



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



**ANNUAL REPORT 2016–2017**  
**kamloops.cmha.bc.ca**



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## MESSAGE FROM THE BOARD PRESIDENT

Twenty-five years in the Kamloops region pursuing the Canadian Mental Health Association (CMHA) vision of mentally healthy people in a healthy society!

On behalf of the Board of Directors of the Kamloops CMHA Branch, let me thank our many employees, volunteers and community partners for supporting our agency over the years.

The services we deliver are co-created with our members who live with mental illness and addictions, local partners, government and cross-sector stakeholders. Effective collaboration allows us to maximize our resources and enhance our connections to other supportive activities in our region. We are pleased that this report highlights many of these collaborations.

While we celebrate the role we have played in our region to support those who live with mental illness and addictions, we also recognize that there is still more to do. The enthusiasm and expertise of our employees and volunteers will continue to be our biggest strength as we work to improve access to mental health supports and client-centred care. Through a wide variety of approaches and venues, CMHA's evidence-based programs and resources will increase awareness, reduce stigma and build resiliency.

As you read through this report, I hope that you learn more about our work in the region and follow up with us about programming or services that you would like to learn more about. I also encourage you to become a member and lend your voice to the work that we do. There is information about membership at [kamloops.cmha.bc.ca](http://kamloops.cmha.bc.ca)

Onward into the next quarter century!

### **Christine Adam**

President, CMHA Kamloops



### BOARD OF DIRECTORS

Christine Adam—President

Greg Thomson—Vice President

Shane Gales—Treasurer

Sara Gillis—Secretary

Nihal Maligaspe—Director

Jane Barley—Director

Joyce German—Director

Jenny Gomes—Director

Alexander Hermansson—Director

# STRATEGIC AREAS

## STRENGTHENING OUR VOICE

- Talk Today
- Mental Health First Aid
- Consumer Facilitation Fund
- Ride Don't Hide

## ENSURING QUALITY SERVICE

- Kamloops/Merritt Clubhouses
- Bounce Back
- Meadow Creek
- Golden Vista
- Consumer Facilitation Fund

## ENHANCING ORGANIZATIONAL HEALTH

- Mental Health First Aid
- The Response Team (TRT)

## IMPACT STORY

### THE RESPONSE TEAM (TRT)

In the fall of 2016 we, in collaboration with Interior Community Services (ICS), started the process of creating an internal response team. Our goal was to offer a supportive and encouraging to our employees based on an intimate understanding of our unique workplace. We offer social, organizational and informational supports to those employees experiencing work and/or personal issues or crisis.

Over the past few months, we have decided to shorten our name to The Response Team (TRT) to dispel the notion that only “critical” incidents were worth a response. The feedback within the workplace has been encouraging and the scope of response requests has grown. This team has proven to be an effective support for our team members as well as a way for responders to feel that they have contributed to a healthy workplace.



## THEN ...

### Where it all began ...

- 2000–2001 Semi-Independent Living Subsidy
- 2000–2006 Housing Assistance
- 2000–2008 Turner House
- 2000–2015 Youth Clubhouse
- 2003–2006 Brocklehurst Duplex Rentals
- 2005–2007 Discovery House Program
- 2007–2009 Outreach—ASK Wellness
- 2009–2010 Tradewinds—Merritt
- 2009–2012 Whistler—Life skills (Henry Leland)
- 2009–2012 Emerald House
- 2011–2012 Bregoliss Building Emerald Hostel
- 2010–2011 AASH Program/Adult Addictions Supportive Housing
- 2010–2015 Living Life to the Full
- 2013–2015 Cariboo Manor/Affordable Housing for Seniors



## ... AND NOW

### 1992–2017 CMHA Kamloops Branch

- 1992–2017 Kamloops Clubhouse
- 2000–2017 Consumer Facilitation Fund
- 2004–2017 Merritt Clubhouse
- 2008–2017 Mental Health First Aid
- 2009–2017 Emerald Centre
- 2010–2017 Bounce Back
- 2011–2017 Golden Vista Housing
- 2012–2017 Meadow Creek Housing
- 2013–2017 Supported Transition Living in Recovery
- 2015–2017 Talk Today
- 2015–2017 Extreme Weather Response



## EMERALD CENTRE

Emerald Centre is a co-ed low-barrier shelter that provides accommodations for men and women who are homeless or at risk of homelessness. The centre provides a total of 42 shelter beds. Clients are provided with a clean bed, meals and have access to support workers and case managers that work closely with them to create connections to both resources and the community as a whole.

