



MENTAL HEALTH FOR ALL

Annual Report 2013–14



**Canadian Mental
Health Association**
Kamloops
Mental health for all

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“I think that everybody wants their community to be better than it is, to be stronger than it is, and to be more compassionate than it is. I think that by supporting CMHA, you can actually achieve that. I think that with all the beautiful necklace of CMHAs across the country, we’re actually building a better Canada.”

—Shelagh Rogers, broadcaster, CMHA BC Honorary Patron and BC Mental Health Voices Award recipient

MESSAGE FROM THE BOARD PRESIDENT

Arguably, 2013–14 has been a year of challenge, learning, and looking forward at the Canadian Mental Health Association (CMHA) Kamloops Branch. Looking through the rich description of accomplishments outlined in this annual report, this past year has been full of activity across a number of key priorities, all with important impacts upon the mental health of Kamloops citizens.

We all know that mental health starts where we live, work, and play. Safe, warm, and secure housing has a profound impact upon mental health and that is why CMHA Kamloops proudly operates the Emerald Centre, a co-ed low barrier shelter that provides accommodation for men, women, and children who are homeless or at risk of homelessness. Looking at the statistics, the Emerald Centre is a well used resource in Kamloops, emphasizing the need for this kind of service, and underscoring the important link between housing and mental health. It is also one of the largest and most complex initiatives undertaken by the branch, and getting to where we are hasn't been without challenge and learning. The Emerald Centre relies upon a number of community partnerships, including linkages with the King Street Clinic, the community's street nurses, ASK Wellness, and Probation Services. Looking ahead, we see tremendous opportunities to both strengthen these existing partnerships and build new relationships with service providers in the community. After all, complex problems like homelessness really do require a whole-of community response.

This past year saw us staying the course with our clubhouse services and supports. There were over 9,000 individual visits to our clubhouses during 2013–14. The clubhouses provide valuable opportunities for individuals living with direct experience of mental illness to build social connection, participate in recreation, learn new skills, and build resilience. Looking ahead, there are a number of opportunities to build upon the strong foundation of our clubhouse activities, especially in the area of implementing a more comprehensive suite of evidence-based psychosocial rehabilitation activities across key domains like employment, education, leisure, wellness, family involvement, and peer support.

CMHA Kamloops continues to deliver Bounce Back™, an evidence-based, telephone-delivered coaching program for adults living with mild to moderate symptoms of low mood, stress, and anxiety. Since 2008, Bounce Back™ has responded to 11,700 referrals in the Thompson-Cariboo and Interior regions. This represents a tremendous resource for the primary healthcare system by reducing barriers to low-intensity cognitive-behavioural approaches while helping family doctors have access to another valuable resource for their patients. We see potential for the reach of Bounce Back™ to grow throughout our region, and we will continue our efforts to ensure more people and their doctors know where to turn.

As we look at the year ahead, we anticipate that CMHA Kamloops will continue to be a local leader in boosting mental health literacy, responding to some of the most vulnerable populations in Kamloops, and supporting access to affordable housing to Kamloops seniors through Golden Vista and Meadow Creek Vista. Oncore Central Services have been a strong partner in CMHA's commitment to senior's mental health through the shared operation of Cariboo Manor. We appreciate their shared vision in supporting low-barrier and affordable housing for this key population. We see opportunities to strengthen our financial position with a strong focus on our private fundraising activities and we want to create as many opportunities as possible to strengthen partnerships to work collectively on mental health in Kamloops.

Our work this year would not have been possible without the dedication, skill, and passion of CMHA Kamloops staff, volunteers, and board of directors. We are also grateful for all of the financial support provided by our funders, sponsors, and donors. Thank you for all that you do to ensure mental health for all in Kamloops and beyond.

