

2014/2015 Annual Report



Canadian Mental Health Association
Ontario
Mental health for all

BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



Association canadienne pour la santé mentale Ontario
La santé mentale pour tous

Message from CEO & Board Chair

This past year has been marked with great change and progress on many fronts. CMHA Ontario spent much of the year planning a conference to bring the “family” together. Held in April 2015, the conference allowed front-line staff, senior leadership and board volunteers from across Ontario to gather in Toronto. It was an opportunity to showcase and learn from one another about the great work of our organization, hear from guest speakers including Premier Kathleen Wynne and former Prime Minister Paul Martin, and renew friendships from across the province. It was successful because the branches were fully engaged in the planning and enthusiastically participated in the conference. This event reinforced the value of our organization and how important it is to take opportunities to gather together to learn, share and celebrate.

The depth and breadth of our policy work has also increased this past year, in part due to our participation in Ontario’s Mental Health and Addictions Leadership Council. The Council has been tasked with shaping the rollout of the second phase of the Provincial Mental Health and Addictions Strategy, and we continue to engage on how to ensure that the community-based system is appropriately resourced. In particular, our work on data collection, performance measurement and quality improvement will have benefits for both our branches and the sector.

Other aspects of our work also continue to grow. Our work in the justice portfolio is expanding, and we look forward to our continued partnership with the Human Services and Justice Coordinating Committee. We had great success introducing the Living Life to the

Full program to older adults in communities across the province. Talk Today, our program supporting young hockey players in the Ontario Hockey League, continues to show progress and there is interest in expanding it across the country.

The Board of Directors has had an active and engaging year as well. We are fortunate to have dedicated board members who give generously of their time. This year, Tom McCarthy leaves our board after 10 years. Tom has been an extraordinarily thoughtful and committed board member and we are very grateful for his service.

As we welcome new board members we are confident that they are joining an exceptional organization. Because of the dedication and commitment of both our staff and board, we have a solid foundation upon which to build. As we face the years ahead, we’ll continue to strive to advocate and provide for the very best in mental health and addictions services across Ontario.



Camille Quenneville
Chief Executive Officer



Jamie Spence
Chair of the Board

Journey Together: Highlights from the 2015 CMHA Ontario Division Conference

We spent much of 2014-2015 planning the CMHA Ontario Division conference. The aim of the conference was to provide an opportunity for CMHA branches from across the province to share best practices in their field to enhance the delivery of mental health and addictions services. The Journey Together conference (April 26-29, 2015) featured an opening speech by Premier Kathleen Wynne, distinguished keynote speakers such as former Prime Minister Paul Martin, and more than 80 presenters from CMHA branches.



Pictured top left to right: Premier Kathleen Wynne opened the conference with an inspiring speech; Keynote speaker Paul Martin and CMHA Ontario CEO Camille Quenneville at the conference; CMHA Ontario Board Chair Jamie Spence; the Honourable David Zimmer, Minister of Aboriginal Affairs; Premier Kathleen Wynne; CMHA Ontario CEO Camille Quenneville; former Prime Minister Paul Martin; Musician Steven Page shared his mental health journey with conference delegates.

“CMHA Ontario focuses on the person, not the illness, and works to strip away the stigma surrounding mental illness. Together we will work to improve mental health care and addictions treatment, and create an environment of support where everyone in Ontario can lead healthy, fulfilling lives.”
– Premier Kathleen Wynne

CONFERENCE BY THE NUMBERS:



5 PLANNING COMMITTEES
with 35 members
from 27 branches



4 STREAMS OF PROGRAMMING



80 PLUS PRESENTERS
from 20 CMHA branches

40 UNIQUE PRESENTATIONS



Conference tweets reached

338,892

UNIQUE FOLLOWERS ON TWITTER

with more than 1,753,525 overall impressions.

400 PLUS PARTICIPANTS

Provincial Policy Successes

Examining OCAN’s potential

CMHA Ontario leads the Community of Interest (Col) for Racialized Populations and Mental Health and Addictions, a partnership of 11 organizations focused on leveraging evidence to improve provincial, regional and service provider policy, planning, and practice related to racialized populations and mental health and addictions. This year the Col hosted a Think Tank on the Ontario Common Assessment of Need (OCAN), a standardized assessment tool for the community mental health sector. This full-day event explored the potential of OCAN for advancing equity in mental health. More than 75 participants attended the event in person and via webinar.

Improving accessibility for voters

Some voters with mental health disabilities face challenges in providing the proof of residence or identity needed to vote during the Ontario provincial election. To address this issue, CMHA Ontario worked with Elections Ontario to extend the Certificate of Identity and Residence program to community health organizations, including CMHA branches.

Through this program, eligible organizations registered to provide clients who are homeless or marginally housed with certificates of identity and residence. With the certificate, individuals were able to go directly to the advance or regular poll without additional documentation, and cast their ballot.

