

# IMPACT REPORT

## 2020-2021



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

# Board of Directors

## President's Report

It has been my honor to serve as the Board President of CMHA Mid-Island Branch over the last year and to work with such a committed group who wish to further the mission of the Canadian Mental Health Association.

Due to the global pandemic, we have experienced unprecedented change and challenge. The Board of Directors recognizes the amazing staff at CMHA Mid-Island who worked tirelessly to initiate creative solutions that kept tenants and program participants connected and safe. Staff provided a high level of care for our community and clients, even while they faced their own stresses and challenges, and we are most appreciative.

The Board would also like to acknowledge the tireless efforts and dedication Executive Director Jason Harrison brings to CMHA. Through his creative vision and collaborative style, Jason continues to develop new community partnerships, and strengthen existing ones. We are grateful for your reliable thorough leadership.

The Board and Staff would like to express thanks to our donors and funders: Particularly BC Housing and Island Health for the support they give our programs that allow us to follow through on our mission.

As a Board, we have been focusing our efforts on having thoughtful, intentional conversations on many things including rolling out and monitoring our next Strategic Plan, Board learning and sharing in Cultural Safety and EDI, improving on our recruitment efforts, and enhancing our governance practices and policies and financial management and oversight.

As this was my final year as President, I would like to take a moment to express heartfelt gratitude in having the opportunity to work with such a great Board. Each member brings a unique skill set and experience that will no doubt ignite positive change. I want to thank our Board Members for your many contributions to CMHA and the community. To John Tait, Kaya Hansen, Elise Morgan, Darby Eakins, Lesley France, Catherine Franz, Kaitlyn Kraatz, Shawna Morland and Kieran Johnson, Leanne Komm: each of you have given so much time, knowledge, and effort in order to create a Canada where mental health is a universal human right.

In wellness,



Kimberly Swiss, Board President



## Our Board of Directors 2020-2021

**President:** Kimberly Swiss

**Vice President:** Darby Eakins

**Treasurer:** John Tait

**Secretary:** Kaitlyn Kraatz

**Past President:**

**Directors at Large:**

Kaya Hansen, Elise Morgan,  
Lesley France, Shawna Morland,  
Kieran Johnson

# 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

**\*212**

Daily average attendance

**\*7**

# of new participants

**\*56**

# of meals served annually

**1500+**

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:



**\* COVID IMPACTED**

## 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

**\*25**

# of work exp. or vocation placements

**\*3**

# of market job placements

**\*8**

# pursuing educational goals

**\*2**

Program funded by:



**\* COVID IMPACTED**

## 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

**\*1283**

Total trainee hours

**\*1000+**

# of individuals accessing meals

**50**

# of trainees in program

**\*8**

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:



**\* COVID IMPACTED**

## EMPLOYMENT SUPPORT - Courtenay

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

**\*16**

# of empl. & training subsidies provided

**\*0**

# of market job placements

**\*5**

# pursuing educational goals

**\*0**

Program funded by:



**\* COVID IMPACTED**

# 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

305

Rental subsidies

80

# of encampment visits

145

# of new clients housed

36

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

9

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

**4974**

# of new  
service users

**69**

Total non-  
consumption visits

**14627**

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

**32**

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:

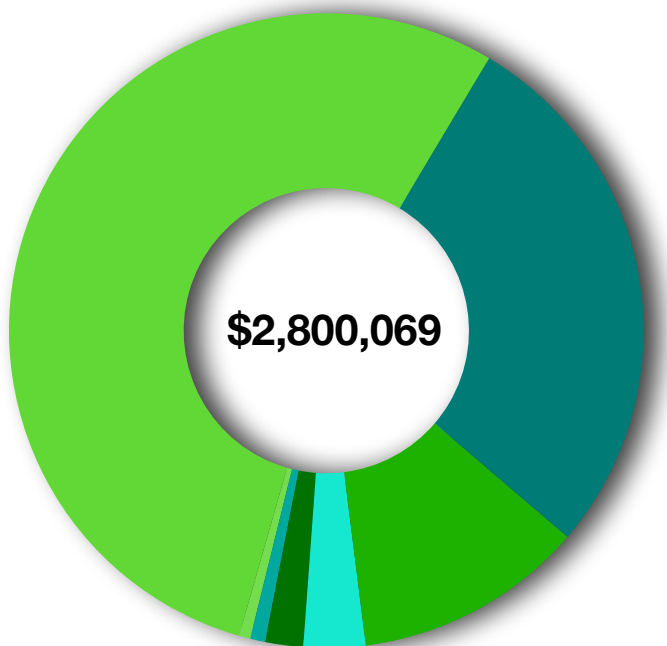
- subsidized rent

Housing funded by:



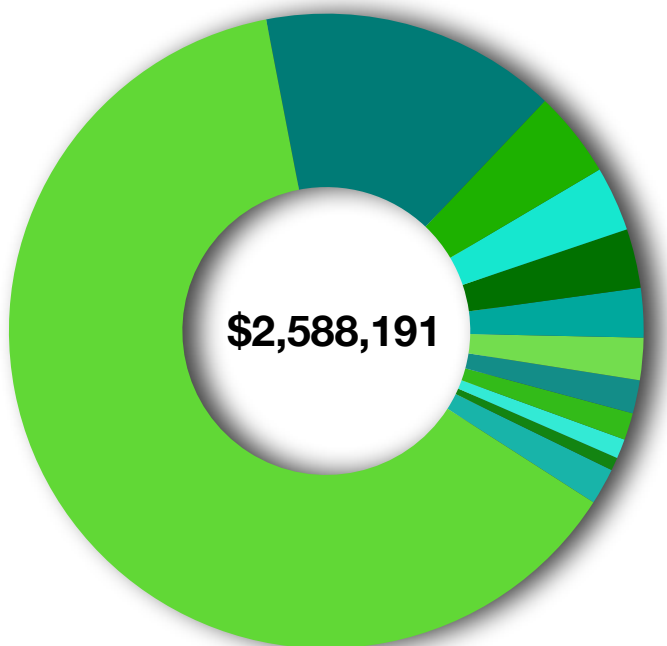
# IMPACT

## REVENUE



BC Housing	54%
Island Health	28%
Rental Income	12%
National Employment Program	3%
Other Revenue	2%
CMHC	1%
Donations & Fundraising	1%

## EXPENDITURES



Wages & Benefits	63%
Program Expenses	15%
Utilities	4%
Repairs & Maintenance	3%
Rent	3%
Amortization	3%
Subcontractors	2%
Insurance	2%
Interest on Long Term Debt	1%
Office	1%
Telephone	1%
All Other	2%

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](http://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.

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Funders



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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*

**Canadian Mental Health Association | Mid-Island Branch**

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Registration No.: 837106319RR0001



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