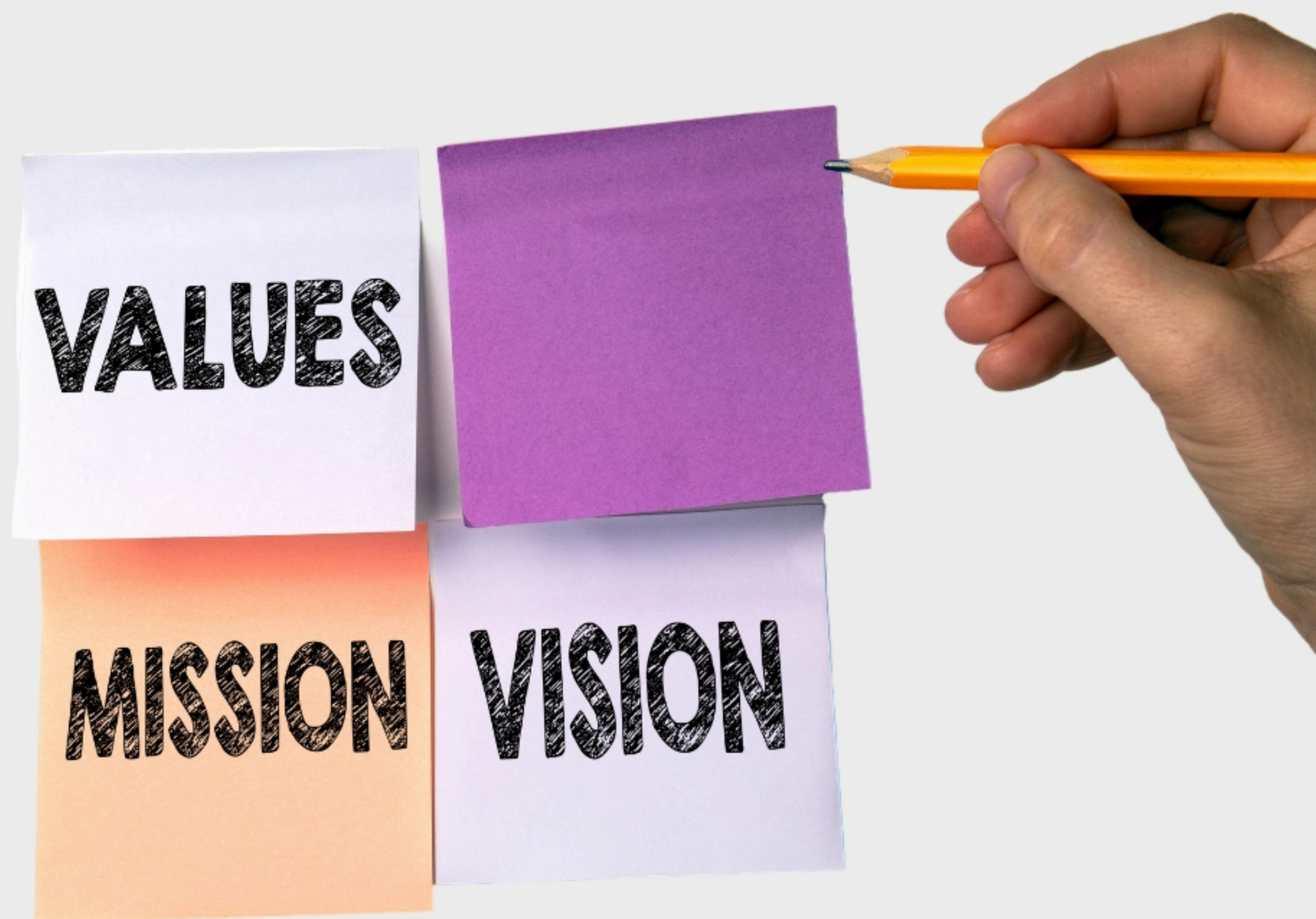


REPORT



Canadian Mental Health Association

About Us



VISION - Mentally healthy people, mentally healthy community.

