

ANNUAL REPORT

2022-2023

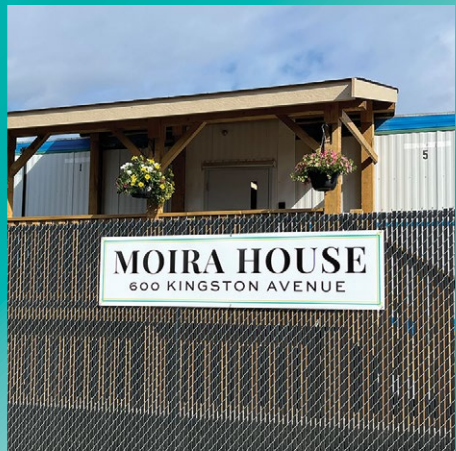
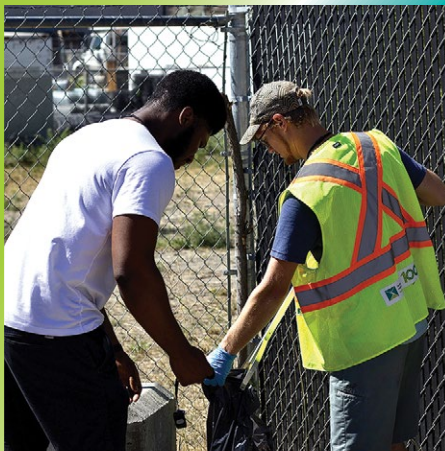


**Canadian Mental
Health Association**
Kamloops
Mental health for all



 **THANK YOU!**
Together we've surpassed our goal of
\$40,000
for mental health care and services!





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MISSION & VISION

Vision

Mentally healthy people, mentally healthy community.

Mission

CMHA Kamloops supports mental health throughout the community through education, supports, housing, advocacy, and prevention.

Priorities



SUPPORTS



COMMUNITY



FINANCES



OPERATIONS

Objectives

- | | | | |
|--|--|---|--|
| <ul style="list-style-type: none">Collaborate with diverse community partners to ensure adequate mental health support.Ensure robust supports throughout our housing options.Strategically expand our mental health support services in response to community needs.Enhance recovery-based supports for those people who need or want it.Provide diverse, effective person-centric mental health services. | <ul style="list-style-type: none">Play a leadership role in advocating for systemic change and preventionTell the story broadly and communicate our impact effectively.Create cultural safety throughout the organization by supporting reconciliation.Cultivate a healthy and diverse workplace. | <ul style="list-style-type: none">Diversify our funding base to enhance sustainability. | <ul style="list-style-type: none">Build capacity to support growth.Develop new ways to evaluate and measure our impact.Ensure effective succession planning at all levels of the organization. |
|--|--|---|--|

GREG THOMSON

A Message from The Outgoing Board President

Dear CMHA Members and Staff,

As you know the position of Board President has been one I have occupied for a few years now. I am honoured to have served this organization and excited to hand the reigns over to our new Board President Shari Finlay.

When asked to write about my reflections on the highlights and milestones during my tenure as Board President my first thought was that I never really thought of myself as the sole President of the Board. Over the years I have been involved with CMHA Kamloops the support I have received from staff; our ED and my fellow board members has helped collaboratively guide this organization through many interesting times.

Through COVID, the fires, and the political lens related to helping our clients through difficult times, there has never been a dull moment. I feel I have grown as a person and a member of our community in a positive way through my involvement with CMHA Kamloops.

In closing, I would like to thank the past and present Board Members that I have worked alongside of these past few years for this great organization. Without your support the position of Board President would have been unmanageable.

Lastly, I would like to thank our staff and ED for doing all of the heavy lifting for our community and clients.

As you know I am and will be a member of our community for years to come and look forward to watching the work CMHA Kamloops continues to do for our community.

This is not goodbye but rather see you soon!



SHARI FINLAY

A Message from The Incoming Board President

Hello everyone,

Another successful year at CMHA Kamloops BC Branch.

The branch has been working tirelessly on supporting service delivery in the continually changing post-COVID world. It has been great to see so many in-person meetings and programs come back into practice. The staff and clients have demonstrated tremendous resilience through it all.



One of the highlights for the board this past year was our Strategic Planning session, where we held an in-person all-day session where members of the board, our Executive Director, and the staff of CMHA all came together to build our inclusive, purposeful 3-year strategic plan. I'm very proud of the collaborative work that went into this session and look forward to bringing it to life!

I would like to send out a big thank you to our members, volunteers, staff, management, the board, and the community for their support over this last year. I'd like to give a special thanks to Greg Thomson for his support over the many years as Board President. Your commitment, inclusion, support, expertise, and passion are just a few of the things that have stood out for me. Thank you for all the work you have supported over the many years Greg, I wish you the very best.

