



Canadian Mental
Health Association
British Columbia
Mental health for all

ANNUAL REPORT

2019–20



JOIN US!

TAKE ACTION

We are calling on all British Columbians to #GetLoud for mental health. Join our campaign to improve mental health and addictions care in BC. Get loud and take action at GetLoudBC.ca.

BECOME A MEMBER

When you become a member of CMHA, not only are you showing you care about mental health in BC and in your community, you are joining a movement to build a community of hope, support and inclusion for people with mental illness. You also receive a free subscription to the award-winning *Visions* journal.



Complete the sign up form on the back page of this report or visit cmha.bc.ca/get-involved

VOLUNTEER

CMHA BC is a volunteer-driven organization that depends on volunteers like you to help us to develop our vision and provide services. We can use help in many different areas of interest and skill, from participation on our board and advisory committees, to community outreach and education.

DONATE

If you like what you've read in this report, help us further our goal of *mental health for all* with a donation. There are many ways your donation can make a difference and every gift helps. Help out at cmha.bc.ca/donate.

STAY CONNECTED

Sign up for email updates to stay on top of the latest mental health news, programs and resources from CMHA and beyond! Don't forget to follow us and join the conversation on Facebook, Twitter and Instagram. Sign up by email to mindmatters@cmha.bc.ca.

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EXECUTIVE MESSAGE

ANNUAL REPORT 2019–20

This annual report is being published at a point of incredible reckoning.

We can plainly see the profound impacts of COVID-19 on mental health and well-being. More British Columbians have been killed by an increasingly toxic drug supply. People living with mental health and substance use concerns are among the hardest hit since the start of the pandemic response in BC. Black people, Indigenous people, and people of colour continue to experience significant disparities in mental health and substance use outcomes while efforts are underway to address systemic racism and discrimination in systems of care.

We agree with our colleague Louise Bradley, President and CEO of the Mental Health Commission of Canada, when she writes that, “since the onset of COVID-19 ... a physical pandemic has highlighted a crying need as vast and diverse as the nation we call home ... [and] that protecting our bodies from harm is only half the battle.”

The COVID-19 pandemic has highlighted the profound ways in which physical distancing and isolation can impact mental health. The pandemic has displaced thousands of people from their jobs, leaving people acutely stressed about how to make ends meet and stay housed. And workers in continuing care facilities, community-based mental health and substance use services, and grocery stores have faced and continue to face an unprecedented strain on well-being.

The relationship between our physical health and our mental health has been brought into stark relief by the ongoing pandemic. The moral imperative of putting mental health care on a more equal footing with physical health care is loud and clear. The Canadian Mental Health Association’s mission of “mental health for all” has become mission critical.

“THE MORAL IMPERATIVE OF PUTTING MENTAL HEALTH CARE ON A MORE EQUAL FOOTING WITH PHYSICAL HEALTH CARE IS LOUD AND CLEAR.”

We are incredibly proud of the accomplishments of the staff and volunteers at the Canadian Mental Health Association, BC Division (CMHA BC) documented here as we reflect upon 2019–20. In the months leading up to the start of the pandemic, the Association:

- Helped amplify hundreds of voices and reached 15,000+ people as we advocated for changes to the Province’s accessibility laws.
- Provided trusted mental health and substance use information during 3.9 million visits to Heretohelp.bc.ca and almost 409,000 visits to cmha.bc.ca.



- Responded to over 5,800 BounceBack referrals, with participants reporting a 46% decrease in depression symptoms and a 50% decrease in anxiety symptoms.
- Coached almost 2,000 BC families seeking support for children and youth experiencing behavioural and anxiety problems.
- Trained over 2,400 people in workplace mental health workshops and reached 1,650 people through Living Life to the Full.

You'll see that there is so much more behind these numbers as you read on in this annual report. All of this impact was achieved before the pandemic. Since the pandemic started, all of this work has continued, and we were asked by the Province of BC to launch new virtual mental health supports. These include expanded services focused on low mood, stress, and anxiety and resources for healthcare workers. We will have more to report on these initiatives in next year's annual report.

CMHA BC will continue to strive for mission critical and "mental health for all" as we head into the next year of living with COVID-19. We will continue to do all that we can to ensure mental health and substance use care are prioritized just as much as physical health care. We will maintain our focus on improving the key drivers of mental health, including housing, education, and employment. And we will work with our partners to ensure a strong response for populations experiencing vulnerability and marginalization.

"CMHA BC WILL CONTINUE TO STRIVE FOR MISSION CRITICAL AND MENTAL HEALTH FOR ALL."

A huge thank you to all of the volunteers and staff at CMHA BC. We would also like to express deep appreciation for each of our donors and funders—without whom this work would not be possible.



Jonny Morris
Chief Executive Officer
CMHA BC



David DeLong
Board Chair
CMHA BC



OUR VISION:
*mentally healthy
people in a
healthy
society*

ABOUT US

The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. In BC, our mandate includes people with substance use problems and those who love and support them.

Through our family of over 87 local, provincial and national locations across Canada, including 14 branches in BC, CMHA provides a wide range of innovative services and supports tailored to and in partnership with our communities. Together we are making a difference by changing the way we think about mental health and substance use, and how we treat people in communities, at home, at work, at school and across BC.

CMHA is uniquely positioned in Canada as a charity that brings together experience and expertise on community-based mental health promotion and support for people experiencing mental illness. We are unique not only in our approach, but our ability to speak to a broad range of issues surrounding mental health and mental illness.

CMHA BC has been accredited through Imagine Canada's Standards Program. The program awards accreditation to charities and non-profits that demonstrate excellence in five fundamental areas: board governance; financial accountability and transparency; fundraising; staff management; and volunteer involvement.



Our vision: Mentally healthy people in a healthy society.

Our mission: As the nation-wide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Our mandate and scope: In BC, mental health, substance use and addictive behaviour are within the scope of the organization.

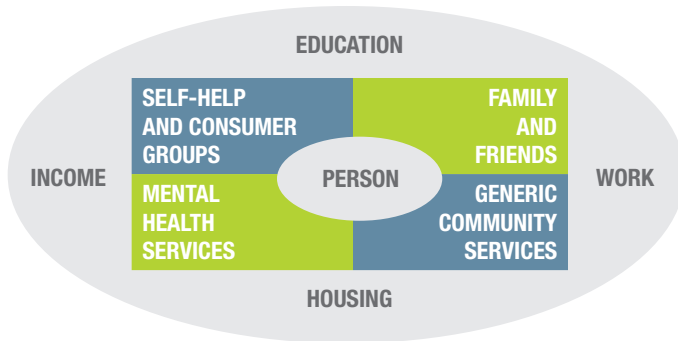
Our key values and principles:

- Embracing the voice of people with mental health and addictions issues
- Promoting inclusion
- Working collaboratively
- Influencing the social determinants of health (e.g. housing, justice)
- Focusing on the mental health needs of all age groups
- Using evidence to inform our work
- Being transparent and accountable

Framework for Support

The Framework for Support is the central philosophy guiding the activities of CMHA. This philosophy holds that the person experiencing mental illness is at the centre of any supportive mental health system.

Community Resource Base



The Community Resource Base outlines a range of possible resources in addition to the formal mental health system, which can provide support to a person with mental illness. Housing, income, work and education represent four basic elements of citizenship.

The ultimate goal of the Framework is to ensure that people with serious mental health problems live fulfilling lives in the community. The Framework is referred to as the most comprehensive model for mental health planning by federal and provincial governments as well as by the Centre for Community Change in the US, and the Government of Ireland.

