

IMPACT REPORT

2022–2023



Canadian Mental
Health Association
British Columbia
Mental health for all



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Executive Message

Adapt. Alliance. Advocate.

These words capture the essence of our commitment this past year to create communities where mental health is valued, supported, and understood. Across the province, mental health organizations have tirelessly advocated and responded to the growing needs for care by expanding services while adapting to a series of crises including the toxic drug crisis, ongoing impacts of COVID-19, wildfires and the growing unhoused populations.

The events of the past year have underscored the importance of adaptability in our lives. We have all faced unexpected challenges and had to find new ways to cope and thrive. At the heart of our mission is the acknowledgment that mental health is an integral part of our overall well-being. At CMHA BC, we delivered our mainstay of mental health promotion, prevention, workplace mental health initiatives, and early intervention programs to thousands of individuals, underpinned by our commitment to ensuring as many people as possible get the right care at the right time.

Our progress has been made possible through the incredible alliances we've formed with individuals, organizations, and communities. Together with the CMHA local branches and community organizations, we have fostered an environment where open conversations about mental health are encouraged, and stigma is challenged. We worked in alliance with community partners to shift from crisis to care, sending community-led responses to mental health emergencies. We increased access to innovative care, like employment services integrated with primary care, across urban and rural communities. And thanks to significant investment from the Government of BC, we have ramped up capacity in licensed substance use treatment and recovery beds across the province.

We recognize there is much work to be done. The relationship between poverty, mental health and substance use is even more complex for people who experience additional forms of social exclusion or marginalization. Throughout the delivery of this impact, we stayed true to our foundation as an advocacy organization, testifying in front of legislative committees, providing insight to media, and working with municipal and provincial governments on the systemic reform needed to improve care for people living with mental health and substance use related illnesses.

Mental health is a journey, not a destination, and we remain steadfast in our commitment to making a difference. We invite each and every one of you, our valued supporters, to join us in this endeavor. Whether by sharing your own experiences, supporting our initiatives, or advocating for change, your involvement is essential.

We would like to say a huge thank you to all of the staff and volunteers at CMHA BC and CMHA local branches. We would also like to express great appreciation to all of our donors and funders, including the Government of British Columbia, without whom our work towards mental health for all would not be possible.

Thank you



**WE LOOK FORWARD TO CONTINUING
THIS JOURNEY WITH YOU**

Jonny Morris
CEO, CMHA BC

David DeLong
Board Chair, CMHA BC

About Us

The Canadian Mental Health Association (CMHA) is a national charity that provides advocacy and resources that aim to help prevent mental health problems, support recovery and resilience, and enable all Canadians to flourish and thrive. At the BC Division (CMHA BC), our mandate also includes supporting people with substance use challenges. Through our family of over 87 local, provincial, and national locations across Canada, including 14 branches in BC, CMHA is uniquely positioned in Canada as a charity that brings together experience, expertise, and the ability to speak to a range of issues surrounding mental health and mental illness. CMHA provides a wide range of innovative services and support tailored to and in partnership with our communities.

We are committed to advancing the goals of the Truth and Reconciliation Commission by learning from and working with Indigenous partners, through a process of mutual respect and cultural humility, to ensure our programs are culturally safe and meaningful.



We respectfully acknowledge xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), sə̓lilwətaʔ (Tsleil-Waututh), Lkwungen (Songhees) and Wyomilth (Esquimalt) peoples on whose traditional, unceded lands the CMHA BC offices are located.

Our Vision:

Mentally healthy people in a healthy society

Our Mission:

To ensure that all people in Canada experience good mental health and well-being

Our Central Philosophy:

The Framework for Support: The person experiencing mental illness is at the centre of any supportive mental health system, with the goal of ensuring those experiencing mental illness live fulfilling lives in their community

Our Values:

Compassionate

Inclusive

Steadfast

Proactive

Collaborative



**TOGETHER WE ARE
MAKING A DIFFERENCE
BY CHANGING THE
WAY WE THINK ABOUT
MENTAL HEALTH AND
SUBSTANCE USE**

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CMHA in British Columbia

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(Vancouver, New Westminster and Delta)
604-872-4902
www.vancouver-fraser.cmha.bc.ca

North and West Vancouver 06
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www.northwestvancouver.cmha.bc.ca

Mid-Island 05
(Nanaimo)
250-244-4042
www.cmhamidisland.ca

Port Alberni 04
250-724-7199
www.cmhaportalberni.ca

Cowichan Valley 03
(Duncan)
250-597-1372
www.cmhacowichanvalley.com

CMHA BC 02
(Victoria Office)
250-216-4228
www.cmha.bc.ca

CMHA BC 01
(Vancouver Office)
604-688-3234
www.cmha.bc.ca

South Cariboo 08
(100 Mile House)
250-395-4883
www.southcariboo.cmha.bc.ca

Cariboo Chilcotin 09
(Williams Lake)
250-398-8220
www.cariboo.cmha.bc.ca

Northern BC 10
(Quesnel)
236-424-1946
www.northernbc.cmha.ca

Northern BC 11
(Prince George)
250-564-8644
www.northernbc.cmha.ca

Kamloops 12
250-374-0440
www.kamloops.cmha.bc.ca

Shuswap-Revelstoke 13
(Salmon Arm)
250-832-8477
www.shuswap-revelstoke.cmha.bc.ca

