



IMPACT REPORT 2019-2020



**Canadian Mental
Health Association**
Mid-Island
Mental health for all

Board of Directors

President's Report

It has been my privilege to serve as the Board President of CMHA Mid-Island Branch over the last year and to work with committed board and staff who further the mission of the Canadian Mental Health Association.

The Board of Directors would like to acknowledge the remarkable accomplishments of the CMHA Mid-Island Branch Staff this past year. We recognize the tireless work and efforts that make our many programs in Nanaimo, Oceanside, and the Comox Valley successful. This work was done during a year filled with unprecedented challenges due to COVID-19. Staff was quick to ensure the safety of the tenants and program participants, through meal production, extra cleaning, connecting in person and virtually and overall, by continuing high level of care during a pandemic.

The Board recognizes Executive Director Jason Harrison as an effective and enthusiastic leader of CMHA Mid Island Branch. Jason's vision and innovative approach continues to bring many successes. Jason is always looking for new ways to improve upon programs and processes, but he also recognizes new opportunities that could make our community a better place. The Board is very appreciative of his dedication and creative vision.

On behalf of CMHA Mid-Island, the Board and Staff would like to express heartfelt gratitude to our generous donors and funders: Particularly BC Housing and Island Health for the support they provide to us. These partnerships allow us to follow through on our mission.

The Board has spent much of the last year having thoughtful conversations and intentional discussions on developing our next Strategic Plan, which we hope to roll out in early 2021. We have also been finessing both our risk management assessment tools, and our policy assessment tools and enhancing our financial literacy. We always continue to improve governance practices and policies and financial management and oversight. Like the Board, the HR/Governance, Finance and Strategic Planning Committees all have much on their work plans in the coming year, tasks they will keep us effective in upholding the Mission and Vision of CMHA.

As this will be my last year as Board President, I wish to take this opportunity to say how much I have appreciated partnering with both Board and Staff at CMHA Mid-Island Branch. Working with such a collaborative, bright, energetic group has been a pleasure. I will take with me a deeper understanding of board governance, financial literacy, real strategic planning, and the challenges and needs of the community that we serve. I want to thank our Board Members for your contributions to this Board. John Tait, Kaya Hansen, Elise Morgan, Darby Eakins, Lesley France, Shawna Morland and Liz Hendriks: each of you have given so much time, knowledge and effort in order to help write the roadmap that leads to 'Mental Health for All'.

In wellness,



Kimberly Swiss, Board President



Our Board of Directors 2019-2020

President: Kimberly Swiss

Vice President: Liz Hendriks

Treasurer: John Tait

Secretary: Kerstin Bolseng

Past President:

Directors at Large:

Kaya Hansen, Elise Morgan,
Lesley France, Darby Eakins,
Shawna Morland

Wellness Programs

SOCIAL CENTRE - Nanaimo

The Social Centre @ Bastion is open to adults with mental health and/or addiction challenges, who are looking for a place to socialize, make new friends, get support, connect with their community and take part in social, recreational and vocational activities.

Total # of Individual participants

367

Daily average attendance

31

of new participants

280

of meals served annually

1880+

Services:

- social activities, peer support, low cost meals, workshops, computer access
- provides resources and referrals to CMHA, Island Health, and community services
- 3 days a week
 - Monday & Friday 10:00 - 16:00
 - Wednesday 13:00 - 19:00

Program funded by:



EMPLOYMENT SUPPORT - Nanaimo

The Employment Support program is open to adults with mental health and/or addiction challenges, who are looking to enter, or return to the workforce. We provide assessment, coaching and support to help individuals find and sustain the employment opportunities they desire.

Services:

- Support people with mental health and substance use challenges to find and sustain market employment
- Assessment, skills workshops & action planning
- Job club provides skills teaching and practice
- Resume, job search and interview coaching
- Work experience and job site support

of program participants

42

of work exp. or vocation placements

11

of market job placements

14

pursuing educational goals

3

Program funded by:



PEPPERMILL - Courtenay

The Peppermill Frozen Meal Program is administered by The Canadian Mental Health Association in partnership with Island Health (VIHA) since 2010. Clients of Comox Valley Mental Health and Substance Use Services are referred by their clinician(s) to either a) purchase meals or b) for consideration as a program trainee.

of meals sold

3743

Total trainee hours

1500+

of individuals accessing meals

50

of trainees in program

12

Services:

- Frozen meal program - nutritious and affordable meals
- Pre-vocational kitchen training program
- 2 days a week
 - Wednesday 9:00 - 13:30
 - Thursday 9:00 - 15:00

Program funded by:



EMPLOYMENT SUPPORT - Comox Valley

The Employment Support program is open to adults with mental health and/or addiction challenges, who are looking to enter, or return to the workforce. We provide assessment, coaching and support to help individuals find the employment opportunities they desire. We also provide support for individuals who are pursuing self employment.

Services:

- Support people that self identify as living with mental health and substance use challenges to find and sustain market employment
- Focus on individualized support plans and rapid employment placement
- Provide wage subsidies to employers
- Provide training subsidies to participants

of program participants

24

of empl. & training subsidies provided

3

of market job placements

13

pursuing educational goals

3

Program funded by:



Housing & Harm Reduction

STREET REACH - Nanaimo & Oceanside

Street Reach is available to individuals who are homeless, or at immediate risk of homelessness in the Nanaimo and Oceanside region. Our team provides access to housing and support services in order to reduce the likelihood of continued homelessness.

of clients served

260

Rental subsidies

71

of clients who secured or maintained housing

121

of new clients housed

44

Services:

- are focused on the particular circumstances of each client and that promote long term housing stability. (client centred, strength based)
- housing subsidies up to \$450
- provides resources and referrals to CMHA, Island Health, and community services
- Monday to Friday

Program funded by:



HOUSING

We provide safe, affordable housing to adults experiencing a wide range of mental health and/or substance use challenges. We operate from a Housing First and Harm Reduction perspective and utilize a person-centred approach to assist individuals in achieving their housing goals. We focus on building relationships with our tenants, creating a welcoming and inclusive community, and fostering a sense of belonging.