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



Priorities & Objectives



Supports



Community



Finances



Operations



Provide diverse, effective person-centric mental health services



Play a leadership role in advocating for systemic change



Diversify our funding base to enhance sustainability



Build capacity to support growth



Presidents Message



Shari Finlay

As President of CMHA Kamloops, it is with immense pride and enthusiasm that I address you today. Reflecting on the past year and looking forward to the new term, I'm excited to share our accomplishments, ongoing projects, and strategic plans for the future.

This past year, we've made significant strides in advancing our mission. Our dedicated CMHA Kamloops team continues to provide exceptional support and services to our community, and I am continually impressed by their commitment, talent, and passion. Their efforts are a testament to the strength and resilience of our organization.

Looking ahead, we have several key initiatives that will shape our future. One of the most exciting projects is the redevelopment of the Lorne Street facility, a major investment in our infrastructure that will enhance our ability to serve those in need.

We are also launching Genesis 2.0, a transformative project aimed at redefining our service delivery and operational efficiency. Set for completion in 2026, Genesis 2.0 will bring substantial improvements and innovations, positioning us for future growth and success.

I recently attended a Federation meeting with fellow CMHA Executive Directors and Board Presidents, where we shared valuable insights, strategies, and best practices. This collaboration reinforces our collective progress and commitment to shared goals.

Another important focus is our accreditation process, which we will be submitting in early October. This step will help ensure we remain aligned, accountable, and clear in our operations and standards. Achieving accreditation will not only enhance our credibility but also demonstrate our dedication to excellence.

As we begin a new term, I am honored to lead such a passionate, talented, and dedicated group of board members.

Your unwavering support is crucial in driving our mission forward, and together we will continue to build on our successes and strive for even greater achievements.

Thank you for your continued commitment to CMHA Kamloops. I look forward to connecting with many of you as we embark on this exciting journey together.

Executive Directors Message



Alfred Achoba

Dear CMHA Members, Supporters, Stakeholders, and Community,

As we come together for this year's Annual General Meeting, I feel both pride and gratitude as I reflect on the tremendous progress CMHA Kamloops has achieved over the past year. Our mission to foster a mentally healthy and resilient community remains at the core of all our efforts, and this past year stands as a testament to our unwavering commitment.

A key highlight has been the forging of new partnerships with Indigenous groups and agencies. These collaborations have deepened our ability to offer culturally relevant services and furthered our dedication to reconciliation. We are honored to walk this path alongside our Indigenous partners, acknowledging that mental health support must reflect the diversity and richness of our community.

In our efforts to build long-term sustainability, we have prioritized succession planning at all levels of the organization. Preparing our teams for future leadership ensures the continuity of our mission and strengthens our capacity to serve.

Our housing initiatives also grew significantly, with the support of government bodies, BC Housing, and other key stakeholders. We faced record shelter usage and the longest waitlist for housing we've ever seen. These challenges have strengthened our resolve to advocate for comprehensive systems that integrate housing, shelter, and mental health services for the most vulnerable.

This year, we also embraced a more holistic approach by integrating counseling services into our programs. This allowed clients to access both mental health support and essential services in one place. We are proud to have served over 1,800 clients in our low-threshold programs—our highest number yet—and provided more than 500 hours of training to our community and staff.

Throughout the year, we stood in solidarity through initiatives like the Pride Walk, Black History Month, and numerous health promotion days. These moments were about more than raising awareness; they were about demonstrating our commitment to breaking down stigma and fostering inclusivity.

Our team has grown as well, with an increase in staff to meet the rising demand for our programs. The dedication of our staff, volunteers, and partners has been the foundation of all our achievements, and I cannot thank you enough for your ongoing passion and commitment.

Despite these accomplishments, we continue to face significant challenges. The growing demand for housing and mental health services remains pressing, and waiting lists grow longer. More must be done to ensure that every vulnerable individual has access to safe housing and the mental health support they need. Our advocacy for these services will not rest until we see meaningful change.

Looking ahead, we recognize that the journey is far from over. However, with your continued support, I am confident that we will build on our momentum to create lasting, meaningful change in our community. Together, we will continue to push boundaries, forge new paths, and ensure that no one is left behind in their pursuit of mental well-being.