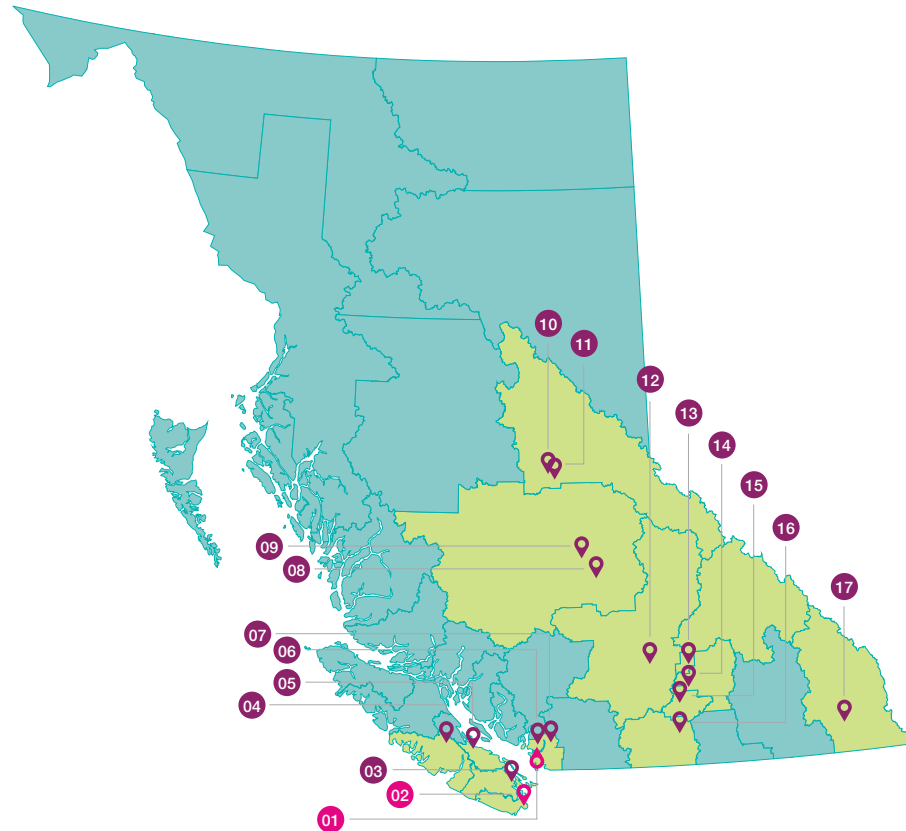
Vernon and District 14
250-542-3114
www.cmhavernon.ca

Kelowna 15
250-861-3644
www.cmhakelowna.com

South Okanagan Similkameen 16
(Penticton)
250-493-8999
www.sos.cmha.bc.ca

Kootenays 17
(Cranbrook)
250-426-5222
www.kootenays.cmha.bc.ca

CMHA offers services across British Columbia through 14 local branches and one provincial division supporting over 100 communities





Strategic Priorities 2021–2025



Reach

all British Columbians throughout their lifespan to promote mental wellness and provide mental illness and substance use care by leveraging strengths.



Uplift

the voices of BC's nonprofit organizations and people with lived and living experience to create positive change in our public and community-based systems of care.



Advance

our human right to our best possible mental health by calling for a comprehensive system of care that protects and promotes our rights to adequate housing, education, employment, community inclusion and health.



Learn more at
www.cmha.bc.ca/strategic-plan



Our Impact

BounceBack®

5,000+

individuals were referred to learn skills to manage low mood, stress and worry



Peer Assisted Care Teams (PACT)

700+

mental health crisis calls were received and supported by community-led crisis teams

Workplace Mental Health

5,000+

individuals were supported through programs and events focused on improving workplace mental health

PROGRAM DEVELOPMENT AND DELIVERY

We help build mental health skills and resilience for individuals through parent support, employment services, youth programs, and wellness programs.

EDUCATION AND TRAINING

We work with community partners and businesses to develop and deliver training, resources, and events on mental health priorities. We provide scholarships and resources for students.

ENGAGEMENT AND OUTREACH

We connect individuals and organizations to resources and information. Our mental health champions raise awareness and funds to support our ongoing work in mental health and substance use care.

INITIATIVES AND ADVOCACY

We identify and respond to Canada's most pressing mental health priorities. We create opportunities for knowledge exchange, research, and collaboration with people with lived and living experience, our local CMHA branches, community partners, businesses, and government.

Healthy Minds | Healthy Campuses

1,700+

online users learned about promoting mental health and healthier relationships with substance use across BC campuses



Visions

198,800+

views of Visions online articles

Confident Parents: Thriving Kids

5,700+

families were referred to learn skills for tackling anxiety or behaviour challenges together



Bed-Based Treatment and Recovery Grants

500+

clients received quality bed-based treatment and recovery services

Here to Help

158,800+

online mental health or substance use screenings taken

Confident Parents: Thriving Kids

Confident Parents: Thriving Kids has two program streams to help parents support their children aged 3-12 to manage either anxiety or behaviour challenges. Behaviour challenges may include uncooperative or disruptive behaviour, aggression or defiance. Sometimes anxiety can look similar, but the behaviours only appear in certain situations – like getting ready for school or going to bed. When children are feeling anxious, they may seem restless, agitated, withdrawn or tearful, complain of stomach aches or have trouble falling asleep. With funding from the Province, we also launched a new parent and caregiver program to support First Nations, Métis and Inuit families across BC, whose children are struggling with the experience of big worries and fears, or what the Western worldview calls anxiety.



