

# Annual Report

Canadian Mental Health Association  
Sudbury/Manitoulin

2014-2015

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CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



Canadian Mental  
Health Association  
Sudbury/Manitoulin

Association canadienne  
pour la santé mentale  
Sudbury/Manitoulin

[sm.cmha.ca](http://sm.cmha.ca)

## A Message from the Board President, Christine McGarry



On the heels of a very busy and exciting year in which CMHA Sudbury/Manitoulin achieved “Accreditation with Exemplary Standing” status, the last twelve months proved to be no different. As a Board, we remained focused on our Strategic Directions and continued to work diligently at strengthening our governance framework. We proudly met regularly in the “Jean Hanson Boardroom” dedicated this past year in the memory of our dear friend and longtime community advocate Jean Hanson.

Advocacy working groups, joint Board and Staff educational retreats, provincial and national conferences, community events in celebration of our 30th anniversary and fundraisers are just some of the ways in which our Board of Directors demonstrated their commitment to giving a voice to those living with mental illness. The establishment of the Harm Reduction Home in Sudbury in the coming months is yet another tremendously ambitious initiative led by the CMHA Sudbury/Manitoulin Branch that will give hope to the chronically homeless and individuals with chronic substance use in our community. Our Board was pleased to support the *Young Leaders on Board Program* sponsored by the United Way and welcomed intern Brianne Benoit to join our discussion table this past year. We wish Brianne much successful in her future endeavours.

I wish to conclude by extending a heartfelt “THANK YOU” to Marion Quigley, Chief Executive Officer and the dedicated staff for their superior leadership and dedication to improving mental health supports in our community.



**Debra Dawe, Past President**

The CMHA plays a vital role in our community to help build hope, support and inclusion for people with mental illness. The passion and the commitment of the staff and volunteers that I see through the work they do makes me proud to be part of this organization.

## A Message from the CEO, Marion Quigley



The year marked the 30th anniversary for the CMHA. Hosting more than 30 events throughout the year was a great accomplishment and shows the commitment and dedication of everyone at CMHA! Thanks to all who benefit from our services including: service users, volunteers, donors, staff, and community partners. We really did celebrate in style!

Mental Health services in the community continue to increase year after year due in part to an overall better awareness of mental health issues and the Ontario government’s focus on the Ten Year Strategy. This helps all of us. As we move forward we need to ensure that we remember all those we assist wherever they may be on their journey. Services need to meet their needs, be accessible and timely. We have to strive to improve and advocate as a system and as a community. After all, Mental Health services are only one part of the larger health care system. We need each other.

It is always nice to say goodbye and thank everyone for the past year but it is even better to say hello and be able to count on your partners, colleagues, staff, and Board members to continue to work together and make a difference, one day at a time!



**Meredith McNeil, Vice President**

While there is much to look forward to, I am most excited to see the Harm Reduction Program come to fruition in the coming year. This program is unique, involving various community partners, and will certainly contribute to a healthy community.

**Judy Kosmerly**



I am very proud of the awareness given to mental health in our community this past year. The fact that we have mental health workers and social workers going into schools, that we have community acceptance and support for the Harm Reduction Home, that so many people took part in our 30th Anniversary events, especially in the Mental Health First Aid training, encourages me to believe that we are starting to make inroads in debunking the fear and stigma that has been associated with mental health issues. I believe that the training the board received on advocacy has opened up a whole new area to explore.

**Paul Brisson**



I believe Community Integration is one of the most important core values of CMHA. Community integration can easily be defined as an opportunity to live and participate in the community like everyone else, no matter what disability an individual has, whether it be visible or not. Community integration is an important step toward empowerment and recovery of individuals with mental health issues.

**Imelda McMullen**



As a new board member I am impressed by the dedication and commitment of the staff and board to the clients the agency serves. The respect and dignity they show to all clients, even the challenging ones, is remarkable.



**Irma Tonelli, Chair of Finance**

When most people think of CMHA, they tend to think of the big picture: another large organization with agendas, policies and programs. The individual success stories I hear remind me that it is about real people and the opportunities we provide to help them regain control of their lives.

**Cheryl Beam**



I'm looking forward to the opening of the Harm Reduction Home. It's an exciting project that brings many community partners together and provides a missing much needed service in our community.

**Kari Gerhard**



It's really hard to narrow it down to which of the core values I embrace most in this role, as every single one of them has such a significant presence at all times and at every Board meeting. The one that seems to drive the whole system is PEOPLE. Everyone's mental wellness in this community and the recovery and self determination of all of those who seek services from our agency relies on the assurance that the individuals that utilize our services will have their needs met through meaningful, high-quality programming and services. This is provided by the incredible CMHA staff who believe that nothing is more important than respect and dignity for all.

**Carolyn Cameron**



Of the CMHA core values, I embrace the core value of Respect and Dignity most. Addressing mental illness with the respect and dignity that is offered is paramount to erasing the stigma and fostering and encouraging recovery.

## Harm Reduction Home

**Tina Ranta, Manager of Harm Reduction Home**  
tranta@cmha-sm.on.ca



This year, CMHA - Sudbury/Manitoulin has received funding from the North East Local Health Integration Network (NE LHIN) to establish a Harm Reduction Home in Sudbury, Ontario. The home will work to support individuals who are

chronically homeless and who are also impacted by alcohol dependence. The Harm Reduction Home will run a managed alcohol program (MAP) in the form of a secure residential facility for fifteen individuals. By providing stable housing and addressing primary care and mental health issues, many clients will be able to begin working towards personal goals.