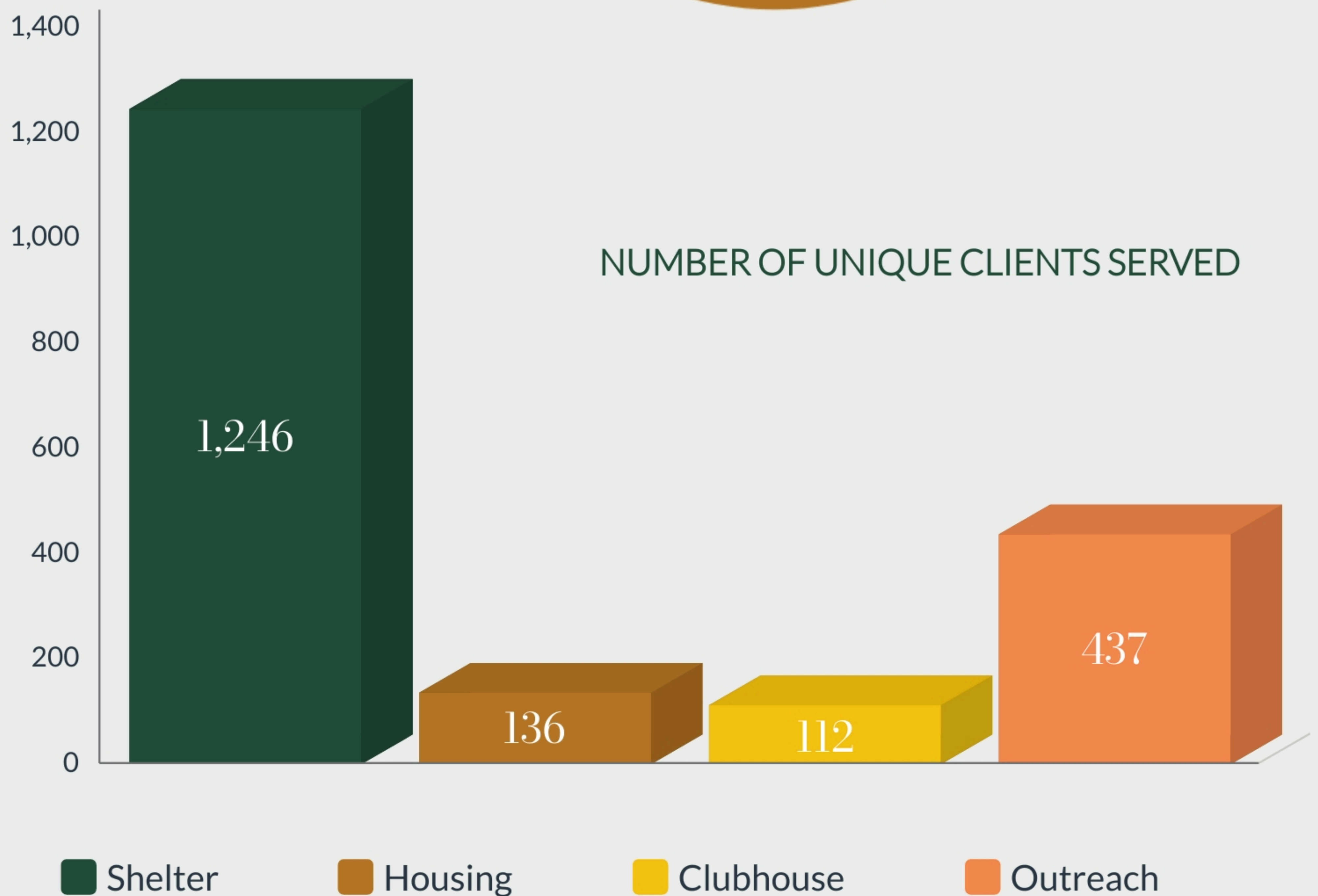
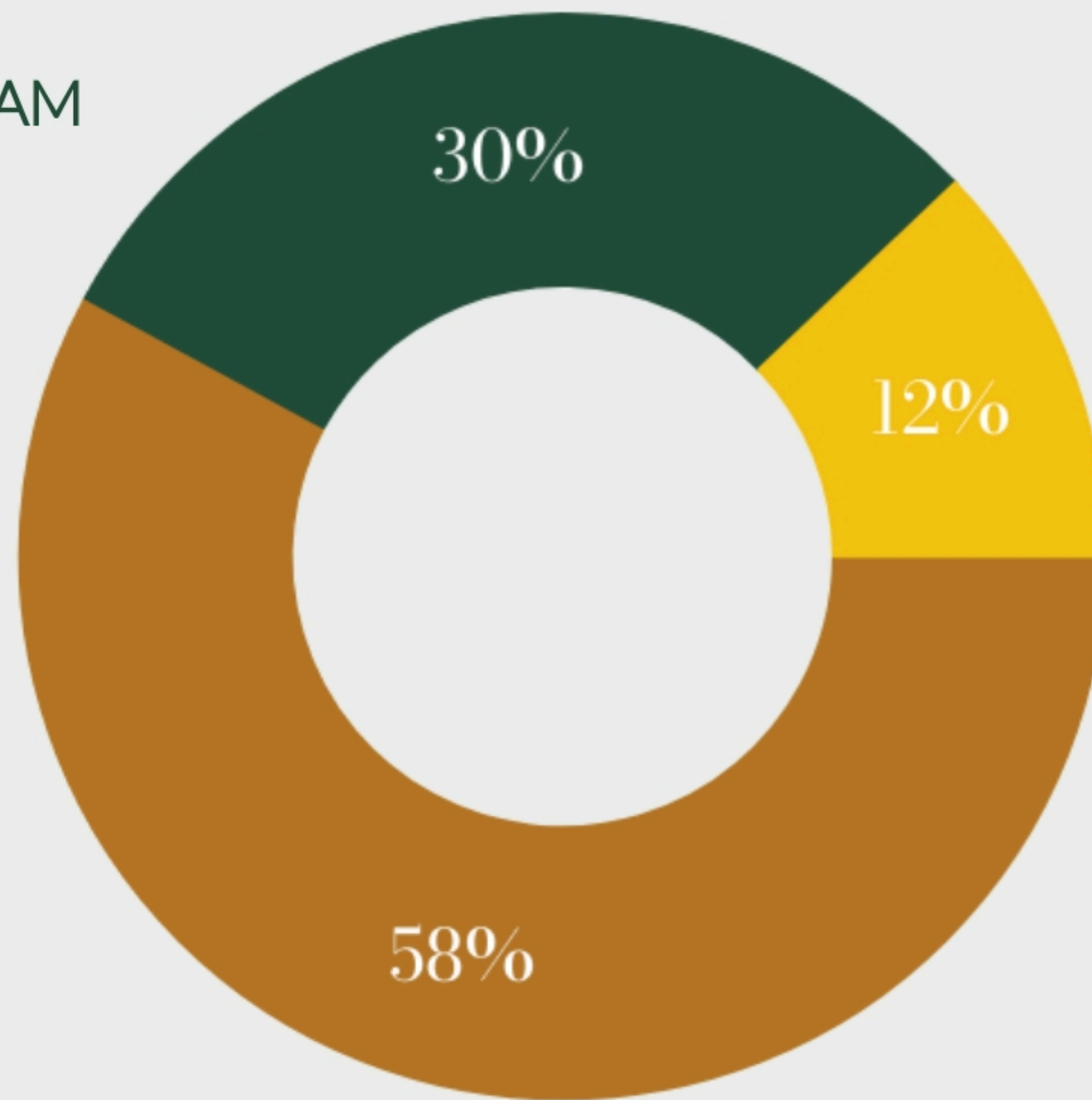
Thank you for your trust and for being part of this journey towards a brighter, healthier future for all.



