose contributions enable us to continue our vital work in enabling access to mental health support for all.

Our dedicated and resilient staff are the backbone of our organization. Their commitment and passion continue to drive our mission forward.

We extend our appreciation to our Board of Directors for their guidance, leadership, and stewardship, ensuring the governance and strategic direction of our organization.

Last but not least, we are grateful for the countless volunteers who generously donate their time, skills, and energy to support our programs and initiatives.

As we look ahead, we remain committed to our mission of mental health for all and building a community where everyone has the opportunity to thrive.



# CMHA Swift Current Branch Annual Report 2023-2024

Swift Current CMHA had a busy year in our new building. Our new home is excellent and welcoming of all members. It is completely accessible, and we have seen an increase in overall membership and we are able to host many more events right at our building. Our staff and board have been an amazing help guiding us through the changes that come with having a new facility. They continue to be resilient and leader in our community to provide mental health services.



A few exciting events that we were able to take part of this year was our #TalkToday game where we partnered with our local WHL team the Swift Current Broncos.

We saw the return of our annual disc-golf tournament. This is our 3rd annual tournament and attendance is growing each year.

Our vocational program provides a lot of great services including Christmas treat trays! These are a huge hit in the community and we see our order numbers increase each year.

The vocational program is doing great. They are doing exceptional work and continue to provide great service. Because of our new building our Vocational Program has taken a lead on a lot of catering of events that take place at our new facility such as board meetings, Mayor’s Luncheon, and CRT’s Corn Roast.

Our meal program is still our primary daily activity which is well attended and our numbers are increasing. We have an amazing cook with a brand-new kitchen for her to continue to provide excellent meal options for our members.



Programming at CMHA is still very busy. Our coordinator Sarah does an excellent job at scheduling new engaging events to increase our overall attendance. We have seen substantial growth in our programming attendance since our new building has opened.

Finally, but certainly not least, our peer support program is lead by Barry and Jenn who are both doing great work helping with our members. They are always open to helping more members and do great work on the peer support front.

We had amazing year and are excited to see what the next year holds for us at CMHA Swift Current. We are very appreciative of the countless support we received from our community, donors, and volunteers who help us continue to reach more people and continue to expand our services.

Respectfully submitted,

**Jeremy Roberts,**  
Executive Director





# CMHA Weyburn Branch Annual Report 2023-2024

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

## Review

CMHA Weyburn had another amazing year with many highlights and successes. 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 day programming, evening art program, and our youth leadership program.

**1800+**

People reached through workshops, presentations, and events

**5800+**

Resources distributed within our community

**1400+**

Meals served through our kitchen and meal program

The CMHA Weyburn Branch provides many programs and services throughout the year. Our **IMPACT** is made possible through the support of our funders, donors, and community.

Highlights from 2023 - 2024 include:

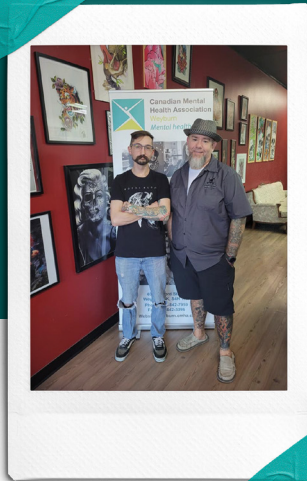
- Our social and recreational programs and activities continue to promote positive mental health, interactions, self-confidence, engagement and a sense of belonging.
- Educational and skill building opportunities included our Writer's Group (38 sessions), Art Program (46 sessions), Wellness/Peer Support (19 sessions), and Lunch Bites (24 sessions).
- The 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, successful completion of 1st Aid & CPR, and safe food handling, as well as volunteering and employment. We are excited about the growth this program offers participants, and we look forward to its continued successes.
- 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 again this year; 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. This year we also partnered with the Weyburn Red Wings for an awareness game.
- Mental Health Week 2023 was very successful with a sold out crowd at our Mayor's luncheon, a partnership with the Weyburn Police Service for the 3rd year; distributing resources throughout our community and surrounding area, as well as hosting our Annual Used Book Sale at Blue Earth Environmental.
- Our branch and participants continue to volunteer through the Adopt a Planter program with the City of Weyburn.
- We expanded our community engagement and interacted with thousands of community members by participating in the Summer Parade, the Parade of Lights, as well as the Chamber of Commerce Riverside Sparkles.

