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CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



**Canadian Mental Health Association, Ontario Division  
Annual Report 2015/16**



# Message from CEO & Board Chair

The past 12 months have proven to be very exciting, as Ontario Division has continued to grow and expand.

The number of issues and programs that we are working on with the Ministry of Health and Long-Term Care has grown in both volume and depth. Our work in support of the Mental Health and Addictions Leadership Advisory Council continues, and we have made great progress on many fronts, including the delicate work of data collection and management; determining the core services that should be available to Ontarians in every part of the province; finding new and effective ways to manage service delivery between primary care and mental health and addictions; and, helping to put our best case forward for a renewed investment in supportive housing for those in need.

Ontario Division has also seen the expansion of three important programs. The Excellence in Quality Improvement Program is a partnership across the community mental health and addictions system that will ensure we're continually providing excellence in service delivery through the use of evidence-based programs. The Centre for Innovation in Campus Mental Health, housed at Ontario Division, is building strong partnerships between campuses and community agencies. Talk Today, our much beloved program supporting young hockey players has expanded across the country. We were pleased to participate in the Memorial Cup in Red Deer

Alberta, to announce that both the Western Hockey League and Quebec Major Junior Hockey League will now provide Talk Today through a partnership with CMHA branches across the country.

Of course, none of this growth would be possible without the dedicated support of the Ontario Division Board and staff. We would both like to thank all of you for your commitment, professionalism, compassion and dedication to the field of community-based mental health and addictions. Jamie Spence, past Chair of the Board, Diana Deverall-Ross and Leanne Murray will all be departing our Board this year. We wish to express our gratitude to those three in particular, for their extraordinary contributions, dedication and commitment.



*Camille Quenneville*

Camille Quenneville  
Chief Executive Officer



*M. Lewkin*

Michael Lewkin  
Board Chair

# Mental Health and Addictions Leadership Advisory Council

This past year CMHA Ontario has been a key member and resource to the provincial Mental Health and Addictions Leadership Advisory Council. The Council, which includes leading sector organizations, advises the Minister of Health and Long-Term Care on the implementation of Ontario's Comprehensive Mental Health and Addictions Strategy.

## Data and Performance Measurement

We have consulted a range of stakeholders to better understand how data is collected and used to plan for mental health and addictions care in the province. We collaboratively created a common set of system-level performance indicators and a map of mental health and addictions data currently being collected in Ontario. The goal is to develop a provincewide data and performance measurement strategy that will create a high-performing system.

## Primary Care

CMHA Ontario and other stakeholders formed a working group of the council that is examining primary care and mental health and addictions collaborations in Ontario. The goal is to gain insight into how our two sectors are working together and identify opportunities for improvement. This work will help determine barriers to accessing mental health and addictions services in Ontario.

## Supportive Housing

We are providing policy expertise to the Council's supportive housing working group, which is drafting a provincial strategy for supportive housing for people living with mental illnesses and addictions. The strategy is intended to inform government decisions and priorities and complement other work being carried out by the Council and Ontario government ministries.

## Core Basket of Services

CMHA Ontario participates on the Council's core basket of services task group with an aim to develop focused recommendations outlining the mental health and addictions services that all Ontarians should be able to access. We help to define those core mental health and addictions services, validating them with consumers and service providers.



Ontario Premier Kathleen Wynne speaking at CMHA Ontario's annual conference in April 2015.

# Police Records Check Reform Act

In June 2015, CMHA Ontario was pleased to participate in a government announcement on the passing of the *Police Record Checks Reform Act* (PRCRA). The new law dictates what information officers are allowed to make available on police records and legislates procedures on requesting, conducting and disclosing police record check information.

The legislation was introduced with the understanding that the practice of disclosing non-conviction information, including mental health-related information, is discriminatory to individuals who have come in contact with the police. The new law, passed with unanimous support by all parties, prohibits the disclosure of information related to *Mental Health Act* apprehensions.

