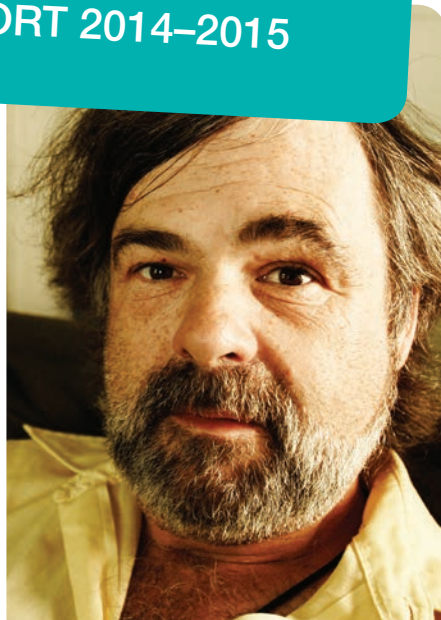


# CMHA KAMLOOPS

## ANNUAL REPORT 2014-2015



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



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## 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

# MESSAGE FROM THE BOARD PRESIDENT

It's been a busy year for the Canadian Mental Health Association (CMHA) Branch in Kamloops! Our focus for the past year has been on building an organization that will continue to advance the CMHA mission of "mentally strong people in a healthy society." We have adopted the three national CHMA goals in this regard:

- strengthening our voice
- ensuring quality services
- enhancing organizational health

## **Over the past year, we have addressed these goals in a number of ways:**

- During Mental Health Week in May, we got loud! We joined the CMHA BC Division and other BC CMHA branches to host an MLA breakfast in Victoria at which we advocated for three initiatives to support mental health in our communities. We were pleased to have local MLAs Terry Lake and Jackie Tegart attend that event. Minister Lake's speech at the event was a highlight for us all.
- The Clubhouses in Kamloops and Merritt continue to provide safe, vibrant venues to support mental health in their respective communities.
- Bounce Back™ continues to be a well-respected program within CMHA Kamloops. The program has been recognized provincially as a sought after program and resource for individuals experiencing mild to moderate depression and anxiety in our community.
- We sold two properties (the Gordon Bregoliss Building and Cariboo Manor) that had been drawing important financial resources away from our operations.
- In the spring of 2015, we hired Christa Mullaly as our new Executive Director. Christa joins us from Vancouver where she worked most recently with the Elizabeth Fry Society. We are excited to have Christa bring her energy and expertise to our branch.

- We have committed to achieving Imagine Canada accreditation by September 2016—an important step in documenting our policies and practices and reflecting on areas in which we can improve.

Thanks to those who have supported us over the past year. Bev Gutray and Jonny Morris from the BC Division have been incredible resources to us as we worked through some difficult days and as we celebrated our successes. Duane Seibel was a rock in the role of Acting Executive Director for six months, and we thank both him and Thompson Rivers University for seconding him to us. Our funders and community partners, including the United Way, ASK Wellness, Interior Health and BC Housing have offered us essential guidance and support.

And, of course, we are indebted to the staff, volunteers and board members that continue to serve this organization and, in doing so, serve the community of Kamloops.

Onward!



*Christine Adam*

**PRESIDENT, BOARD OF DIRECTORS,  
CMHA KAMLOOPS BRANCH**

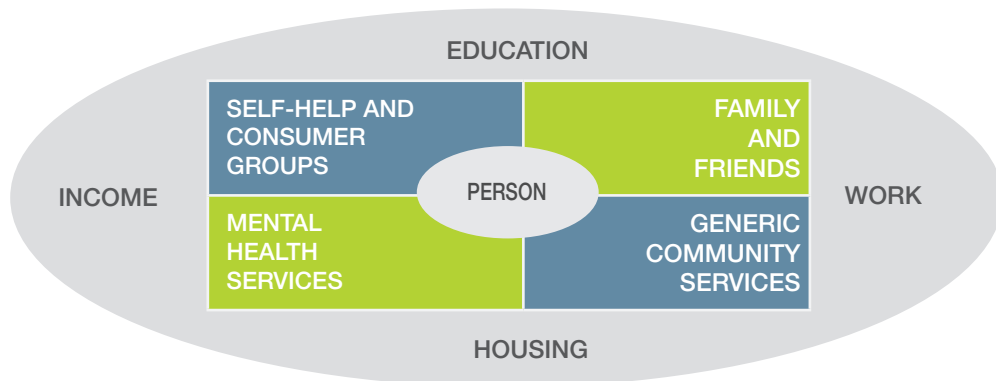
# FRAMEWORK FOR SUPPORT

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.