Confident Parents: Thriving Kids—Anxiety Program

The Confident Parents: Thriving Kids—Anxiety Program incorporates principles from cognitive behavioural therapy (CBT) and other best practices to address anxiety that impacts child development and happiness at home, school, and in the community. Through online videos with coaching sessions by phone, parents and caregivers learn effective skills and techniques to help their child manage anxious behaviours. This past year, on average, the pre- and post-program results indicate a strong effect in decreasing the anxiety challenges that parents are identifying in their children. The outcomes show a positive result for targeting anxiety symptoms but also for all other measures of child and youth mental health, functioning, and family well-being. In addition, we have begun a group delivery model of the program that is currently underway, with the aim for completion in the 2024–25 fiscal year.

“

[Our coach] was absolutely phenomenal. She made me feel heard, she was the first to celebrate the gigantic wins we were having and just made everything feel like it was finally going to be okay. I love that even if I was feeling unsure, she would make sure that we had all the information and support to continue with the program.

Anxiety program participant

3049

families referred



1163

families engaged in active coaching relationships



8031

coaching sessions held



Confident Parents: Thriving Kids—Behaviour Program

The Confident Parents: Thriving Kids—Behaviour Program addresses mild to moderate behavioural challenges and promotes healthy development. Through a series of 6, 10 or 14 weekly coaching sessions, along with workbooks and activities, trained coaches empower parents and caregivers to learn effective skills and techniques that support social skills and cooperation in their child. This past year, on average, the pre- and post-program results indicated a strong effect in decreasing the behavioural challenges that parents are identifying in their children. The outcomes showed a positive result for targeting behavioural symptoms but also for all other measures of child and youth mental health, functioning, and family well-being.

To support our increased demand for service, we completed recruitment for more diverse Parent Support coaches and Intake Coordinators. In partnership with Scouts Canada, we piloted a training project for volunteers and look forward to future partnerships to support parents and caregivers.

“This program gave me the knowledge I needed to have to confidently and calmly deal with difficult behaviours from my child. It helped me become more aware of my own emotional state and provided strategies to calm my mind when necessary. This heightened self-awareness in turn led to more confident decision making and planning as a parent.”

Behaviour program participant

2700+ 
families referred

86% 
rated the overall quality of the behaviour program as excellent or very good

697
families commenced coaching services

5452
coaching sessions held

www.confidentparentsbc.ca

We Are Indigenous: Big Worries/Fears, Parent/Caregiver Support Program

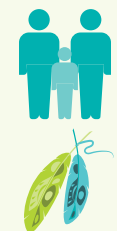
We are Indigenous: Big Worries/Fears, Parent/Caregiver Support Program is a free phone-based coaching program for Indigenous families with children ages 3 to 12 who are experiencing big worries and fears. The program was developed with the guidance of an Indigenous advisory group and Indigenous writers in collaboration with CMHA BC. In the 2022–23 fiscal year, the program officially launched to the public and is underway for further expansion. Four new coaches and an intake coordinator were hired to assist with the launch.

“This program comes from a deeply rooted understanding of wellness knowledges of First Nations, Métis and Inuit cultures and worldviews. It is grounded in Indigenous perspectives of: Strong Spiritedness, Wellness and Wholeness as our Original Nature, and (Re)Connection with the wisdom practices of our Ancestors and Elders. With support from the phone coaches and the materials, we can Remember, Reclaim, and Reconnect to the strengths, skills and practices that our Indigenous peoples have relied on for centuries, to live in balance with ourselves, each other and all our relations.”

Caring in All Directions Advisory Committee



45
referrals received



www.bigworriesstrongspirit.ca

BounceBack®

BounceBack is a free, telephone-based coaching program that supports individuals 13 and up to build skills to combat unhelpful thinking, manage worry and stress and improve mental health. BounceBack telephone coaching is available in English, French, Cantonese, and Punjabi. We also offer a self-guided e-learning version of the program. In 2022, BounceBack expanded by lowering the eligibility of telephone coaching from 15 to 13 years of age and expanded primary program referrers to include additional regulated health and social service practitioners. Additionally, we initiated a 5-year Indigenous Engagement Strategy informed by Reciprocal Consulting and remodeled delivery of new coach training.

“

My experience with the program went exceedingly well. I've learned some very useful skills that I'll hopefully be able to keep applying to my life. My coach was amazing! Before the first phone call I was super nervous, but her comforting tone really eased my worries. The coaching sessions were vital to my experience and provided great insights drawn from the books.

BounceBack program participant

5246 

individuals referred

933 

youth referred

41%

saw improvement in depression symptoms

43%

saw improvement in anxiety symptoms

 **BounceBack®**
reclaim your health

 **Provincial Health Services Authority**
Province-wide solutions.
Better health.

funding provided by

www.bouncebackbc.ca

Living Life to the Full

Living Life to the Full is an interactive, community-based course that provides simple, practical skills for coping with stress, problem solving, boosting mood, and dealing with unhelpful thoughts. Facilitators bring skills to life through booklets, handouts, group activities, and discussions. The courses are currently available in nine provinces and one territory with materials in English, French, Cantonese, Mandarin, Punjabi and Tamil. 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. This year we continued the BC Youth Initiative Project, which served over **400 youth** in BC, as well as released a new edition of the adult course booklet. Overall, the program saw better quality assurance thanks to our Facilitator Guide upgrade and a new Community of Practice.