Talk Today

Talk Today is a joint initiative of CMHA Ontario and the Ontario Hockey League (OHL). Launched in October 2014, the program promotes the mental health of young athletes and raises awareness about suicide. Talk Today was designed for the OHL and was delivered during the 2014-2015 hockey season with a vision to expand across the country in subsequent years.

Talk Today provides an important opportunity to address the mental health needs of athletes across the province and across Canada. This program has become a valuable platform for CMHA branches, OHL teams and individual players to encourage open discussion about mental health within the hockey community and the broader public.



David Branch, President of the Canadian Hockey League and Commissioner of the Ontario Hockey League, and Camille Quenneville, CEO of CMHA Ontario, celebrate the launch of Talk Today.

THE TALK TODAY PROGRAM HAS FOUR KEY COMPONENTS:



now have a designated CMHA Mental Health Coach to provide resources and supports for the players as well as the people that surround them.



have designated a local OHL Mental Health Champion, who acts as an advocate on mental health issues within the community and helps players connect with their local CMHA Mental Health Coach.



have received safeTALK training, an accredited suicide alertness program that teaches individuals to recognize persons with thoughts of suicide and how to take action. Coaches, team staff and parents who provide support to the players have received ASIST training, which teaches people how to recognize individuals who are at risk and intervene to prevent suicidal thoughts or behaviours.

Each team hosted an annual Talk Today event to increase public awareness about suicide and promote mental health.



Find your local branch

CMHA ONTARIO DIVISION
www.ontario.cmha.ca

HALIBURTON, KAWARTHA,
PINE RIDGE BRANCH
www.cmhahkpr.ca

LEEDS AND GRENVILLE BRANCH
www.cmha-lg.ca

SAULT STE. MARIE BRANCH
www.ssm-algoma.cmha.ca

BRANT COUNTY BRANCH
www.brant.cmha.ca

HALTON REGION BRANCH
www.halton.cmha.ca

MIDDLESEX BRANCH
www.cmhamiddlesex.ca

SIMCOE COUNTY BRANCH
www.cmha-mhass.ca

CHAMPLAIN EAST BRANCH
www.cmha-east.on.ca

HAMILTON BRANCH
www.cmhahamilton.ca

MUSKOKA PARRY-SOUND BRANCH
www.mps.cmha.ca

SUDBURY-MANITOULIN BRANCH
www.sm.cmha.ca

COCHRANE TIMISKAMING BRANCH
www.cmhact.ca

HASTINGS & PRINCE EDWARD COUNTIES BRANCH
www.hastings-cmha.org

NIAGARA BRANCH
www.cmhaniagara.ca

THUNDER BAY BRANCH
www.thunderbay.cmha.ca

DURHAM BRANCH
www.durham.cmha.ca

HURON PERTH BRANCH
www.cmha-hp.on.ca

OTTAWA BRANCH
www.ottawa.cmha.ca

TORONTO BRANCH
www.toronto.cmha.ca

ELGIN BRANCH
www.cmhaelgin.ca

KENORA BRANCH
www.cmhak.on.ca

OXFORD COUNTY BRANCH
www.oxfordcounty.cmha.ca

WATERLOO WELLINGTON DUFFERIN WELLINGTON
www.wwd.cmha.ca

FORT FRANCES BRANCH
www.cmhaff.ca

KINGSTON BRANCH
www.cmhakingston.blogspot.ca

PEEL BRANCH
www.peel.cmha.ca

WINDSOR-ESSEX COUNTY BRANCH
www.windsorsex.cmha.ca

GREY-BRUCE BRANCH
www.gb.cmha.ca

LAMBTON KENT BRANCH
www.lambtonkent.cmha.ca

YORK REGION BRANCH
www.cmha-yr.on.ca

HALDIMAND AND NORFOLK BRANCH
www.hn.cmha.ca

Justice and Mental Health



Human Services and Justice Coordinating Committee

The Human Services and Justice Coordinating Committee (HSJCC) Network is comprised of individuals working at the frontlines across

multiple sectors, including health and social service organizations, community mental health and addictions organizations as well as crown attorneys, judges, police services and correctional service providers. The HSJCC Network, which reaches over 2,000 people, consists of a provincial committee, 14 regional committees and 42 local committees, all working together to identify issues, share promising practices and address barriers facing individuals with special needs who come into contact with the justice system. CMHA branches actively participate in the HSJCC Network through its local and regional committees across Ontario. CMHA Ontario Division supports the HSJCC Network by providing strategic

policy advice, project management support and administrative coordination to the provincial committee.

As part of the HSJCC's work to share knowledge and expertise across the province, the Provincial HSJCC hosted a number of webinars sharing exemplary practices in the human services and justice sector across Ontario.