BC Partners for Mental Health and Substance Use Information

CMHA BC is a proud member of a group of seven provincial mental health and substance use non-profits working together to help British Columbians improve their mental well-being.

The BC Partners for Mental Health and Substance Use Information (BC Partners) first came together in 2003 and recognize that by working together, we have a greater impact in our mission to provide helpful, good-quality information on mental health and substance use, including how to prevent, recognize, and manage problems.

In addition to CMHA BC, the BC Partners include:

- Anxiety Canada
- BC Schizophrenia Society
- Canadian Institute for Substance Use Research, University of Victoria
- Institute of Families for Child and Youth Mental Health
- Jessie's Legacy Eating Disorders Prevention and Awareness, a Family Services of the North Shore program
- Mood Disorders Association of BC, a branch of Lookout Housing and Health Society

Funding for the BC Partners is provided by BC Mental Health and Substance Use Services, a program of the Provincial Health Services Authority.

Projects led by CMHA BC on behalf of the BC Partners in 2019–20:

- HeretoHelp Website (p. 10)
- BC Partners Public Outreach (p.11)
- Information Resources for Immigrants and Refugees (p.11)
- Visions Journal (p.12)
- Beyond the Blues: Education and Screening Days (p.13)
- Healthy Minds | Healthy Campuses (p.14)



heretohelp

Mental health and substance use information you can trust

GETTING LOUD FOR MENTAL HEALTH

Accessibility Campaign

In the fall of 2019, the provincial government held a public consultation in order to inform the province's upcoming accessibility law. They asked people with disabilities what BC needs to do to ensure accessibility for everyone.

We called on the government to include mental health and substance use disabilities in the new legislation—specifically, to proactively address the sometimes invisible barriers people experience because of stigma and discrimination.

Thanks to our supporters, our accessibility campaign was a huge success. We reached thousands of people across multiple social media channels; we sent hundreds of letters to Hon. Shane Simpson, Minister of Social Development and Poverty Reduction; and communicated the importance of reducing stigma and eliminating discrimination through BC's new accessibility laws.

208 letters sent to to Hon. Shane Simpson

15,000+ people reached on social media through the accessibility campaign

The Social Determinants of Mental Health

In September 2019, we released a report titled *Building an Equitable Foundation: Removing barriers to access for people with mental health and substance use-related disabilities*. The report communicated the findings of a year-long project in which we asked: aside from health care, what keeps us mentally healthy?

The report was rooted in international human rights agreements and health research demonstrating that all

people need a solid foundation of basic necessities such as income, housing, food, and meaningful employment to have an equal chance at mental wellness.

The report made 12 recommendations to the provincial government to build on the progress made by recent poverty reduction initiatives and ensure public services are equitable and accessible for all British Columbians who need them. It was based on the expertise of 44 people with lived or living experience of mental health or substance use-related health problems. We are incredibly grateful to have had the opportunity to learn from them and to work with them to create change.

Dr. Nancy Hall Public Policy Leadership Award

We were proud to award the Dr. Nancy Hall Public Policy Leadership Award to Fostering Change, a campaign led by community organizers with lived experience that seeks to change public policy for youth aging out of government care in BC.

Fostering Change's mission is to ensure that BC's policies allow every youth aging out of government care to thrive. At the core of its calls, Fostering Change advocates for all youth aging out of care to have three things: consistent financial support; long-term relationships with dependable adults; and a chance to connect and contribute to their communities. Core to the campaign is the recognition that adequate supports—including mental health supports—which support young people as they transition into adulthood from care reduce wait lists and that consistent services are crucial to life-long health and well-being.

By mobilizing the lived experience of young people, Fostering Change is changing the landscape around how BC supports the well-being of youth aging out of care in the province.



CMHA provided detailed responses to each of my concerns in a reassuringly compassionate and competent manner. I truly felt I was being helped by someone who cares about me (and people in general) and knows what they're talking about.

—information requester



PUBLIC EDUCATION & OUTREACH

CMHA BC Online

CMHA BC's website is a key way of sharing news, resources and information on CMHA's programs and services with members, partners, and the public. The website also includes a directory of CMHA branches in BC, information on mental health and related topics, policy research and reports, secure online donation options, an online store, and subscription options for CMHA BC's popular e-newsletter, Mind Matters.

Mind Matters continued to connect subscribers with monthly updates on what's new at CMHA BC and other mental health programs, resources, and events in BC.

Social media channels such as Facebook and Twitter were another popular way to stay in touch with CMHA BC. This year, the number of people following us on Facebook grew by 22% to 3,637, and our Instagram community grew to about 1,850 followers.

11,460+ followers reached on Twitter and Facebook

CMHA BC website received 242,783 visits and 408,920 page views last year

Mind Matters monthly e-news reached over 3,301 subscribers



Stay in touch! Sign up for our Mind Matters monthly e-news at cmha.bc.ca/newsletter

We responded to **1,082** requests for help, information or support

We showcased CMHA BC programs at 15 strategic resource fairs

CMHA BC Public Outreach

One of the ways CMHA BC helps promote mental health is by reaching out one-on-one through public information displays at events and through direct requests for information via our other communications channels. These services help people find the information they need to care for themselves and their loved ones.

Each year, CMHA BC receives hundreds of direct requests for information, support, and referrals by phone, email, social media, or walk-in. The most common questions are around accessing affordable counseling or other specialist providers; help for depression, anxiety, suicide, and co-existing mental health and substance use problems; crises related to housing; and how to support a loved one who is struggling. Our information/referral work via CMHA channels is unfunded by any grant and supported by donations and program volunteers.



This work is funded solely through your donations. Donate today at cmha.bc.ca/donate

A photograph of a man and a woman sitting together, looking at a smartphone. The man is on the left, holding the phone, and the woman is on the right, pointing at the screen. They both appear to be smiling and engaged. The background is slightly blurred, suggesting an indoor setting.

Wow, I was researching websites for my friend, and I actually had seen them all (it seems) as just ‘the same old stuff.’ Then came your website. Whoever designed these webpages got everything right and just nailed it. I did not find one thing about this website that I didn’t like. It’s visually pleasing and calming; not to mention, how easy it is to find the information one is looking for. Well done!

—HeretoHelp website visitor



HeretoHelp.bc.ca

For 16 years, the HeretoHelp website has been a trusted source of mental health and substance use information for individuals and families in BC and beyond. The site features close to 2,000 plain-language resources including personal stories, *Visions* articles, info sheets, workbooks, screening self-tests, and multilingual content. HeretoHelp.bc.ca was completely redesigned and relaunched in time for Mental Health Week 2019.

This past year, we added more than 400 new resources to HeretoHelp. Among them was a range of new content developed by CMHA BC, including:

- 9 articles for our Q&A section
- 2 new rack cards
- 10 updated Wellness Modules covering resilience skills

3.9 million visits to Heretohelp.bc.ca and 7.5 million page views and downloads last year

92% of web visitors responding to a survey said they would rate HeretoHelp as excellent or good at providing high-quality, useful information that is easy to read and understand



Check out all new resources at [HeretoHelp.bc.ca](https://www.heretohelp.bc.ca)

BC Partners Public Outreach

One of the features of the HeretoHelp website is an email-based information and referral service. CMHA BC manages this service on behalf of the BC Partners, helping British Columbians find local, trustworthy mental health and substance use resources and services for themselves and their loved ones. These requests are over and above the ones we provide via CMHA channels (see page 9), and saw a 35% increase in demand in 2019–20.

We continue to recruit and train new volunteers to help us provide information, support and referrals. In addition to managing the help desk, CMHA BC helps share resources and distribute products through the HeretoHelp online store and at community events and displays.