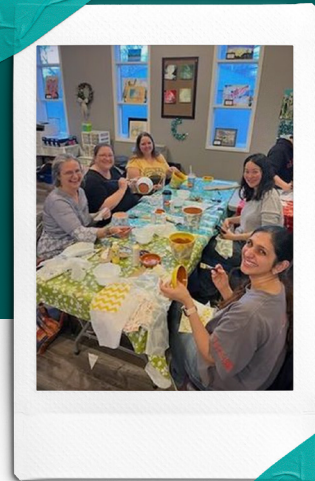




We once again partnered with Under Your Skin Tattoo Shop to offer our Semi-Colon Event, this year 107 tattoos were completed raising \$3210.00 for our branch.



We delivered the Youth Leadership program to 30 youth participants and expanded the program into two local schools, offering 29 sessions throughout the year.



The Evening Art Program was very successful, we hosted 12 classes, with 35 community members. With a total of 126 Art Projects completed through the program.

All of our successes and accomplishments are possible because of our funding partners. Their continued support allows us to increase our capacity to serve our community.



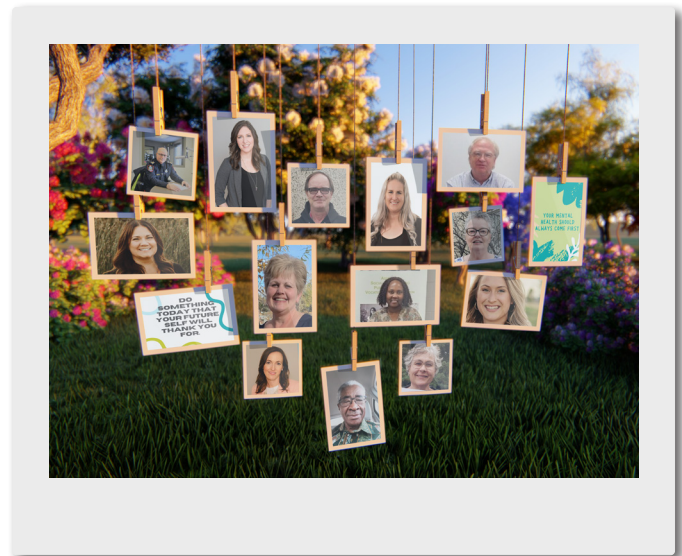
CMHA Weyburn appreciates the continued support we receive from our community through vocational requests, contracts, donations and attendance at our events.

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



## Board of Directors

Jamie Blunden	Chair
Sara Lawrence	Vice Chair
Dave Rennie	Secretary
Britany Burnett	Treasurer
Mal Barber	Past Chair
Amanda Fossenier	
Rose McInnes	
Susan Grohn	
Victoria Mwamasika	
Karly Pickering	
Marliss Meckling	
Erskine Sandiford	
Theresa Girardin	



Last but not least, CMHA Weyburn would like to thank the wonderful staff at CMHA Weyburn. Your hard work, flexibility, and dedication to those we serve is admirable.

Our Branch is 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 as we recognize the importance of consistency and stability.

Respectfully submitted,

**Tasha Collins**  
Program Director

## SECTION 4

# Resource Development

Development of fundraising initiatives, and other resources are outlined in this section.