Sincerely,
Lois Sawatsky, Board President

OUR VISION, MISSION AND VALUES

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 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



“It is important to me for women and men to have access to free, clean, and gently used clothing. CMHA offers such an apparel shop for their members and the homeless that access Emerald Centre.” —Pat

*“I make quilts for CMHA because a quilt is like a hug. I know that contributing to my larger community is good for **my** mental health.” —Jane*

*“Our special charity at Christmas is the CMHA Clubhouse because it helps those on a limited income receive a gift.”
—Riverside Lion Club*

“Mental illness affects people of all walks of life and income levels, my family included. Donating to CMHA is a way of helping those hit hardest by mental illness.” —Anonymous

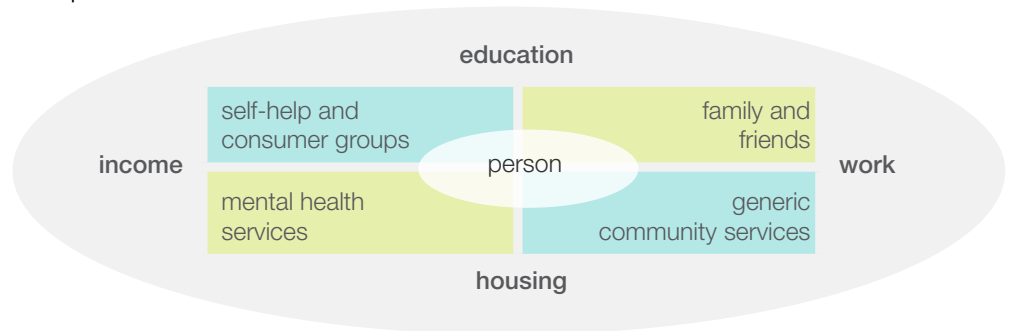
FRAMEWORK FOR SUPPORT

The Framework 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.

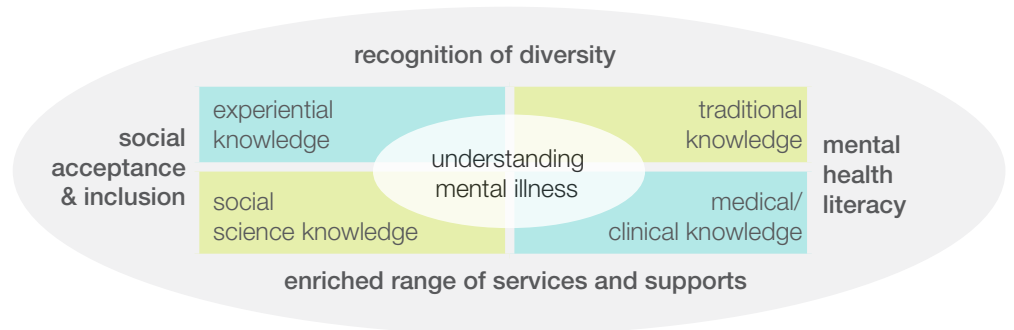
The Community Resource Base outlines a range of possible resources in addition to the formal mental health system, which can provide support to a person with mental illness. Housing, income, work and education represent four basic elements of citizenship.

The ultimate goal of the Framework is to ensure that people with serious mental health problems live fulfilling lives in the community. The Framework for Support 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.

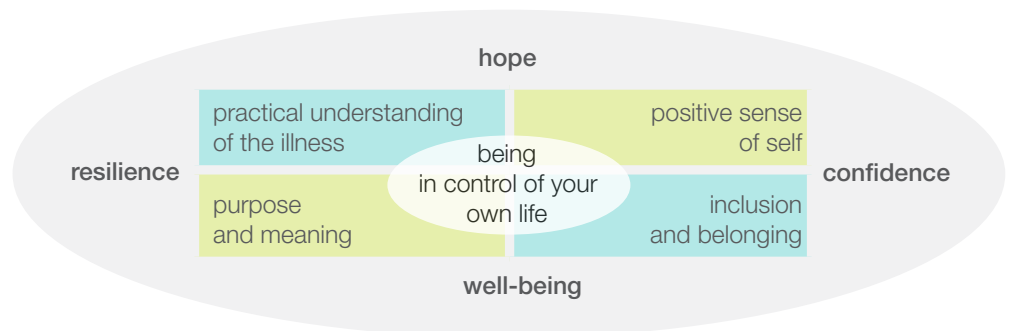
community resource base



knowledge resource base



personal resource base



BUILDING COMMUNITY CONNECTIONS

The Clubhouse

The Clubhouse program provides a wide range of personalized services and education in the domains of personal life, leisure, education and work. The program provides stability, competence, and opportunities, enabling individuals with serious and persistent mental illness to participate as fully as possible within the community.