74,861 informational and promotional products distributed through HeretoHelp

We responded to 1,690 information requests via HeretoHelp channels

We showcased BC Partners at 5 provincial resource fairs, reaching 475 attendees


Information Resources for Immigrants and Refugees

What initially began as a question in 2015 about translated content on HeretoHelp has grown into a priority area—improving mental health literacy for BC's immigrants and refugees and the professionals who support them.

Alongside our partners at the Canadian Institute for Substance Use Research (CISUR), we continued working on low-literacy lesson plans for newcomer English-language classes—ideal places to start conversations about mental health and substance use. This year, we held webinars to promote our previous lesson plans on depression and on cannabis. We also completed additional lesson plans on supporting anxious children and on substance use.

Special thanks to all our Language Instruction for Newcomers to Canada (LINC) partners, especially AMSSA (Affiliation of Multicultural Societies and Service Agencies of BC), Immigrant Services Society of BC, and the national Tutela instructor community for their expertise and support.

Our lesson plans have been viewed and downloaded more than 1,000 times since they were posted



I cannot thank you enough for having this service. We felt so lost and didn't know where to start or what was available. This has given us clear steps in so many options to take. Thank you so much. I will be sharing this with everyone I know."

—information requester



Thank you, just want you to know, the stories shared really help people to understand each other better. Also really nice to see such open minded, progressive, outside the box, inclusive thinking. It makes me hopeful.

—Visions reader



VISIONS JOURNAL

Visions: BC's Mental Health and Substance Use Journal celebrated 24 years in BC. The theme-based quarterly magazine is written by and for people with lived experience, their families, service providers, policy-makers, and others who care about mental health and substance use. Readers vote on the subthemes they would like to see. Anyone in BC can receive *Visions* free of charge via print, web, email, or e-book formats.

Our four issues this year are linked in their underlying themes exploring barriers to getting and receiving the right help, and building systems and cultures that support those who are in distress or being discriminated against:

- Supporting Adult Children
- Blips and Dips in the Recovery Journey
- Youth Facing Health Inequities
- Workplace Bullying and Harassment

Visions is shared with

24,000+ people in print or via email

Visions articles were accessed 1.04 million times last year on HeretoHelp.bc.ca

In a survey, 91% of readers said they found **Visions** useful

68% of readers said they have already used information they read in **Visions** in their work or to improve their health or someone else's



Access back issues, subscribe or inquire about contributing to **Visions** at heretohelp.bc.ca/visions



BEYOND THE BLUES EDUCATION & SCREENING DAYS

Beyond the Blues: Education and Screening Days is an annual awareness campaign featuring a series of free community events across BC. Beyond the Blues builds community capacity and helps people start conversations about mental well-being, mood, anxiety, stress, and risky drinking and drug use, as well as when and how to get help. The event offers optional screening self-tests with on-site clinician debriefs in its efforts to educate, empower, and connect attendees to local resources.

In 2019, CMHA BC supported 49 local agencies to run 94 events, the second highest number of events supported in the project's history. Other successes included a new healthy-thinking game and new adult anxiety screen developed in partnership with Anxiety

117,000+ people have been helped over 25 years of Beyond the Blues events

8,997 people attended 94 community Beyond the Blues events

Around 88% of participant survey respondents said they planned to use (or had already used) the information they had learned at a Beyond the Blues event

I love this event for the way it lowers the stigma around mental illnesses and asking for help, by using helpful info cards, interactive games/activities and encouraging debriefings for those who filled out any screens.

—Beyond the Blues event planner



Canada, new material for families provided by the BC Schizophrenia Society, the cannabis reality check screen added online, and new material on wildfire stress and on vaping.

Many thanks to the additional funding support from the Ministry of Children and Family Development, as well as support from our 18 endorsing agencies.



See more results in the event report at heretohelp.bc.ca/beyond-the-blues



HEALTHY MINDS HEALTHY CAMPUSES

Healthy Minds | Healthy Campuses (HM|HC) is a province-wide community of practice (CoP) which engages students, service staff, faculty and administrators to learn and work together to promote mental wellness and healthier relationships with substances within BC post-secondary institutions. The initiative draws on theory and research as well as local experience and insight to enhance campus culture.

In 2019, HM|HC formally endorsed the *Okanagan Charter: An International Charter for Health Promoting Universities & Colleges*. The Charter was created in 2015 in collaboration with researchers, practitioners, administrators, students, and policy-makers from 45 countries representing both educational institutions and health organizations. By endorsing the Okanagan Charter, we committed to sharing in its vision of health promotion, supporting the implementation of its two calls to action among our BC higher education institutions, and applying its guiding principles.

We also launched HM|HC Talks, an interactive online meeting series which aims to foster dialogue among our CoP members on various healthy literacy topics such as vaping, peer support, COVID-19 on campus, and loneliness on campus. Designed for HM|HC's provincial CoP, these talks use virtual tools to create connections and promote engagement to overcome geographic barriers.

This event was well organized and well-paced. I appreciated the structure to allow a lot of time for conversation and dialogue among Vancouver Island colleagues rather than being largely presentation-based.

—Forum participant

1,786
e-newsletter
subscribers

1,543 Twitter followers



HM|HC's first Regional Forum was hosted on March 12, 2020 in Royal Roads University. Regional Forums hope to convene local campus stakeholders such as students, student services professionals, and community organizations, to discuss issues of concern in local contexts. This forum convened 35 stakeholders from Vancouver Island on the topic *Towards a More Inclusive Campus Community Culture on Mental Health*.

HM|HC created and formalized a Leadership Committee to help guide our work and provide input on various decision making matters and oversee the implementation of the Strategic Plan. We also wrote and finalized our first Strategic Plan, which outlines 5 goals and processes for 2020–23. Input provided by the CoP during the 2019 Summit was incorporated, as well as feedback from the Leadership Committee to ensure a collaborative process from the community.



I found the BounceBack program so helpful. I have learned skills and methods to help me cope with my anxiety and stress. The coaching and all the workbooks were amazing in helping me learn more about dealing with my anxiety. It's a great program for people who have hectic schedules. I feel like I've learned so much that I can continue to use forever.

—BounceBack participant



BOUNCEBACK RECLAIM YOUR HEALTH

BounceBack® is a free program that teaches effective skills to help individuals overcome symptoms of mild to moderate depression or anxiety, and improve their mental health. Through an instructional video or workbooks with coaching sessions by phone, participants can learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive. A self-guided e-learning version of the program, BounceBack Online, and a program for youth aged 15–18, are also available. BounceBack is available across BC in English, French, Mandarin, Cantonese, and Punjabi.

Fall 2019 saw the closure of several pulp and sawmills in BC, putting thousands out of work and having a significant impact on several communities. To help support those impacted, we launched a campaign targeting affected communities to raise awareness of BounceBack. Affected regions saw an increase in referrals as a result.

In March 2020, BounceBack introduced self-referral to the online coaching program for participants who had already connected to a care provider. BC secondary school counsellors were also able to refer youth to the program.

This year, BounceBack celebrated program growth among 15–18 year-olds, receiving the highest number of quarterly referrals among this age bracket since the launch of the program in 2017.

BounceBack is funded by the Ministry of Health, the Ministry of Mental Health and Addictions, and the Provincial Health Services Authority.

5,818 BounceBack referrals received this year

Program participants reported a 46% decrease in depression symptoms and 50% decrease in anxiety symptoms

96% of participants rated their satisfaction with the program as good or very good.

Nearly 88% of participants said that BounceBack helped to make positive changes in their lives.



