

# annual report

2002/2003

Canadian Mental Health  
Association, Ontario



CANADIAN MENTAL  
HEALTH ASSOCIATION  
L'ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE

[www.ontario.cmha.ca](http://www.ontario.cmha.ca)

## Honorary Patron



*The Honourable  
James K. Bartleman,  
Lieutenant Governor  
of Ontario*

*In 2002, the Honourable James K. Bartleman, Lieutenant Governor of Ontario graciously accepted an invitation to become the Canadian Mental Health Association, Ontario's first Honorary Patron. In addition to extending his distinguished patronage, Mr. Bartleman has spoken eloquently at several CMHA events; at Mental Health Tune Up 2002, a joint public education event with the Canadian Psychological Association; at the CMHA, Ontario Achievement Awards Banquet and at the CMHA National Conference. In his inspiring addresses, Mr. Bartleman drew upon his own experience and expressed his personal commitment to our shared goal of eliminating the stigma that surrounds mental illness. Staff and volunteers at CMHA, Ontario sincerely thank Mr. Bartleman for his unique service in bringing more public attention to this issue.*

## Thank you to our Corporate Supporters

Sony of Canada

Dominion Warehousing and  
Distribution Services Ltd.

VIA Rail Canada

Dundas Edward Centre Inc.

Eli Lilly and Company

Janssen Ortho Inc.

Right Axmith Consultants

Loblaw Companies Limited

Novartis

### 2002-2003 Board of Directors

#### EXECUTIVE COMMITTEE

JUNE RICKARD  
PRESIDENT

JANEMAR CLINE  
PAST PRESIDENT

NEIL MCGREGOR  
VICE PRESIDENT

JOHN THOMPSON  
TREASURER, PROVINCIAL  
DIRECTOR

JUDITH WATSON  
CHAIRPERSON, PROVINCIAL  
BRANCH FORUM

#### DIRECTORS

ARVIND AGGARWAL  
NORTHERN REGIONAL  
DIRECTOR

ANN BAKER  
PROVINCIAL DIRECTOR  
(RESIGNED FEB. 2003)

DALE BUTTERILL  
TORONTO REGIONAL  
DIRECTOR

JUDY COULMAN  
CENTRAL WEST REGIONAL  
DIRECTOR

FRAN EDWARDS  
CENTRAL EAST REGIONAL  
DIRECTOR

REV. BRUCE GENGE  
SOUTH WEST REGIONAL  
DIRECTOR

JOAN JONES  
PROVINCIAL DIRECTOR

MICHAEL LEWKIN  
PROVINCIAL DIRECTOR

LOUISE MYNER  
PROVINCIAL DIRECTOR

WILLIAM ROY  
EASTERN REGIONAL  
DIRECTOR  
(RESIGNED DEC. 2002)

TONY SHELDON  
PROVINCIAL DIRECTOR

ALLAN STRONG  
PROVINCIAL DIRECTOR



# Canadian Mental Health Association, Ontario Message from the President and the CEO

**A**cross the nation, we are concerned about sustaining our valued Canadian healthcare system. Roy Romanow advised the federal government of the results of his Royal Commission and in doing so, called mental health the “orphan child” of Canada’s health system.

People with mental illness, their families and the people who provide mental health services were hardly surprised by this statement.

In the past year, the Canadian Mental Health Association in Ontario has worked to strengthen ourselves as an Association. Through open dialogue at Branch Forums, held three times a year, we have developed a collective voice in speaking with government and other decision-makers regarding the grave needs of people with mental illness and their families in this province. Volunteers have met with MPPs, candidates for the upcoming election, journalists, city councilors and others to get the message across that the mental health of Ontarians matters.

The mental health system is one that has been bedeviled by continuous planning but little action. In the past 15 years, we have witnessed the publication of 10 reports, all documenting the fact that mental health services are inadequate and investment is required.

Presently, the Minister of Health and Long Term Care is in receipt of nine more regional reports that he has yet to make public.

While we are heartened that mental health was mentioned in the Throne Speech, we feel that there is still a lot of work to do as the promised investment in direct services (housing, case management, self help, and employment) has yet to materialize.

Mental health has achieved a heightened profile among the public in this last year which has been unsettling for us all. The war in Iraq, an outbreak of severe acute respiratory syndrome (SARS), travel advisories and the threat of the West Nile virus have meant that Ontarians are under additional levels of stress.

Mental Health Tune-up 2002 is a resource fair that was held in May. It featured almost 50 agencies and many speakers on a variety of topics such as stress in the workplace, family interactions, parenting, and coping with a cancer diagnosis. Already, there are demands for a similar fair for 2003.

At the provincial office, our own website ([www.ontario.cmha.ca](http://www.ontario.cmha.ca)) has seen exponential growth in both functionality and content. During the last year, traffic on the CMHA, Ontario site has more than doubled, from 30,116 page views in April 2002 to 69,081 page views in March 2003 – representing a growth rate of 129%. The number of individual visitors (who may view multiple pages) has grown from 5,423 per month to 17,154 – a 216% increase. Not only do we now have more visitors to the CMHA, Ontario site, but they’re staying longer, too. An average visit has increased from 8 minutes, 15 seconds to 12 minutes, 8 seconds, a healthy amount of time to spend on a single website.

We have also been active in policy development.

Through a collaborative process with representatives from branches, we published a paper entitled, “*Recovery Rediscovered: Implications for the Ontario Mental Health System*”, available on our website. Also, through consultation and dialogue, we developed a number of short policy papers designed to give advice to government. These too can be found on our website. A group of dedicated volunteers concluded their work on a series of papers related to children and youth issues. These papers were forwarded to the Kirby Commission to help inform its nation-wide consultations on mental health.

The Board of Directors has continued to focus on excellence in governance. It has also acted with cohesion and decisiveness during a time of considerable change and turmoil.

The Board held a retreat in September and re-dedicated itself to making more friends for mental health. One in five Canadians will have a mental health problem in their lifetime, and the remaining 80% will be affected as they struggle to support a loved one who is suffering. As so many tragically know, mental illness can be lethal.

- Studies indicate that more than 90% of suicide victims have a diagnosable psychiatric illness
- Eighty per cent of suicides are carried out by persons who have depressive illness
- Fifteen percent of people who have significant depressive illness commit suicide
- Both major depression and bipolar disorder account for 15% to 25% of all deaths by suicide in people with severe mood disorders
- Suicide is the most common cause of death for people with schizophrenia.