I look forward to the year ahead, and wish everyone in our community the very best, and welcome you to reach out at anytime.

ALFRED ACHOBA

A Message from The Executive Director



Dear CMHA Members, Supporters, Stakeholders and Community,

As we reflect on the accomplishments and progress made in the past year, I am proud to present CMHA Kamloops' annual report, showcasing our journey towards building a mentally healthy community. It is with great enthusiasm that I share our new mission and vision, which will guide our efforts to create positive change and foster mental well-being throughout our community.

We remain steadfast in our commitment to promoting mental health and providing essential services to those in need. Our strategic priorities and objectives have been the cornerstone of our work, driving our actions towards a mentally resilient and inclusive community.

We continue to collaborate with diverse community partners to ensure that adequate mental health support is available to all individuals. Additionally, we have made it a priority to enhance recovery-based supports, providing a holistic approach for those seeking help.

Our leadership role in advocating for systemic change and prevention remains unwavering. We believe that by telling our story and effectively communicating our impact, we can further inspire the community to prioritize mental health. In this pursuit, we have also worked diligently to create cultural safety throughout the organization, supporting reconciliation and fostering an inclusive environment.

To ensure our sustained growth and impact, we have diversified our funding base, enhancing our financial stability and resilience in challenging times. As we continue to grow and serve more individuals, we have actively built our capacity

to meet the rising demand for mental health services. Through innovative evaluation and measurement methods, we constantly assess our impact, enabling us to continuously improve and optimize our programs.

We recognize the importance of effective succession planning at all levels of the organization, ensuring the continuity of our mission and the preservation of our values for years to come.

None of these achievements would have been possible without the unwavering support of our incredible members, volunteers, staff, and board. Your dedication and passion have been the driving force behind our success, and we extend our heartfelt appreciation to each one of you.