Learn more about BounceBack at bouncebackbc.ca



*You Got Out Of
The House Today!*



*I Made It To
Practice Today*



*I Took A Break From
Screens Last Night*

Promotional images from the Celebrate Everyday Victories campaign

Celebrate Everyday Victories Campaign

In May 2019, we launched a new campaign called *Celebrate Everyday Victories* with help from the BounceBack Youth Advisory Committee. The campaign encouraged young people to celebrate small daily victories and reach out to BounceBack for additional support. The campaign ran on social media as well as transit ads, in magazines and other print materials.

Overall, it reached over one million young people ages 13–24 in BC. More than 2,500 referral forms were downloaded as a result of the campaign, with 609 referrals coming in for young people ages 15–24.

2.7+ million people reached on Facebook and Instagram through the campaign

“

BounceBack really helped me regain my strength during some tough times and taught me a lot of valuable skills for building my resiliency. Stopping to celebrate the little victories really helped change how my day was going.

When things were going well I celebrated by making a homemade meal and creating art. But, when I was feeling particularly low, an achievement could be simply getting out of bed and taking a shower. Both are victories and both are equally valid.

BounceBack really worked for me because in-person services were inaccessible to me because of location. It was great to be able to chat with a coach who understood and validated me and supported me to work through the program materials at my own pace and in my own space.

— Alicia Raimund, BounceBack Participant



CONFIDENT PARENTS THRIVING KIDS

Behaviour Program

Confident Parents: Thriving Kids - Behaviour program is a free, family focused, phone-based coaching service effective in reducing mild to moderate behavioural problems and promoting healthy child development in children ages 3–12. Through a series of 6, 10 or 14 weekly coaching sessions, along with exercises and workbooks, trained coaches empower parents and caregivers to learn effective skills and techniques that support social skills and cooperation in their child.

The program is grounded in the Parent Management Training–Oregon Model (PMTO), shown to be effective in preventing, reducing, and reversing the development of mild to moderate behaviour problems.

Throughout the year, we focused on creating and sustaining process improvements, stabilizing staffing levels, and building capability for full community transfer of the PMTO to the province of BC.

88% said their child's challenging behaviours showed significant improvement or had been resolved

97% reported the overall quality of the program as very good or excellent

I used to be an impatient and critical [parent] and tended to be anxious so often, which partially resulted in my son's anxiety. Throughout the training sessions and after the completion of the program, my son and I both discovered that I had become more patient and encouraging.

—Confident Parents participant



2,168 referrals received this year to the Behaviour program

1,562 BC families were served this year

We trained five coaches, who were then certified as trainers and who trained a cohort of seven additional coaches. During this time, the program saw increased referrals, which led us to increase our internal capacity and begin to examine processes to support families awaiting services.

In spring of 2020, program staff and coaches transitioned to working from home in response to COVID-19 social distancing measures, and remote program operations resumed in full within two weeks of the emergency response. Families were supported through continuous communication via email and newsletters while the program transitioned remotely. A series of newsletters were sent to families to provide support and PMTO-related content during this time. The newsletter was well received by families, who reached out to share their experiences and appreciation.

Anxiety Program

The Confident Parents: Thriving Kids - Anxiety program supports families whose children have anxiety impacting their development and day-to-day happiness at home, school, and in the community.

Officially launched on March 28, 2019, the program includes online educational videos and weekly telephone coaching sessions to help parents learn effective skills and techniques and manage anxious behaviours. The program incorporates principles from cognitive-behavioural therapy (CBT), and is based on the latest evidence on effective treatment for anxiety.

CMHA BC has been working with Indigenous peoples and organizations to develop a program stream and curriculum to support Indigenous families across BC, with the goal of launching in February 2021.

Confident Parents: Thriving Kids is funded by the Ministry of Mental Health and Addictions and the Ministry of Children and Family Development.

1,979 referrals received this year
to the Anxiety program

434 families completed
the program this year

This program made a huge difference in our lives. It helped us to stick to one approach when dealing with our child's anxiety rather than second guessing ourselves. The support of the coaches was wonderful. Anxiety no longer rules our lives and our child is much more happy and confident.

—Confident Parents participant



The Confident Parents - Anxiety team





This course was and will continue to be an awesome experience for me. It truly has given me new hope. The material is easy to use and understand. I feel that by putting this material into practice I will become increasingly happier and mentally stronger to cope with life.

—Living Life to the Full participant



LIVING LIFE TO THE FULL

VIVRE SA VIE, PLEINEMENT

Living Life to the Full is a fun, interactive community-based course that provides simple, practical skills for coping with stress, problem solving, boosting your mood, and busting bad thoughts. Living Life to the Full facilitators bring the skills to life through booklets, worksheets, group activities, and discussions. The courses are currently available in nine provinces and one territory. All materials and in-person training can be found in English, French, Cantonese, Mandarin, and Punjabi.

The course is based on principles of cognitive-behavioural therapy (CBT), and has been shown to be effective at improving resilience, well-being, mood, social support and reducing anxiety. The CMHA flagship program for youth, adults, and older adults has been adapted for diverse settings such as schools, prisons, Indigenous reserves, and addiction recovery programs.

In May 2019, we received a grant from the BC Francophone Affairs Program to support the training of francophone facilitators across the province, and the first facilitator training workshop in French was delivered in October 2019. Five francophone facilitators from Vancouver, Victoria, and Prince George are now able to offer the course in their community. The project was led in partnership with RésoSanté, which supports the development and integration of French-language health services throughout BC.

Over the past year, CMHA BC supported CMHA Ontario in partnering with Autism Ontario to offer Living Life to the Full to adults with a diagnosis of Autism Spectrum Disorders and their families.

In 2018, Sun Life Financial funded the training of facilitators to reach 750 people ages 18–35 in the workforce. 12 facilitators were trained between Vancouver and Newfoundland & Labrador, and 35 courses have been delivered so far in English and French.

For Youth

Thanks to the Morris Foundation multi-year grant, some youth courses have been successfully delivered in BC. Courses reach a mix of mainstream and vulnerable youth across the province in Victoria, Williams Lake, Vernon, Salmon Arm, and Osoyoos.

165 courses delivered in the past year to 1,650 people

63 CMHA affiliates and partners ran the course across 9 provinces and 1 territory, in a mix of urban, rural and remote locations

8 facilitator training workshops delivered across 3 provinces—BC, Ontario, and Newfoundland & Labrador

74 new facilitators trained

WORKPLACE TRAINING & WORKSHOPS

Organizations across BC continue to reach out to CMHA for our expertise in workplace mental health. We continued to deliver a strong suite of training to municipalities through the BC Municipal Safety Association. Our intensive Psychological Health and Safety Advisor training sessions equipped 20 new leaders in workplace wellness. We continued to respond to need from industry and employers by customizing and tailoring workshops for specific sectors.

2,425 people reached through 94 workplace mental health training sessions in the past year

Understanding Addiction

Understanding Addiction is an online course that equips workers and volunteers in a “helping role” with the knowledge, skills, and attitudes to help people who face challenges with substance use and addiction with confidence and respect.

Lots of great information presented in a very easy to understand format.

I did enjoy the course and found I could not stop at one module. It peaked my interest and I wanted to finish it.

—Understanding Addiction participants

500+ participants completed the Understanding Addiction course in the past year

”

Through eight interactive lessons, participants learn about topics such as the factors behind addiction and control, the dynamics involved in helping people change their behaviour, and what to do in difficult situations. Participants are also given opportunities to practice skills so they feel confident and comfortable having conversations that promote inclusion, respect, safety, and healthy communities.

The course was developed by CMHA BC in partnership with the BC Non-Profit Housing Association, BC Government and Service Employees’ Union, Canadian Institute for Substance Use Research, 7th Floor Media (Simon Fraser University), and Walden Media Group, with funding provided by Community Action Initiative.