525

participants completed 35 youth courses nationally

1505

individuals participated in the courses



5

new community partners

92%

said the course was useful to them and they would recommend to someone else

84%

said the course greatly improved their ability to deal with stress and build self-esteem

“

I have been able to deal with things that might have frustrated me before taking the course. I am able to read over my strategies when things become difficult for me. I have learned to control what I am thinking in the moment. I do not get in the vicious cycle anymore.

Living Life to the Full youth participant



 **BRITISH COLUMBIA**
Supported by the Province of British Columbia

www.livinglifetothefull.ca

Links to Employment

Links to Employment helps job seekers with persistent and multiple barriers reach their goals of obtaining meaningful training, volunteer work, or employment. We offer a holistic approach to wellness in primary care settings, connecting individuals to a network of support earlier on in their recovery. The program is based on the evidence-based Individual Placement and Support (IPS) model which offers individualized, strengths-based, and trauma-informed supports focused on helping individuals gain and sustain meaningful employment, education, or training, while supporting their health and well-being. Employment support is seen as an integral way to strengthen confidence, promote wellness, and enhance specific determinants of health related to employment.

This past year we were successful in procuring funding to both continue and expand Links to Employment within Primary Care settings, as well as to implement this innovative model into five bed-based treatment and recovery centres across the province. This next fiscal year we will see the expansion of Links to Employment in various locations in BC, including the Interior, Vancouver Island, and Northern BC.

“When I began [the] Links program I was downright afraid of working again or being a part of the world. I had been unemployed for several years due to chronic health issues and the pandemic. When I met Sam, I immediately felt like I could really open up and be vulnerable. She has supported me immensely along my journey back into the working world. Like a compass, the Links program has literally been a lifeline. Without it, I could not have navigated my ship to shore. For that I am forever grateful.”

Links to Employment program participant

91

participants served since program launch — 67 based in Vancouver, 24 based in Vernon

71

active clients in March 2023



42%

were employed, 56% were receiving pre-employment supports, and 17% were enrolled in education or training



www.cmha.bc.ca/links-to-employment



Workplace Mental Health

CMHA BC recognizes that every workplace is unique. We are dedicated to collaborating with employers to deliver strategies, resources, and training that supports and benefits all individuals. Our goal is to implement real-time strategies to address psychological health and safety in the workplace.

www.cmha.bc.ca/workplace-mental-health

AT CMHA BC:

We are a proud leader and contributor to the Psychological Health and Safety Training Program

Our services are informed and administered by qualified professionals with lived experience and expertise in HR, management, facilitation, and mental health and well-being

We have delivered training to over 30,000 participants, offering workshops virtually, in-person, and hybrid

We provide resources and information that is evidence-based and grounded in best practices to support your unique workplace

BC's Hub For Workplace Mental Health

BC's Hub for Workplace Mental Health is a free online resource hub for employers and employees working in a variety of sectors. In addition to information, webinars, and workshops, the Hub offers a free CARE training program for the tourism and hospitality, and community social services sectors.

924

webinar attendees
since launch



785

individuals
participated in the
tourism CARE training
since launch

93%

of survey respondents rated
webinars 'Excellent' or
'Good' overall



I feel as though I am an ambassador for wellness through compassion and lifestyle, this course has given me solid tools to continue to serve and care for myself and my colleagues. Having this available will be quite beneficial.

CARE training participant



www.workmentalhealthbc.ca

Care for Caregivers and Care to Speak

Care for Caregivers is a central online resource providing free information, webinars, and targeted support for healthcare and social service providers. While these key, frontline workers keep our communities strong, Care for Caregivers is there to provide quick and easy resources to support their mental, emotional, and physical well-being. In 2023, in addition to expanding free resources and webinars, we also launched the **Care to Listen** podcast and video series, produced to reduce the stigma around mental health in the healthcare profession.

Care to Speak is a free, confidential, and unbiased peer support service delivered by CMHA Vernon. This service provides users an opportunity to interact through phone or online chat with volunteers experienced in healthcare. We expanded Care to Speak operational hours to 9 am to 9 pm, Monday through Friday, and enhanced user experience through combining all modalities (chat, text, and voice).



Thank you
I really do
appreciate you
and everything
you've done for
me already...
it is really
tough seeing
everyone be
okay, and
not feel[ing]
okay...you
really helped
acknowledge
my feelings
and made me
feel heard.

Care to Speak
service user

342

webinar participants



16

webinars



424

individuals connected
through Care to Speak

53,541

visitors to Care for
Caregivers website



www.careforcaregivers.ca

Workplace Mental Health Education and Workshops

Thriving employees mean thriving organizations. At CMHA BC, we walk alongside workplaces to provide best practices and real-time strategies to support healthy workplaces. From workshops to resources, we offer a variety of tools employees can use to help improve workplace mental health.