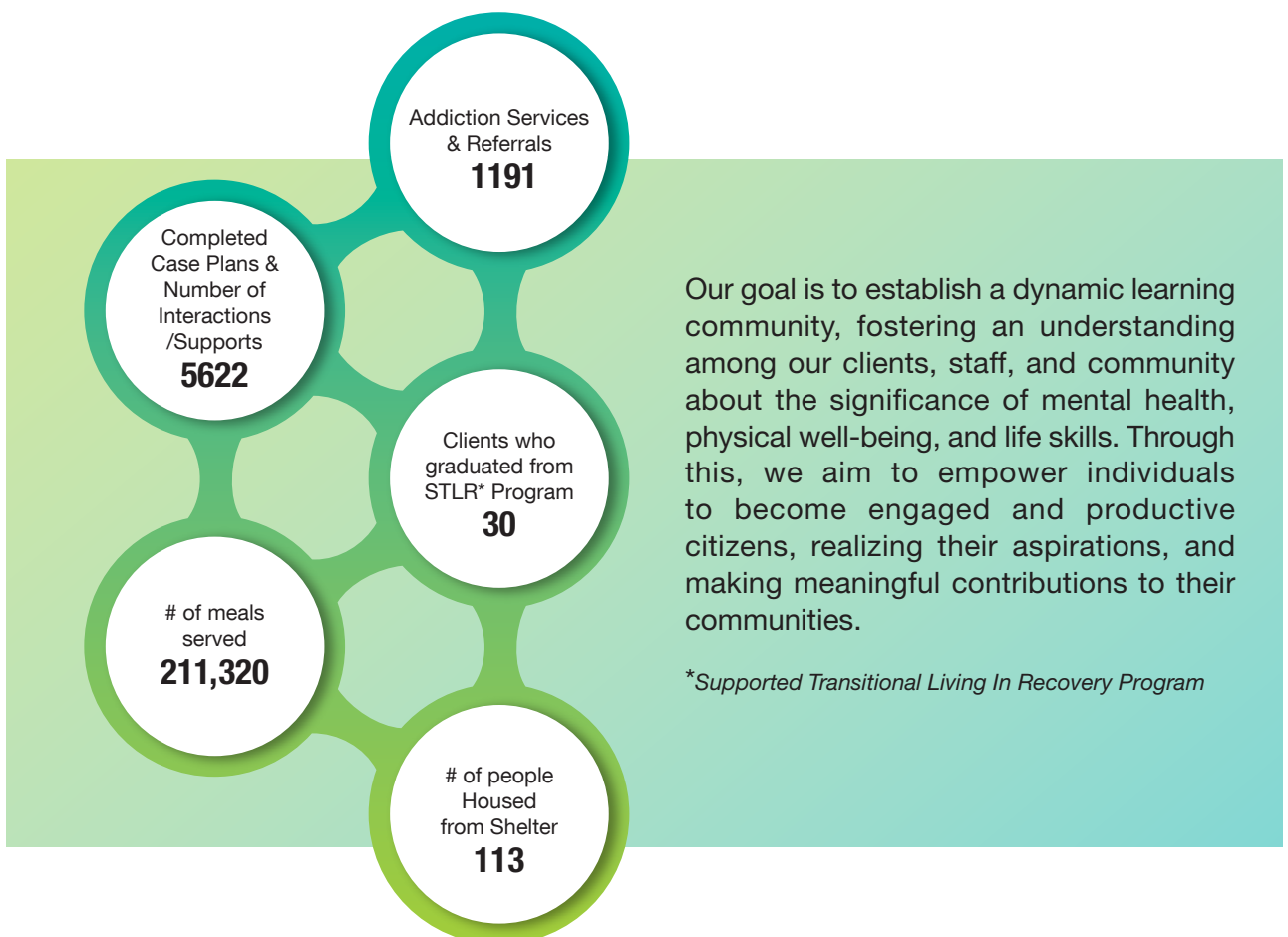
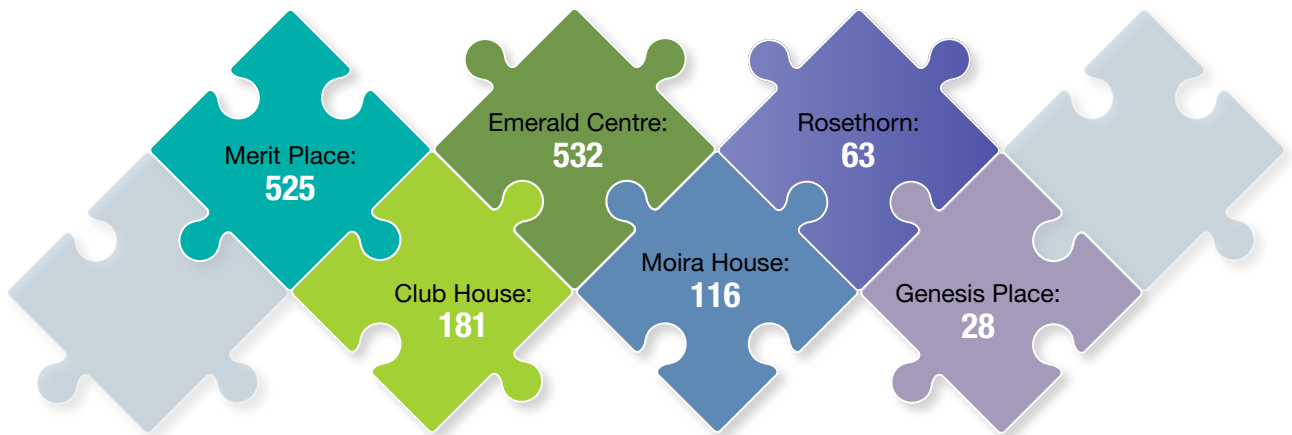
Looking ahead, I am excited about the future possibilities and the positive impact we can create in the lives of individuals and families throughout our community. With a firm belief in the power of collaboration and a shared vision of mental health for all, we remain committed to our mission and driven by our vision.

As the Executive Director, I am honored to lead such a dedicated and compassionate team. Together, we will continue to work towards a mentally healthy community, where everyone can thrive and find the support they need.

Thank you for your unwavering support and for being an integral part of our journey towards mental well-being.

GOALS & ACCOMPLISHMENTS

In 2022, our mission was to diligently address the needs of our staff, clients, and community members, striving to create an environment where they feel secure, valued, and respected.



29,000 meals provided were indigenous meals—we recognize that no matter where you are, food helps you keep the most treasured traditions alive. Food helps share a part of your culture, a part of your story, and a part of your home.

Indigenous meals
served: 29,000



Clients in the Peer Program

62

Clients accessing Psychosocial Rehabilitation

182

Community Education Provided

353

Client Education

15

The immense importance of education in mental health and addiction lies in its ability to cultivate life-saving skills and establish a secure environment.

Developing educational programs aimed at addressing the escalating trends in substance use disorder by providing knowledge to our staff, clients, and community.