The role of the Canadian Mental Health Association, Ontario is to prevent premature death and disability due to mental illness – it is an urgent cause deserving of generous donor support. In the coming year, we will reach out to even more donors than before, because we know they care and want to help.



JUNE RICKARD  
PRESIDENT



BARBARA EVERETT Ph.D.  
CHIEF EXECUTIVE OFFICER

*June Rickard Barbara Everett*

JUNE RICKARD  
PRESIDENT  
BOARD OF DIRECTORS

BARBARA EVERETT, Ph.D.  
CHIEF EXECUTIVE OFFICER



## The Knowledge Centre

**A**s public awareness of mental health and mental illness grows, the Knowledge Centre's role in providing high-quality, accessible information becomes ever more important. The increasing demand for information is illustrated by the fact that the number of people coming to the CMHA, Ontario website increased by more than 200% this year.

The work of the Mental Health Implementation Task Forces in Ontario engaged hundreds of people across the province in discussions about the mental health system. At the same time, the Romanow and Kirby reports also increased the profile of mental health when they were released this past fall. In response to mental health reform, which put recovery as the core principle, the Knowledge Centre developed a new section on recovery for the website that included an annotated bibliography and policy paper, so that those involved in mental health reform would have access to the best research and policy information to support their efforts. A section on primary care was also created in order to provide information and updates on the Romanow and Kirby reports.

[www.ontario.cmha.ca](http://www.ontario.cmha.ca)

New fact sheets were developed this year for the website to provide statistics and related information on various aspects of mental illness, mental health, and the mental health system.

In the area of research, the Knowledge Centre continued to be responsible for writing and distributing a regular newsletter for the Community Mental Health Evaluation Initiative (CMHEI). The communication component of this project is increasingly important as results from the various studies become available. The newsletter, written in clear, non-technical language, and the CMHEI website together make these results accessible to a broad range of users.

While our primary focus is on content, we are also constantly working on the technical aspects of the website to improve usability. This year, we rebuilt the search tool to make it easier for people to find information. And we are finalizing a visual redesign that not only modernizes the look and feel of the website, but also promotes our content more effectively.

## Mental Health Works

**A** key human resource challenge has emerged in the past few years: organizations need to find ways in which to address mental health in the workplace.

Psychiatric claims – primarily for depression – have been outgrowing all other categories of long-term disability in Canada.

The need for innovative strategies that will help organizations and employees meet the mental health challenges of the 21st century workplace is clear.

Since October 2001, CMHA, Ontario has been working with multiple stakeholders concerned with this issue to develop strategies as well as to develop and disseminate information, tools, resources and training. Our partners through this period have included the Ontario Ministry of Citizenship and the Global Business and Economic Roundtable on Addiction and Mental Health.

In November of 2002 we launched the mental health kit for employers, with basic and accessible information that

[www.mentalhealthworks.ca](http://www.mentalhealthworks.ca)

managers and supervisors need to address mental health issues. We also developed a workshop for managers and supervisors, including an engaging training video that simulates interaction between employees and managers. In the spring of 2003, with support from Human Resources Development Canada, we will launch the Mental Health Works website

**mental health  
WORKS**

([www.mentalhealthworks.ca](http://www.mentalhealthworks.ca)), a one-stop content-rich source of information for employers and employees alike, with information from across Canada and around the world.

In addition to expanding the range of products and services we offer, Mental Health Works will continue to build our network of supporters and sponsors in the for-profit and not-for-profit sectors, and build our reputation as the source for information and resources on workplace mental health issues.

## Planned Giving

**C**anadian Mental Health Association, Ontario is pleased to be able to provide you with a unique opportunity to make a significant contribution through our Planned Giving Program. CMHA, Ontario is dedicated to the prevention of premature death and disability from mental illness and the promotion and protection of the mental health of all citizens.

Many people with mental illness do not reach out for help because of shame and fear. CMHA, Ontario provides accurate and credible information so that people learn about mental health and mental illness and can recognize the signs and symptoms of mental illness and understand the danger of not asking for help.

Planned Giving

- is a gift made after careful consideration through your financial or estate plan
- requires some type of legal documentation, for example, a will or a life insurance policy

- is made from assets, not income
- has tax advantages under current laws
- is arranged now to provide funds to Canadian Mental Health Association, Ontario some time in the future

Planned gifts are easy to set up and they can provide you with:

- estate tax savings and planning benefits
- a way for you to show that mental health matters

The most common type of planned gift is a charitable bequest in a Will. We know it is important that your planned gift can be tailored to your personal and financial circumstances.

If you would like to obtain more information about how you can benefit by participating, please contact Mary Jane Wood at: 416.977.5580 ext. 4159, or email at [info@ontario.cmha.ca](mailto:info@ontario.cmha.ca), website [www.ontario.cmha.ca](http://www.ontario.cmha.ca) Please seek expert advice.

*CMHA, Ontario strongly recommends that you obtain professional advice to ensure that your financial goals are considered, that your tax situation is reviewed and your planned gift is tailored to your circumstances.*

---

## Conference [www.makinggains.ca](http://www.makinggains.ca)

PEOPLE, POLICY & PASSION —  
NEW CONVERSATIONS ABOUT MENTAL HEALTH  
OTTAWA, ONTARIO NOVEMBER 16-19, 2002

“Excellent,” “wow,” “highly relevant” were just some comments we received from the more than 350 delegates attending this year’s conference, People, Policy and Passion: New Conversations in Mental Health. This year the conference, held in Ottawa, was jointly hosted by CMHA, Ontario, CMHA, Ottawa and CMHA, National. The conference program was designed for service providers, volunteers, consumers and family members, covering a wide range of current topics such as health care reform, building alliances and new treatments and therapies.

Participants also had an opportunity to ask

representatives of all five federal parties about their party’s position on mental health issues during a live television broadcast on the Canadian Public Affairs Channel (CPAC).