In 2023, CMHA BC hosted the 2-day Workplace Mental Health Bottom Line Conference: Learning from Each Other. This in-person conference featured expert keynote speakers and interactive workshops to improve workplace mental health through the wisdom and experience of workers and leaders in industry, service, and government sectors. We also recognized the 10th anniversary of the National Standard for Psychological Health and Safety in the Workplace, a guiding standard in our work and practice.

3559

individuals attended workshops to help improve mental health in their workplaces



98

workplace mental health workshops delivered

92%

of attendees would recommend the conference to others

296

conference attendees



I loved all of the incredible speakers who spoke about intersectionality and mental health. I will be taking away some of their teachings and seeing how to incorporate this into my workplace. I also wasn't aware of the psychological standard for health and safety and will be bringing that to my workplace to see how we can integrate this into our OH&S.

Bottom Line Conference attendee

Thank you to our Bottom Line Conference sponsors

Platinum Sponsor

Teck

Gold Sponsors

Switch BC
BC General Employees' Union (BCGEU)

Silver Sponsors

WorkSafeBC
Mental Health Commission of Canada
Workplace Strategies for Mental Health

Bronze Sponsors

BC Patient Safety & Quality Council
United Steelworkers
Miller Thomson
BC Teachers' Federation
SafeCare BC
go2HR

Unifor
UFCW
USW
MoveUP

Bottom Line

WORKPLACE MENTAL HEALTH CONFERENCE

Committed to
advancing well-being
at work



Youth Mental Health

Young people aged 15 to 24 are more likely to experience mental illness and/or substance use challenges than any other age group. CMHA BC continues to advocate and promote support to youth through education, training, and early intervention programs. Working closely with community partners and schools to build resilience in the young people of BC.

Our BounceBack program is available to youth 13+, this is a free, evidence-based, self-help program (see p 10). Our Youth Advisory Committee members have played a key role in developing a program for youth, by youth.



Healthy Minds | Healthy Campuses

Healthy Minds | Healthy Campuses (HM|HC) is a province-wide community of practice that learns and works together to promote mental wellness and healthier relationships with substances across BC post-secondary institutions. CMHA BC and the Canadian Institute for Substance Use Research together provide a support team for this community of practice. HM|HC draws on sound theory and broad research as well as local experience and insight to enhance campus culture and shape environments that are conducive to helping all members thrive. Equipping post-secondary students to contribute to the wellness of their communities is a vital part of developing productive citizens and leaders.

HM|HC made great progress in 2022/23. New web content helped the community of practice better understand and implement the Okanagan Charter: An International Charter for Health Promoting University and Colleges. Two live events also advanced these goals: participation in an international symposium and holding a virtual biennial Summit conference on the theme of Charter activation, which saw more than 200 registrants attend 30 sessions. The community also supported Indigenous undergraduate students on the governing HM|HC Leadership Committee and interacted with students on different campus initiatives they led.

1733

HM|HC e-newsletter
subscribers



250+ 

participants

1500+

social media followers

32 workshops/
events held



funding provided by



Affiliated with BC Partners for
Mental Health and Substance Use
Information



My colleague and I have
already begun drafting
proposals for three
initiatives inspired by
the Summit.

Summit attendee

Scholarships and Bursaries

Since 1982, CMHA BC has been helping individuals with mental illness further their pursuit of post-secondary education through our scholarship and bursary programs. We are committed to lowering access barriers and would like to ensure that these scholarships and bursaries are available to anyone in British Columbia with lived experience who is pursuing higher education. Several awards are available each year to BC post-secondary students who live with mental illness or addiction.

15

**scholarships
awarded**



SCHOLARSHIP RECIPIENTS
Recipient initials have been used to protect privacy

Lorne Fraser Scholarship for Mental Health Promotion

CDR, UBC, Program: Master of Social Work

MS, Douglas, Program: Child and Youth Care

Lorne Fraser Educational Bursary

SQ, UBC, Program: Bachelor of Applied Science

DB, Camosun, Program: Education Assistant and Community Support, Certificate

CGM, UVic, Program: Juris Doctor (JD) Degree

KB, UVic, Program: Neuroscience (Ph.D)

BLC, UVic, Joint Degree Program: Canadian Common Law and Indigenous Legal Orders (JD/JID, Law)

MH, Capilano, Program: Bachelor of Motion Picture Arts

OJ, UVic, Program: Bachelor of Music

Mental Health Fine Arts Bursary

KP, Emily Carr, Program: Bachelor of Fine Arts, Visual Arts

KM, Emily Carr, Program: Bachelor of Fine Arts, Visual Arts

Indigenous Mental Health Fine Arts Bursary

LS, Camosun, Program: Diploma in Arts & Science Studies

Janice Lee Blue Wave Youth Bursary

MM, VIU, Program: Community Mental Health Worker Certificate Program

NN, UVic, Program: Bachelor of Arts, Political Science

Andre Courtemanche Green Ribbon Scholarship

EH, UBC, Program: Bachelor of Science in Food Nutrition and Health

“I’m currently in schooling at Camosun College for the Health and Human Services field. I do pay for everything out of pocket...and this scholarship is going to really, really help me pay for tuition.

