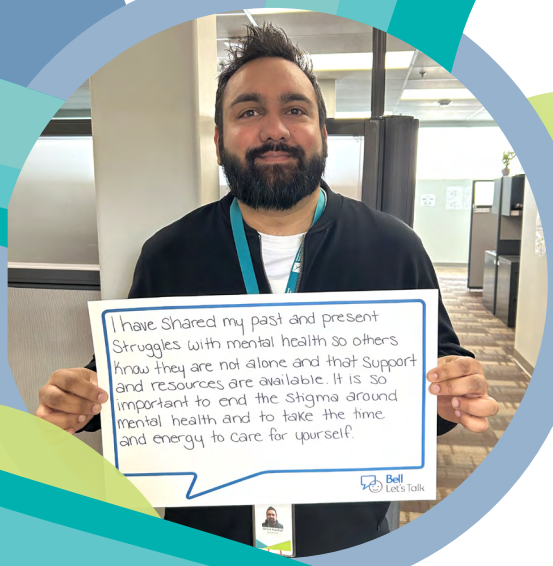
ANNUAL REPORT

2025-26







Canadian Mental Health Association
Sudbury/Manitoulin
Mental health for all

Association canadienne pour la santé mentale
Sudbury/Manitoulin
La santé mentale pour tous

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Renée Fuchs, Past chair (term ended June 2025)

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Dr. Patrick Mooney

Samantha Prescott

Message from Board Chair and CEO

Over the past year, healthcare across Ontario has continued to transform at a rapid pace, with new legislation and system reforms reshaping how services are funded, integrated, and delivered. Within this changing environment, the Canadian Mental Health Association – Sudbury/Manitoulin (CMHA-S/M) has remained a steadfast and collaborative partner of our various funders and the Ontario Health Team – Sudbury, Espanola, Manitoulin, Elliott Lake (OHT SEMEL). Our participation in these partnerships reinforces our commitment to improving access, coordination, and outcomes for the communities we serve.

A key priority this year has been ongoing advocacy for stabilization funding, which includes annual base allocations that reflect the true cost of inflation and allow us to maintain the high-quality services expected of CMHA-S/M. These efforts are essential to ensuring our staff and operations remain strong, sustainable, and responsive to community needs.

We also marked a significant milestone with the launch of the HART Hub Sudbury (Homelessness and Addiction Recovery Treatment), a new provincial initiative designed to address the growing and complex intersection of homelessness, mental health, and addiction. As part of this initiative, CMHA-S/M expanded services through 24 new supportive housing units and additional rent supplements across the city. These investments build on our long-standing housing supports and case management services, strengthening our ability to provide safe and stable housing – an essential foundation for recovery and well being.

Looking ahead, CMHA-S/M is preparing for its fourth accreditation cycle with Accreditation Canada, and the on-site review scheduled for May 2027. Our Accreditation Committee has been diligently engaging staff teams in policy updates, training, and service enhancements. This collaborative work reflects our commitment to excellence, accountability, and continuous improvement.

We have also continued to advance Inclusion, Diversity, Equity, and Anti-Racism (IDEA) initiatives. Our dedicated IDEA committee has led an agency-wide scan with strong staff engagement, producing tools, resources, and a training plan that will support a more inclusive and equitable environment. This work is both foundational and forward-looking, shaping how we serve individuals and how we support one another as colleagues.

A central focus of our Strategic Plan for 2025-2030 is “Our People and Culture.” We recognize that our staff are our greatest strength, and we are committed to fostering a workplace that is safe, healthy, inclusive, and fulfilling. Over the past year, we implemented new safety systems for staff working at various sites and in rural areas. These efforts underscore our commitment to maintaining a safe and supportive work environment – one where staff feel valued, equipped, and cared for.

As we reflect on this past year, we do so with deep gratitude for our staff, partners, board members, volunteers, and the community members who trust us with their care. Together, we are creating a culture that keeps people engaged, safe, supported, and connected, resulting in an environment that strengthens both our workforce and the individuals we serve.

With your continued support, CMHA-S/M will remain a leader in mental health care, housing supports, and community well being. We look forward to building on this momentum in the year ahead.