### For more information:

➡ [kamloops.cmha.bc.ca/  
programs-services/homeless-shelter](http://kamloops.cmha.bc.ca/programs-services/homeless-shelter)

☎ Men: 250-372-3031  
Women: 250-828-1121

## SUPPORTED TRANSITION LIVING IN RECOVERY

Kamloops Society for Alcohol and Drug Services (Phoenix Centre) in partnership with CMHA Kamloops Branch, operates sixteen (16) supportive recovery units. The partnership is based on mutual interest in housing clients in early recovery and providing a safe and supportive environment. Supportive Transitional Living in Recovery addresses a long standing gap in the addiction services continuum of care. Clients are provided a safe, stable and regulated living environment housed with others in recovery.

### For more information:

☎ 250-318-4335

## IMPACT STORY



### IF IT WEREN'T FOR EMERALD HOUSE ...

I would have been living in my car while awaiting medical E.I. and coping with depression, stress, and anxiety. My daughter and her family moved to Chilliwack to look for affordable housing but so far have been unsuccessful. This housing situation is just horrible and the eldest of my three boys are set to start kindergarten.

This past month, I have had a variety of issues and concerns ... income assistance, medical E.I., work, income taxes, housing and many other issues that popped up along the way. The support I have received and the understanding of my personal issues have helped me stay focussed. I know I'm not alone.

**Emerald House Client**



# KAMLOOPS AND MERRITT CLUBHOUSES

We provide a wide range of services and supports in the domains of: personal, leisure, education and employment for adults over the age of 18, who have been diagnosed with a mental illness and/or substance related issues.

For more information: [▶ kamloops.cmha.bc.ca/types-programs-services/clubhouse](https://kamloops.cmha.bc.ca/types-programs-services/clubhouse) ☎ 250-374-0440

## IMPACT STORY



I grew up in a broken, hectic home. My mom raised me, my dad was mostly absent and threatened to shoot me when I was a teen, and my step dad was also very abusive. When I was ten, I was sexually assaulted by a camp counsellor, and I just remember the shame of my cousins finding out. On top of that, several family members have schizophrenia, and so do I.

This year I became a member at the Kamloops Clubhouse. Staff have empowered me, and connected me with other agencies. I now have an updated diagnosis and new meds which has helped a lot. I also have a bed and some furniture for my home. I currently sit on the funding committee and am Team Lead for our Peer Programs.

At the Clubhouse, I get to be in a positive environment where people help and support one another, and that has been a big change for me.

**Mouse**

Clubhouse Member

# AFFORDABLE HOUSING FOR SENIORS

## GOLDEN VISTA SUITES

15 rent geared to income units for seniors 55 plus. This is an apartment building consisting of studio units designed to provide a modern, safe, physically accessible and manageable living space for seniors.

## MEADOW CREEK VISTA

12 rent geared to income units for low-income seniors 55 plus or people with disabilities. This ground level 12 unit townhouse complex is located in the beautiful community of Logan Lake.

For more information: [kamloops.cmha.bc.ca/affordable-housing](https://kamloops.cmha.bc.ca/affordable-housing) 250-374-0440

### IMPACT STORY



After 55 days in the hospital and open heart surgery, I arrived home to find my wife of 17 years had decided she didn't want me living there. She forced me out in less than a week and I left with only the clothes on my back.

I moved to Clearwater and stayed in motels for the first three weeks before I found a basement suite. After eight months of trying to sort things out with my ex, I decided that I needed to get out of the area.

I moved to Kamloops to be closer to lawyers and the courts.

I registered with BC Housing and lucky for me I was approved. I looked and couldn't find anything until I contacted CMHA and connected with Shelley. Shelley found me a bachelor suite in Golden Vista that I could afford. It was in a newer building that was safe and secure. I have made many friends in the building, put my legal affairs in order and taken some counselling. I am now getting used to single living and getting back into music which brings me a lot of enjoyment.

**JW**

## MESSAGE FROM THE EXECUTIVE DIRECTOR

This last year has been an incredible one for CMHA Kamloops Branch! We have continued to spread our collective CMHA wings to refine our service delivery in all areas of programming and have implemented some internal programming to help us support a culture of nurturing compassion and empathy.

Our internal Response Team was created to support staff during our provincial opioid crisis, which has tragically affected many - including our staff. We continue to see growing numbers of individuals affected by substance use in addition to their mental illness and increasing training opportunities for staff has been a priority.

Our critical partners in community and throughout the province (including other CMHAs) continue to support our work with marginalized individuals to collaboratively support our clients and their families. We have continued to grow our partnership with Phoenix Centre as we expanded the STLR Program from 11 units to include 5 new units at our house downtown.