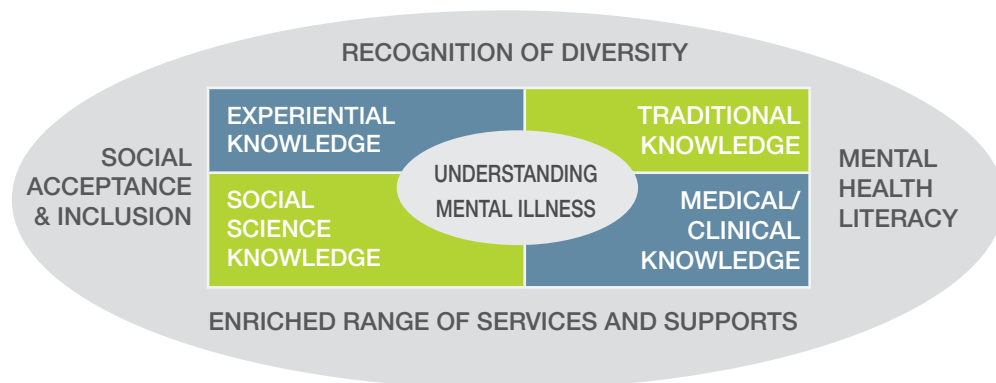
The Community Resource Base outlines a range of possible resources in addition to the formal mental health system, which can provide support to a person with mental illness. Housing, income, work and education represent four basic elements of citizenship.

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.

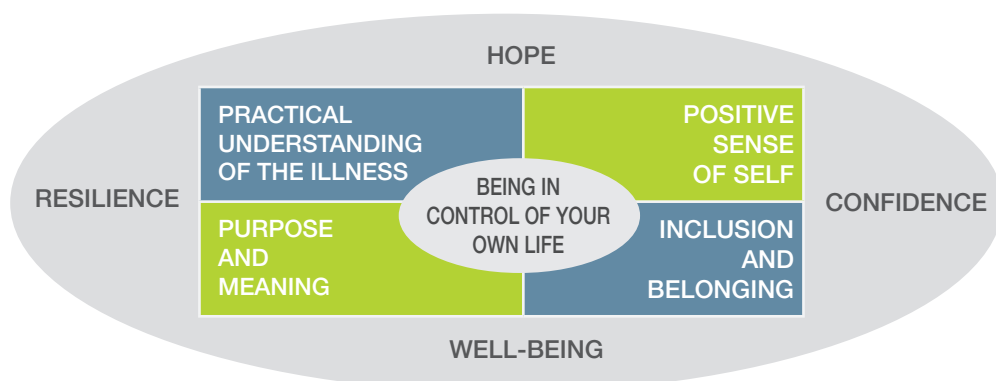
## COMMUNITY RESOURCE BASE



## KNOWLEDGE RESOURCE BASE



## PERSONAL RESOURCE BASE



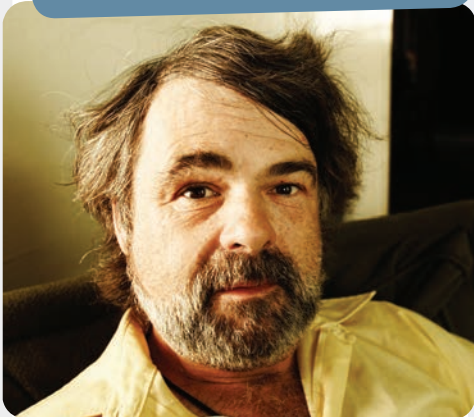


# ADULT CLUBHOUSE—THE CLUBHOUSE

The Clubhouse program provides a wide range of personalized services and education to adults whom have been diagnosed with a mental illness. The program helps to assist individuals maximize their independence in the community by providing healthy, recreational activities; referrals to other community support and programs; and assist in learning life skills. This safe and stable environment enables individuals with serious and persistent mental illness to participate as fully as possible within the community.