Plans are already underway for next year’s conference, Making Gains: Research, Recovery & Renewal in Mental Health and Addictions, to be held Sept. 28 to Oct. 1 in Niagara Falls. This conference is a joint initiative of the four leading mental health and addictions organizations in Ontario: Canadian Mental Health Association, Ontario, the Centre for Addiction and Mental Health, the Ontario Federation of Community Mental Health and Addiction Programs and the Alcohol and Drug Recovery Association of Ontario. For more information, visit [www.makinggains.ca](http://www.makinggains.ca)



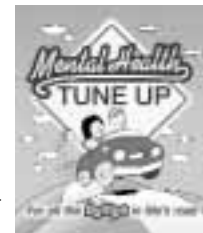
---

## Mental Health Tune Up 2002 [www.mentalhealthtuneup.ca](http://www.mentalhealthtuneup.ca)

This year, in partnership with the Ontario Psychological Association, CMHA, Ontario held an event to help everyone face the bumps in life’s road. The first annual Mental Health Tune Up took place on May 10 and 11, 2002, during Mental Health Week, at Metro Hall in downtown Toronto. Mental Health Tune Up is a free public education and community resource fair that provides a wide variety of mental health expertise for people of all ages.

The event opened with remarks from Mayor of Toronto Mel Lastman and the the Honourable James K. Bartleman, Lieutenant Governor of Ontario. Mr. Bartleman spoke from his personal experience with post-traumatic stress disorder. “I found myself in a situation of having to plead for my life and came out of it, alive, but then everything accumulated,

it was post-traumatic stress. I went right over into the abyss – all I wanted to do was to die. It felt as if there were a tonne of bricks on my chest, it was physical and that’s when the really desperate search for a solution occurred. Fortunately, after trying a variety of pills, I found the right one, it pulled me out and over a period of time, I came back, and I’m as good as new.” The event included “Talk with a Doc” interactive presentations with mental health experts, video presentations on a variety of important topics and a community resource fair with representatives from over 50 community organizations.



---

## Mental Health Reform

In the fall of 2002, CMHA, Ontario produced “The Future Begins Now: Three Priorities for Mental Health Reform,” a policy position on how the community mental health system should be reformed. The plan called for an increase of \$389 million to mental health care over three years. CMHA, Ontario followed this paper up with an education campaign to inform policy – and decision-makers about the developing crisis in community mental health care, as a result of ten

years of stagnant core funding. This campaign involved gathering information and conducting research at both the local and provincial levels and presenting ‘The Future Begins Now’ in conjunction with fact sheets and background documents to support the campaign. CMHA, Ontario will continue to educate the media, politicians and the public about the need for investment in community mental health care.

---

## 2002 Achievement Award Winners

### CONSUMER PARTICIPATION AWARD

ANNE NEILL  
COCHRANE TIMISKAMING

### SPECIAL RECOGNITION AWARD

THE CHOUINARD AND  
MAHER FAMILIES  
YORK REGION

### MEDIA AWARD

JULIE WHITE,  
KINGSTON THIS WEEK  
KINGSTON

### OUTSTANDING VOLUNTEER

SERVICES  
JOHN KELLY  
NIAGARA REGION

### OUTSTANDING STAFF AWARD

SHARON SMITH  
CHATHAM KENT

### WORK AND WELL BEING AWARD

ALCON CANADA



Left to right: Danielle Maher, Sharon Smith, Anne Neill, the Honourable James K. Bartleman, Roy James (Alcon Canada), Kathy Chouinard, John Kelly, Ann Maher



## We all belong

[www.weallbelong.ca](http://www.weallbelong.ca)

### Changing Community Attitudes about Mental Health and Mental Illness

Over the past decade, the mental health care system in our community and across the province has been transforming from an institutional system to a community-based system. A key component of a community-based system is to provide treatment and support close to home for people experiencing mental illness – people who are our neighbours, family and friends.

Part of the transition has been to ensure that our northeastern Ontario communities are prepared to embrace citizens who face mental health challenges. That is, every member of our community is a partner in creating acceptance, meaningful participation and integration in community life.

In 1999, the Northeast Mental Health Implementation Task Force made the recommendation for a long-term public education campaign. The Ministry of Health and Long Term Care endorsed the recommendation as a pilot project for the other eight provincial task forces. The “We all belong” campaign received a commitment of \$1.1 million of funding over five years.

The “We all belong” public education campaign has been designed by many dedicated partners. It is a true reflection of how community partnerships, through commitment, can create necessary change, improving the care and quality of life for people experiencing mental illness.

The strong involvement of mental health consumers

both as team leaders and co-presenters has been a welcome part of the presentations to key influencers in northeast communities. It is this intimate atmosphere that encourages open dialogue about the issues of mental health and mental stress in our communities. Over 130 presentations have been delivered in both English and French in addition to a unique Native presentation for Native community leaders across the region.

Activities over the last year have included the first annual video contest held at the Shadows of the Mind Film Festival in Sudbury. In the upcoming fourth year, the campaign will launch an Interactive CD and continue to sponsor consumer contestants in the annual video contest.

#### Campaign Partners

- CANADIAN MENTAL HEALTH ASSOCIATION, ONTARIO
- CANADIAN MENTAL HEALTH ASSOCIATION, SUDBURY
- CANADIAN MENTAL HEALTH ASSOCIATION, NIPPISSING
- CANADIAN MENTAL HEALTH ASSOCIATION, COCHRANE/TIMISKAMING
- CANADIAN MENTAL HEALTH ASSOCIATION, SAULT STE. MARIE
- CANADIAN MENTAL HEALTH ASSOCIATION, THUNDER BAY
- CENTRE FOR ADDICTION AND MENTAL HEALTH MUSKOKA/PARRY SOUND COMMUNITY MENTAL HEALTH SERVICES
- NORTHEAST MENTAL HEALTH CENTRE
- NORTHEAST ONTARIO CONSUMER/SURVIVOR NETWORK

For more information visit [www.weallbelong.ca](http://www.weallbelong.ca) or contact Heather Campbell, Campaign Manager at 705-675-9193 ext. 8398 [hcampbell@nemhc.on.ca](mailto:hcampbell@nemhc.on.ca)

## Queen’s Golden Jubilee Medals

The Queen’s Golden Jubilee Medal commemorates Her Majesty, Queen Elizabeth II’s accession to the Throne. It is awarded to pay tribute to people whose achievements have benefited their fellow citizens and their country. On February 22, 2003, CMHA, Ontario Board President, June Rickard, presented Queen’s Golden Jubilee Medals to Janemar Cline and Judy Shanks.