## Resource Development

Vera Thompson, the previous Director of Resource Development, is no longer with CMHA SK Division. We are grateful for the 15 years that she gave to this organization. CMHA SK Division is restructuring the way we look at and understand resource development. We have been involved with CMHA National and local fund-raising subject matter experts to shape our future funding initiatives. We are very thankful to everyone that contributed to the Chase The Ace campaign which started in January 2024. However, we have seen a steady decline in the participation of these sorts of fundraising activities. Having said this, we are excited to see what new initiatives will arise in this upcoming fiscal year.

## A Special Thank You to our Sponsors





SECTION 5

# Financial Reports

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

**Financial Statements**

**Year Ended March 31, 2024**

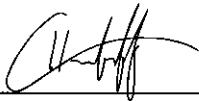
## Management's Responsibility

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



Trevor Gates

Administration

**CANADIAN MENTAL HEALTH ASSOC. (SASK DIVISION) INC.**  
**Index to Financial Statements**  
**Year Ended March 31, 2024**

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# DUDLEY & COMPANY LLP

*Chartered Professional Accountants*

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## INDEPENDENT AUDITOR'S REPORT

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

### *Qualified Opinion*

We have audited the financial statements of Canadian Mental Health Assoc. (Sask Division) Inc. (the organization), which comprise the balance sheet as at March 31, 2024, 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, 2024, 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, 2024, current assets and net assets as at March 31, 2024. Our audit opinion on the financial statements for the year ended March 31, 2023 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.

*Dudley & Company LLP*

Dudley & Company LLP  
Chartered Professional Accountants

Regina, Saskatchewan  
July 29, 2024

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

**Balance Sheet**

**March 31, 2024**

	2024	2023
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 321,739	\$ 282,848
Investments (Note 3)	1,092,849	1,248,649
Accounts receivable	32,823	162,986
Receivable from branches	70,340	99,087
Interest receivable	25,050	13,153
GST receivable	9,360	11,124
Due from related parties	15,290	16,807
Prepaid expenses	12,668	22,192
	1,580,119	1,856,846
TANGIBLE CAPITAL ASSETS (Note 5)	235,175	241,092
INTANGIBLE ASSETS (Note 4)	781	976
	<b>\$ 1,816,075</b>	<b>\$ 2,098,914</b>
 <b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Accounts payable and accrued liabilities	\$ 132,645	\$ 82,845
Wages payable	102,995	70,369
Deferred revenue (Note 6)	52,536	425,845
Due to related parties	2,060	1,722
	290,236	580,781
 <b>NET ASSETS</b>		
Unappropriated	200,000	200,000
Appropriated (Note 9)	1,089,883	1,076,066
Invested in capital assets	235,956	242,067
	1,525,839	1,518,133
	<b>\$ 1,816,075</b>	<b>\$ 2,098,914</b>

**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, 2024**

	2024	2023
<b>REVENUES</b>		
Saskatchewan Health	\$ 573,933	\$ 447,660
Saskatchewan Lotteries	94,860	94,860
Saskatchewan Justice	486,623	475,673
Saskatchewan Health Branch Vocational	350,000	350,000
Community Initiatives Fund - GAP	533,000	500,794
Metis Nation grants	68,349	80,000
Other grants (Note 12)	198,932	294,255
Fundraising and donations	384,446	509,197
Other revenue and recoveries	36,204	39,016
Community fund appeals	4,351	3,890
Branch administration recoveries	11,584	11,584
Interest	58,599	24,011
	<u>2,800,881</u>	<u>2,830,940</u>
<b>EXPENSES</b>		
Advocacy client support	12,701	6,863
Amortization of intangible assets (Note 4)	195	244
Amortization of tangible assets (Note 5)	19,378	22,177
Branch vocational support	350,000	350,000
Community justice program	61,899	75,048
Contributions to branches	82,452	51,145
Fundraising	112,287	199,474
Gambling program	135,949	113,040
Salaries and benefits (Schedule 1)	1,578,303	1,658,938
General and administrative	125,586	78,782
Occupancy	54,963	62,653
Public education	159,924	104,159
Research	38,205	26,323
Operational Stress Injury	49,234	60,396
Youth Program Public Education	22,588	17,872
	<u>2,803,664</u>	<u>2,827,114</u>
<b>EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES FROM OPERATIONS</b>	<u>(2,783)</u>	<u>3,826</u>
<b>OTHER INCOME</b>		
Gain on disposal of tangible capital assets	16,460	-
Unrealized loss on investments	(5,971)	(13,815)
	<u>10,489</u>	<u>(13,815)</u>
<b>EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES</b>	<u>\$ 7,706</u>	<u>\$ (9,989)</u>