Lorne Fraser Bursary recipient

www.cmha.bc.ca/scholarships

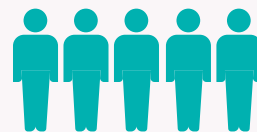
Youth Summit

Since 2016, CMHA BC has been co-hosting the HEADSTRONG youth anti-stigma mental health summits in Victoria. The purpose of the summit is to bring youth together for a day of learning, hearing stories from youth with lived experience, taking part in thought-provoking discussions and activities, and designing action plans to take back to their schools and communities to help break down the stigma surrounding mental health.

Thanks to funds from the Mental Health Commission of Canada and funds raised at Mood Swings Golf Tournament at Highland Pacific Golf.

120

middle school students and counsellors participated in the 2022 Youth Summit



44%

identified as having lived or living experience with mental illness

51%

had a family member with a mental illness

59%

had a close friend with a mental illness



It was wonderful for students to hear from such inspirational youth speakers.

Jeff Palmer, General Manager, Highland Pacific Golf

Mental Health Information and Referral

Each year, our information and referral help desk responds to phone and e-mail requests for system navigation around mental health and substance use, including complex requests about housing, workplace discrimination, financial insecurity, and more.

“ Navigating the mental health system is always very difficult. Having somebody cut through the web and give us the most relevant information directly, was very helpful. I would never have gone to the resource without the direction from your team.

Individual connecting with CMHA Help Desk

616

requests for info from
CMHA BC help desk



80%

individuals said that they
received a knowledgeable
response



info@cmha.bc.ca



Everyone needs care.
Only some of us will get it.

www.actformentalhealth.ca

HeretoHelp Outreach

HeretoHelp, a project of the BC Partners for Mental Health and Substance Use Information, is an evidence-based and user-friendly website tailored for British Columbians seeking mental health and substance use support. The site features close to 2,000 plain-language resources including personal stories, Visions articles, info sheets, workbooks, screening self-tests, and multilingual content.

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. This year we found that Practical Wellness Modules and general mental health information were the most accessed HeretoHelp resources, with visitor survey respondents primarily using information for themselves, followed by help for family members or patients/clients. Additionally, workbooks, such as You and Substance Use and the Safer Use series, were the most popular substance use resources.

158,817

online mental health
or substance use
screenings taken



2,980,000+

visits to heretohelp.bc.ca



1527

requests for info through
the HeretoHelp help desk



I have shared [the]
HeretoHelp website with
many clients in my practice.
I even include the link to it in
my email signature.

HeretoHelp online visitor



funding provided by

Affiliated with
BC Partners for
Mental Health
and Substance
Use Information

www.heretohelp.bc.ca

“ British Columbians struggling with their mental health are having to wait until they are in crisis to access mental health services; and even then, they are not getting the follow-up care they need. By following through with their promised Canada Mental Health Transfer, and ensuring a significant portion of these funds go to community-based services, the Government of Canada can play its part to shift us from crisis mode to intervening and supporting people earlier, leading to better outcomes and significant savings for society.

Jonny Morris, CEO of CMHA BC Division



Visions

Visions: BC's Mental Health and Substance Use Journal 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. This year Visions changed its frequency from quarterly publication to releasing three longer issues per year. Visions continued to respond to the needs and interests of its readership by releasing issues on topics identified by readers as being relevant: Recovery—Living your Bestish Life, Growing Up in a Digital World, and Intergenerational Trauma. For the first time in its 25-year history, Visions selected a guest managing editor from one of the other BC Partners agencies. This collaboration built capacity and brought new perspectives to coordinating an issue.

6513

eVisions sent to
online subscribers



10,007

print copies shared across BC

198,892

views of Visions online articles



I find it helpful reading the stories and experiences of others. It makes me feel like I'm not alone and often I pick up on ideas with relatable situations. It also helps me to learn about what to expect as I move forward.

Visions reader

funding provided by



Affiliated with BC Partners for
Mental Health and Substance
Use Information

www.heretohelp.bc.ca/visions

Beyond the Blues

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. Events often offer optional screening self-tests with on-site clinician debriefs in its efforts to educate, empower, and connect attendees to local resources. During the 2022/2023 Beyond the Blues season, there was a return to in-person events with a total of 42 events and with almost 2245 participants. 22 agencies participated in hosting these events.

31,368

resources and materials shared at
Beyond the Blues events



97% of participants
agreed the event
was useful

93% were satisfied
with the event
they attended

90% would
recommend the
event to others



It's a great way to engage people in thinking about their own and their loved one's mental wellbeing, plus providing helpful info and next steps suggestions, in a non-threatening way.

Beyond the Blues participant



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www.heretohelp.bc.ca/beyond-the-blues

Election Forum: A Mental Health Dialogue

In October 2022, the Canadian Mental Health Association, BC Division invited all Victoria City Council Candidates to participate in a City Council Election Forum: A Mental Health Dialogue, moderated by Capital Daily. Candidates were also provided a tool on best practices in supporting mental health and well-being for local governments to support newly elected officials and ongoing advocates and to encourage dialogue around mental health in our communities.

5 best practices for local policy leaders

1	2	3	4	5
Consider your language on mental illness and substance use	Center the voices of people with lived and living experience in decision-making	Use research and evidence to inform municipal policy and decision-making	Consider the social determinants of health and equity in your local community	Advocate for community-based responses to social challenges that center health and well-being



Bed-Based Treatment and Recovery Grants

In 2021, the Province of BC invested in increasing the number of community-based publicly funded substance use treatment and recovery beds through a grants program administered by CMHA BC. This program resulted in establishing 105 grants-funded treatment and recovery beds to help ensure that the people most affected by mental health and substance use challenges have access to quality treatment and recovery services where and when they need them. A further investment announced in 2023 will facilitate doubling the number of grant-funded beds, providing support specifically for accredited Indigenous-led treatment and recovery centres, expansion into under-served communities, an in-depth evaluation into the client experience, and developing standards of practice.