During the months of June, July and August, Service Canada awarded The Clubhouse and the Youth Clubhouse funding to support the enhancement of a healthy lifestyle for Clubhouse members.

9061

individual visits to the Clubhouse in 2013–14

2296

visits under the Service Canada Summer Student Program in 2013–14

Youth Clubhouse

The Youth Clubhouse is open four evenings a week plus Saturdays to all youth between the ages of 13 and 18. This is a safe, non-judgmental, drug and alcohol free environment that provides opportunities for youth both in the Clubhouse and in the community. All youth are encouraged to take an active role in the development and promotion of clubhouse activities. This year, youth initiated a fundraising breakfast event with all proceeds going towards a zip lining day trip to Chase.

1761

individual visits to the Youth Clubhouse in 2013–14

373

visits under the Service Canada Summer Student Program in 2013–14



“The Youth Clubhouse means a lot to me! It’s a safe place from judgement and bullying. I love hanging here with my friends. Without the Clubhouse, I would be sitting at home doing nothing all day. The staff are super fun and I love talking with them. The Clubhouse has definitely impacted my life. I have learned people skills, and I am just a better person. Thank you!” —Youth Clubhouse participant

“I find people who are like me here. It’s a happy place.” —Clubhouse participant

“I like the company of others. I like to socialize with others.”
—Clubhouse participant



“FCC funding is a vital resource for clients as it allows them to access resources they would otherwise be unable to due to cost. The funding has been used for everything from music lessons to bus passes.”

—Kamloops Area Mental Health Clinician

The Merritt Clubhouse

In partnership with the United Way and ASK Wellness, the Merritt Clubhouse operates in the heart of downtown Merritt with doors open Wednesdays and Fridays. During the months of May, June and part of July 2013, The Merritt Clubhouse transitioned into a new space—the Fireside Centre.

This program provides a safe, stable environment where individuals who live with mental illness and people who are recovering from addiction can acquire skills to increase their self-esteem and level of competence in order to participate as fully as possible within their own community.

537

individual visits to Merritt Clubhouse in 2013–14

Family Support Group

The Family Support Group is for spouses, parents, siblings, and other caregivers. It provides support with coping with the pressures of caring for family members who are diagnosed with a mental illness.

Consumer Facilitation Fund/ Funding Criteria Committee

Fund allocation is directed by consumers, family members, Mental Health and Substance Use Services, and CMHA Kamloops working in equal partnership as the Funding Committee. The committed efforts of the committee membership has enabled the delivery of this fund, in spite of the challenges faced in balancing a finite resource with the ever-changing environment and needs of consumers and family members in the Thompson Region. This effort, in and of itself, reflects the notions of empowerment inherent to the Consumer Facilitation Funds initiative.

In addition to the Consumer Facilitation Fund, CMHA Kamloops operates a clothing bank for residents in need. At no cost, users of CMHA Kamloops are able to pick up clothes from the branch.

Bounce Back™

Bounce Back™: Reclaim Your Health is a free skill-building program for adults experiencing low mood or stress with or without anxiety. It offers two forms of evidence-based self-help: an instructional DVD with practical tips as well as a series of educational workbooks with telephone coaching. Bounce Back™ is offered throughout BC by CMHA BC and funded by the BC Ministry of Health—Integrated Primary and Community Care. Bounce Back™ was developed to provide easily accessible, affordable mental health support options to the primary healthcare sector.

The program is managed in the Thompson/Cariboo region by CMHA Kamloops. The provision of coaching services has the direct oversight of registered clinical psychologists who ensure coaches stay within the scope of the program. Coaches also provide information sessions across the region. Patients are referred to the coaching part of the program by their family doctor or nurse practitioner.