STRENGTH IN PARTNERS

Partners

A Way Home Kamloops

Aboriginal Training &
Employment Centre

Arrow Transportation

ASK Wellness
(Kamloops, Merritt and Penticton)

Axis Family Resources

City of Kamloops

CMHA BC Division

CMHA National

Connective

Elizabeth Fry Society

Interior Community Services
(Kamloops and Merritt)

Interior Health Authority

Interior Savings Credit Union

Kamloops Aboriginal Friendship Centre

Kamloops Chamber of Commerce

Kamloops Food Bank

Kamloops Sexual Assault
Counselling Centre

Kamloops United Church

Manshadi Pharmacy

Merritt Centennials

Ministry of Social Development
and Poverty Reduction

Mobile Response Team (MRT)

Mustard Seed

New Gold

Open Door Group

People Ready

Pharmasave

Phoenix Centre

Stollery Foundation

Salvation Army

The Alliance Church

Thompson Rivers University (TRU)

Tk'emlúps te Secwépemc

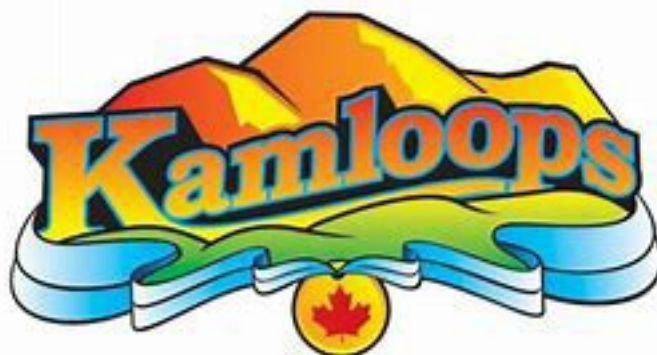
United Way - Thompson Nicola
Cariboo Region

Work BC

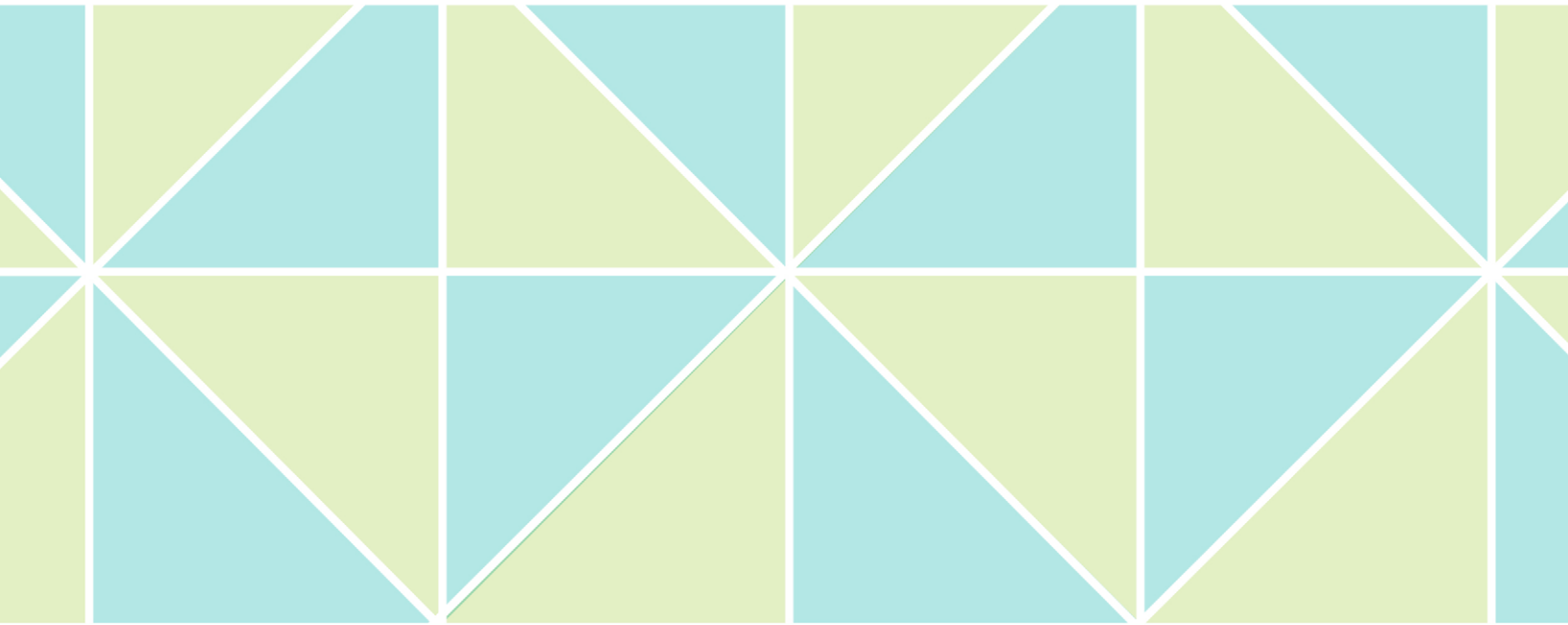
FUNDING SUPPORT



Interior Health



Canada's Tournament Capital



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