BOTTOM LINE CONFERENCE

The theme of the 17th annual Bottom Line Conference is centered around the topic of *Dismantling Barriers, Opening Doors: Inclusion at Work*.

In March, we made the difficult decision to postpone the conference as a result of the state of emergency declared due to COVID-19. We want to acknowledge the City of New Westminster’s Anvil Centre, where the conference was set to be held, for their incredible service and flexibility in helping us make the decision to postpone.

Thank you also to our top-level sponsors for this year’s event:

- Diamond Presenting Sponsor: CanadaLife
- Gold Sponsors: BC Government and Service Employees’ Union and WorkSafeBC
- Silver Sponsor: Teck Resources
- Bronze Sponsors: BC Teachers’ Federation, Health Sciences Association, HUB International



Register for Bottom Line 2020, taking place virtually on October 5 + 6, at bottomlineconference.ca



It is great to have multiple local branches come together and have events like these. We learned a lot from putting them on and participating in them.

—Community Talks event organizer




DISASTER STRESS 2019

In 2019, CMHA was on the ground supporting communities affected by wildfires and other natural disasters through Disaster Stress, a program that was based on focus group research, consultation with CMHA's nine branches in wildfire-affected communities, and the Community Wellness Managers.

The purpose of the program was to raise awareness of stress and anxiety people in BC may be experiencing related to environmental and natural disasters such as wildfires, and to promote support resources from the CMHA, Interior Health, and Northern Health.

Throughout July to November 2019, CMHA branches hosted 28 Community Talk events across 15 communities. Members of the community gathered face to face to share experiences and support, learn tips for building resilience, and connect with local resources and services. From magic shows to dreamcatcher workshops, each community event was unique. In some communities, branches collaborated with other organizations to bring CMHA displays and presentations to other local community events.

Disaster Stress is funded by the Ministry of Health.

 *Community Talk event at the Osoyoos Indian Band Health Day. Participants made dream catchers, enjoyed lunch together, and shared coping strategies during stressful times.*

1,000+ people attended Community Talk events

83% rated their overall experience at the event as very good or excellent

28,100 promotional printed materials were distributed to 21 partner organizations



CMHA IN VICTORIA

At Work | Au Travail

The At Work | Au Travail program works with people living with mental illness or addiction, as well as employers, to remove barriers to meaningful employment. The program offers help with career counselling, resumé building, job interviews and work placements, training, and transition into the workplace.

At Work | Au Travail is funded by Service Canada and CMHA Toronto.

27 people enrolled in At Work

10 people employed through At Work

I am grateful for the kind and thoughtful support I received through At Work Victoria. The program helped me gain back the confidence I needed to return to the workforce.”

—At Work program client



Headstrong

In partnership with the Mental Health Commission of Canada, CMHA in Victoria continues to support mental health awareness through the Headstrong Youth Anti-Stigma Program. On February 11, 2020, Victoria held their 6th Youth Anti-Stigma Summit. 14 high schools and 120 youth, school counsellors, and administrators gathered for a day of learning. Students heard stories from youth with lived experience, took part in thought provoking activities, and designed action plans to take back to their schools and communities to help break down the stigma surrounding mental health.

Ride Don't Hide

On June 23, 2019, Ride Don't Hide raised \$134,000 with 454 riders and walkers. 27 teams and Ride Don't Hide founder Michael Schratteer joined Victoria's ride. Former Olympians Gillian Carleton, six-year Ride Don't Hide ambassador, was joined again this year by Silken Laumann.

454 Ride Don't Hide Victoria riders and walkers raised \$134,000



SCHOLARSHIPS & BURSARIES

The Lorne Fraser Scholarships and Bursaries

The Lorne Fraser Educational Fund provides financial assistance to post-secondary students living with mental illness or addiction to help further their pursuit of higher education. Scholarships in the amount of \$2,000 and \$1,000 are awarded to two post-secondary students whose educational and career goals are related to mental health promotion, and several \$700 bursaries are available to individuals aged 18 or over who are currently enrolled in or have applied to post-secondary education or job training. The Lorne Fraser Educational Fund has helped more than 200 British Columbians since its inception in 1982.

Lorne Fraser Scholarship for Mental Health Promotion

Kaylee, Kelowna

- Career goal: Eating Disorder Researcher
- School of choice: University of BC, Okanagan
- Program: PhD in Clinical Psychology

Courtney, Prince George

- Career goal: Counsellor
- School of choice: University of Northern BC
- Program: BSc in Psychology, First Nations minor

200+ people with lived experience of mental illness or addiction have been helped to pursue post-secondary education

Lorne Fraser Educational Bursary

Shelby, Victoria

- Career goal: Journeyman Electrician
- School of choice: Camosun College
- Program: Electrical Apprenticeship

Chris, Courtenay

- Career goal: Certified Professional Accountant
- School of choice: North Island College
- Program: Bachelor of Business Administration

Ryan, New Westminster

- Career goal: Certified Professional Accountant
- School of choice: University of Fraser Valley
- Program: General Studies Diploma

Mary, Richmond

- Career goal: Manager at a non-profit organization
- School of choice: BC Institute of Technology
- Program: Non-profit Management

Steve, Vancouver

- Career goal: Emergency Nurse
- School of choice: BC Institute of Technology
- Program: BSc in Nursing

Shawna, Surrey

- Career goal: Founder of a Multidisciplinary Mental Health Clinic
- School of choice: University of BC
- Program: MSc in Experimental Medicine

Maria, Burnaby

- Career goal: Mental Health Policy
- School of choice: University of Victoria
- Program: Juris Doctor

Mental Health Fine Arts Bursary (FAB) Award

Thanks to a generous annual donation from a private family donor, the FAB Award was created in 2017 to assist individuals aged 18 and over who may not be able to obtain the funds needed to support their studies because of challenges related to mental illness. The FAB Award also recognizes the efforts of individuals who can use their skills in the fine arts to support those experiencing mental illness. Two \$1,000 awards were given to students in 2019.

Taylor, Maple Ridge

- Career goal: Music Therapist
- School of choice: University of BC
- Program: BA in Psychology and Music

Sydney, Port Moody

- Career goal: Write a Musical on OCD
- School of choice: Capilano University
- Program: Musical Theatre Diploma

Mental Health Fine Arts Bursary (FAB) Indigenous Award

This year, thanks to our generous donors, we were able to add a \$1,000 bursary for an Indigenous student in the fine arts field who is studying at Emily Carr University of Art and Design and has accessed support/mental health services.

Carmen, Vancouver

- Career goal: Artist and Teacher
- School of choice: Emily Carr University
- Program: Bachelor in Fine Arts

Janice Lee Blue Wave Youth Bursary

The Janice Lee Blue Wave Youth Bursary honours the legacy of Janice Lee, an 18-year-old who struggled with depression and anxiety and died by suicide in 2006. The vision of the Bursary program is to invest in the resilience, wisdom, and potential of young people, and to reduce some of the barriers during the major transition from high school to higher education by offering \$700 bursaries.

Hannah, Penticton

- Career goal: Marine Biologist or Doula
- School of choice: Camosun College
- Program: Associate of Science

River, Vancouver

- Career goal: Prosthetics Designer
- School of choice: University of Victoria
- Program: B.Eng in Biomedical Engineering



Donate to scholarships and bursaries at cmha.bc.ca/donate

Receiving this award motivates me to continue to strive for excellence and carry on pursuing the craft I hold so close to my heart. Your generosity has made a huge impact on my life and I am truly so grateful to be a recipient of your bursary. I have great admiration and respect for the Canadian Mental Health Association and I truly believe that your efforts to help those with mental health is astounding and has the power to change lives.