Patty MacDonald
CEO

Paula Morrow
Board Chair

Vision, Purpose, Values

Our vision

Community that nurtures well-being, resilience and hope for all.

Our purpose

Compassionate mental health and substance use health services, education, and advocacy to support people in navigating their unique paths to wellness.

Our values

CMHA – Sudbury/Manitoulin is…

- Person-centred: We build on the strengths of individuals by supporting their unique needs, goals, and circumstances.
- Accountable: We manage our resources responsibly and with integrity, ensuring transparency and accountability to our community, staff, funders, and partners.
- Collaborative: We work closely with the people we serve, colleagues, partners, and funders, to achieve collective outcomes in a culture where everyone feels empowered to contribute.
- Equitable: We advocate for communities where every individual can achieve optimal mental health and wellness. We work towards social justice and the removal of systemic barriers.
- Responsive: We strive to meet the diverse and evolving needs of our community and staff.
- Creative: We are creative problem-solvers and strategic thinkers. We cultivate a culture where innovation is encouraged, and diverse perspectives are valued.



Celebrations and Recognition

Throughout 2025/26, the CMHA-S/M team enjoyed some great opportunities to take time away from day-to-day pressures and celebrate each other. We were able to connect with colleagues, have some fun, and do some learning along the way. Every time we can connect as a team, we are reminded that the heart of CMHA-S/M are the amazing and dedicated people who work here! Highlights from the year included:

"Let's chalk about it" Mental Health Week event

Staff took to the streets with chalk and creativity to share positive mental health messages.



Annual CMHA Staff Appreciation BBQ

Good food, great music and games, and a chance to sink our colleagues in the "dunk tank"!



CMHA-S/M's Red-Carpet Gala

Staff got dressed up for a celebration of all things CMHA-S/M!

Multicultural holiday party and potluck

Co-hosted by our Inclusion, Diversity, Equity and Anti-racism Committee and Healthy Workplace Team, we learned about and celebrated the rich cultural traditions, foods, and stories of our CMHA team.

A full year of amazing wellness initiatives

Hosted by the Healthy Workplace Team, ranging from Ice Cream Sundae Day to Halloween Spirit Week.

No amount of recognition can convey our appreciation for the CMHA-S/M team. You show up each day ready to give 100% to the people we support, and to each other. Thank you!

Global Workforce Survey Results

As part of our commitment to continuous quality improvement, we launched our HSO Global Workforce Survey in the fall. We heard from 62 staff (nearly 70%).

Work team and people-centred care were identified as the strongest areas within the organization, with work team at 95% and people-centred care at 94% of respondents expressing positive agreement within these domains.

100% shared that individuals are treated with respect and dignity.

98% expressed that coworkers help each other out.

94% felt that the organization makes sure that individuals, their families, and caregivers actively participate in making care decisions.

We also heard there is room for improvement and have engaged staff to learn how we can do better in the areas of well-being and engagement.



Perception of Care: Data Shows Positive Feedback

CMHA-Sudbury/Manitoulin uses the Ontario Perception of Care Tool for Mental Health and Addictions (OPOC-MHA) and the Ontario Perception of Care Tool for Supportive Housing (OPOC-SH), which collect feedback from individuals who have accessed services.

52 **Total OPOCs Completed (MHA & Supportive Housing)**

"The services I have received have helped me deal more effectively with my life'schallenges."

= 85% of Respondents Agree/Strongly Agree

"I think the services provided here are of high quality."

= 88% of Respondents Agree/Strongly Agree

"I felt welcome from the start."

= 100% of Respondents Agree/Strongly Agree

"If a friend were in need of similar help I would recommend this service."

= 90% of Respondents Agree/ Strongly Agree

OPOC Feedback

"I feel part of a community where I live."
= 72% of Respondents Agree/Strongly Agree

OPOC-MHA - Comments:

“I am able to reach out to CMHA and they look after what I need. My worker provides support quickly and meets all of my needs.”

“Fast responses by phone when you call the main office.”

“Staff are there when you need them.”