Working in Partnership with Legal Aid Ontario

In June 2014, CMHA Ontario began working in partnership with Legal Aid Ontario on a project dedicated to developing a guided interview resource and training program that will educate legal professionals on how to better meet the needs of their clients experiencing mental health and addictions issues. The project has worked collaboratively with over 15 partner organizations including the Provincial Human Services and Justice Coordinating Committee.

WEBINARS **152 PARTICIPANTS**
Mental Health Adult Pre-charge Diversion

117 PARTICIPANTS
Fetal Alcohol Spectrum Disorder and Justice Related Services

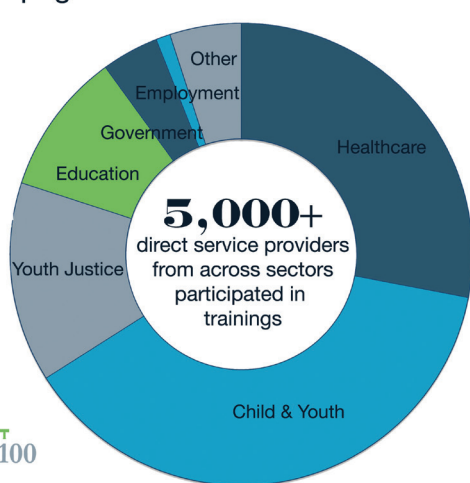
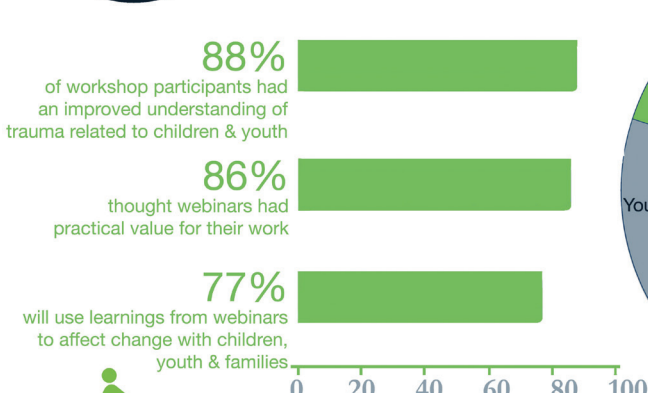
112 PARTICIPANTS
Moving the Wheels of Justice: Communication about Mental Health within the Courthouse

108 PARTICIPANTS
Court Outcomes Data Project

Working with Children and Youth with Complex Mental Health Needs

In September 2014, we launched Working with Children and Youth with Complex Mental Health Needs: An Integrated Training Project. Funded by the Ministry of Children and Youth Services, the project helped service providers who work directly with children and youth with complex mental health needs to enhance their skills in core service areas, including Targeted Prevention, Brief Services, Family/Caregiver Skills Building and Support, and supporting the capacity to practice within a health equity lens.

10,000+ users visited www.complexneeds.ca with more than **75,000** page views



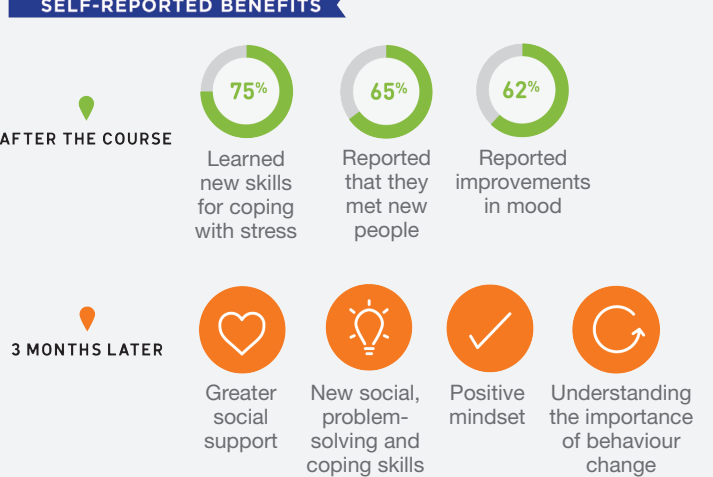
A free online course is still available! Visit www.complexneeds.ca for more information.

Living Life to the Full for Older Adults

Living Life to the Full is an evidence-based mental health promotion course. In 2014, we piloted the program with 375 older adults (age 50+) in community centres across Ontario. We built capacity by training 16 new CMHA branch facilitators and fostering local partnerships.

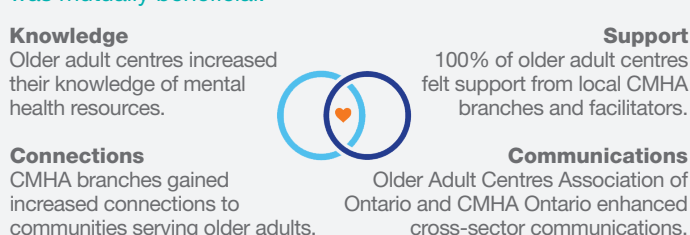
Our evaluation showed that Living Life to the Full made a positive impact on participants by reducing stress and anxiety, and improving mood, quality of life and overall well-being.