539

patients were referred to the program by

110

practitioners in 2013–14

1,688

Bounce Back™ DVDs were distributed through public events and through doctors' offices in 2013–14

Volunteering Programs

The clubhouse programming is rich with volunteers. There are currently 23 volunteers across all three Clubhouses—Youth, Merritt, and Adult. Volunteers help with:

- Quilting
- Gardening
- Sewing
- Shopping
- Apparel shop
- Laundry
- Income taxes
- Computer maintenance
- Chi Gong
- One-on-one support
- Supply organization
- Friday lunch prep
- St. John's pet therapy program
- Clubhouse maintenance
- Weaving



"Bounce Back helped me to stop thinking in the future and live in the present. I have more confidence and am now at peace."

—Bounce Back Participant

"I no longer have problems. I just solve them"

—Bounce Back Participant

"Since my accident, I've felt like a kite —not always attached; I couldn't get myself back into my life. Then I worked through the workbook, and it was exactly right."

—Bounce Back Participant

"Anytime someone offers their service as a way of teaching, it is very fulfilling."

—CMHA Kamloops Volunteer

BUILDING COMMUNITY MENTAL HEALTH LITERACY

Mental Health First Aid

Mental Health First Aid is comprised of a set of skills that can be used to provide immediate support to someone experiencing a mental health crisis. The concept is based on the model of medical first aid.

The course continued to have a positive response in 2013–14. CMHA Kamloops facilitated six courses, including courses to:

- Kamloops Regional Correctional Centre
- St. John's Ambulance
- City of Kamloops
- AXIS Family Resources

Requests came from the Interior Health Authority, family members, students, community agencies and others interested in learning helpful skills when responding to someone who may be experiencing a mental health problem or crisis.

When asked what they considered to be strengths of the course, participants noted that material was presented in an easy to understand manner, and that the course explained how to effectively help people experiencing anxiety attacks, suicidal behaviours, and other symptoms and signs of mental illness.

115

Kamloops community members participated in a Mental Health First Aid course in 2013–14

Beyond the Blues: Depression Anxiety Screening and Education Day

Beyond the Blues is an annual mental health awareness campaign featuring a series of free community events held across BC. The campaign helps people learn the signs of depression and anxiety, and related issues like mania, suicide and risky drinking. It also stresses when and how to get help. The event is about education, empowerment and connecting to local supports, not diagnosis.

CMHA Kamloops and Thompson Rivers University Wellness Centre partnered together to provide this educational opportunity to all students, staff and faculty. Online resources were across the campus during the lunch hour on October 9, 2013 and 45 people attended the event.

Community Outreach

Throughout the year, CMHA Kamloops is contacted by a variety of agencies, schools, and individuals expressing interest in learning more about mental illness, tips for mental health, community resources and ways to decrease stigma. Outreach contacts for 2013–14 included:

- British Columbia Lottery Cooperation—Mental Health Week
- The X Campus Radio
- ASK Wellness—request for CMHA Kamloops to be a panel participant
- Kamloops Christian School
- United Way Community Carnival
- Thompson Rivers University Student Engagement Presentation
- Seeing is Believing Tours—United Way
- Thompson Rivers University—suicide/depression/anxiety
- Kamloops Regional Correctional Centre
- Thompson Rivers University Nursing Students
- Sa-Hali Secondary School—Grade 11 and 12 students
- Nicola Valley Institute of Technology), Merritt
- First Baptist Church—reducing stigma
- Ostomy Group—mental health tips

BUILDING COMMUNITY ACCESS TO SHELTER AND HOUSING

Golden Vista Suites—Affordable Housing for Seniors (55+)

Golden Vista Suites provides affordable housing rentals for Kamloops seniors aged 55+. The complex consists of 46 studio units. They are designed to improve access to safe, physically accessible and affordable housing for this key population. BC Housing owns 15 of the 46 units, which are managed and operated by CMHA Kamloops. The rent for each unit is geared to tenants' income and represents a key intervention in support for seniors' mental health in the Kamloops community.

Cariboo Manor

For several years, CMHA Kamloops and Oncore Central Services have partnered to manage Cariboo Manor, which is a nine-resident supported living residence for seniors. It is located in Westsyde, amidst a large park-like setting, providing affordable and safe housing for a number of Kamloops seniors. Cariboo Manor has served seniors at a level of physical and mental health that allows for independent living, where residents are able to direct their own care and provide for their own day-to-day needs. Seniors make their own arrangements to receive care from family members, friends, and outside agencies. There are currently seven residents living at Cariboo Manor.