I am excited to continue to lead CMHA Kamloops as we begin to help our neighbouring communities through the wildfires of the summer of 2017. This work will enrich our already diverse organization through new partnerships and friends. I am also proud to be the Executive Director of CMHA Kamloops as we enter our 25th year of service as a CMHA Branch, and I am also very much looking forward to the events to come as CMHA celebrates its 100 years of service to Canadians in 2018. Mental Health for All.

**Christa Mullaly MA**  
Executive Director



## #TALK TODAY



A mental health education program designed for the BC Hockey League and the Western Hockey League, players, families, and coaches to learn about mental health and increase their skills to help players who may need support related to mental illness or addictions.

For more information:

 [kamloops.cmha.bc.ca/  
programs-services/talk-today](https://kamloops.cmha.bc.ca/programs-services/talk-today)

 250-374-0440



## MENTAL HEALTH FIRST AID

Mental Health First Aid Canada, supported by the Mental Health Commission of Canada, is a 12-hour training course delivered in 4 modules, carried out over 2 days. Participants will learn how to provide help to people who are showing signs of a mental illness or experiencing a mental health crisis.

For more information:

 [kamloops.cmha.bc.ca/our-services/mental-health-first-aid](https://kamloops.cmha.bc.ca/our-services/mental-health-first-aid)

 250-374-0440



Commission de  
la santé mentale  
du Canada

**Mental Health First Aid CANADA**



## BOUNCE BACK®

A self-motivated program designed to help youth and adults experiencing mild to moderate depression and/or anxiety that may arise from stress or other life circumstances. This program is delivered via telephone support and is provincial in scope, with other CMHA branches also delivering this program.

**For more information:**

➤ [kamloops.cmha.bc.ca/programs-services/bounce-back](https://kamloops.cmha.bc.ca/programs-services/bounce-back)  
📞 250-374-1293



## CONSUMER FACILITATION FUND



Funding allocated to individuals diagnosed with mental health and/or substance related issues as well as agencies, for projects, courses and endeavours that relate to personal life, leisure, education and employment. This fund is dedicated to improving mental health.

**For more information:**

📞 250-374-0440

## RIDE DON'T HIDE

Ride Don't Hide is an annual community bike ride hosted by CMHA in celebration and support of mental health. This goal of this coast-to-coast event is to raise awareness of mental health, reduce the discrimination and stigma around mental illness and raise funds to benefit CMHA's many community programs and services.

### Thank you to our volunteers and riders!

We are so grateful to our volunteers who came out to support Ride Don't Hide this year. Thank you for making our event and ride a wonderful experience for all our participants. We thank all our riders and team captains for helping us work towards ending the stigma that surrounds mental illness.



**Champions Nancy Beppe  
2015 and Kayla Morrison 2016**

## IMPACT STORY



### RIDE DON'T HIDE 2017 CHAMPION

Why did I ride? I rode for my brother. I rode because I have watched my brother suffer from Depression and Anxiety for most of his life. I have watched my friends suffer from panic attacks, depression and anxiety so bad that they become antisocial. I rode for the people that don't have a voice or don't feel like they can speak up. I wanted my kids to see their dad openly talk about mental health issues, not just other peoples but his own.

I suffer from depression, anxiety as well as I am sure much more. I wanted to be a voice for the people that don't have one. I want people to see me as a family man, successful in a career and life who suffers from mental health issues. It's okay and normal to feel these feelings and I want people to know that they are not alone.

**Chris Narver**

Fisheries and Oceans Canada

## MENTAL ILLNESS AND STIGMA

So many people face mental illness or addiction. Stigma shouldn't stop us from talking about it or seeking help.

- In any given year, one in five people in Canada experiences a mental health problem or illness
- About 1 in 8 Canadians experienced a substance use disorder this year
- 1 in 25 Canadians 15 years and over sought help for a mental health concern this year
- About 1.2M Canadian children and youth experience a mental illness, but less than 20% receive help

Ride Don't Hide is changing the way Canadians talk about mental health. Together, we will create a safe place of acceptance for all Canadians to share their story without fear, stigma, or shame.

We look forward to see you at next year's ride on June 24, 2018! Learn how you can make an impact by joining Ride Don't Hide at [www.ridedonthide.com](http://www.ridedonthide.com)



## 2016 RIDE DON'T HIDE SPONSORS

Thank you for your generous support and sponsorship. Your generosity is helping end the stigma and opening up the conversation about mental illness. Together we are changing lives



WESTWAY PLUMBING  
AND HEATING

# THE STRENGTH OF PARTNERSHIPS

CMHA Kamloops is grateful for funders and partners!