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, 2024**

	Unappropriated	Appropriated - (Note 9)	Invested in Capital Assets	<b>2024</b>	2023
<b>NET ASSETS - BEGINNING OF YEAR</b>	\$ 200,000	\$ 1,076,066	\$ 242,067	\$ 1,518,133	\$ 1,528,122
Excess of revenues over expenses	7,706	-	-	7,706	(9,989)
Amortization of capital assets	19,573	-	(19,573)	-	-
Proceeds of disposal on capital assets	21,085	-	(21,085)	-	-
Purchase of tangible capital assets	(18,087)	-	18,087	-	-
Gain on disposal of assets	(16,460)	-	16,460	-	-
Transfers out	(13,817)	13,817	-	-	-
<b>NET ASSETS - END OF YEAR</b>	<b>\$ 200,000</b>	<b>\$ 1,089,883</b>	<b>\$ 235,956</b>	<b>\$ 1,525,839</b>	<b>\$ 1,518,133</b>

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, 2024**

	2024	2023
<b>CASH FLOWS FROM (FOR) OPERATING ACTIVITIES</b>		
Cash received from grants	\$ 2,056,621	\$ 2,312,649
Cash received from self-generated revenues	471,262	489,683
Cash paid to suppliers	(1,144,695)	(1,170,588)
Cash paid to employees	(1,545,677)	(1,694,334)
Interest received	46,698	12,735
Cash Flows From (For) Operating Activities	<u>(115,791)</u>	<u>(49,855)</u>
<b>CASH FLOWS FROM (FOR) INVESTING ACTIVITIES</b>		
Purchase of tangible capital assets	(18,087)	(18,020)
Proceeds on disposal of tangible capital assets	21,085	-
Unrealized gains (losses) on investments	(5,971)	(13,815)
Sale (Purchase) of short term investments	155,800	(551,176)
Sale (Purchase) of long term investments	-	300,000
Cash Flows From (For) Investing Activities	<u>152,827</u>	<u>(283,011)</u>
<b>CASH FLOWS FROM (FOR) FINANCING ACTIVITIES</b>		
Advances from (to) related parties	<u>1,855</u>	<u>(15,085)</u>
<b>INCREASE (DECREASE) IN CASH FLOWS</b>	<b>38,891</b>	<b>(347,951)</b>
Cash - beginning of year	<u>282,848</u>	<u>630,799</u>
<b>CASH - END OF YEAR</b>	<b>\$ 321,739</b>	<b>\$ 282,848</b>

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, 2024

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### 1. NATURE OF OPERATIONS

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

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

The Canadian Mental Health Assoc. (Sask Division) Inc. is a charitable organization, as described in Section 149 of the *Income Tax Act*, and therefore is not subject to either federal or provincial income taxes.

### 2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

#### Revenue recognition

- a) Grants - Revenues from grants and other sources that relate to specific projects are recognized as revenue when the related expenses are incurred.
- b) Other grants and donations - Revenue is recorded in the fiscal period to which they apply.
- c) Fundraising and other revenue - Revenue is recognized when received.
- d) Rental - Revenue is recorded in the month to which it pertains.
- e) Interest - Interest on fixed income investments is recognized over the terms of these investments using the effective interest method.

#### Fund accounting

Canadian Mental Health Assoc. (Sask Division) Inc. follows the deferral method of accounting for contributions. Revenue received in advance is deferred to the future operating period.

Unappropriated net assets reports the general operations of the organization.