"I consider Golden Vista Suites as my permanent home. We have lived here since January 2011. The people and atmosphere are fantastic. There is a common room where we visit and have potluck gatherings." —Shawna

"Affordability is important! Golden Vista Suites includes a common area for tenants to visit with. The yard and building maintenance are excellent. CMHA's management of these units is great. If you have a problem it is immediately taken care of. I have enjoyed my four years here and look forward to many more!" —George

"Living at Golden Vista offers so many positive amenities to help make this my home. From the size of my unit, the laundry room, elevator, grounds, parking, and common room. I really like the common room for family gatherings, potluck dinners, and large patio with BBQ. It is also very affordable for a senior on a limited income." —Marjorie



Meadow Creek Vista—Affordable Housing for Seniors (55+) and People With Disabilities

Meadow Creek Vista provides affordable housing rentals for seniors aged 55+ and for individuals living with a disability, including mental illness. This housing resource consists of 12 one-bedroom units. Like Golden Vista Suites, Meadow Creek Vista is designed to provide affordable, safe, physically accessible and affordable housing for this key population. BC Housing built these units and The District of Logan Lake donated the land. CMHA Kamloops manages and operates this complex. They are rent-g geared to income, which makes this a good housing option for seniors wishing to stay in their rural community of Logan Lake.

Gordon Bregoliss Centre

CMHA Kamloops became the owner of the Gordon Bregoliss Centre (GBC), formerly the Kamloops Christian Hostel, in 2011 when the men's shelter became part of CMHA's programming. With the opening of Emerald Centre and the streamlining of services under one roof, GBC's role has shifted dramatically. What used to be a men's shelter became an important site for case management during the initial months of Emerald Centre being opened. GBC has now become a storage facility for the shelter and CMHA as a whole, enabling CMHA to hold onto larger household items and the multitude of donations received until clients who are moving into their own homes need them.



“As a senior on a fixed income, it is wonderful to have such a lovely home I can afford. It was exciting for me to be moving into a new unit where I was the first to live. I really enjoy the washer and dryer in my unit.” —Beryl

“Staying in the community and close to friends was very important to me. Having Meadow Creek Vista affordable rental units for seniors makes this possible.” —David

“Living in an affordable seniors' rental has helped me with the stress of low income. It is really great that I can have my pets. Friends get to enjoy the picnic and garden area. The units are nicely laid out unit a private back yard making it a comfortable place to live. Logan Lake is a great rural area to live” —Sandra

Emerald Centre

CMHA Kamloops is the proud operator of Emerald Centre, a co-ed low barrier shelter that provides accommodation for men, women and children who are homeless or at risk of homelessness. The centre provides a total of 35 emergency beds—23 on the men’s side and 12 on the women’s side of the shelter.

During a typical stay, clients are not only provided with a bed, nutritious meals and a safe environment; they have access to support workers that work closely with them to create connections to both community resources and the community as a whole. CMHA Kamloops understands the importance of such connections and has worked closely with many community agencies and entities such as the ASK Wellness Society, Elizabeth Fry Society, the Interior Health Authority’s Mental Health and Substance Use Services, Phoenix Centre, Probation Services, Royal Inland Hospital, RCMP, and White Buffalo Aboriginal and Métis Health Services, to name a few. These connections provide clients with the supports needed to maintain stable housing once they attain stable housing in the community.

Highlights

- Between April 1, 2013 and March 31, 2014, Emerald Centre’s shelter program had an **occupancy rate of 94.25%**. This demonstrated both its need in the community, as well as CMHA’s dedication to client service and ensuring those who are homeless and at risk of homelessness always have a safe, warm place to go.
- A total of **742 different individuals** walked through the doors of Emerald Centre in 2013–14, including **491 men, 240 women and 11 minors**. Many of those served by Emerald Centre used the service on numerous occasions throughout the year, often making gains with each stay. CMHA understands and recognizes that individuals within the homeless community often face many barriers and struggles. Meeting clients where they are at and offering supports within a non-judgmental atmosphere has been central to allowing clients to move forward on their own terms and on their own timeline. This has led to many successes for clients in the areas of housing, treatment, employment, physical and mental well-being and many other areas of their lives.