CMHA Ontario has been advocating for legislative change on police record checks for nearly a decade and was consulted during the drafting of the PRCRA. The government valued CMHA Ontario's perspective as co-chair of the Police Records Check Coalition (PRCC). This coalition includes the Canadian Civil Liberties Association, Ontario Association of Patient Councils, Schizophrenia Society of Ontario and the John Howard Society of Ontario. PRCC acts as an ally to individuals, families, and groups impacted by the release of non-conviction information, and continues to monitor the implementation of the Act.

“The Police Record Checks Reform Act marks a positive step towards ensuring that mental health police records are not treated like criminal records.

– CMHA Ontario CEO Camille Quenneville



Minister Yasir Naqvi announces the Police Record Checks Reform Act with CMHA Ontario CEO Camille Quenneville (far right) in attendance.

# Ontario Disability Support Program

CMHA Ontario has worked with the province and other partners to ensure changes to the Ontario Disability Support Program (ODSP) will not negatively impact people living with a mental illness.

We provided advice and guidance to the Ministry of Community and Social Services to make the medical review process simpler for ODSP recipients. The ministry has also put processes in place to: verify the need for a review in each case; ensure the most vulnerable recipients do not lose benefits if they do not respond to a review notice; and, improve training for those who adjudicate ODSP applications.

Nearly half of all ODSP recipients live with a mental illness.

This new approach will help eliminate unnecessary medical reviews and better ensure that ODSP benefits will be available for all those who are eligible.

The issue of ODSP benefits is important to CMHA Ontario and local branches because roughly 46 percent of people on ODSP live with a mental illness. The government's change to its medical review process came after input from concerned clients, advocates, and stakeholder partners, including CMHA Ontario, Income Security Advocacy Centre, ODSP Action Coalition, and Association of Ontario Health Centres.

# Refugee Mental Health

The conflict in Syria led to an increased influx of refugees fleeing the war-torn region. Syrian refugees arriving in Canada are at substantially higher risk for poor mental health due to their exposure to trauma, torture and violence.

To enhance the capacity of the community mental health and addictions sector in responding to the needs of Syrian and other refugee populations, CMHA Ontario launched a four-part webinar series. Each webinar was designed to provide people and organizations in the community mental health and addictions sector with information, tools and resources to better serve marginalized populations. Webinar sessions covered adult and child refugee mental health, stories of migration, and a general discussion of the need to advance equity in mental health in Ontario.

Although the series was initially targeted at the mental health and addictions sector, participants came from many different fields such as settlement organizations, the broader health system, public education, child and youth services, community and social services and private refugee sponsors.

<b>600</b>	⋮	<b>960</b>	⋮	<b>430</b>
participants in the series		visits to the webinar page		views of the recorded webinars

“Thank you for putting this on – you are one of few organizations filling a massive gap in knowledge translation right now.”  
– Webinar participant

# Centre for Innovation in Campus Mental Health

Now in its third year, the Centre for Innovation in Campus Mental Health (CICMH) continues to help Ontario's colleges and universities enhance capacity to support student mental health and well-being.

The centre works with campus mental health providers to identify innovative ideas and approaches and to address gaps in services and programs. This includes facilitating a community of practice, coordinating access to expertise and fostering and supporting new methods to address student mental health.

And at the heart of the centre, is the strong, collaboration with the post-secondary education sector.

**654 MEMBERS**

IN OUR COMMUNITY OF PRACTICE

**50,564 PAGE VIEWS**

AT [CAMPUSMENTALHEALTH.CA](http://CAMPUSMENTALHEALTH.CA)



CENTRE FOR INNOVATION IN  
Campus Mental Health

# MOOD WALKS

## Mood Walks for Youth in Transition

Building on the success of Mood Walks for Older Adults, CMHA Ontario launched Mood Walks for Youth in Transition ([www.moodwalks.ca](http://www.moodwalks.ca)) in 2015.

An 18-month project, Mood Walks for Youth in Transition will build capacity among community organizations to support youth who are at risk of, or experiencing, mental health issues. Like the original program, this version of Mood Walks is a province-wide initiative that promotes physical activity in nature, or “green exercise,” as a way to improve both physical and mental health.