Janemar Cline, a member of the CMHA, Ontario Board for the past 12 years (including president for three years), has been a visionary leader, a skilled administrator, and a vocal and articulate advocate for mental health. Judy Shanks is a strong advocate for Northern Ontario, and under her leadership, the CMHA Cochrane-Timiskaming Branch has emerged as a leader in community mental health and in family violence prevention programs.



*Margo McMillan accepts the Queen’s Golden Jubilee Medal on behalf of Judy Shanks.*



*June Rickard, President, CMHA, Ontario (right) presents Janemar Cline with the Queen’s Golden Jubilee Medal.*



## Publications

CMHA, Ontario provides various publications for various audiences on an ongoing basis. All publications are available at the CMHA, Ontario website at [www.ontario.cmha.ca](http://www.ontario.cmha.ca).

### • Network

Network, CMHA, Ontario's magazine brings together a variety of perspectives on issues of importance to everyone with an interest in mental health. In the past year, Network has devoted an issue to the topic of recovery, celebrated CMHA, Ontario's fiftieth anniversary, and addressed mental health in the workplace, cultivating support systems and a variety of other topics.

### • Mental Health Notes

CMHA, Ontario provides hundreds of subscribers with the most up-to-date information on mental health policy, research and advocacy from Canada and around the world every week in our electronic newsletter, Mental Health Notes. The newsletter contains brief summaries of the week's most important mental health news and stories from communities across the province, as well as links to websites with more complete information. Mental Health Notes also has sections for events and career postings from partner organizations and CMHA branches. To subscribe, please send an email to [lscanlon@ontario.cmha.ca](mailto:lscanlon@ontario.cmha.ca) with "subscribe" in the subject field.

## Molson Indy Bike Challenge

Since 1996 CMHA, Ontario has participated in the Molson Indy Bike Challenge, a fun, friendly and competitive event sponsored by the Molson Indy Festival Foundation. Over 150 teams and 1500 participants collectively obtain pledges to race, and raise money for Toronto charities, including CMHA.

A big thank you to everyone who participated last year and helped raise over \$13,000. For more information about participating, visit [www.ontario.cmha.ca](http://www.ontario.cmha.ca)



*Team Fraser Milner Casgrain*

### 12 Participating CMHA Ontario Teams:

- MARKETLINK SOLUTIONS
- CASSELS BROCK AND BLACKWELL
- FRASER MILNER CASGRAIN (2 TEAMS)
- SOUTH ASIAN HERITAGE FOUNDATION
- OGILVY RENAULT
- DAVIES WARD PHILLIPS & VINEBERG
- GOWLINGS
- CNC GLOBAL
- OSLER, HOSKIN & HARCOURT
- CMHA ONTARIO (2 TEAMS)

## CMHA Ontario staff support Hastings & Prince Edward

Staff members at the CMHA, Ontario organized and participated in an internal fundraising campaign that raised \$1,820. The money was donated to the CMHA, Hastings & Prince Edward Branch, to assist with their Speakers Bureau. This fund will cover out-of-pocket expenses, special honouraria and transportation so members can attend regional activities and network with their peers.

Diane Poirier, Executive Director of the branch says, "The Hastings & Prince Edward community is a small one. The stigma attached to mental illness in this community is great. For many consumer/survivors, the potential repercussions of disclosing their mental illness can be, or can seem to be, devastating."

Against this backdrop of shame, blame, isolation

and ostracization a number of consumer/survivors are organizing a Speakers Bureau through this branch. These individuals speak to community groups and various organizations, sharing their own personal perspectives on a range of mental health issues."

Diane emphasizes, "It takes great courage on the part of each one of these speakers to identify as a person living with mental illness in such a small community, but each brings an invaluable contribution to the public awareness/ public education activities of the branch by putting a personal "face" on mental illness. Not only does each one of these people face the risks associated with self-disclosure – each acts as a role model to other consumers to better self-advocate and to address the stigma of their mental illness."



# Auditors' Report

## To the Members of Canadian Mental Health Association - Ontario Division

We have audited the statement of financial position of Canadian Mental Health Association – Ontario Division as at March 31, 2003 and the statements of revenue and expenses, changes in net assets and cash flows for the year then ended. These financial statements are the responsibility of the Association's management. Our responsibility is to express an opinion on these financial statements based on our audit.

Except as explained in the following paragraph, we conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we plan and perform an audit to obtain reasonable assurance whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation.

In common with many charitable organizations, the Association derives part of its revenue in the form of donations and ticket sales, the completeness of which is not susceptible to satisfactory audit verification. Accordingly, our verification of these revenues was limited to the amounts recorded in the records of the Association and we were not able to determine whether any adjustments might be necessary to fundraising revenue, excess of expenses over revenue, assets and net assets.

In our opinion, except for the effect of adjustments, if any, which we might have determined to be necessary had we been able to satisfy ourselves concerning the completeness of donations and ticket sales referred to in the preceding paragraph, these financial statements present fairly, in all material respects, the financial position of the Association as at March 31, 2003 and the results of its operations and its cash flows for the year then ended in accordance with Canadian generally accepted accounting principles.

*Deloitte & Touche LLP*

### Chartered Accountants

TORONTO, ONTARIO

APRIL 25, 2003

### Statement of Financial Position March 31, 2003

	2003	2002
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$279,601	\$332,594
Short-term investments (market value \$703,909; 2002 - \$501,128)	680,085	476,780
Accounts receivable	97,542	52,900
Prepaid expenses	51,309	39,212
	<u>1,108,537</u>	<u>901,486</u>
CAPITAL ASSETS (Note 4)	124,168	135,110
<b>TOTAL ASSETS</b>	<b>\$1,232,705</b>	<b>\$1,036,596</b>
<b>LIABILITIES</b>		
<b>CURRENT</b>		
Accounts payable and accrued charges	\$205,140	\$191,837
Due to Government of Ontario	5,097	1,873
	<u>210,237</u>	<u>193,710</u>
DEFERRED CONTRIBUTIONS (Note 5)	178,340	118,941
<b>TOTAL LIABILITIES</b>	<b>388,577</b>	<b>312,651</b>
<b>NET ASSETS</b>		
INVESTED IN CAPITAL ASSETS (Note 6)	103,021	108,005
GLENN R. THOMPSON SCHOLARSHIP FUND (Note 7)	-	10,795
INTERNALLY RESTRICTED (Note 8)	502,998	465,304
UNRESTRICTED	238,109	139,841
<b>TOTAL NET ASSETS</b>	<b>844,128</b>	<b>723,945</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$1,232,705</b>	<b>\$1,036,596</b>