“Emerald House, on paper, is a low-barrier emergency women’s shelter. In practice, it is so much more than that. Emerald House is a space where people learn to take responsibility for themselves and feel empowered to move forward. Through finding housing, jobs, or accessing community resources, people are encouraged to move forward, taking control of their lives, relationships, and spirits.”

—Emerald Centre worker

“Emerald Centre is a positive, safe place for people to come and move forward in their lives or take a break from their current situation. Emerald Centre provides support, advocacy and so much more for its clients, many of whom may not yet have a voice of their own or the knowledge and skills to navigate the system. Emerald Centre helps creates connections for clients while allowing them to learn the skills necessary to become self-sufficient and regain their independence.”

—Emerald Centre worker

- **In-Reach:** CMHA created a partnership with Interior Health Authority's Mental Health and Substance Use, which sees a mental health worker from the King Street clinic come to the shelter every Tuesday morning to meet with any clients that are looking to connect with mental health and/or substance use services.
- **Days of Caring:** Two Days of Caring, organized through the United Way, have seen employees of BMO Bank of Montreal and LaFarge donate their time to enhancing the single room occupancy rooms for clients through an overall cleanup of the floor and installation of shelving in the units. In addition, Bed Bath and Beyond is in continual partnership with Emerald Centre and provides much needed supplies to enhance the comfort in the space.
- **Street Nurse Involvement:** Interior Health Authority's street nurses are an important connection for many Emerald Centre clients. Street Nurses came to Emerald Centre to provide such supports as wound care, dressing changes, flu shots, and medication injections.
- **Independent Living:** Emerald Centre also encompasses 11 single room occupancy units. Full occupancy was achieved by March 2014. The single room occupancy units have provided stable housing for 11 individuals who are achieving goals such as maintaining sober living by working closely with Phoenix Centre's supportive recovery worker, returning to post-secondary schooling, attaining part-time employment, volunteering and increasing their community connection.
- **Project Homeless Connect:** Emerald Centre staff participated in an event sponsored by the Homelessness Action Plan as a means of connecting to individuals that may be in need of the Emerald Centre's services.
- **Case management:** Emerald Centre has been actively involved in numerous instances of case management. Community resources such as Royal Inland Hospital, ASK Wellness, Mental Health and Substance Use and Probation Services come together to an effort to effectively meet client need.

"Emerald Centre helps to keep me grounded and helps me get through the day." —J.G., Emerald Centre Client

"Emerald Centre is always there when I need it ... makes me understand things I cannot ... makes me feel like a person." —G.M., Emerald Centre Client

"Emerald Centre helped me find a doctor and connected me with mental health services so that I could get my disability on track." —Emerald Centre Client

"Emerald Centre made me feel like I mattered."
—Emerald Centre Client

"Emerald Centre helped me when nobody else would."
—Emerald Centre Client

"The program has been a big factor in saving my life. It is the perfect place for my recovery and I feel safe here. It has been the only place that I have been able to call home in a really long time."
—K.C., Emerald Centre Client



BUILDING CAPACITY THROUGH FUNDRAISING

Boogie the Bridge

Founded in 1998 by Jo Berry, the Boogie the Bridge event started with 62 runners. CMHA Kamloops Youth Clubhouse and Family Tree were selected as the charity of choice in 2014. The community fun walk/run event grew to engage 2,373 participants across the city. The dollars raised will make a difference to youth and families in the community. Boogie the Bridge also donates to the Kamloops Cultural Fund.

As the charity of choice, CMHA Kamloops, along with Family Tree, took the team lead for volunteers —“Movement is Change.”

Thompson Nicola Cariboo United Way Campaign

CMHA Kamloops is very proud to support the Thompson Nicola Cariboo United Way Campaign each year. Between 2006–13, staff pledges have increased dramatically. This was accomplished by introducing the payroll deduction at CMHA Kamloops’ workplace campaign. The goal was to engage as many staff in the annual campaign each year. The campaign is funded by the United Way, helping provide programming and support to people with mental illness.