In partnership with Conservation Ontario and Hike Ontario, CMHA Ontario provided training and support to launch more than 40 new hiking groups across the province. Host sites include universities, youth shelters, First Nations health centres, CMHA branches, early psychosis intervention programs, and other organizations serving youth.



# Talk Today

Talk Today enhanced its case to be the most comprehensive mental health program for athletes in Canada. The program has continued to promote the mental health of athletes and spread awareness about the benefits of positive mental health throughout communities across the country.

The program's biggest partner has been the Ontario Hockey League. During the 2015-16 season the league encouraged players, coaches and billet parents to take part in two trainings: safeTALK, which teaches participants how to recognize persons with thoughts of suicide; and ASIST, which teaches participants how to intervene and help prevent the immediate risk of suicide.

Awareness games were held by all of the league's 20 teams in February 2016 and featured local CMHA branch-staffed kiosks, video and public address announcements and a social media campaign.

Talk Today also expanded to support senior athletes in the Kenora Catholic District School Board and the 12-team Northern Ontario Junior Hockey League in December. More provincial and national partnerships are expected in the third year of the program.



**1,108**

people trained in  
safeTALK



**80,000**

fans watched 20  
awareness games



**2.8 million**

people reached with  
#TalkToday hashtag

# Establishing HSJCC Secretariat

CMHA Ontario continued its partnership with the Human Services and Justice Coordinating Committee (HSJCC) Network in 2015.

The HSJCC network brings together service providers to collaboratively find solutions to the problem of the criminalization of people with unique needs and promotes better support for such individuals within the justice system. Operating at the provincial, regional and local levels, HSJCCs provide planning tables and models of shared responsibility and accountability for their work.

In the summer of 2015, the Provincial HSJCC received additional resources from the Ministry of Health and Long-Term Care to establish an HSJCC Secretariat which is housed at CMHA Ontario.

The HSJCC Secretariat supports the infrastructure of the HSJCC network by coordinating provincewide projects, providing policy analysis, implementing training and knowledge exchange activities and helping with administrative functions. Projects include: a report on the current state and operations of Mental Health Courts in Ontario; and, in partnership with the ministries of Health and Long-Term Care and Community Safety and Correctional Services, the development of resources that help communities improve police-hospital transitions for people apprehended under the *Mental Health Act*.

**1** Provincial HSJCC    **14** Regional HSJCCs    **41** Local HSJCCs

**1,500+** people sitting on HSJCCs

**Ontario CMHA branches are partners in the HJSCC network**

# Excellence through Quality Improvement Project

CMHA Ontario has joined forces with Addictions and Mental Health Ontario and Health Quality Ontario to launch the Excellence through Quality Improvement Project (EQIP). EQIP is an 18-month project designed to implement a system-wide quality improvement initiative that is founded on the expectations of the *Excellent Care for All Act*.

Together the three partners will support the sector to implement quality improvement plans, with the ultimate goal of consistently enhancing the quality of care and treatment for people living with a mental health or addictions issue.

The next year will see the EQIP team convene a technical advisory committee comprised of sector experts and develop communications and knowledge exchange plans to help instill a quality improvement agenda within the system.



E-QIP Project Directors Mike Dunn and Sandra Cuning presenting the project at the annual Addictions and Mental Health Ontario conference.

# Living Life to the Full for Caregivers 55+

Building on research evidence from our successful pilot with older adults, CMHA Ontario is now delivering Living Life to the Full – an evidence-based mental health promotion course – to another key segment of the population.

With support from Employment and Social Development Canada and in partnership with multiple community organizations, CMHA Ontario will deliver 90 Living Life to the Full courses over three years to marginalized caregivers 55 years or older living in Toronto. The project includes piloting a French version of the course, and creating two new language/cultural adaptations.