Appropriated net assets consist of the Building Fund, Program Fund and Mental Health Fund. These funds are internally restricted and increases to or withdrawals from these funds require board approval.

(continues)

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

**Notes to Financial Statements**

**Year Ended March 31, 2024**

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2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES *(continued)*

Financial instruments

- a) Measurement of financial instruments - The organization initially measures its financial assets and financial liabilities at fair value. The organization subsequently measures all its financial assets and financial liabilities at amortized cost. Changes in fair value are recognized in the statements of operations in the period incurred. Financial assets measured at amortized cost include cash, accounts receivable and fixed income investments. Financial liabilities measured at amortized cost include accounts payable and debt.
- b) Impairment - At the end of each reporting period, the organization assesses whether there are any indications that a financial asset measured at amortized cost may be impaired. Objective evidence of impairment includes observable data that comes to the attention of the organization, including but not limited to the following events, significant financial difficulty of the issuer; delinquency in payments; or bankruptcy. When there is an indication of impairment, the organization determines whether a significant adverse change has occurred during the period in the expected timing or amount of future cash flows from the financial asset. If identified, the organization reduces the carrying amount of the asset to the present value of cash flows expected to be received. The carrying amount of the asset is reduced directly or through the use of an allowance account. The amount of the reduction is recognized as a bad debt in the statement of operations. When the extent of impairment of a previously written-down asset decreases and the decrease can be related to an event occurring after the impairment was recognized, the previously recognized impairment loss is reversed to the extent of the improvement, directly or by adjusting the allowance account. The amount of the reversal is recognized in the statement of operations in the period the reversal occurs.

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.

*(continues)*

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

**Notes to Financial Statements**

**Year Ended March 31, 2024**

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2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES *(continued)*

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.

3. INVESTMENTS

	<u>2024</u>	<u>2023</u>
<b>CURRENT TERM</b>		
Guaranteed Investment Certificates	\$ 860,000	\$ 961,249
RBC Dominion Securities CAD	<u>232,849</u>	<u>287,400</u>
	<u>\$ 1,092,849</u>	<u>\$ 1,248,649</u>

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

The guaranteed investment certificates have effective interest rates of 4.25%-5.30% 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. The RBC Dominion Securities also have a fixed income component that has effective interest rates of 4.39%-4.72% with maturity dates within twelve months or less.

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

**Notes to Financial Statements**

**Year Ended March 31, 2024**

4. INTANGIBLE ASSETS

	<u>2024</u>	<u>2023</u>
Computer software	\$ 14,837	\$ 14,837
Accumulated amortization	<u>(14,056)</u>	<u>(13,861)</u>
	<u>\$ 781</u>	<u>\$ 976</u>

There were no intangible assets acquired during the year (2023 - \$0). During the year, no intangible capital assets were written off and no losses on disposal of assets were recorded (2023 - \$0).

5. TANGIBLE CAPITAL ASSETS

	<u>Cost</u>	<u>Accumulated amortization</u>	<u>2024 Net book value</u>
Land	\$ 13,635	\$ -	\$ 13,635
Buildings	549,469	386,123	163,346
Furniture and office equipment	61,715	41,563	20,152
Vehicle	86,072	51,304	34,768
Computer equipment	29,030	25,756	3,274
	<u>\$ 739,921</u>	<u>\$ 504,746</u>	<u>\$ 235,175</u>

	<u>Cost</u>	<u>Accumulated amortization</u>	<u>2023 Net book value</u>
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
	<u>\$ 752,466</u>	<u>\$ 511,374</u>	<u>\$ 241,092</u>

Tangible assets acquired during the year were \$18,087 (2023 - \$18,020). During the year, there were \$30,632 capital assets written off with a gain on disposal of \$16,460. (2023 - \$0).