“Physical activity is good for my mental health. So is volunteering and giving back to the community. Being involved with Boogie the Bridge brings all these things together at once. The Run/Walk program with RunClub gives me regular exercise that boosts my self-esteem and helps me concentrate and sleep better.” —Lynn

“I love that our dollars raised stay in our community and serve so many people. It is also important there are so many agencies in Kamloops for people to access. Giving is made easy with our Payroll deduction and I am happy to support the Thompson Nicola Cariboo United Way.” —Shelley

“I believe in giving back to my community. By giving to The United Way each month, I feel that I can make a difference in Kamloops and to those who live here.” —Christa



Shoppers Drug Mart Ride Don't Hide

Shoppers Drug Mart Ride Don't Hide is a community bike ride that strives to strengthen and support the mental health of women and their families. The community event is a ride, not a race, for riders of all ages and abilities—from novice rider to the advanced cyclist.

The scenic Kamloops route runs along the Thompson River, starting at Centennial Park to Riverside Park and back. In addition to enjoying the physical and mental health benefits of physical activity, riders helped break the stigma associated with mental illness by joining the Shoppers Drug Mart Ride Don't Hide community. In Kamloops, funds will help support and create a healthy community by providing opportunities to register for Living Life To The Full courses.

\$5,500

raised by cyclists and donors in Kamloops
2013 Shoppers Drug Mart Ride Don't Hide

Lorne Fraser Scholarship and Bursary Program

Each year, CMHA BC alerts local branches like CMHA Kamloops to the availability of the Lorne Fraser Scholarship and Bursary Program. Each year, the Lorne Fraser Educational Fund awards several bursaries to people with a mental illness to help further their pursuit of post-secondary education. Bursary amounts, \$700 each, are based on the annual interest of the fund and are awarded for the fall term of each year. In addition to the bursary program, the scholarship program annually awards \$1000 or \$2000 to two post-secondary students living with mental illness, whose educational and career goals are related to mental health promotion.

Lorne Fraser, the fund's founder and namesake, is committed to increasing opportunities for people with a mental illness. He has lived with bipolar disorder for many years and recognizes the importance of education to personal well-being. Since 1982, the Lorne Fraser Educational Fund has helped more than 150 British Columbians pursue their educational dreams. More information can be found at www.cmha.bc.ca/lornefraser.

"When I was a young mom struggling with postpartum depression, I did not recognize the signs of my depression, so did not seek help. This was very hard on our family. I support the ride in the hope that a new mom out there will know it is OK to reach out for help and there is no need to hide it from family and friends."

—Shoppers Drug Mart
Ride Don't Hide participant

"I ride because mental illness is so pervasive—it can affect anyone and everyone. Mental illness is isolating and riding together increases awareness in the hopes of lowering stigma."

—Shoppers Drug Mart
Ride Don't Hide participant



THE STRENGTH OF PARTNERSHIPS—THANK YOU!

Thank you for making a difference in the lives of many who live with a mental illness. During the year, CMHA Kamloops has help from many businesses, community people, and anonymous donors. These donations help provide extra services to CMHA members.

Thank you to:

- Thompson Rivers University (particular mention to the Wellness Centre, Counselling Department, and the Student Union)
- Kamloops Farmers Market
- Old Towne Market
- Brock Coopers
- Superstore
- Walmart
- Treetop Flyers
- Adams River Rafting
- Kamloops Hot Yoga
- NRI
- Kamloops United Church
- Riverside Lions Club
- Home Depot
- Rona
- Costco
- SA Besanger Personal Law Corporation
- Big Don's Super Pawn
- CAN-ITAL Ladies Society
- Ministry of Children and Family Development - Child and Youth Mental Health
- CUPE LOCAL 900
- Eagle Creek Logging
- Ribfest Rotary
- Jane Barley
- Robert Conconi Foundation
- Splashes Bath and Kitchen
- TRU Construction
- Northern Trailer—Horizon North
- Bed Bath and Beyond
- Urban Barn
- Oncore Central Services
- Sprott Shaw College Nursing Students
- Anonymous donors
- All CMHA Volunteers and the generous community members who donate annually.