BALMORAL - Nanaimo

of units

18

clients housed after 12 months

8

Services:

- limited social support
- meal program access
- appointment reminders
- medication reminders

Housing funded by:



OVERDOSE PREVENTION - Nanaimo

In response to the BC Health Emergency and Ministerial Order M388, we collaborated with Island Health to create Nanaimo's Overdose Prevention Site.

of individual service users

450+

Total consumption visits

11,943

of new service users

176

Total non-consumption visits

21,533

Services:

- social activities, peer support, low cost meals, workshops, computer access
- provides resources and referrals to CMHA, Island Health, and community services
- 7 days a week - 10:30 - Midnight

Program funded by:



WESLEY ST. - Nanaimo

of units

36

clients housed after 12 months

30

Services:

- 24/7 Staffing
- subsidized rent
- social support
- meal program access
- appointment reminders
- medication reminders
- garden programs
- cooking programs
- residential tenancy support

New Horizons - Courtenay

of units

9

clients housed after 10 years

8

Services:

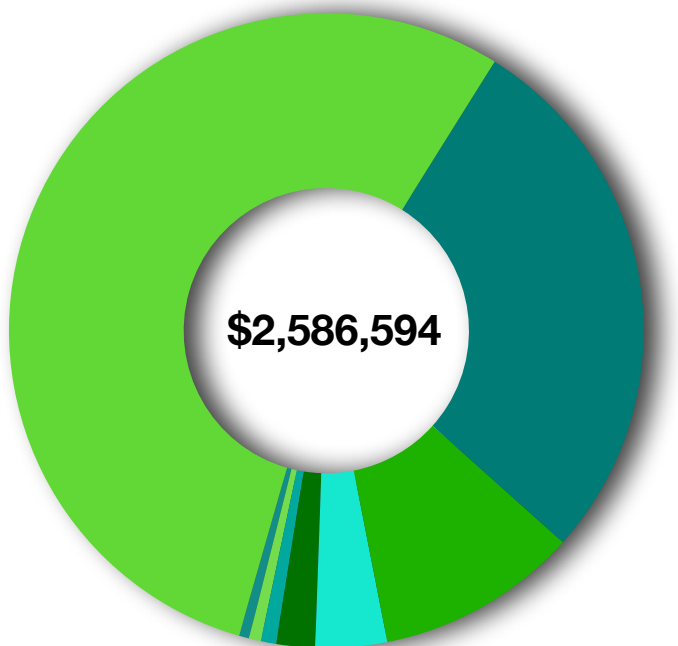
- subsidized rent

Housing funded by:



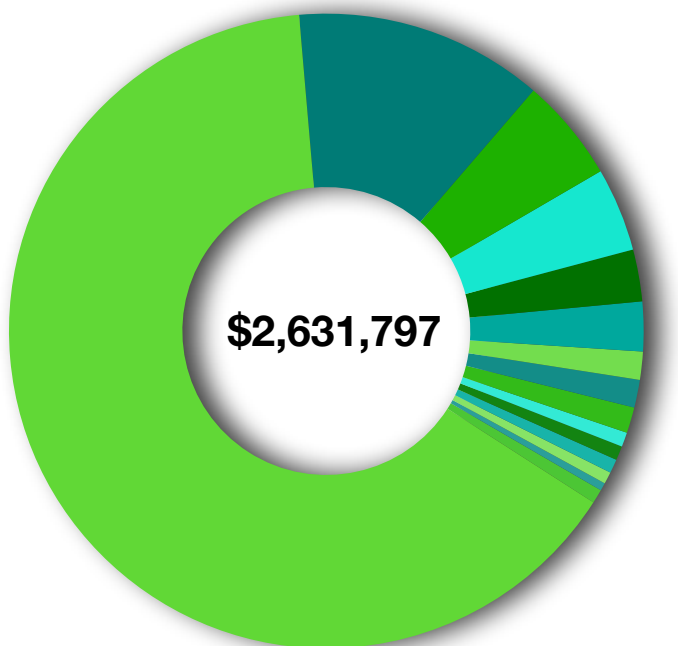
IMPACT

REVENUE



BC Housing	54%
Island Health	28%
Rental Income	10%
National Employment Program	4%
Other Revenue	2%
CMHC	1%
Donations & Fundraising	1%
Program Revenue	1%

EXPENDITURES



Wages & Benefits	65%
Program Expenses	13%
Repairs & Maintenance	5%
Utilities	4%
Rent	3%
Amortization	3%
Insurance	1%
Interest on Long Term Debt	1%
Office	1%
Professional Fees	1%
Travel	1%
Telephone	1%
Security	1%
Training	1%

Year ended March 31, 2020. This information has been extracted from the audited financial statements prepared by Church Pickard. The full statements are available at cmhamidiland.ca or by request.

CMHA Mid-Island Branch would like to thank all our Donors,
Supporters, Funding Agencies and Community Partners.

Without your support we cannot do the work that we do.

Funders



Donors



NOODLEBOX





**Canadian Mental
Health Association**
Mid-Island
Mental health for all

**Association canadienne
pour la santé mentale**
Mid-Island
La santé mentale pour tous

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