## Our Partners

CMHA BC	Kamloops Blazers
Phoenix Centre	New Life Community
Interior Community Services (Kamloops and Merritt)	Sprott Shaw
Thompson Rivers University	Kamloops Food Bank (Glean Team)
Merritt Centennials	Gardengate
ASK Wellness (Kamloops and Merritt)	Chamber of Commerce
	Thompson Rivers University (TRU)

## Our Funders



HOMELESS PARTNERING  
STRATEGY (HPS)



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 members, and anonymous donors.

## WE ♥ OUR VOLUNTEERS!

We are grateful for our many volunteers and community donors. A few special mentions to the following:

Gardengate	Urban Barn	London Drugs
Glean Team	Value Village	Valleyview Overlander Lions
KRCC	Elizabeth Fry Society	Sleep Country Canada
Kamloops Foodbank	Michaels	Leslie Welch
Cobbs Bread	Dr. Menta	Snap Fitness
New Life Community	PIT Stop	Kamloops Arts Council— Crossing Bridges Art Program
Steelworkers	Aberdeen Mall	Open Door Group
Starbucks-Sun Peaks	Preceptor Beta Mu Sorority Chapter	
Flavours of India	Nicola Eyecare	
Pennington's	CML Properties	



# INDEPENDENT AUDITORS' REPORT

We have audited the accompanying financial statements of Canadian Mental Health Association, Kamloops Branch, which comprise the statement of financial position as at March 31, 2017, the statements of operations and changes in net assets and cash flows for the year then ended, and notes, comprising a summary of significant accounting policies and other explanatory information.

## **Management's Responsibility for the Financial Statements**

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

## **Auditors' Responsibility**

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on our judgment, including the assessment of the risks of material misstatement of the financial statements,

whether due to fraud or error. In making those risk assessments, we consider internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained in our audit is sufficient and appropriate to provide a basis for our audit opinion.

## **Opinion**

In our opinion, the financial statements present fairly, in all material respects, the financial position of Canadian Mental Health Association, Kamloops Branch as at March 31, 2017, and its results of operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

## **Report on Other Legal and Regulatory Requirements**

As required by the Society Act (British Columbia), we report that, in our opinion, the accounting principles in Canadian accounting standards for not-for-profit organizations have been applied on a basis consistent with that of the preceding year.

## **KPMG LLP**

## **Chartered Professional Accountants**

# STATEMENT OF FINANCIAL POSITION

March 31, 2017, with comparative information for 2016

	General Fund	Capital Fund	Emerald Centre Fund	Replacement Reserve Fund	2017 Total	2016 Total
<b>ASSETS</b>						
Current assets:						
Cash	\$ 85,564	\$	\$	\$	\$ 85,564	\$ 314,570
Restricted cash	69			456,743	456,812	456,731
Accounts receivable	51,800				51,800	57,548
Prepaid expenses	8,526				8,526	8,109
Interfund accounts	(314,660)	196,804	123,457	(7,601)		
	(168,701)	198,804	123,457	449,142	602,702	836,958
Capital assets		2,671,834			2,671,834	2,727,374
	\$ (168,701)	\$ 2,870,638	\$ 123,457	\$ 449,142	\$ 3,274,536	\$ 3,564,332
<b>LIABILITIES AND NET ASSETS</b>						
Current liabilities:						
Accounts payable and accrued liabilities	\$ 48,269	\$	\$	\$	\$ 48,269	\$ 87,473
Employee benefits and other liabilities	158,973				158,973	196,848
Deferred revenue	4,649		119,692		124,341	145,855
Current portion of long-term debt		42,737			42,737	41,142
	211,891	42,737	119,692		374,320	471,318
Deferred capital contributions		71,900			71,900	59,081
Long-term debt		2,531,257			2,531,257	2,573,994
	211,891	2,645,894	119,692		2,977,477	3,104,393
Net assets:						
Invested in capital assets		224,744			224,744	229,960
Externally restricted				26,093	26,093	32,798
Internally restricted				423,049	423,049	394,764
Unrestricted	(380,592)		3,765		(376,827)	(197,583)
	(380,592)	224,744	3,765	449,142	297,059	459,939
	\$ (168,701)	\$ 2,870,638	\$ 123,457	\$ 449,142	\$ 3,274,536	\$ 3,564,332



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Phone 250-374-0440  
Toll-free phone (BC only) 1-888-674-0440  
**[kamloops@cmha.bc.ca](mailto:kamloops@cmha.bc.ca)**



ride**don't**hide



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



**SAVE  
THE DATE**

**JUNE 24  
2018**

**RIDE AND RAISE FUNDS  
FOR MENTAL HEALTH**

In celebration of the Canadian Mental Health Association's 100<sup>th</sup> Anniversary

Register • donate • volunteer  
**[www.ridedonthide.com](http://www.ridedonthide.com)**

 **RideDontHide**

 **@riedonthide**