### Statement of Revenue and Expenses Year ended March 31, 2003

	2003	2002
<b>REVENUE</b>		
Grants - Ministry of Health and Long Term Care	\$1,577,542	\$1,588,351
Fundraising (Note 9)	123,070	129,253
Bequests	293,845	42,947
Branch membership fees	147,750	144,500
Investment income	20,265	28,161
Special projects	251,033	135,832
Other	124,245	102,387
	<u>2,537,750</u>	<u>2,171,431</u>
<b>EXPENSES</b>		
Knowledge Centre	1,067,376	1,082,918
Communications and marketing	327,227	306,316
Management, operations and support services	697,204	639,790
Special projects	251,033	135,832
Amortization of capital assets	37,845	39,658
Writedown of short-term investments	24,329	25,304
	<u>2,405,014</u>	<u>2,229,818</u>
<b>EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES</b>	<b>\$132,736</b>	<b>\$(58,387)</b>

APPROVED BY THE BOARD . . . . . JOHN THOMPSON, TREASURER

*June Rickard*  
JUNE RICKARD, PRESIDENT



## Statement of Changes in Net Assets Year ended March 31, 2003

	2003				2002	
	Invested in Capital Assets (Note 6)	Glenn R. Thompson Scholarship Fund (Note 7)	Internally Restricted (Note 8)	Unrestricted	Total	Total
BALANCE, BEGINNING OF YEAR	\$108,005	\$10,795	\$465,304	\$139,841	\$723,945	\$771,537
(DEFICIENCY) EXCESS OF REVENUE OVER EXPENSES	(25,814)	1,758	(8,438)	165,230	132,736	(58,387)
ENDOWMENT FUNDS (DISBURSED) RECEIVED	-	(12,553)	-	-	(12,553)	10,795
NET INVESTMENT IN CAPITAL ASSETS	20,830	-	-	(20,830)	-	-
INTER-FUND TRANSFER (Note 8)	-	-	46,132	(46,132)	-	-
BALANCE, END OF YEAR	\$103,021	\$ -	\$502,998	\$238,109	\$844,128	\$723,945

### 1. PURPOSE OF THE ORGANIZATION

The Canadian Mental Health Association – Ontario Division is a volunteer-based provincial organization, with a mandate to advocate with and provide programs and services for people with mental disorders and to enhance, maintain and promote the mental health of all individuals and communities in Ontario. The Canadian Mental Health Association - Ontario Division is incorporated under the Corporations Act of Ontario as a not-for-profit organization and is a registered charity under the Income Tax Act.

### 2. SIGNIFICANT ACCOUNTING POLICIES

These financial statements comprise the accounts of Ontario Division's Provincial office. The results of the Division's branches are not included in these financial statements.

These financial statements have been prepared in accordance with the accounting standards for not-for-profit organizations published by the Canadian Institute of Chartered Accountants, using the deferral method of accounting for contributions.

#### Revenue recognition

Restricted contributions are recorded as deferred contributions, and taken into revenue in the year in which the related expenses are incurred. Contributions restricted for the purchase of capital assets are deferred and taken into revenue at rates corresponding to the rates used to amortize the related capital assets.

Unrestricted contributions are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Endowment contributions are recognized as direct increases in net assets.

Restricted interest income is recognized as revenue in the year in which the related expenses are incurred.

Unrestricted interest income is recognized as revenue when earned.

## Statement of Cash Flows Year ended March 31, 2003

	2003	2002
<b>NET INFLOW (OUTFLOW) OF CASH RELATED TO THE FOLLOWING ACTIVITIES</b>		
<b>OPERATING</b>		
Excess (deficiency) of revenue over expenses	\$132,736	\$(58,387)
Items not affecting cash		
Writedown of short-term investments	24,329	25,304
Loss on disposal of capital assets	3,388	7,322
Amortization of deferred capital contributions	(15,419)	(14,001)
Amortization of capital assets	37,845	39,658
	182,879	(104)
Changes in non-cash working capital items		
Accounts receivable	(44,642)	259,681
Loan receivable	-	15,000
Prepaid expenses	(12,097)	35,227
Accounts payable and accrued charges	13,303	(12,768)
Due to Government of Ontario	3,224	275
Deferred contributions	65,357	(117,960)
	208,024	179,351
<b>INVESTING AND FINANCING</b>		
Net (additions to) dispositions of investments	(227,634)	120,906
Net endowment funds disbursed	(12,553)	10,795
Purchase of capital assets	(30,291)	(62,457)
Deferred contributions - capital grants	9,461	-
	(261,017)	69,244
<b>NET (OUTFLOW) INFLOW OF CASH</b>	<b>(52,993)</b>	<b>248,595</b>
<b>CASH, BEGINNING OF YEAR</b>	<b>332,594</b>	<b>83,999</b>
<b>CASH, END OF YEAR</b>	<b>\$ 279,601</b>	<b>\$ 332,594</b>

#### Short-term investments

Short-term investments, comprising bonds and marketable securities, are recorded at the lower of cost and market value.

#### Capital assets

Purchased capital assets are recorded at cost. Donated capital assets are recorded at fair value at the date of contribution. Amortization is provided on a declining balance basis at a rate of 30% for computer hardware and software and 20% for office equipment and furniture and fixtures. Leasehold improvements are recorded at cost and amortized on a straight-line basis over the term of the lease.

#### Overhead costs

Overhead costs, consisting of building occupancy and certain other costs, are allocated to programs based on management's estimate of actual usage of those resources by each program. Those costs which cannot be readily allocated to individual programs are classified as management, operations and support services.

#### Financial instruments

All financial assets and liabilities are recorded at values which approximate fair value due to their relatively short term to maturity.

#### Management estimates

The preparation of financial statements in conformity with Canadian generally accepted accounting principles requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities, the disclosure of contingent assets and liabilities at the date of the financial statements, and the reported amounts of revenue and expenses during the period. Actual results could differ from such estimates.