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

**Notes to Financial Statements**

**Year Ended March 31, 2024**

**6. DEFERRED REVENUE**

Deferred revenue consists of the following:

	<u>2024</u>	<u>2023</u>
CMHA Difficult Discussions	\$ -	\$ 13,500
Hope Learning Centre	-	192,828
Mental Health Commission of Canada	-	23,477
Metis Nation of Saskatchewan - DISC Program	<b>40,667</b>	80,000
RBC Bounce Back for Youth	-	100,000
Sask Health - Health funding	<b>11,869</b>	16,040
	<b><u>\$ 52,536</u></b>	<b><u>\$ 425,845</u></b>

**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, 2024:

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.

*(continues)*



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

**Notes to Financial Statements**

**Year Ended March 31, 2024**

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7. FINANCIAL INSTRUMENTS *(continued)*

Liquidity risk

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

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

Market risk

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

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

Currency risk

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

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

Interest rate risk

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

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

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

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

Other

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

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

**Notes to Financial Statements**

**Year Ended March 31, 2024**

**8. RELATED PARTY TRANSACTIONS**

During the year, the organization provided vocational funding in the amount of \$43,750 (2023-\$43,750) to CMHA Weyburn, \$43,750 (2023 -\$43,750) to CMHA Moose Jaw, and \$43,750 (2023-\$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. APPROPRIATED NET ASSETS**

	Building Fund	Program Fund	Mental Health Fund	2024	2023
Balance, beginning of year	\$ 297,650	\$ 389,208	\$ 389,208	\$ 1,076,066	\$ 1,061,654
Transfer from surplus	11,273	11,272	11,272	33,817	14,412
Transfer to surplus	(6,666)	(6,667)	(6,667)	(20,000)	-
	<u>\$ 302,257</u>	<u>\$ 393,813</u>	<u>\$ 393,813</u>	<u>\$ 1,089,883</u>	<u>\$ 1,076,066</u>

**10. SICK LEAVE BENEFITS**

The organization provides non-vesting sick leave benefits to its employees pursuant to union agreements and administrative policies. At March 31, 2024 management estimates that accumulated sick leave credits total \$333,588 (2023 - \$110,184).

**11. PENSION CONTRIBUTIONS**

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

	2024	2023
Total Contributions During the Year	<u>\$ 73,170</u>	<u>\$ 71,240</u>

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

**Notes to Financial Statements**

**Year Ended March 31, 2024**

12. OTHER GRANTS

Other grants are comprised of the following:

	<u>2024</u>	<u>2023</u>
CMHA National - Difficult Discussions	\$ 13,500	\$ -
DISC Client Advocacy	10,000	-
Emergency Community Support	-	28,535
Inclusion Saskatchewan	-	10,000
Neil Squire Society	11,676	-
Mental Health Commission of Canada	23,477	23,477
RBC BB4Y	110,000	100,000
Regina Community Clinic	-	10,000
Royal Canadian Legion - OSI Can	-	2,500
Sask Liquor and Gaming Authority	6,028	13,968
The Lorne and Evelyn Johnson Foundation	10,000	-
South Saskatchewan Community	13,550	15,000
TT Charities USA for OSI	-	85,000
Various	701	5,775
	<u>\$ 198,932</u>	<u>\$ 294,255</u>

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

**Salaries and Benefits**

*(Schedule 1)*

**Year Ended March 31, 2024**

	<b>2024</b>	<b>2023</b>
Gambling Awareness Program	<b>\$ 313,335</b>	<b>\$ 306,377</b>
Executive and general	<b>376,852</b>	<b>396,240</b>
Justice Community Support	<b>372,732</b>	<b>355,678</b>
Public education	<b>185,487</b>	<b>235,855</b>
Resource development	<b>99,960</b>	<b>178,838</b>
OSI Can salaries	<b>145,289</b>	<b>131,269</b>
Salaries - Advocacy client support	<b>84,648</b>	<b>54,681</b>
	<b><u>\$ 1,578,303</u></b>	<b><u>\$ 1,658,938</u></b>

The accompanying notes form an integral part of these financial statements