Over the past few years, The Clubhouse has received ongoing support and partnership from both the United Steelworkers and officers from the Kamloops Regional Correctional Centre (KRCC). These hardworking men and women donate their time and efforts to organize a memorable Christmas celebration for our members. The United Steelworkers from Highland Valley Copper so generously donate the food and gifts for all who attend this event. KRCC officers also provide and deliver fresh produce throughout the summer months and volunteer their time at our Thanksgiving luncheon.

## TESTIMONIALS



“ I come to the Clubhouse because I have a habit of sitting at home thinking critically about myself and my past. I struggle with my thoughts and relationships in my family. I use the Clubhouse to escape those thoughts, stay busy, and socialize. I can cook, do art, start projects, and join in on meetings. The Clubhouse keeps things fresh and diverse. No access to Clubhouse resources would effect my nutritional and mental health. I feel like I would relapse to where I was before and my mental health would deteriorate. I would also lose my safety net. I come to the Clubhouse five days a week.” —Adult Clubhouse Member

“ I like that we get to hang out and do cool things”  
—Youth Clubhouse Member

“ I come to the Clubhouse because I am so isolated at home. I've never had many friends, and I need friends. I feel different from most people so I come here because it feels safe here. I don't feel judged, and even though I can still feel socially anxious, I still feel comfortable enough to come to the Clubhouse. If I didn't have the Clubhouse, I would be alone at home—my husband doesn't understand. I would miss group crafting and I would lose out on the confidence that I gain from group art. I would have a harder time adapting to life changes. The Clubhouse helps to teach me that changes aren't so scary. I come here approximately two times a month.” —Adult Clubhouse Member

“ I don't have many friends from school, but everyone here is really nice.” —Youth Clubhouse Member



# THE MERRITT CLUBHOUSE

The Merritt Clubhouse operates under the umbrella of the CMHA Kamloops Branch. It is run out of the Fireside Center which is centrally located in downtown Merritt. This has allowed for easier access to our program and has been a factor in the growth in membership and number of member visits. Currently, this adult focused program operates two days a week on Wednesdays and Fridays from 9 am to 2:30 pm and is run on a drop-in basis. When members were asked about what the Clubhouse provides them, these were some of their responses:

- Freedom to do what you want while still having others around you
- Confidence building while being encouraged to try new things when ready
- Prevents isolation and provides an opportunity to make new friends within the clubhouse and beyond its walls
- Provides an interesting variety of materials and activities that can be freely accessed
- Encourages inclusiveness regardless of abilities or disabilities

- Provides information regarding community resources and services
- Offers computer access
- Fosters communication and the development of listening skills
- Provides opportunities for field trips to cafes, the library and parks etc.
- Helps members discover or develop their individual talents
- Provides a casual coffee time and opportunities to make and eat new foods

Many members have discovered among other things that they can learn how to cook, crochet, become artists, master games such as crib and canasta, write, socialize and communicate with others. It is rewarding to witness new friendships bloom among the members and observe the care they show to one another. A lot of them describe the center's members as their extended family.

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## CONSUMER FACILITATION FUND (FCC) / FUNDING CRITERIA COMMITTEE

Fund allocation is directed by consumers, family members, mental health and substance use services, and CMHA Kamloops working in partnership as the Funding Committee. The purpose of the FCC committee is to allocate funds to consumers, their family, and non-profit agencies providing programs and services to mental health consumers. It can be utilized for projects, courses, and endeavors that relate to personal life, leisure, education and employment.

Typically, consumers accessing these funds apply for annual bus passes, monthly bus passes, bus tickets, HandyDart tickets, and taxi saver coupons. Other popular requests include: camping and fishing gear, sports equipment, exercise clothing, music instruments and lessons, arts supplies and much more.

# BOUNCE BACK: RECLAIM YOUR HEALTH™

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, and was developed to provide easily accessible, affordable mental health support options to the primary healthcare sector.

The program is managed throughout the Thompson-Nicola and Cariboo regions by CMHA Kamloops. The provision of coaching services has the direct oversight of registered clinical psychologists who support and assist provincial coaches in providing best possible care, while maintaining the scope of the program. Coaches also provide information sessions to physicians and community partners across the region. Interested parties can obtain a referral to the coaching component of the program through a family doctor or nurse practitioner.