### 3. POST-EMPLOYMENT BENEFITS

The Association prospectively adopted the new Canadian generally accepted accounting standard for post-employment benefits effective April 1, 2000. The Association accrues its obligations under post-employment benefit plans and the related costs. Previously, amounts

were expensed when paid. The Association has adopted the following policies:

The cost of post-employment benefits is actuarially determined using best-estimate assumptions developed by the Association.

The benefit obligation is amortized over the expected duration of the benefit payments, which is 12 years.

At March 31, the Association's accrued benefit obligation relating to post-employment is as follows:

	2003	2002
Accrued benefit obligation	\$47,900	\$47,900
Unamortized portion of accrued benefit obligation	(40,700)	(43,100)
Amount recorded in accounts payable and accrued charges	\$7,200	\$4,800

The significant actuarial assumptions adopted in estimating the Association's accrued benefit obligation are as follows:

Discount rate	7.0%
Health benefits cost escalation	10.5% in 2001 decreasing by 1% per annum to an ultimate rate of 4.5%

The expense related to post-employment benefits is \$7,934 (2002 - \$7,400).

#### 4. CAPITAL ASSETS

	2003		2002	
	Cost	Accumulate Amortization	Net Book Value	Net Book Value
Leasehold improvements	\$ 27,040	\$ 6,565	\$ 20,475	\$ 24,036
Computer hardware	115,245	42,619	72,626	53,186
Computer software	78,386	74,242	4,144	29,478
Office equipment	21,227	11,634	9,593	14,225
Furniture and fixtures	40,905	23,575	17,330	14,185
	\$ 282,803	\$ 158,635	\$ 124,168	\$ 135,110

#### 5. DEFERRED CONTRIBUTIONS

Deferred contributions represent unspent resources externally restricted for specific purposes. Changes in the deferred contribution balance are as follows:

	Opening Balance	Receipts in year	Disbursed in year	Ending Balance
Communications Strategist Project	\$ -	\$ 51,000	\$ 44,980	\$ 6,020
Mental Disorders Research Project	-	72,558	31,750	40,808
Annual Conference Partners	10,234	43,756	41,601	12,389
Mental Health Week	10,750	9,025	10,750	9,025
Citizens for Mental Health Project	-	35,123	33,782	1,341
Suicide Intervention Training	2,595	-	-	2,595
Ministry of Health and Long-Term Care - Special Projects	9,116	76,715	76,545	9,286
Ministry of Health and Long-Term Care - Capital grants	27,105	9,461	15,419	21,147
Mental Health in the Workplace Initiative	59,141	65,000	48,412	75,729
	\$ 118,941	\$ 362,638	\$ 303,239	\$ 178,340

#### Communications Strategist Project

During the year the Association and its participating local CMHA branches initiated a project to jointly fund the engagement of a communication strategist to assist the organization with the achievement of its corporate communication goals.

#### Mental Disorders Research Project

During the year restricted funds were received to be spent in the research of mental disorders.

#### Annual Conference Partners

The Association holds its annual conference in partnership with various other organizations. Funds are advanced by these partners to fund initial conference costs.

#### Mental Health Week

The Association holds its annual Mental Health Week in partnership with another organization. The funds on hand represent funds received from outside sponsors of the event.

#### Citizens for Mental Health Project

The Citizens for Mental Health project is a broad consultation among Ontario stakeholders to obtain advice regarding what federal mental health policy should contain.

#### Suicide Intervention Training

These funds, received from the Ministry of Correctional Services, will be spent on suicide intervention training or on other related activities.

#### Ministry of Health and Long-Term Care- Special Projects

The amount represents funds received for various special projects in partnership with the Ministry of Health and Long-Term Care and will either be used for future related projects or refunded to the Ministry of Health.

#### Ministry of Health and Long-Term Care - Capital Grants

These funds represent capital funding for assets purchased through the Ministry of Health and Long-Term Care program. The amount will be amortized into income at rates corresponding to the rates used to amortize the related capital assets. During the year, \$15,419 was amortized into income.

#### Mental Health in the Workplace Initiative

These funds are provided by the Ministry of Citizenship, Culture and Recreation to fund the "Mental Health in the Workplace" initiative.

#### 6. INVESTED IN CAPITAL ASSETS

A. Invested in capital assets represents the following:

	2003	2002
Capital assets	\$ 124,168	\$ 135,110
Less amounts financed by:		
Deferred capital contributions	21,147	27,105
	\$ 103,021	\$ 108,005

B. Change in net assets invested in capital assets is calculated as follows:

	2003	2002
Deficiency of revenue over expenses		
Loss on sale of capital assets	\$ 3,388	\$ 7,322
Amortization of deferred capital contributions	(15,419)	(14,001)
Amortization of capital assets	37,845	39,658
	\$ 25,814	\$ 32,979
Net investment in capital assets		
Purchase of capital assets	\$ 30,291	\$ 62,457
Amounts funded by deferred capital contributions	(9,461)	-
	\$ 20,830	\$ 62,457

#### 7. GLENN R. THOMPSON SCHOLARSHIP FUND

In June 2001 the Board of Directors established the Glenn R. Thompson Scholarship Fund through donations from friends and associates of Glenn R. Thompson. The principal portion of the fund was invested to earn investment income and it was the intention of the Association to ultimately transfer this fund to York University to administer. The income earned will be used to award scholarships to a student of the faculty of social work at York University. In December 2002, the fund balance totaling \$12,553 was transferred to York University.

## 8. NET ASSETS INTERNALLY RESTRICTED

	2003	2002
Operating Reserve	\$ 200,000	\$ 200,000
Knowledge Centre Development	200,000	200,000
Ontario Division Resource Development	74,709	47,851
Non-Chartered Territories Development	17,453	17,453
Mental Health Week	10,836	-
	<b>\$ 502,998</b>	<b>\$ 465,304</b>

These internally restricted amounts are not available for any purpose other than those specified, without approval of the Board of Directors.

### Operating Reserve

At the discretion of the Board of Directors, these funds may be applied to fund any future operating deficits.

### Knowledge Centre Development (formerly known as Information Centre Development)

At the discretion of the Board of Directors, these funds may be applied to fund the continuing development of the Knowledge Centre.

### Ontario Division Resource Development

The fund was established to facilitate developmental fundraising activities. Each year, 25% of any annual surplus of Core operations is allocated to augment the Fund up to a maximum amount of \$100,000. In 2003, \$35,296 was allocated to the fund (2002 - \$Nil). All expenditures from this Fund require the prior approval of the Board of Directors. During the year, the board of directors approved expenditures totaling \$8,438 to initiate a planned giving program (2002 - \$Nil).