“Staff provide adequate referrals to other services and supports as needed. They open a lot of doors."

"Services have been very helpful and I have learned a lot. I have noticed improvements with my mental health since starting services."

"Made life manageable. Helped me with my recovery from overdose."

"I don't think I would change anything. I would only hope that more individuals could benefit from it."

OPOC-SH - Comments:

"Always felt safe and stable."

"Always there to answer questions. Willing to help."

"Excellent experiences, very thankful."

"I enjoyed having a yard and garden. I was able to be creative and productive."

"The support that I received was excellent. Especially when it came to my future and to put my mind at ease when it came to housing."

"Thank you to CMHA for providing me with housing!"

"Rent supplement plays a big part in my life so that I have secure housing.”

"Without CMHA I would be homeless."

"My worker was very compassionate, and I felt I wasn't judged but respected. Was not familiar with community supports so being encouraged and referred to other supports has been very helpful for my well-being. This also affects other people around me."

"Gave the strength to be stronger in my life. Understand what I was going through. Want to keep having a space to talk about what I need." - OPOC-MHA - Comments

"Helped to alleviate the feelings of anxiety and sleeplessness."
- OPOC-SH - Comments

"It's nice to have staff provide me with resources I need without judgement."
- OPOC-SH - Comments

Service Data and Highlights

For more information about our services, including program descriptions, please visit: [Our Services - CMHA Sudbury/Manitoulin]

In the 2025-2026 fiscal year, CMHA-Sudbury/Manitoulin provided support to **2,948** individuals in our community.

Off the Street Emergency Shelter

Key Stats

502 unique individuals served

34 people on average accessing the shelter daily

50.5 days average length of stay

44 average age

Program Highlights

- Offered extended hours during winter months (November to May)
- Addition of two 'warming seats'
- Breakfast program implemented
- Shelter staff prepared a turkey dinner for individuals on Christmas day

Healing with Hope

Key Stats

15 individuals served

Program Highlights

Staff provided ongoing support in care and goal planning with a focus on securing independent housing, while also building skills in budgeting and meal preparation.

This fiscal year:

- 5 individuals successfully housed
- 1 individual obtained full time employment
- 3 individuals received rent supplement
- 1 individual successfully reinstated their driver's license

Clinical case management and brief service

Key Stats

308 unique individuals served

3,099 visits

Program Highlights

- Adjusted service model to maintain quality of care and support staff well-being amid increased service demand
- Expanded intake team to three members, including a one-year contract position

Housing case management

Key Stats

259 individuals served

483 contacts with non-uniquely identified individuals

3,421 visits

412 groups

group participants: **143** unique / **3,049** non-uniquely identified

Program Highlights

- Established three new positions with the HART Hub initiative, which includes Rent Supplement with housing support services
- In partnership with Manitoulin-Sudbury District Services Board, two Housing Case Manager staff continue to support Manitoulin and LaCloche Community Housing Buildings

Justice

Key Stats

342 individuals served

2,433 visits

207 individuals receiving release from custody support

Program Highlights

- Established pilot partnership with the Greater Sudbury Police Service to become part of the Mobile Crisis Rapid Response Team (MCRRT)
- CMHA-S/M recognized an opportunity to contribute clinical expertise, strengthen cross-sector collaboration, and support a more responsive and sustainable co-response model

Rent supplement program

Key Stats

176 individuals were provided with financial rent assistance

96 landlord partnerships

average tenure : **1,632.4** days / **365** days = **4.47** years

98% successful tenancies

Program Highlights

Identified 16 new Rent Supplement units, and an additional 8 units in partnership with Shkagamik Kwe Health Centre (as part of the HART Hub initiative)

Residential

Key Stats

25 individuals served

5,257 total resident days

3 individuals from VSP who received a Rent Supplement

12 individuals successfully obtained independent housing following their discharge from the VSP/ML program *(independent housing status is not specified in the exit dispositions)

Program Highlights

Completed a Quality-Improvement project in May 2025 focused on improving the effectiveness and consistency of care planning by strengthening staff skills, communication, and documentation practices, resulting in improved health outcomes for residents