525 

clients accessed treatment and recovery programs

1995

referrals received

88%

occupancy rate

105

treatment and recovery beds in operation throughout BC

55%

of clients identified as First Nations, Indigenous, Métis, Inuit, and/or Urban Indigenous

“

The opportunity for newly funded beds provides a pathway for us to help more of those looking to escape the cycle of addiction and challenging mental health conditions and to focus on doing the work of rehabilitation and recovery... Grants, like the ones we receive from CMHA, are quite literally life savers.

Blaine Russell, Acting Executive Director,
Penticton Recovery Resource Society



Suicide Prevention and Life Promotion

CMHA BC is dedicated to supporting suicide prevention & life promotion across the province. In September 2022, the Government of BC announced its commitment to facilitate a system-wide transformation in how suicide risk and care are addressed and managed. The Ministry of Mental Health and Addictions has invested \$2 million to improve the quality of care provided to individuals experiencing mental health crises, thoughts of suicide, and/or suicide attempts.

This investment is being stewarded by CMHA BC, to convene and collaborate with regional health authorities to support these efforts.

During the last fiscal year, CMHA BC continued to work alongside BC's five regional health authorities to support their ongoing efforts towards improving suicide care in healthcare settings. Notably, in September 2022, CMHA BC hosted a first-ever of its kind event “Improving Suicide Care in BC: A Dialogue with People with Lived and Living Experience.” This event was an important step in stakeholder/partner consultation and held space for people with lived and living experience to share their experiences and perspectives and engage in dialogue with managers from the five regional health authorities alongside representatives from government and non-government partners.

“

Thank you for this event. I felt that you all created such a safe, welcoming space, ensuring that the voices of people with lived and living experience were amplified and heard. Well done!

Improving Suicide Care in BC Event Participant



www.cmha.bc.ca/suicide-prevention-life-promotion

Peer Assisted Care Teams (PACT)

CMHA BC is leading and advocating for a community-led mobile crisis response known as PACT “Peer Assisted Care Teams.” The aim of a PACT is to shift BC’s crisis care to a community-led, trauma-informed response centered on the mental health and well-being of the affected individual, their family, and their community. A Peer Assisted Care Team is led by a client-centered organization in an identified local community. Peer Assisted Care Teams help free emergency response services (police, ambulance) and the criminal justice system while helping individuals gain access to services in their communities.

PACT COMMUNITIES AND DATE OF LAUNCH



2021

launch of PACT team in **North/ West Vancouver**

2023

launch of PACT teams in **New Westminster and Victoria**

700+

calls received



During January to May 2023 Teams in North/West Vancouver, New Westminster, and Victoria provided support to individuals 13+



They filled the gap. I did not have anyone to go to. I am very grateful. Community services are stretched, so I appreciated the voice and hand to walk through what was available.

PACT Client

Teams in BC

North Shore



Canadian Mental Health Association
North and West Vancouver
Mental health for all

New Westminster



Victoria



AVI Health and Community Services
where harm reduction works



Supported by the Province of British Columbia

www.cmha.bc.ca/PACT



Mental Health Champions

Recognizing organizations, communities, and groups who came together to fundraise for mental health.

Ashleigh Fasken's 8th Annual Charity Fundraiser for CMHA

Bobbi Williamson & Fraternal Order of Eagles Women's Auxiliaries No.2101

Bradley Braich's Bigger than Basketball 2022

Carolyn Ness's Garage Sale

Graham Construction's 5/5/5 Moving for Mental Health

Highland Pacific Golf's Mood Swings Annual Tournament

Highview Partners & UDI's Real Estate Grind

Mitchell Buxton's Mindful Miles ride across Canada

MOD Pizza Victoria

New Westminster Secondary School's Mental Health Awareness Club

Noodlebox Langford & Shelbourne locations

Southridge School's Rally for Mental Health Volleyball Tournament

Tennis Troupe's 2022 Mental Health Charity Tennis Tournament

UBC Sauder School of Business MBA students' BC MBA Games



Employee, Corporate and Community Giving

ATCO

Dr. Christian Avenaant

BC Recreation and Parks Association

Canada Helps

Canadian Mortgage Experts

Canadian Online Giving Foundation

Cascades Containerboard Packaging

Cliff McCracken

Colin MacAskill

CUPE BC

Cyclebar

EFMA

Enterprise Holdings Foundation

Fairmont Hotel Vancouver

Fidelity Investments Canada

Hospital Employees' Union

Mindfull Mode Boutiq

J&S Sales BC

IATSE Local 891

Karuna Fund

Kinsmen Club of Ladysmith

The Kung Family Foundation

Teck BC

The Margaret Roche-Heywood Foundation

MDRT Foundation

Michail Michails and Tennis Troupe

MNP

Next Level Games

Provincial Employees Community Services Fund

Rheta May Pederson Memorial Trust

RBC Foundation

Soul Self

Surrey Police Inspectors Association

United Way of the Lower Mainland

United Way Southern Vancouver Island

Victoria International Airport

Yi Jing Golf Club



Gift Recognition

Recognizing those who provided \$500 or more.