### Non-Chartered Territories Development

An amount equal to 50% of the net proceeds from the sale of break open tickets made at retail outlets located in non-chartered territories is being set aside to finance future delivery of services in those areas. In 2003, there were no amounts allocated to the fund (2002 - \$876).

### Mental Health Week

These funds represent the surplus realized by Mental Health Week in 2002 which were set aside to be used to fund Mental Health Week 2003.

## 9. FUNDRAISING

	2003			
	Revenue	Expenses	Revenue Sharing	Association's Share
Donations	\$ 244,815	\$ 129,001	\$ 39,899	\$ 75,915
Candy dispensing program	59,160	-	28,245	30,915
Nevada tickets	241,624	162,435	57,544	21,645
Special events	43,876	49,281	-	(5,405)
	<b>\$ 589,475</b>	<b>\$ 340,717</b>	<b>\$ 125,688</b>	<b>\$ 123,070</b>

	2002			
	Revenue	Expenses	Revenue Sharing	Association's Share
Donations	\$ 256,604	\$ 146,186	\$ 39,842	\$ 70,576
Candy dispensing program	70,111	164	33,282	36,665
Nevada tickets	252,072	172,084	61,191	18,797
Special events	39,199	35,984	-	3,215
	<b>\$ 617,986</b>	<b>\$ 354,418</b>	<b>\$ 134,315</b>	<b>\$ 129,253</b>

The Association has entered into certain agreements with its branches that result in the sharing of the revenue derived from fundraising activities.

## 10. OTHER MINISTRY FUNDS

Various special projects are undertaken on behalf of the Ministry of Health and Long-term Care. Funds relating to these special projects have been flowed through to the Association in the amount of \$76,715 (2002 - \$168,073) that were offset by expenses totaling \$76,545 (2002 - \$168,073).

## 11. PUBLIC SECTOR SALARY DISCLOSURE ACT

The Association is an employer subject to the Public Sector Salary Disclosure Act 1996. In calendar year 2002, one employee met the above disclosure requirement. Dr. Barbara Everett, Chief Executive Officer, was paid a salary of \$111,883.

## 12. COMMITMENTS

The Association is leasing its premises and certain office equipment under the terms of lease agreements expiring in December 2009 and June 2006 respectively. Minimum annual rental payments for the next five years and thereafter under these agreements are as follows:

2004	\$ 87,576
2005	87,576
2006	87,576
2007	78,577
2008	76,500
Thereafter	57,375
	<b>\$ 475,180</b>

## 13. COMPARATIVE FIGURES

Certain of the prior year's figures have been reclassified to conform with the current year's presentation.

# Canadian Mental Health Association, ONTARIO - BRANCH LISTINGS

## BARRIE-SIMCOE

39 High Street  
Barrie, ON  
L4N 1W2  
TEL: (705) 726-5033  
FAX: (705) 726-0636  
E-MAIL: info@cmhasim.on.ca  
WEB:  
www.mhcvca.on.ca/cmhabar.htm

## BRANT COUNTY

44 King Street, Suite 203  
Brantford, ON  
N3T 3C7  
TEL: (519) 752-2998  
FAX: (519) 752-2717  
E-MAIL: mail@cmhbrant.on.ca  
WEB: www.cmhbrant.on.ca

## CHATHAM-KENT

240 Grand Ave West  
Suite 100  
Chatham, ON  
N7L 1C1  
TEL: (519) 436-6100  
FAX: (519) 351-9203  
E-MAIL:  
dmeurkes@cmhakent.com  
WEB: www.cmhakent.com

## COCHRANE TIMISKAMING

239 Wilson Avenue  
Timmins, ON  
P4N 2T3  
TEL: (705) 267-8100  
FAX: (705) 268-8742  
E-MAIL:  
cmhatim@ntl.sympatico.ca  
WEB: www.cmhact.ca

## DURHAM REGION

111 Simcoe Street N.  
Oshawa, ON  
L1G 4S4  
TEL: (905) 436-8760  
FAX: (905) 436-1569  
E-MAIL: cmha@cmhadurham.org

## ELGIN COUNTY

110 Centre Street  
St. Thomas, ON  
N5R 2Z9  
TEL: (519) 633-1781  
FAX: (519) 631-8273  
E-MAIL:  
cmhaelgin@execulink.com

## FORT FRANCES

Box 446  
Fort Frances, ON  
P9A 3M8  
TEL: (807) 274-2347  
FAX: (807) 274-2473  
E-MAIL: cmha@jam21.net

## GREY BRUCE

1024 2nd Avenue East  
Owen Sound, ON  
N4K 2H7  
TEL: (519) 371-3642  
FAX: (519) 371-6485  
E-MAIL: cmhagb@bmts.com

## HALDIMAND-NORFOLK

365 West Street, Suite 316  
Simcoe, ON  
N3Y 1T7  
TEL: (519) 426-8211  
FAX: (519) 426-2621  
E-MAIL: cmha@kwic.com  
WEB: www.hnmentalhealth.com

## HALTON REGION

55 Ontario St. South  
Suite 25  
Milton, ON  
L9T 2M3  
TEL: (905) 693-4270  
FAX: (905) 693-9183  
E-MAIL: milton@cmha-halton.ca  
WEB: www.cmha-halton.ca

## HAMILTON

182 Rebecca Street  
Hamilton, ON  
L8R 1C1  
TEL: (905) 521-0090  
FAX: (905) 521-0211  
E-MAIL:  
cmhaham@netaccess.on.ca  
WEB:  
www.netaccess.on.ca/~cmhaham

## HASTINGS & PRINCE EDWARD COUNTIES

199 Front Street  
Century Place, Suite 530  
Belleville, ON  
K8N 5H5  
TEL: (613) 969-8874  
FAX: (613) 969-8294  
E-MAIL:  
cmha.hastings@sympatico.ca  
WEB: www.hastings-cmha.org

## HURON-PERTH COUNTY

145 Ontario Street  
Stratford, ON  
N5A 3H1  
TEL: (519) 273-1391  
FAX: (519) 273-0505  
E-MAIL: cmha@cyg.net  
WEB: www.cyg.net/~cmha