Currently the right service in the right place is not available in the Sudbury region for a group of individuals experiencing homelessness and alcohol dependence. While the abstinence model works for many, for some the ability to stop drinking is not feasible. Alcohol will be administered on a daily basis by trained personnel as per a schedule determined by a physician's medical assessment and direction.

The Harm Reduction Home will work to reduce the harms associated with consuming non-beverage forms of alcohol such as mouthwash, hand sanitizer and many more. The home will be staffed with qualified medical and social support personnel that will oversee the residents to ensure their day-to-day and primary care needs are being met. Partnerships are currently being developed to provide a collaborative and co-location of services under one roof. More information will continue to come as plans continue to develop.

## Health Promotion & Public Education

**Krista MacDonald, Health Promotion Coordinator**  
kmacdonald@cmha-sm.on.ca



I joined the CMHA - Sudbury/Manitoulin team in March of 2015. I have been applying my creative skills to many projects and events, as part of CMHA's new Health Promotion Program. I look forward to building on our existing array of resources to help

the program grow, and to developing new positive mental health opportunities within our communities.

This year, we are also welcoming a Health Promotion Educator, Melissa Anwatin, on board to do presentations, as well as encourage and coordinate volunteer participation.

The goal of the program is to continue to extend the agency's reach to individuals, families, groups, and the general public, while providing opportunities for mental health education.

Be sure to check out our website for current and future CMHA - Sudbury/Manitoulin events!

Some of our upcoming projects and events include:

- Ride Don't Hide family cycling event (June 21)
- Mental Health First Aid course (by request)
- Talking About Mental Illness program, for students (by request)
- TALK TODAY initiative with the Sudbury Wolves
- Mental Illness Awareness Week (October 4 -10)



### Transitional Community Support

Lynne Annett, Rent Supplement Coordinator  
lannett@cmha-sm.on.ca



In the Mental Health Commission of Canada document: Changing Directions, Changing Lives: The Mental Health Strategy for Canada one of the recommendations was to increase the availability of safe, secure and affordable housing with supports for people living with mental health problems and

illnesses. The Canadian Mental Health Association - Sudbury/Manitoulin is a key community mental health housing provider. We are experienced in providing safe and affordable housing however the support for some of our housing

programs has been the missing indicator for preventing homelessness and hospitalization. The Transitional Community Support Program was developed to address this gap in service and we will now be providing support to individuals who are already accepting housing services from CMHA. With this increase in funding, we were able to hire 2.5 full-time equivalent staff to provide transitional case management support.

Individuals will receive assistance from Transitional Community Support Workers for 3 to 4 months to enhance daily living skills, maintain their wellness and living environments to reduce crisis, hospitalizations and homelessness.

Short term support activities will include one-to-one individual planning (personal care plans) and may include crisis prevention, hospital diversion, advocacy, development of daily living skills, increased problem-solving skills, peer support and accessing community resources. Transitional Community Support Workers will provide assistance to individuals that increase confidence in the life skills necessary for independent living and sustainable housing.



## Client Success Story - Diversion, Justice Case Management, Victoria Street

Adam was referred to the Canadian Mental Health Association through the court as part of the CMHA Mental Health Court Diversion Program. Adam was diagnosed with Bi-polar disorder as a young man and struggled with being hospitalized and incarcerated. When Adam first came to CMHA, he did not want to take his medication and would not consider living in a supported living environment. He was paying high prices to live in a local hotel. With the support of his Justice Case Manager Adam reviewed his budget and savings and decided he would apply for Victoria Street, a transitional home operated by CMHA. Adam lived at Victoria Street for six months and was taking his medication on a regular basis. After six months in the program, Adam purchased his own home where he's lived for the past year. He's also remained out of hospital and has not had further conflicts with the law.

— *Written by Adam for this report*

**Since having stable housing, Adam has remained out of hospital and has not had further conflicts with the law.**

## Sources of Revenue

North East LHIN .....	4,752,794
Bricks & Mortar .....	511,571
General Fund Type 3 .....	465,081
Rent Supplement .....	383,310
MCYS Youth Crt/ Div .....	88,199
Ontario Trillium Foundation.....	48,900
Victoria Street .....	35,497
United Way Public Education .....	30,600
Housing Research .....	3,000
<b>TOTAL .....</b>	<b>6,318,952</b>

## Spending by Program

North East LHIN .....	4,757,562
Bricks & Mortar .....	514,992
General Fund Type 3 .....	229,080
Rent Supplement .....	383,310
MCYS Youth Crt/ Div .....	88,199
Ontario Trillium Foundation.....	40,835
Victoria Street .....	24,612
United Way Public Education .....	30,600
Housing Research .....	5,724
<b>TOTAL .....</b>	<b>6,074,914</b>

*Audited Financial Statements are available upon request.*

**For bequests, our legal name is: Canadian Mental Health Association—Sudbury/Manitoulin**  
**Charitable registration no. 10686 3939 RR0001**

### Sudbury Office

111 Elm Street, Suite 100  
Sudbury, ON P3C 1TC

Tel: (705) 675-7252

Toll-Free: 1-866-285-2642

Fax: (705) 675-7247

Email: [info@cmha-sm.on.ca](mailto:info@cmha-sm.on.ca)

### Manitoulin Office

Box 666, 11 Meredith Street  
Little Current, ON P0P 1K0

Tel: (705) 368-0756 x237

Fax: (705) 368-0771

### Espanola Office

90 Gray Street  
Espanola, ON P5E 1G1

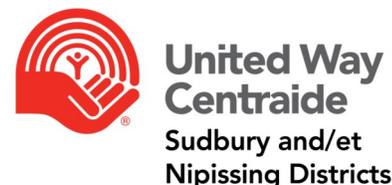
Tel: (705) 869-1564

Fax: (705) 869-5631



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