Our Impact

Male Female Other

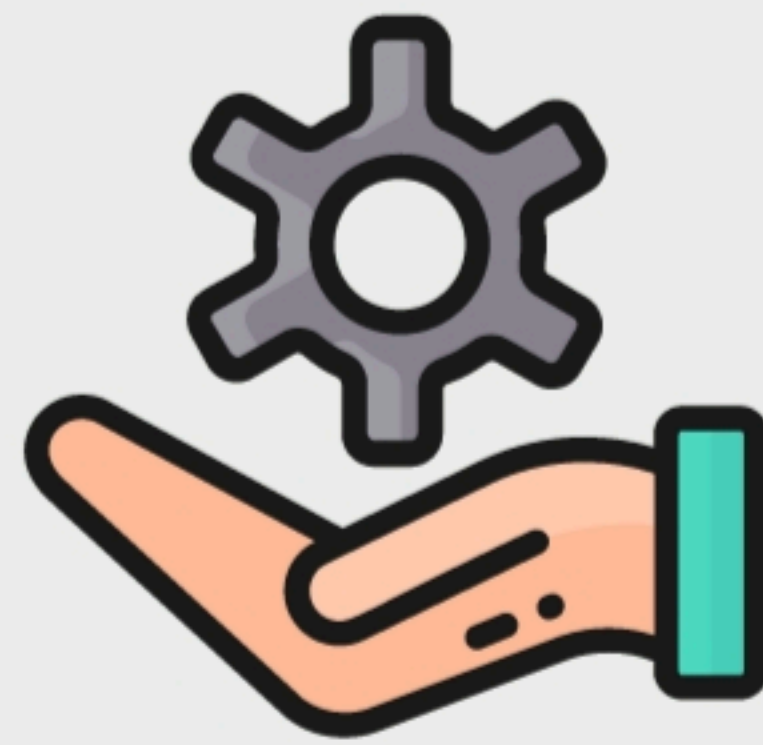
GENDER ACROSS PROGRAM



Our Impact



113 Clients Housed
from Shelters



6396 Supports
Offered

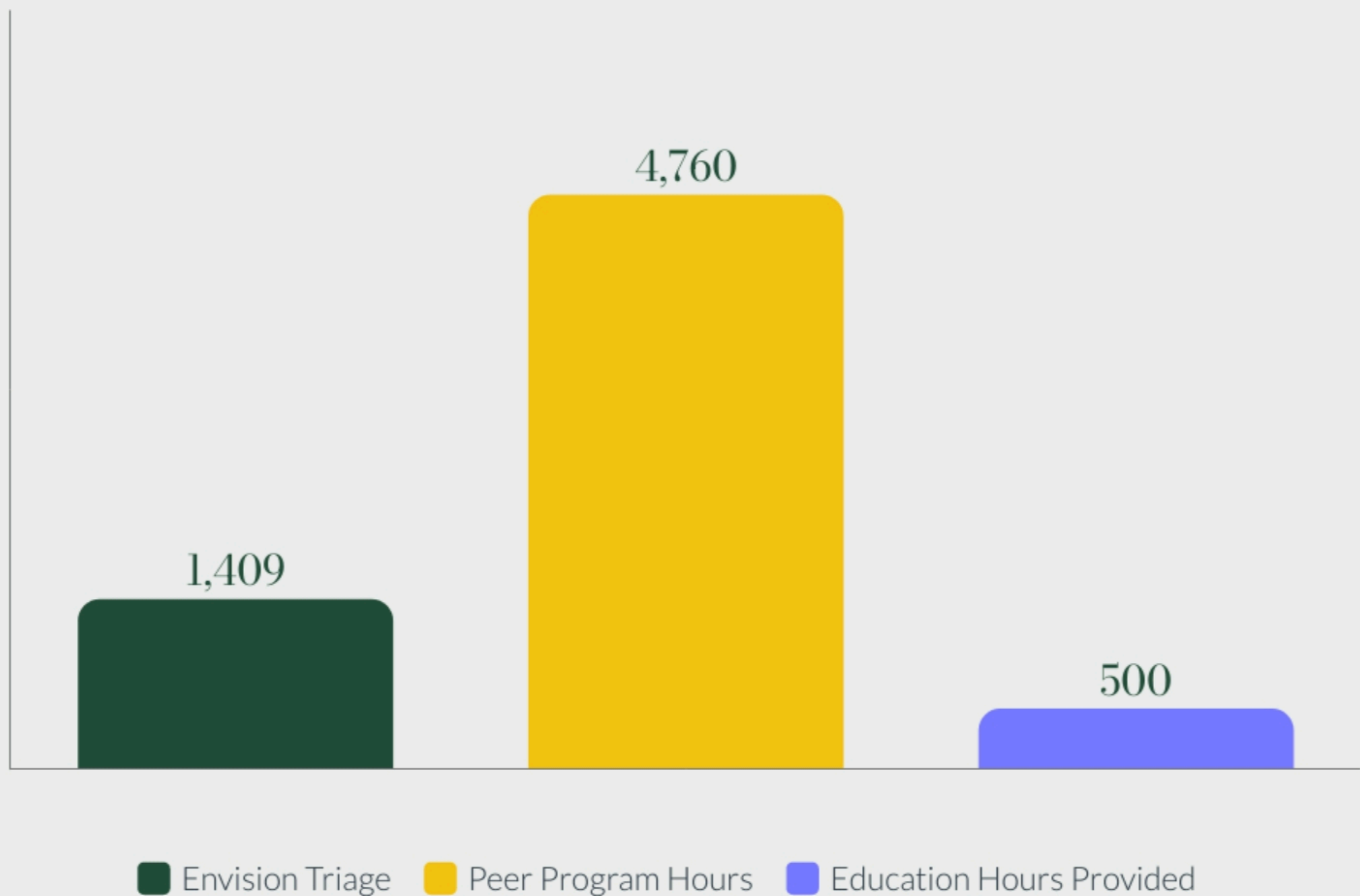


1968 Addictions
Referrals



211320 Meals

OUTREACH & COMMUNITY SUPPORT



Our Story

“ I like the cooking, webinars, and learning things ”

*Clubhouse
Member*

“ My mental state of mind has gotten better and stronger. Now I’m focusing on maintaining the good. I’ve been working with the peer program for some time now too and that’s been great! ”

Anonymous

“ This program has had a huge positive impact on my life and quality of life living. As you may or may not be aware, living month to month on basic Ministry benefits is very difficult. After paying rent and attempting to buy food and other basic necessities is a struggle. Usually by the second or third week of the month I don’t have enough money left to feed myself or to get basic items that are required to survive. This program allows me to overcome these shortfalls with a little extra money that I can now make it month to month without sacrificing much needed medications or food to survive for the month. So now rather than having to choose to eat or get medications, I can do both. ”

Brian

Picking up bits of trash and sharps not only helps me give back to the city but it makes the streets cleaner and safer. The people I encounter on the streets and the business owners are all quite friendly and thankful for my efforts.

This gives me a sense of accomplishment and pride that what I am doing is making a difference ”

David P

Being in here I’m actually able to take better care of myself again. The shelter and staff are doing something to address the housing crisis, and I’m super happy they are “

Shelter Client

”