## KINGSTON

6 Ordnance Street  
Kingston, ON  
K7K 5T9  
TEL: (613) 549-7027  
FAX: (613) 549-7098  
E-MAIL:  
cmhstaff@adan.kingston.net  
WEB: www.kingston.org/cmha

## LAMBTON COUNTY

210 Lochiel Street  
Sarnia, ON  
N7T 4C7  
TEL: (519) 337-5411  
FAX: (519) 337-2325  
E-MAIL: general@cmha.sarnia.net  
WEB: www.cmhalambton.on.ca

## LEEDS-GRENVILLE

52 King Street East  
Brockville, ON  
K6V 1B1  
TEL: (613) 345-0950  
FAX: (613) 345-6965  
E-MAIL: lgcma@bellnet.ca

## LONDON-MIDDLESEX

648 Huron Street  
London, ON  
N5Y 4J8  
TEL: (519) 434-9191  
FAX: (519) 438-1167  
E-MAIL: mailbox@london.cmha.ca  
WEB: www.london.cmha.ca

## METRO TORONTO

970 Lawrence Ave. W., Suite 205  
Toronto, ON  
M6A 3B6  
TEL: (416) 789-7957  
FAX: (416) 789-9079  
E-MAIL:  
cmha.toronto@sympatico.ca  
WEB: www.toronto.cmha.ca

## NIAGARA

Fonthill Shopping Ctr  
P.O. Box 1251, Hwy #20  
Fonthill, ON  
L0S 1E0  
TEL: (905) 892-1991  
FAX: (905) 892-1993  
E-MAIL:  
ddowling@cmhaniagara.ca  
WEB: www.cmhaniagara.ca

## NIPISSING REGIONAL

156 McIntyre St. West  
North Bay, ON  
P1B 2Y6  
TEL: (705) 474-1299  
FAX: (705) 474-5325  
E-MAIL: cmhanip@onlink.net  
WEB: www.cmhanipissing.on.ca

## OTTAWA

1355 Bank Street, Suite 301  
Ottawa, ON  
K1H 8K7  
TEL: (613) 737-7791  
FAX: (613) 737-7644  
E-MAIL: cmhaoc@magma.ca

## OXFORD COUNTY

365 Dundas Street  
Woodstock, ON  
N4S 1B6  
TEL: (519) 539-8055  
FAX: (519) 539-8317  
E-MAIL:  
joepenton@cmhaoxford.on.ca  
WEB: www.cmhaoxford.on.ca

## PEEL REGION

250 Clarence Street  
Unit # 5  
Brampton, ON  
L6W 1T4  
TEL: (905) 451-1718  
FAX: (905) 451-1720  
E-MAIL: admin@cmhapeel.ca  
WEB: www.cmhapeel.ca

## PETERBOROUGH

466 George St. North  
Peterborough, ON  
K9H 3R7  
TEL: (705) 748-6711  
FAX: (705) 748-2577  
E-MAIL:  
info@peterborough.cmha.on.ca  
WEB:  
www.peterborough.cmha.on.ca

## SAULT STE. MARIE

386 Queen Street East  
Sault Ste. Marie, ON  
P6A 1Z1  
TEL: (705) 759-0458  
FAX: (705) 945-0261  
E-MAIL: general@cmhassm.com  
WEB: www.cmhassm.com

## STORMONT, DUNDAS, GLENGARRY, PRESCOTT-RUSSELL

329 Pitt Street  
Cornwall, ON  
K6J 3R1  
TEL: (613) 933-5845  
FAX: (613) 936-2323  
E-MAIL: lloyd@cmha-east.on.ca  
WEB: www.cmha-east.on.ca

## SUDBURY

111 Elm Street, Suite 100  
Sudbury, ON  
P3C 1T3  
TEL: (705) 675-7252  
FAX: (705) 675-7247  
E-MAIL:  
mquigley@cmha.sudbury.on.ca

## THUNDER BAY

200 Van Norman Street  
Thunder Bay, ON  
P7A 4B8  
TEL: (807) 345-5564  
FAX: (807) 345-4458  
E-MAIL: cmhatb@norlink.net  
WEB: www.cmha-tb.on.ca

## VICTORIA COUNTY

64 Lindsay Street South  
Lindsay, ON  
K9V 2M2  
TEL: (705) 328-2704  
FAX: (705) 328-2456  
E-MAIL: cmhvcb@nexuscom.net

## WATERLOO REGION

Orchard Park Office Centre  
5420 Highway #6 North  
R.R. #5  
Guelph, ON  
N1H 6J2  
TEL: (519) 766-4450  
FAX: (519) 766-9211  
E-MAIL: admin@cmhawrb.on.ca  
WEB: www.cmhawrb.on.ca

## WELLINGTON-DUFFERIN

Orchard Park Office Centre  
5420 Highway #6 North  
R.R. #5  
Guelph, ON  
N1H 6J2  
TEL: (519) 836-6220  
FAX: (519) 836-6237  
E-MAIL: admin@cmhawdb.on.ca  
WEB: www.cmhawdb.on.ca

## WINDSOR-ESSEX

1400 Windsor Avenue  
Windsor, ON  
N8X 3L9  
TEL: (519) 255-7440  
FAX: (519) 255-7817  
E-MAIL:  
bklingel@cmha.webc.on.ca  
WEB: www.cmha-webc.on.ca

## YORK REGION

15150 Yonge Street  
Suite 3A  
Aurora, ON  
L4G 1M2  
TEL: (905) 841-3977  
T.O. TEL: (416) 798-8500  
FAX: (905) 841-3125  
E-MAIL: czakoor@cmha-yr.on.ca  
WEB: http://www.cmha-yr.on.ca



**CANADIAN MENTAL  
HEALTH ASSOCIATION**  
**L'ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE**

### ONTARIO

180 Dundas Street West  
Suite 2301, Toronto, ON M5G 1Z8  
TEL: (416) 977-5580  
TOLL-FREE: 1-800-875-6213  
FAX: (416) 977-2264  
E-MAIL: info@ontario.cmha.ca  
WEB: www.ontario.cmha.ca

### NATIONAL OFFICE

8 King Street East  
Suite 810, Toronto, ON M5C 1B5  
TEL: (416) 484-7750  
FAX: (416) 484-4617  
E-MAIL: national@cmha.ca  
WEB: www.cmha.ca