—Mental Health Fine Arts Bursary recipient





RIDE DON'T HIDE

On June 23, 2019, CMHA hosted Ride Don't Hide events across Canada, bringing cyclists together in celebration and support of mental health.

The goal of the annual community bike ride is to raise awareness of mental health, reduce the discrimination and stigma around mental illness, and raise funds to benefit CMHA's many community programs and services.

The Ride Don't Hide movement began in 2010 as Michael Schratter embarked on a global journey to cycle 40,000 km, crossing six continents and 33 countries and to raise funds for CMHA. Michael's mission was to bring awareness to the stigma surrounding mental illness by sharing stories around the world.

CMHA began hosting Ride Don't Hide community bike rides in 2012, with two events in BC. The annual event has since grown to become a national flagship

program for CMHA across Canada. CMHA BC provided centralized support and resources to local Ride Don't Hide event coordinators across Canada from its inception up to the 2017 event. Coordination of the 2019 event was led by CMHA National.

**Across BC, over \$724,000
raised for mental health**

2,642 riders across BC

**BC contributed 47% of dollars raised
across Canada**

PARTNERSHIPS THAT MAKE A DIFFERENCE

Thank you to our community partners for your commitment and leadership in bringing awareness and funding to our mental health and addictions services and programs. Together, we are working towards better mental health for all British Columbians.

BC Government and Service Employees' Union

We appreciate continued support from BCGEU, who returned this year as Gold Sponsors of the Bottom Line Conference.

BC Centre for Substance Use

BCCSU has provided content expertise and delivered workshops as advisors for the Bottom Line Conference. Ongoing participation with the BCCSU is part of our commitment to speaking out louder on the needs of people who use substances.

BC Francophone Affairs Program

With support from this program, the Living Life to the Full program was able to train five francophone facilitators to deliver courses in BC.

BC Municipal Safety Association

Mental health is a large focus for this safety authority for the municipal government sector. CMHA BC is proud to deliver mental health training content to municipal government employees across BC as a training partner with BCMSA.

CanadaLife

As workplace mental health leaders, CanadaLife provides best practice policies and tools at their Workplace Strategies for Mental Health. This year brings us continued support from CanadaLife as Diamond Presenting Sponsors at the Bottom Line Conference.

Mental Health Commission of Canada

Thanks to the Commission, CMHA in Victoria delivered the Headstrong youth anti-stigma program to raise awareness of mental health with young people.

Province of BC

The Province of BC has delivered critical funding which makes it possible for CMHA BC to deliver our core, evidence-based programs. BounceBack is funded by the Ministry of Health/Provincial Health Services Authority, and the Confident Parents Thriving Kids

program is funded by the Ministry for Children and Family Development. The Province also funds the BC Partners for Mental Health and Addictions Information and our Disaster Stress program.

Ministry of Mental Health and Addictions

A number of CMHA BC services and supports are identified as funded priorities in the Ministry's Pathway to Hope. We are very grateful to the Ministry for its funding and support.

Provincial Health Services Authority

As funder of the BounceBack program for the last two years as well as a long time funder of CMHA's work with the BC Partners for Mental Health and Substance Use Information, the Provincial Health Services Authority is a critical ally of our organization.

Service Canada

Funding for the At Work | Au Travail employment support program is provided by Service Canada and CMHA Toronto. This evidence-based program is delivered in Victoria.

Teck Resources

We appreciate many years of support from Teck, who have shown an ongoing commitment to workplace mental health and the community-based mental health sector. This is the second year that Teck will participate as a Silver level sponsor of the Bottom Line Conference.

Traction on Demand

This Salesforce implementation partner and app development firm helped our cause this year, donating use of their online platform and consulting support.

Sun Life Financial

A longtime supporter of mental health, Sun Life has provided full funding to host 50 Living Live to the Full courses over two years.

FlyCalm.ca with Vancouver Airport Authority (YVR)

In 2019–20, we reached more people than ever before with our stress and anxiety website FlyCalm.ca, created in partnership with YVR. Promotion for the site reached 615,000 online users.

WorkSafeBC

WorkSafeBC has been an anchor for the Bottom Line Conference, returning in 2020 as a Gold Sponsor.



DIY FUNDRAISERS & DONORS

DIY Mental Health Heroes

Every year, individuals organize their own events, celebrations or campaigns to raise funds for mental health in BC. We are so honoured that you chose CMHA BC to receive these funds. Here are some of this year's fundraisers:

- Bear Mountain Golf Resort—2019 Matthew Conway Golf Classic
- Bradley Braich's Better than Basketball 2019
- Meighan Klippenstein's BMO Half Marathon in Vancouver
- Maximizer "Walk the Talk" 2019
- Kevin Eden's Run for Mental Health Awareness
- SUP Paddle for Mental Health
- Silver Icing Inc.

Employee Giving

The workplace is one place where people come together around the causes most important to them. We deeply appreciate the generosity of employees at the following organizations:

- Bell Canada
- Best Buy
- Coast Capital Savings
- FortisBC
- GoodLife Fitness
- Helping Hands of WorksafeBC
- Little Flower Academy
- Parkland Fuel Corporation

- RBC Royal Bank
- Rotary Club of Semiahmoo (White Rock)
- Sun Life Financial
- Telus
- United Way of the Lower Mainland
- University of British Columbia – Housing & Conferences
- Vancouver School Board
- Vancouver International Airport (YVR)
- Victoria Estate Planning Council
- Yale Secondary School

Major Gifts

Thank you to these generous individuals for supporting mental health in BC:

- Gloria Aldrich
- Mary Aubrey
- Vinod Bashir
- Stania Bedford
- Stuart Bonner
- Murray Braaten
- Natalie Carranceja
- Esther Hault
- Jim Hayden
- IATSE Local 891
- Colin MacAskill
- Jenn Page
- Sandra Rogers
- Samsung TechPong 2019

ENDOWMENT FUNDS



Your gift makes a difference! Donate online at www.cmha.bc.ca/donate

CMHA BC has established a number of endowment funds to help support mental health for generations to come. Donors can designate contributions to any of the funds to help build the sustainability of programs they care most about. By leaving a bequest in your will, making a gift of life insurance or designating CMHA BC as a beneficiary of your RRSP, RRIF or TFSA, your gift can help us save lives and advocate for change now and well into the future. Your gift today will make a difference in the lives of British Columbians tomorrow.

CMHA BC Endowment Fund

CMHA BC has established an endowment fund with the Vancouver Foundation, the largest community fund in Canada. The conditions of the fund provides donors with the security that their initial donation will not be eroded as only the interest from the fund is available for CMHA BC to draw on annually. As of March 2020, the value of the fund was \$473,703.



Lorne Fraser Educational Fund

The Lorne Fraser Educational Fund provides bursaries and scholarships to help people with mental illness achieve their post secondary goals, whether at college, university or a trade school. Bursaries and scholarships are funded

from the annual interest from the fund, so as not to erode the capital. The fund was created by Lorne Douglas Fraser using his own money plus donations from his neighbours in Surrey. Lorne's passion for increasing opportunities for people with mental illness stemmed, in part, from his own experiences with bipolar disorder. Since 1982, the Lorne Fraser Educational Fund has helped over 200 British Columbians pursue their educational dreams. The value of the fund as of March 2020 was \$228,641.