Health Promotion and Education

Key Stats

64 Group sessions

1,321 uniquely identified group participants

3,136 non-uniquely identified individuals

Program Highlights

Beginning March 2026, offering six new standalone 90-minute training modules that equip workplaces with practical tools to foster mental wellness. Each interactive session provides actionable strategies to promote well-being, reduce stigma, address burnout and compassion fatigue, and support sustainable mental health across teams

Community Mobilization

Program Highlights

- Supporting implementation of the Enhanced Situation Table Model.
- This year marked significant progress across our local Situation Tables, including the Rapid Mobilization Table (RMT), Espanola and Area (EAST), Sudbury East (SEMT), and Sudbury North (SNST). Partners worked together to implement the Enhanced Situation Table Model developed by Dr. Chad Nilson. Led by Situation Table Facilitator Carolynn Sheehan, the initiative moved from early planning to implementation, with partners kept engaged, informed, and supported throughout.
- The Enhanced Model offers greater flexibility, strengthens collaboration, and enables agencies to respond not only to Acutely Elevated Risk (AER) cases, but also to situations requiring coordinated support before risk escalates. It also improves data collection, which is especially important in rural areas where referral volumes may be lower, but community needs remain high.

Below: The Sudbury Water Tower lit up in green for Mental Health Week.



Donation and Fundraising

The Push-up Challenge

This year, we turned up the heat with a friendly showdown between two of Greater Sudbury's finest emergency services:

Police vs. Fire Services

The rules of the competition were, each team aimed to recruit at least 10 participants — but the bigger the team, the better! When the competition wrapped up, we tallied the scores from the top 10 performers on each team. The team with the highest total push-ups earned ultimate bragging rights and was crowned the winner! However, since there was a tie for push-ups, the team with the most funds raised took the crown.

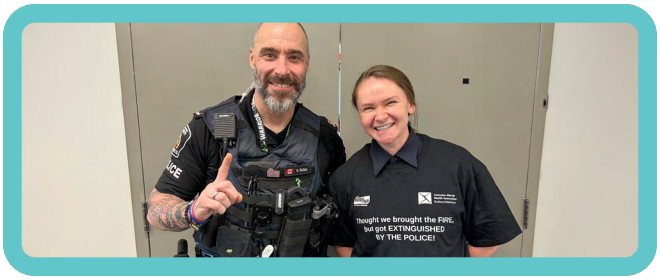
The winner of the 1st annual Police vs. Fire Push-Up Challenge is… **Police!**

Police raised **$1,340**

with Fire close behind with **$1,130**

A combined total of **$2,470**

Along with the disappointment of losing, the captain of the losing team must agree to wear a t-shirt (provided by CMHA – Sudbury/Manitoulin), pose for a photo, and allow CMHA – Sudbury/Manitoulin to post this to our social media pages. The aim of this t-shirt is to highlight that they lost to their opponents in a light-hearted and fun manner.





In total **$19,997**

was raised for Sudbury/ Manitoulin through The Push-Up Challenge.

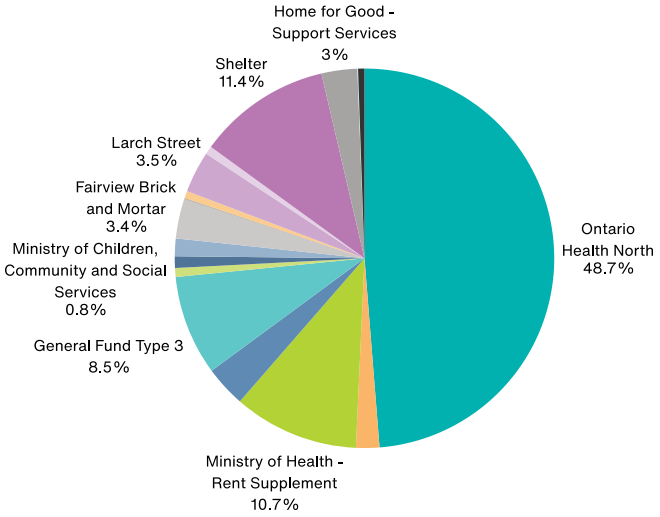
Fiscal Donations:

$42,230.82

Financial Overview

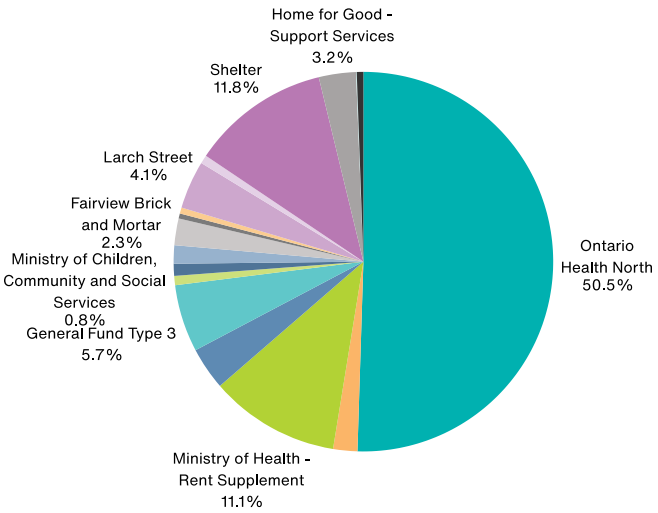
Sources of revenues

Ontario Health North	6,600,599.00	[48.7%]
Ministry of Health - Moonlight	269,134.00	[2%]
Ministry of Health - Rent Supplement	1,447,057.00	[10.7%]
Ministry of Health - Community Homes for Opportunities	473,368.00	[3.5%]
Ministry of Health - Canada Ontario Community Housing Initiative	1,160.00	[00.0%]
General Fund Type 3	1,153,527.00	[8.5%]
Ministry of Children, Community and Social Services	102,880.00	[0.8%]
Manitoulin District Services Board Housing Case Management	133,574.00	[1%]
Manitoulin District Services Board/ City of Greater Sudbury Community and Rapid Mobilization Tables	203,515.00	[1.5%]
Fairview Brick and Mortar	462,604.00	[3.4%]
Kingsmount	5,951.00	[00.0%]
Victoria Street Place	84,911.00	[0.6%]
Larch Street	478,962.00	[3.5%]
Larch Street Non-Residential	93,821.00	[0.7%]
Shelter	1,539,175.00	[11.4%]
Home for Good - Support Services	412,760.00	[3%]
Mobile Crisis Rapid Response Team	7,886.00	[0.1%]
Hart Hub Staffing	73,334.00	[0.5%]



TOTAL $ 13,544,218.00

Financial Overview



Program expenses

Ontario Health North	6,593,617.00	[50.5%]
Ministry of Health - Moonlight	269,134.00	[2.1%]
Ministry of Health - Rent Supplement	1,447,057.00	[11.1%]
Ministry of Health - Community Homes for Opportunities	473,368.00	[3.6%]
Ministry of Health - Canada Ontario Community Housing Initiative	1,160.00	[00.1%]
General Fund Type 3	748,920.00	[5.7%]
Ministry of Children, Community and Social Services	102,880.00	[0.8%]
Manitoulin District Services Board Housing Case Management	133,574.00	[1%]
Manitoulin District Services Board/ City of Greater Sudbury Community and Rapid Mobilization Tables	203,515.00	[1.6%]
Fairview Brick and Mortar	297,092.00	[2.3%]
Kingsmount	55,931.00	[0.4%]
Victoria Street Place	66,838.00	[0.5%]
Larch Street	534,829.00	[4.1%]
Larch Street Non-Residential	94,741.00	[0.7%]
Shelter	1,540,092.00	[11.8%]
Home for Good - Support Services	412,760.00	[3.2%]
Mobile Crisis Rapid Response Team	7,886.00	[0.1%]
Hart Hub Staffing	73,334.00	[0.6%]

TOTAL $ 13,056,728.00

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Donate: CMHA Sudbury/Manitoulin

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For bequests:
Canadian Mental Health Association – Sudbury/Manitoulin

Charitable Status Number:
10686 3939 RR0001