Aman Haji	Elizabeth Kralik	Joseph Hogge	Patricia Janzen
Amy Kinvig	Glen Wong	Joshua Baron	Roger Patterson
Arlene Demars	Gloria Aldrich	Karen Winder	Ronald and Sue Kaiser
Ashley Ashley	Grant Rogers	Katie Birdsall	Scott Perrin
Azita Ardakani	Gulwant Kaur Sidhu	Kenneth Embree	Sheri-Lynn Walker
Bethany Edgecombe	Heather Clarke	Kiera Pearkes	Stewart Neale Pearson
Charlotte Burns	Helene Iliffe	Kim Chalmers	Stuart Bonner
Chris Goldburn	Ian Vowles	Kyle Downie	Taron Senko
Christian Amurao	Irina Garagan	Leya Behra	Tonia Jacobsen Marshall
Darren Tymchyshyn	Jacklyn Bellamy	Margaret Tebbutt	Traci Farden
Dave DeLong	Jacqueline Scott	Martin Jensen	Trevor McBride
David Pui	James Briggs	Melinda Suto	
David Rossi	Jay Fleming	Mimi Dent	
Debra Parker	Jim Riecken	Nicole Hayes	
Deirdre Strachan	Joanne Brocklebank	Pamela Barnslee	
Donna Cupp	John Haythorne	Pamela Gill	
Doug Morris	John Kot	Pat and Anne Anderson	

Want to host your own fundraiser for CMHA BC?

Email
fundraising@cmha.bc.ca
today!



Ride Don't Hide

Ride Don't Hide is the largest mental health bike ride in Canada. The Ride Don't Hide movement began in 2010 as BC's 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 BC hosted Victoria's 10th annual Ride Don't Hide event in June 2022.

\$97,000
raised

220
participants



25
teams



COMMUNITY SPONSORS:

Clinic 805
Oak Bay Optometry
RBC
Tulipe Noire Active
McConnan Bion
O'Connor Peterson Law
Scott Plastics
Home Lumber
Island Floor Coverings
Island Floor Centre

www.ridedonthide.com/victoria



“

This is such a fun and engaging event for me and my staff and I will continue to be involved in the years to come.

Dr. Neil Paterson, Oak Bay Optometry

Planned Giving and Gift of Securities

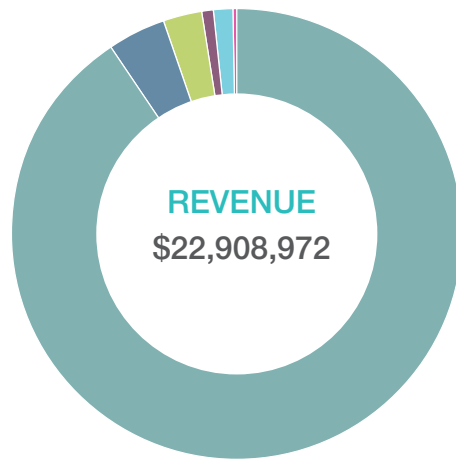
Continue your legacy with Planned Giving: remarkable, modest donors are making a big impact when they include a gift to CMHA in their will.

For information to make a bequest in your will,
or to learn more, contact our team at
Fundraising@cmha.bc.ca or 1-800-555-8222

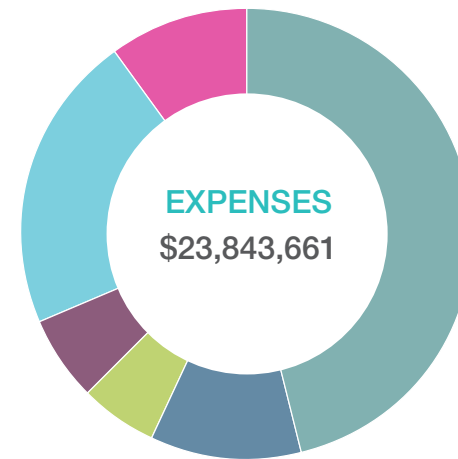
Did you know you can donate stocks and securities with a simple transfer form, for a full tax receipt?

Learn more: www.cmha.bc.ca/get-involved/donate

Financials



	90.66%	Grants
	4.34%	Fee for Service
	2.68%	Fundraising
	0.79%	Other Income
	1.39%	Registration Fees
	0.14%	Other



	46.27%	Early Intervention
	10.84%	Workplace Services
	5.62%	Communication and Mental Health Promotion
	5.90%	Operations, Administration and Workplace Experience
	21.59%	Initiatives
	9.79%	Other



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

Charitable Registration No. 88844 1995 RR0001

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Vancouver, BC V6E 4A4

Victoria: 101-612 View Street
Victoria, BC V8W 1J5

Phone: 604-688-3234
Toll-free phone (BC only): 1-800-555-8222
Fax: 604-688-3236

www.cmha.bc.ca

We respectfully acknowledge x̱məθḵəy̱əm (Musqueam), Skwxwú7mesh (Squamish), sə́lilwətaʔ (Tsleil-Waututh), Lkwungen (Songhees) and Wyomilth (Esquimalt) peoples on whose traditional, unceded lands the CMHA BC offices are located.