542

PATIENTS REFERRED  
TO BOUNCE BACK™

191

REFERRING  
PRACTITIONERS

1,893

DVDS DISTRIBUTED  
TO PARTICIPANTS

## TESTIMONIALS



“ I still suffer with depression, but now I have the tools to cope with it, and not become paralyzed. Bounce Back™ is a huge stepping stone just in learning tools, because sometimes we just don't know the tools and you can't see past your situation.”  
—Bounce Back™ Participant

“ I feel like I am coming into my own. I know how to claim my power appropriately. I've reduced my fears and anxiety about having control of my life.” —Bounce Back™ Participant

“ I can't help but smile when I see a picture of an elephant, thank you for showing me that something so simple can change what seems so big.” —Bounce Back™ Participant



# VOLUNTEERING PROGRAMS

Over 30 volunteers have helped with the following activities in the past year:

- Quilting
- Gardening
- Sewing
- Shopping
- Apparel Shop
- Laundry
- Income taxes
- One-to-one support
- St. John's pet therapy program
- Art workshops (Arts Council)
- Clubhouse maintenance and organization
- Thanksgiving and Christmas dinner
- Walking group
- Weaving

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## MENTAL HEALTH FIRST AID

CMHA Kamloops Branch offered 4 courses in the past year, which trained 74 community members:

- Open Door Group/Work BC
- Neskonlith Band
- Aboriginal Training and Education Centre
- Project Venture
- Y Women's Shelter

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## 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 2014–15 included:

- United Way Community Carnival
- Thompson Rivers University (TRU) Student Engagement Presentations
- Seeing is Believing Tour—United Way
- TRU Walk/Run A KM in My Shoes (Clara Hughes)
- Nicola Valley Institute of Technology, Merritt
- TRU Nursing and Health Care Aide Students
- Juniper Ridge Elementary School presentation—Grade 7 students
- Ministry of Social Development and Social Innovation—Responding with Respect
- Sprott Shaw LPN students
- City of Kamloops Seniors Advisory Committee
- Cathy McLeod—308 Conversations

# GOLDEN VISTA SUITES

## AFFORDABLE HOUSING FOR SENIORS, 55+

Golden Vista Suites is affordable Housing rentals for 55 plus seniors. The complex consists of 46 studio units. They are designed to provide safe, physically accessible and manageable living space for older adults. BC Housing owns 15 of the 46 units. CMHA Kamloops manages these 15 BC Housing suites.

These are “rent geared to income” and are a safe and affordable seniors’ rental housing option. The complex is located at 375 Cherry Avenue, Kamloops. For more information about becoming a tenant, please contact our office at 250-374-0440.

# MEADOW CREEK VISTA IN LOGAN LAKE

## AFFORDABLE HOUSING FOR SENIORS 55+ AND PEOPLE WITH DISABILITIES

Meadow Creek Vista is a 55 plus Seniors Complex for People with Disabilities. The complex consists of 12-one bedroom units. They are designed to provide affordable, safe, physically accessible and manageable living space for seniors. BC Housing built these units and the District of Logan Lake donated the land. CMHA

Kamloops manages and operates this complex. They are “rent geared to income”, which makes this a great housing option for seniors wishing to stay in their rural community of Logan Lake. The complex is located at 278 Logan Lake. For more information please contact our office at 250-374-0440.

### TESTIMONIALS



“It can be really hard to find a nice place to live where I can have a pet. Not only are the units spacious and bright but I have my own washer and dryer.” —Anonymous resident

“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, resident

“Affordable, quiet, and I get to stay in my community. In a small town it is not always easy to find a place to live where you have room to garden. I like having my own back patio and garden shed. Logan Lake is where I want to stay and Meadow Creek Vista is a great place to call home.” —Anonymous resident

# EMERALD CENTRE

CMHA Kamloops operates 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, delicious meals and a safe environment; they also have access to support workers and case managers that work closely with them to create connections to both community resources and the community as a whole. CMHA Kamloops understands the importance of these connections and has worked closely with many community agencies, including ASK Wellness Society, the Elizabeth Fry Society, Mental Health and Substance Use, Phoenix Centre and the Royal Inland Hospital—to name a few. These connections provide clients with the supports needed to maintain stable housing and recover.