United Steelworkers

Over the past few years, a group of dedicated and hard working volunteers from Highland Valley Copper have provided an incredible Christmas celebration for all Clubhouse members. These men and women do the shopping, cooking, cleaning and provide gifts for all who attend—an event all members look forward to.

CMHA KAMLOOPS IS GRATEFUL FOR FUNDING SUPPORT FROM:



funds from CMHA BC resource Bounce Back™, which is funded by the BC Ministry of Health

BOARD OF DIRECTORS 2013–14

- Lois Sawatsky
- Patricia Owen
- Kevin Cowan*
- Shawn Birkenhead*
- Kale Pauls*
- Dr. Elaine Waddington Lamont*
- Jennie Latham*
- Priya Virma*
- Lee Evans**
- Joyce German**
- Jane Barley**
- Fran Bethell**
- Nihal Maligaspe**

The board wishes to thank the skilled, dedicated, and passionate staff team at CMHA Kamloops for all they have accomplished in 2013–14.

*All but one of these directors relocated to a community outside of Kamloops and decided to resign from the board of directors

**Each of these directors have been appointed during the year to fill vacant positions on the board

About the Canadian Mental Health Association

The Canadian Mental Health Association (CMHA) is a national nonprofit organization made up of provincial bodies and local branches. CMHA Kamloops is one of 18 branches in British Columbia. We began as the Nicola Achievement Centre in 1982 and incorporated under CMHA in 1992 as a not for profit, registered charity. We receive funding from the Interior Health authority, BC Housing Management Commission, BC Gaming Commission, United Way and private tax-deductible donations. CMHA Kamloops is dedicated to raising awareness and promoting the mental health of all people within the communities we serve. We are able to achieve this through the services we offer directly through our clubhouse programs, advocacy, volunteer opportunities and public education.

CMHA is one of the oldest national, charitable organizations in Canada and the oldest national mental health charity. Each year, CMHA divisions and branches across Canada provide service to more than 100,000 Canadians through the combined efforts of more than 10,000 volunteers and staff in locally run organizations in more than 135 communities. Visit www.cmha.ca for more information.

CMHA was founded in 1918 by Dr. Clarence M. Hincks, Dr. Charles K. Clarke and Clifford W. Beers as the Canadian National Committee for Mental Hygiene. The original goals of the organization centred around war recruits, mental examination of post-war immigrants, prevention, and support for adequate facilities and care for the treatment of mental illness.

Dr. Hincks became director of the association in 1924. He developed an interest in patients whose work and productive lives were hampered by what was then seen as malfunctions of the mind. He suffered from periodic bouts of depression all his life, so his empathy toward his fellow sufferers, coupled with a profound knowledge of medicine and early twentieth-century psychological developments in Europe revolutionized the conditions and treatment of mental health patients in Canada.

CMHA is uniquely positioned in Canada as a charity that brings together community-based experience and expertise on the prevention of mental illness and community supports for the mental well-being of all Canadians. We are not only unique in our mental health promotion approach but also in our ability to speak to issues spanning the broad range of mental disorders and the full spectrum of those affected from those at risk, to those newly diagnosed, to those who have been living with a psychiatric disability over the longer-term, as well as family, friends and community gatekeepers.

In 1952, with the assistance of Clarence M. Hincks, British Columbia saw the creation of a BC Division of CMHA. The office started with a federal mental health grant which was gradually diminished over three years as other sources of funding were found. CMHA volunteers became involved in the support of patients at Riverview Hospital and ran the thrift store. At one point, CMHA BC had employed more people with mental illness than any division in the country. Throughout its history, the division has advocated for changes to legislation and policy affecting people with a mental illness ensured the availability of community alternatives, access to housing, and income supports. In its monitoring and systemic advocacy role, CMHA BC has played an important role in the reform of the mental health care system, as well as in community-based research and evaluation, employment supports, public education, and branch support. This history would not be complete if it did not also reflect the pride CMHA BC has felt being part of a network of CMHA branches in communities across BC whose grassroots involvement and direct services—such as housing, employment services, crisis lines, and support groups to name a few—have touched the lives of countless British Columbians. CMHA BC was officially incorporated on October 6, 1953.



**Canadian Mental
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Kamloops
Mental health for all

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