## WHY ARE WE TARGETING CAREGIVERS?

### Caregivers 55+ are at risk of experiencing poor mental well-being.

CMHA Ontario recognizes that rates of depression and anxiety can be quite high in this population. Low mood and stress can come from:



Feeling overwhelmed by competing demands.



Coping with personal health challenges.



Feeling socially isolated and disconnected from friends or family.



Limited support and training available for care-related responsibilities.

## HOW CAN LIVING LIFE TO THE FULL HELP?

### Living life to the full promotes positive mental well-being in caregivers.

Participants in the Living Life to the Full course have experienced significant improvements in mood and anxiety levels. These improvements are the result of:



Learning new skills for coping with stress.



Feeling a greater sense of social support in the community.



Socializing and learning from others who share similar challenges.



Understanding how to make small changes that have a large life impact.

# Enabling Minds

People with a mental health-related disability are at increased risk of developing chronic physical conditions, such as diabetes and heart disease. Physical activity is strongly recommended to reduce risk and help manage chronic physical conditions.

But people living with a mental health issue may encounter barriers that prevent them from accessing physical activity resources at community centres, private fitness clubs, public parks and other recreation or fitness facilities.

This year, CMHA Ontario – in partnership with Parks and Recreation Ontario and YMCA Ontario – launched Enabling Minds ([www.enablingminds.ca](http://www.enablingminds.ca)). This is a new resource that provides mental health accessibility training for anyone – especially those with a customer service role – who works in the field of sports, fitness or recreation.

Enabling Minds offers an online training module and resource library that shows how to remove barriers to physical activity programs for people living with mental health disabilities, and how to create a supportive and inclusive environment that promotes positive mental health for everyone.



Parapan Am medalist and advocate Joel Dembe shared his experience at the launch event for Enabling Minds.



The Mental Health Works (MHW) program underwent assertive growth this year. More than 40 new trainers across Ontario were added to the program, representing two-thirds of CMHA Ontario branches and covering much of the province.

The suite of MHW products expanded this year to include Psychological Health and Safety Advising, a program of the CMHA National Workforce Mental Health Collaborative, and Mental Health First Aid, a program of the Mental Health Commission of Canada.

Through the spring, program manager Mark Henick delivered several well-received keynote speeches on workplace mental health to large audiences such as the Privy Council of Canada, the United Steelworkers and the Canadian Union for Public Employees.

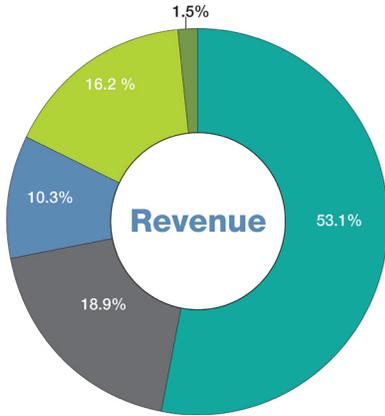
MHW aims to expand to Atlantic Canada by adding trainers in New Brunswick, Prince Edward Island and Newfoundland. Plans to add trainers in Yukon are underway as well. Alberta and Quebec are other provinces for potential expansion as is the United States.

Additional products and trainings are being considered for MHW, including workplace de-escalation, suicide intervention and prevention, mindfulness, and resilience and mental health training for boards of directors.

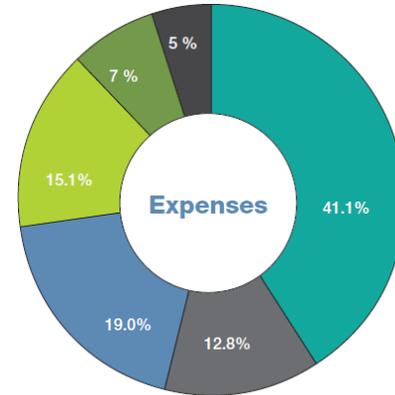


Mental Health Works Program Director Mark Henick spoke with Steve Paikan, host of TVO's The Agenda, about the importance of workplace mental health.

# Financial Report



Total **\$3,772,754**



Total **\$3,779,451**

# Find your Local Branch

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