## Highlights

Between April 1, 2014 and March 31, 2015, Emerald Centre's shelter program had a total of 644 different individuals walk through the doors of Emerald Centre,

including 462 men and 182 women. Many of those served by Emerald Centre utilized the service on more than one occasion throughout the year, often making progress towards stability and independence with each stay. CMHA understands and recognizes that individuals within the homeless community face barriers and challenges to reintegrating, so we meet clients where they are at and offer supports in a non-judgmental way that has been integral to supporting clients in moving forward on their own terms and their own timeline. This has led to many successes for our clients in the areas of housing, treatment, employment, physical and mental well-being and many, many other areas of their lives.

**In-Reach:** CMHA continues to work with the Mental Health and Substance Use program in Kamloops, which sees a mental health worker come to the shelter every Tuesday morning to meet with any clients that are looking to connect with these services, and ASK Wellness Housing Outreach provides our clients an opportunity to meet with a housing working and explore permanent housing options.

## TESTIMONIALS



“Emerald House helped me believe in me and welcomed me with open arms. The staff are great and the food is yummy. The resources they have help a lot too”. —Emerald Centre client

“Emerald Centre staff encourages everyone, they are uplifting.”  
—Doug Marnes

“From housing to addictions, friendly staff are there to help.”  
—James Squires and Rod Shellard

“If you need a hand up, they will be there.” —James Squires

“Emerald Centre treats you well; they help you out.” —Alan Tait

**Case Management:** Emerald Centre has two case managers who offer supports to every individual who walks through our doors. We are actively involved with many community resources to help support our clients once they leave Emerald Centre.

**Garden Project:** Emerald Centre is now growing fruits and vegetables in the compound behind the shelter to help feed our residents. The Hall family of Kamloops donated the material for six cedar garden boxes and spent a Saturday at the Shelter to build them onsite for us. We also received two monetary donations to buy plants, seeds and other gardening equipment—one from a Kamloops womens book club and the other was from an oil company in Alberta. Lyons Landscaping kindly worked with us to fill the beds with soil and get us set up and ready to plant.

**The Supportive Transitional Living in Recovery Program:** CMHA has a partnership with Phoenix Centre to provide a support worker for clients with substance use issues who reside in the independent living units at Emerald Centre. There are 11 self-contained housing units above the Emerald Centre shelter.

**Practicum Students:** This past year, Emerald Centre built a relationship with Thompson Rivers University Practicum Placement Program. We have had two students placed with us—one completing her Human Service Worker Diploma and one who is completing her fourth year of the Bachelor of Social Work Program. We will continue to uphold this community relationship in order to support emerging professionals in developing skills for their future and our community.

**Twilight Project:** In December 2014, CMHA, in collaboration with ASK Wellness, began a four-month Housing First pilot project that was designed to support ten individuals staying at Emerald Centre to be housed immediately and then connected to ongoing supports leading to long term housing. The support team comprised of three Housing Support Workers—one from ASK Wellness and two from Emerald Centre. The support team worked together to support the tenants in their interim housing while they connected to long term supports and permanent housing. At the end of the project in March 2015, all 10 program participants found safe, affordable permanent housing.

## TESTIMONIALS



“Emerald Centre do what they can to help out, they connect you to services; no middle man.”

—James Steffens and Stuart Wonnacott

“The goal of the staff members and CMHA is to provide a platform for client success. The Emerald Centre provides for the basic needs that ever person has, such as shelter and food. Through non-judgmental interaction between clients and staff, steps are taken by each person to improve their lives. I think we have all needed to catch a break or two in our lives, and the Emerald Centre is focused on providing it.” —Emerald Centre Staff

“EC makes it equal for everyone. EC stands for ‘ECquality’.” —Emerald Centre Staff



# BUILDING CAPACITY THROUGH FUNDRAISING

## BOOGIE THE BRIDGE

Founded in 1998 by Jo Berry, this event started with 62 runners. On April 26, 2015 this signature Kamloops community fun walk/run event has grown to engage 2600 participants across our fine city. For the second year CMHA Kamloops Youth Clubhouse was the

charity of choice. At the Boogie the Bridge Society Annual General Meeting our agency was honored to be presented with a cheque for \$20,000. The dollars raised will make a difference to our youth and families in our community.