SELF-REPORTED BENEFITS



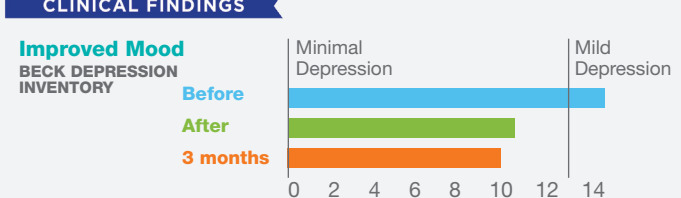
POWER OF PARTNERSHIP

Partnerships were central to the success of the pilot. Including the provincial and local communities in the pilot design was mutually beneficial.



"I became very enthused about taking part in and encouraging others to join the program. It was very worthwhile and satisfying to see the results. Many people who you would never suspect opened up and talked about their problems."
— Older Adult Centre Staff

CLINICAL FINDINGS



Mood Walks

The Mood Walks program reduces barriers and creates new opportunities for people experiencing mental health challenges to be physically active in the natural environment.

Mood Walks is an initiative of CMHA Ontario, in partnership with Hike Ontario and Conservation Ontario. Financial support for Mood Walks was provided by the Ministry of Tourism, Culture and Sport through the Ontario Sport and Recreation Communities Fund.



"Mood Walks are awesome — I feel energized mentally, emotionally, physically, spiritually." — Mood Walks participant



Mental Health at School and in the Workplace

Mental Health Works

Since 2001, our Mental Health Works program has helped to build capacity within workplaces across Canada to effectively address issues related to mental health. The program continued to grow and evolve this year. The various parts and products have been updated and tied together to create a consistent whole. New innovations have been applied across the entire Mental Health Works brand, including the website, presentations, webinars, video, print and promotional material, and will be launched in 2015/2016.

mental health WORKS



Centre for Innovation in Campus Mental Health

Building on the accomplishments of its first year, the Centre for Innovation in Campus Mental Health continued to engage a wide range of stakeholders across campuses and disciplines to raise awareness of the project, solicit input and support, foster key partnerships, and promote knowledge exchange. CMHA Ontario is a valued partner in the initiative, which also includes Colleges Ontario, the Council of Ontario Universities, the College Student Alliance and the Ontario Undergraduate Student Alliance.

Highlights from 2014-2015:

- Our "Ask the Experts" webinar provided information on student mental health promotion, policy and practice to more than 1,700 participants.
- We launched the Campus Mental Health Community of Practice to facilitate and support knowledge sharing and collaboration among Ontario's postsecondary mental health service providers and partners.
- We hosted Focus on Mental Health, a day-long event to promote and support student mental health on Ontario campuses, and Flourishing Campuses, a two-conference that provided leadership development opportunities for 400 campus mental health attendees.
- We brought together student leaders from Ontario's colleges and universities for Student Leader-Engagement Day to learn more about Ontario's innovative student-led campus mental health and wellness initiatives.

Canadian Mental Health Association, Ontario Division

Statement of Revenue and Expenses Year ended March 31, 2015

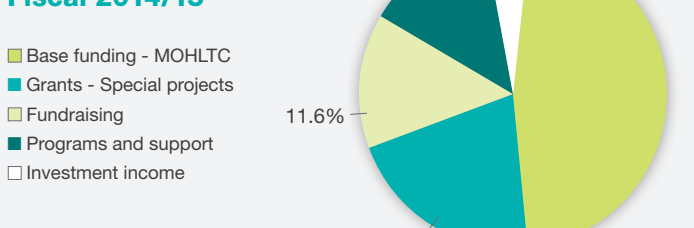
REVENUE	2015	2014
Base funding - MOHLTC	\$1,823,445	\$1,834,889
Grants - Special projects	1,302,376	786,169
Fundraising	503,656	532,126
Programs and support	546,561	508,618
Investment income	169,551	106,493
	\$4,345,589	\$3,768,295

EXPENSES	2015	2014
Health system development	\$1,410,655	\$1,404,882
Public education and awareness	327,986	337,236
Special projects	1,306,836	786,169
Management, operations and support services	536,633	590,811
Programs and support services	209,701	245,914
Fundraising	190,208	179,545
	\$3,981,719	\$3,544,557

EXCESS/(DEFICIENCY) OF REVENUE OVER EXPENSES	2015	2014
	\$363,870	\$223,738

*Audited financial statements available upon request.

Revenue by Source Fiscal 2014/15



Expenditure by Program Fiscal 2014/15