Dr. Jean Moore Endowment Fund in Child and Youth Mental Health

This fund honours outstanding CMHA volunteer, Dr. Jean Moore, and her passion for child and youth mental health. The fund supports CMHA BC activities that enhance,

through innovation, the lives of children and youth living with or at risk of developing mental illness. CMHA BC is truly fortunate to benefit from the wisdom, commitment, leadership and dedication of one of the most outstanding volunteers in Canada. Her volunteer activity with CMHA has spanned over 30 years in Alberta and BC, at branch, provincial and national levels of CMHA. With a further \$10,000 contribution by CMHA BC in 2015 along with other contributions, the value of the fund as of March 2020 was \$104,606.

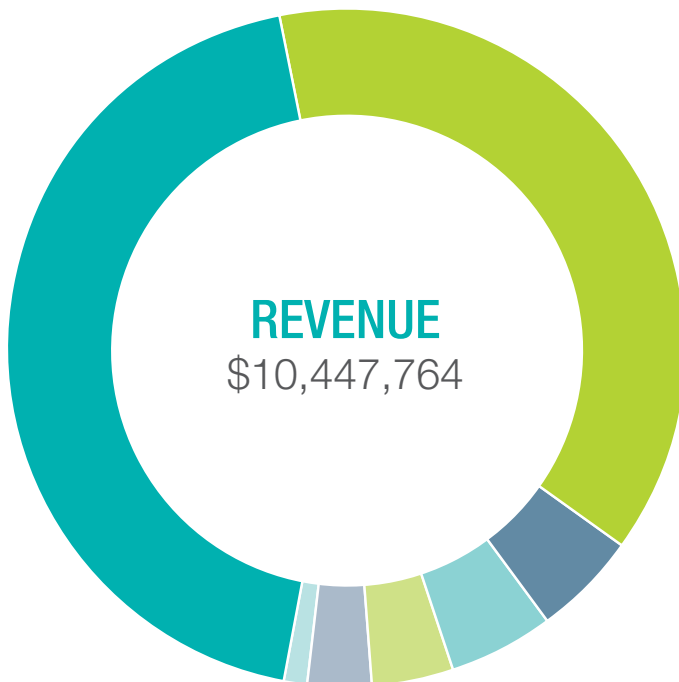


Dr. Nancy Hall Speaking Up Speaking Out Endowment Fund

Named in Dr. Nancy Hall's honour for the voice she brought to people with mental illness, this fund supports CMHA's continued work in public policy and systemic advocacy at the provincial

level, and provides an informed independent voice on the impact of the public mental health system on the lives of people with mental illness and substance use problems and on their families. In March 2011, CMHA BC made an initial investment of \$50,000 for the establishment of the fund plus a further \$50,000 in 2012, and \$25,000 in 2015. The value of the fund as of March 2020 was \$199,683.

FINANCIALS



- 43%** Grants—Ministry of Mental Health and Addictions, Ministry of Health, Ministry of Children and Family Development \$4,457,175
- 41%** Grants—Provincial Health Services Authority \$4,256,726
- 5%** Fee for service \$565,573
- 5%** Donations, bequests and sponsorships \$503,391
- 3%** Registration fees \$288,450
- 2%** Other income \$251,255
- 1%** Grants—other \$125,194



- 29%** BounceBack \$3,252,792
- 22%** Confident Parents: Thriving Kids - Behaviour \$2,470,535
- 18%** Core programs (education, policy, communications, Living Life to the Full, sustainability, administration) \$1,995,186
- 18%** Confident Parents: Thriving Kids - Anxiety \$1,977,640
- 6%** BC Partners communications and projects \$666,072
- 3%** Workplace services \$333,123
- 3%** Projects and administered programs \$296,137
- 1%** Community Gatekeeper \$76,678

BOARD OF DIRECTORS

David DeLong (Chair)

David is the Director, Human Resources, Base Metals at Teck Resources. Experienced in board governance, policy and strategic planning, he served on the Selkirk College Board of Governors for 6 years as Chair of the Advocacy Committee and Chair of the HR Committee. David has a Master of Science – Safety Management, BA, BPE, and diploma in Strategic Human Resources Management and a certificate in Workplace Mental Health Law. With over 20 years of experience in managing employee assistance and health and wellness programs, David has a strong understanding of aboriginal affairs, addictions, corporate relationships, and mental health in the workplace.

Jacki McPherson (Vice Chair)

Jacki is from the Okanagan Nation. She has worked in Aboriginal health for approximately 30 years. Jacki currently manages all health programs for the Osoyoos Indian Band, and is part of the Okanagan National Wellness Committee. In her previous role as President of the First National health Directors Association of BC, Jacki was involved with the transfer of health services from Health Canada to the First Nations Health Authority. She has also worked closely with Interior Health Authority in all areas of health.

Tom Morton (Treasurer)

Tom joined the CMHA BC board in 2011. Tom is a CPA, CA with over 30 years' experience as an accountant in public practice and has been a Tax Partner at Smythe LLP for over 15 years before retiring in January 2020. Tom works with private and family-owned businesses in a variety of industries with a focus in business succession planning as well as trust and estate planning. Tom also provided tax advice to charities, union and not-for-profit clients of Smythe LLP. Tom has been an author of two papers for the Canadian Tax Foundation and has written numerous articles and is a frequent speaker addressing current tax topics.

Jesse McDonald (Secretary)

Jesse McDonald is enrolled in the Rural Pre-Medicine Program at Selkirk College. She has spent a time in South Africa as a Project Assistant with the Sinovuyo Teen Project, which aims to develop an evidence-based parenting and teen program for HIV/AIDS-affected youth and their families. Jesse is a current member of the Healthy Minds | Healthy Campuses initiative, and is involved with facilitating campus discussions around mental health and substance use.

Peter A. Csiszar (National Representative)

Peter is a founder and partner of Harris Workplace Law. He advises and represents employers on human rights matters, collective agreement interpretation, discipline and collective bargaining strategy. He has clients in numerous sectors, including health care, food, broadcasting and education. He has won several awards, including Best Lawyers in Canada for labour and employment law. Peter has been a guest lecturer at UBC on labour and employment topics and is a member of the Labour Law Section of the Canadian Bar Association, BC Branch.

Omar Alasaly

Omar is a Pharmacist-Owner of three Shoppers Drug Mart franchises. He has been recognized by his peers at Shoppers Drug Mart as being a pharmacy and business leader and he was elected as the BC Peers Chair for Shoppers Drug Mart where he serves as Chair of the Board for all elected Pharmacist-Owner Representatives in BC and also serves as one of seven Pharmacist-Owners on the National Pharmacist-Owner Board representing over 1,100 Shoppers Drug Mart Pharmacist-Owners in Canada. Omar was awarded the prestigious British Columbia Pharmacy Association (BCPhA) Pharmacy Leadership Award and has also been awarded several other national and regional pharmacy awards. As a pharmacy student at UBC, Omar's internship focused on the treatment of mental health patients.

Jane Atherton

Jane has 25 years in marketing and sales for the Vancouver Sun and The Province newspapers. She has also served as Publisher of 24hrs newspaper. Jane has been on the Board of Directors of the Vancouver-Fraser Branch for the past five years, including two years as President. Jane brings to the board her skills in leadership, communication and having lived experience of supporting family members with depression and substance use. Jane has recently moved to Courtenay and is making Vancouver Island her new home.

Canon Fung

Canon is a business owner and a former finance executive with a CPA, CA and a Bachelor of Commerce from University of British Columbia. He has over 25 years of business, financial, and operational experience in consulting firms, public and private companies, and non-profits. He is the President of Bella Turf and Shift Supplies. Canon has been on the Board of Directors of

Canadian Liver Foundation, BC Division including two years as Treasurer. Canon was also on the Board of Canadian Diabetes Association, BC Yukon Division as the VP Finance, a Finance Committee Member at Vancouver Lawn Tennis Club, and a mentor with the Sauder School of Business.