## SHOPPERS DRUG MART RIDE DON'T HIDE

Shoppers Drug Mart Ride Don't Hide is a community bike ride hosted by CMHA, with the goal to raise awareness and help break the stigma surrounding mental illness while raising essential funds to support mental health programs.

The CMHA Kamloops community event is a ride, not a race, with routes designed for riders of all ages and abilities—from novice rider to the advanced cyclist. 80 riders participated in Kamloops Shoppers Drug Mart Ride Don't Hide 2014 and we raised over \$4,000.

The scenic Kamloops route runs along the Thompson River starting at Centennial Park to Riverside Park and back. In addition to the enjoying the physical and mental health benefits of physical activity, riders

help 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 health community by providing opportunities to register for Living Life To The Full, “12 hours that can change your life.”

### Thank you to our sponsors:

- Visual Signs & Printing
- CFJC-TV
- Jacquie Photography
- TD Bank
- Industrial Cleaning Supplies
- KPMG
- River City Realty
- Trophy Development

## TESTIMONIALS



“ Ride Don't Hide for mental health in Kamloops is important to me both personally and professionally. I have accessed a number of mental health resources for my own family members and don't know where we would be without those resources. I look forward to this year's ride and encourage others to participate or donate where they can.” —Phyllis Wilson, Administrative Assistant

“ There is so much misunderstanding and stigma around mental illness that keep people isolated. Ride Don't Hide has opened doors to helping people speak about their mental illness.” —Joan S.

“ I ride for my sister in the Ride Don't Hide event every year. The support this event provides our family is amazing. It gets people talking.” —Shelley

# 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](http://www.cmha.bc.ca/lornefraser).

## THE STRENGTH OF PARTNERSHIPS

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
- 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
- Fabric Land
- Kamloops Regional Correctional Centre
- Booster Juice
- First Choice Haircutters
- Menchies
- Kamloops Art's Council
- Family Tree
- Food Bank
- United Steelworkers
- Boogie the Bridge
- Aberdeen Mall
- McDonald's
- Anonymous donors
- All CMHA Volunteers and the generous community members who donate annually

# BOARD OF DIRECTORS FOR 2014-15



*Christine Adam*  
PRESIDENT



*Shane Gales*  
TREASURER



*Kim Lucas*  
LIAISON TO RCMP



*Jane Barley*  
DIRECTOR



*Joyce German*  
DIRECTOR



*Lee Evans*  
DIRECTOR



*Nihal Maligaspe*  
DIRECTOR

# EXECUTIVE DIRECTOR'S MESSAGE

This past year was a time of change and renewal for CMHA Kamloops Branch! We experienced some changes in leadership at the Executive Director level in the past year, and a big shout out goes firstly to Bev Gutray and Jonny Morris from CMHA BC for coming to Kamloops last summer to assist us in some transitions and to help us plan for our next steps as an organization.

Duane Seibel, seconded from Thompson Rivers University for a period of six months, became CMHA Kamloops Branch's *awesome* Acting Executive Director following Bev and Jonny's departure back to Vancouver. Duane reinvigorated CMHA Kamloops through some necessary changes, and we became an organization very much excited about its future.

During Duane's time with CMHA, he sold two properties that we were no longer able to use, and he also worked very diligently at getting us back to our expertise in working with individuals that are affected by mental illness.

I joined the organization as Executive Director in February 2015, and have continued to make changes within the organization as we examine our role within the sector and get involved with all of the amazing work that is occurring in this community. The employees of CMHA Kamloops are an amazing group of committed people that provide outstanding support,

encouragement and role modeling for our clients—I want to thank everyone for welcoming me into the organization and the community, and for being so open and receptive to change.

We are absolutely committed to work with other organizations as we continue to develop our strengths and overcome any and all obstacles in our way. Put on your sunglasses Kamloops—our future is *bright!*

With kindness,



*Christa Mullaly*, BA MALead  
**EXECUTIVE DIRECTOR,  
CMHA KAMLOOPS BRANCH**



CMHA KAMLOOPS IS GRATEFUL FOR FUNDING SUPPORT FROM



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



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

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