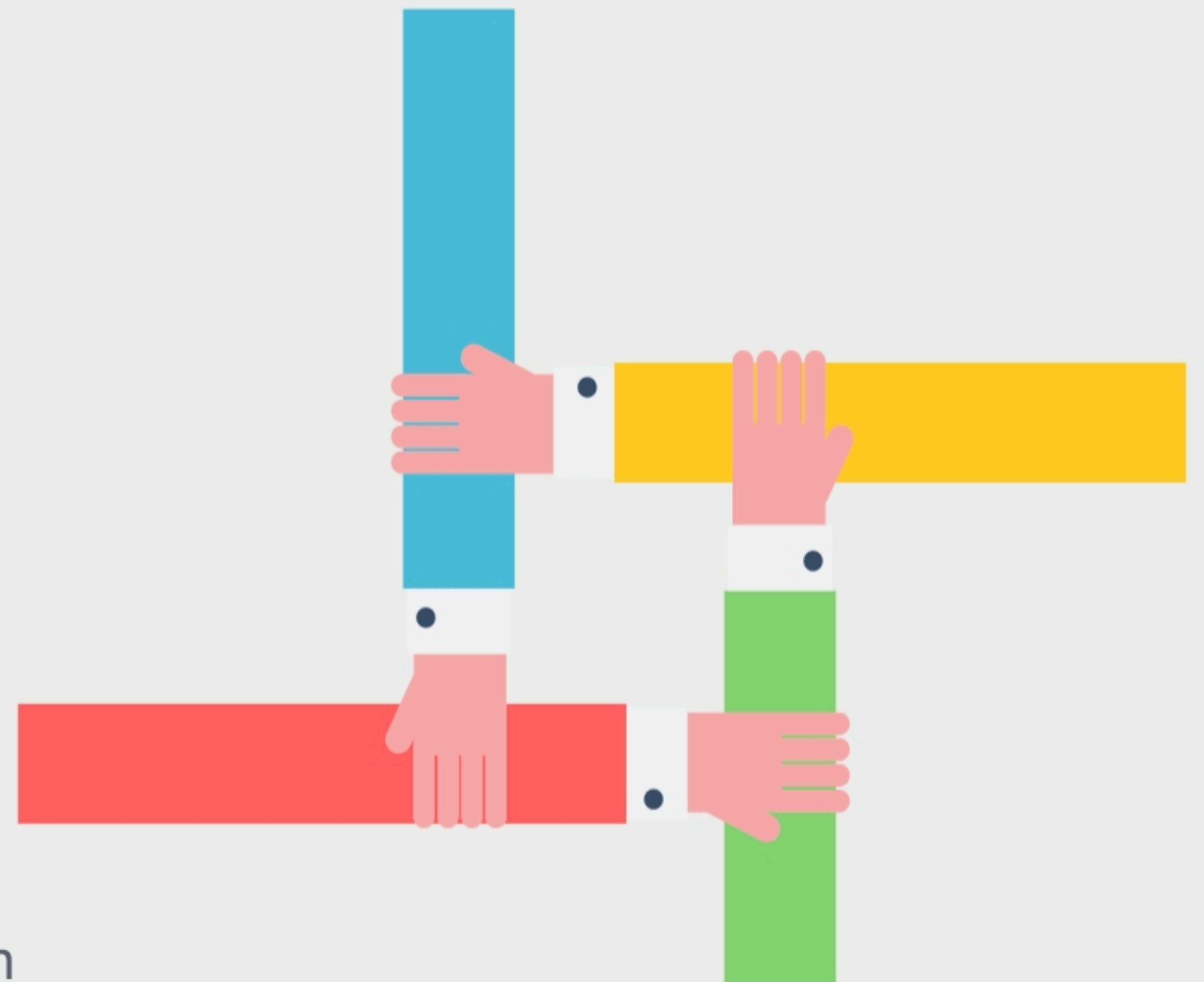


Memories



Strength in Partners

A Way Home Kamloops
Aboriginal Training & Employment Centre
Allegiant Security
All Nations Trust Company
Arrow Transportation
ASK Wellness (Kamloops, Merritt and Penticton)
Axis Family Resources
City of Kamloops
CMHA BC Division
CMHA National
CMHA Vernon
CMHA Kelowna
Connective
Day One Society
Elizabeth Fry Society
Flaman Fitness and Frank Flaman Foundation
Gordon Food Service Canada Ltd
Interior Community Services (Kamloops and Merritt)
Interior Health Authority
Kamloops Aboriginal Friendship Centre
Kamloops Alarm
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
Nicola Valley Shelter and Support Society
Nutters Everyday Naturals Kamloops
Open Door Group
People Ready
Pharmasave
Stollery Foundation
Sysco Canada
Salvation Army
The Alliance Church
Tk'emlúps te Secwépemc
United Way - Thompson Nicola Cariboo Region
Valid Dreams Foundation
Work BC



Funding Support





SCAN ME



**Canadian Mental
Health Association**
Kamloops