Sophia Noel

Sophia is a registered nurse and she is a graduate from the UBC Master of Health Administration program. Sophia is working in Quebec as a chief of service for mental health external clinics and the day hospital. She previously worked for Vancouver Coastal Health Early Psychosis Prevention program. Her practice experience includes mental health programs in hospital departments and outpatient clinics. In Quebec, Sophia helped create training for health professionals, health workers and managers to understand and eliminate mental health stigma.

Errol Olsen

Errol currently serves as Chief Financial Officer at Traction on Demand, one of North America's largest salesforce consulting and application development firms. Errol brings more than 25 years of experience managing the finance and operations functions of companies ranging from start-ups to multi-national corporations including Absolute Software, Inetco Systems, Pivotal Corporation and Ritchie Bros. Auctioneers. Prior to leaving public practice, Errol was a manager in the audit and advisory services group at KPMG LLP, where he worked with a portfolio of private

and public companies. Errol holds a CPA, CA designation and a Bachelor of Business Administration from Simon Fraser University. He brings to CMHA BC a broad experience in finance, strategy development, operations, technology and governance.

Raegan Paul

Raegan is based in Langley BC and works with TELUS Health as a Senior Program Manager leading operational improvement initiatives. He has 15 years of cross industry and international experience in strategic planning and business analysis and holds an MBA and Telecommunications Engineering degree. His passion for community wellness and mental health and experience in IT sector motivated him to develop a mental health app. Through this experience he learnt more about the mission and community work of the organization and felt encouraged to serve on the board.

Navi Rattan

Navi is a physician who works in rural communities, emergency departments and with aboriginal peoples. He is the older brother to a victim of suicide. His younger brother died by suicide 9 years ago. Navi has helped start youth mentorship groups, organized youth gang violence forums and has volunteered at numerous organizations including Big Brothers. Additionally, he has worked within the government. He is experienced in the areas of academic research, clinical research and addiction medicine. Navi's professional and personal goals are to bring awareness to mental health and suicide.

Committees of the Board

Finance & Audit

- Tom Morton (chair)
- Canon Fung
- Jane Atherton
- Errol Olsen
- Dave DeLong (ex-officio)
- Jonny Morris (staff resource)

Governance and Bylaws

- Peter Csiszar (chair)
- Jesse McDonald
- Dave DeLong (ex-officio)
- Jonny Morris (staff resource)

Nominating

- Tom Morton (chair)
- Willy Berger
- Joshua Radcliffe
- Shawn McNaughton
- Dave DeLong (ex-officio)
- Jonny Morris (staff resource)

Human Resources

- Omar Alasaly (chair)
- Peter Csiszar
- Navi Rattan
- Dave DeLong (ex-officio)
- Jonny Morris (staff resource)
- Gail Young (staff resource)

Strategic Planning

- Canon Fung (chair)
- Jacki McPherson
- Jesse McDonald
- Dave DeLong (ex-officio)
- Jonny Morris (staff resource)
- Kendra Milne (staff resource)

Fundraising/Sponsorship

- Jane Atherton (chair)
- Omar Alasaly
- Navi Rattan
- Raegan Paul
- Richard Costello
- Dave DeLong (ex-officio)
- Jonny Morris (staff resource)

Executive Committee

- Dave DeLong (chair)
- Jacki McPherson (vice-chair)
- Jesse McDonald (secretary)
- Tom Morton (treasurer)
- Jane Atherton
- Jonny Morris (staff resource)

JOIN US!

Together we can make a difference.

Just fill out this form and send it to our office at the address below:

Canadian Mental Health Association,
BC Division
905 - 1130 W Pender Street
Vancouver, BC V6E 4A4

Tel: 604-688-3234
or 1-800-555-8222 (toll free in BC)
Fax: 604-688-3236
Email: info@cmha.bc.ca

www.cmha.bc.ca

I WOULD LIKE TO SUPPORT CMHA BY:

- Signing up for email updates
- Becoming a member of CMHA
 - \$20 Individual**
 - \$5 Subsidized individual
 - \$50 Organization**
- Making a donation of
 - \$200 \$100 \$50 other \$ _____
 - \$85 \$150 \$35
 - I would like this to be a monthly donation*
- Learning about volunteer opportunities at CMHA
- Learning about including CMHA in my will

Name: _____

Address: _____

Phone: (_____) _____ - _____ Email: _____

I would like to pay by:

Cheque Card no: _____ / _____ / _____ / _____ 3-digit security code (CVC) _____

VISA

MasterCard Expiry date: _____ / _____ Signature: _____

Please do not list me as a donor in CMHA Annual Reports or donor recognition projects

Please feel secure. We only use your personal information to provide services and to keep you informed and up to date on the activities of CMHA, including programs, services, special events, funding needs, opportunities to volunteer or to give, and more through periodic contacts. If at any time you wish to be removed from any of these contacts simply contact us by phone at 1-800-555-8222 or at info@cmha.bc.ca.

We do not trade or sell our donor lists.

* For monthly donations by cheque, please send a cheque marked "void" and this completed card by mail. Your charitable receipt will include all monthly donations made, to Dec. 31st for each calendar year. You can increase, decrease, cancel or restart your monthly donation at any time by notifying us at 1-800-555-8222.

** **Memberships expire March 31 of each year.** New, non-subsidized memberships that begin between September 1 and March 31 need only pay half of the regular membership fee.



CMHA BRANCHES IN BC

CARIBOO CHILCOTIN (WILLIAMS LAKE)

250-398-8220 | www.cariboo.cmha.bc.ca

COWICHAN VALLEY (DUNCAN)

250-746-5521 | www.cowichanvalley.cmha.bc.ca

KAMLOOPS

250-374-0440 | www.kamloops.cmha.bc.ca

KELOWNA

250-861-3644 | www.cmhakeLOWNA.com

KOOTENAYS (CRANBROOK)

250-426-5222 | www.kootenays.cmha.bc.ca

MID-ISLAND (NANAIMO)

250-244-4042 | www.mid-island.cmha.bc.ca

NORTH AND WEST VANCOUVER

604-987-6959 | www.northwestvancouver.cmha.bc.ca

PORT ALBERNI

250-724-7199 | www.cmhaportalberni.ca

PRINCE GEORGE AND QUESNEL

250-564-8644 | www.princegeorge.cmha.bc.ca

SHUSWAP-REVELSTOKE (SALMON ARM)

250-832-8477 | www.shuswap-revelstoke.cmha.bc.ca

SOUTH CARIBOO (100 MILE HOUSE)

250-395-4883 | www.southcariboo.cmha.bc.ca

SOUTH OKANAGAN SIMILKAMEEN (PENTICTON)

250-493-8999 | www.sos.cmha.bc.ca

VANCOUVER-FRASER (VANCOUVER)

604-872-4902 | www.vf.cmha.bc.ca

VERNON

250-542-3114 | www.cmhavernon.ca

VICTORIA OFFICE (CMHA BC)

250-216-4228 | www.victoria.cmha.bc.ca





**Canadian Mental
Health Association**
British Columbia
Mental health for all

Charitable Registration No. 88844 1995 RR0001

Suite 905 - 1130 W. Pender Street
Vancouver, BC, V6E 4A4 Canada

Phone: 604-688-3234

Toll-free phone (BC only): 1-800-555-8222

Fax: 604-688-3236

www.cmha.bc.ca

The CMHA BC office is located on the traditional, unceded lands of the x^wməθk^wəyəm (Musqueam), Skwxwú7mesh (Squamish) and sə'liłwətaʔ (Tsleil-Waututh) Nations