



**CANADIAN MENTAL
HEALTH ASSOCIATION, ONTARIO**

**ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE, ONTARIO**

CMHA, ONTARIO | ANNUAL REPORT 2009/2010

There can be no health without mental health

World Health Organization (WHO) – UN Secretary General Ban Ki-moon

table of contents

our CEO	1
the Board President	4
about CMHA, Ontario	7
strategic directions: 2010 - 2013	8
knowledge transfer	15
public policy	17
fund development	20
mental health works	21
treasurer's report	24
statement of revenue & expenses	25
statement of financial position	26
revenue by source	27
expenditure by program	27
CMHA, Ontario achievement awards 2009	28
board of directors & advisory council	30
branch locations	31
contact information	34



our CEO

a message from our CEO

When we look back at 2009/10, it will be seen as a transitional year for CMHA, Ontario and for mental health reform in Ontario. In this fiscal year many seeds have been planted, nurtured and have begun to sprout. But how successfully the plants will grow and whether they will turn out as 'annuals' or 'perennials' is yet unknown.

Let's begin at the national level. The work of the Mental Health Commission of Canada (MHCC) is continuing to influence the landscape. Through its efforts in developing a national policy framework, raising the understanding of mental health in the workplace, research on homelessness or the establishment of a "grassroots' movement," it is keeping mental illness and mental health on the public agenda. As one of the seedlings being nurtured, it is too early to know its lasting impacts.

In Ontario, we have seen two significant activities begin to flourish. The Ministry of Health and Long Term Care (MOHLTC) has taken the leadership in developing a new 10-year mental health and addictions strategy for Ontario. This new strategy has the potential to be a tipping point for our understanding of mental illness and mental health and to create a new paradigm for how we address the needs of individuals and communities. This work is being complimented and supported by the efforts of the Select Committee of the Legislature on Mental Health and Addictions. Such special purpose committees are rare and signify an all party commitment to making a difference.



a message from our CEO cont'd

At the regional level, LHINs continue to identify mental health and addictions as a priority. Although the LHINs may not be able to invest in program enhancements the way we would like, at least the needs of the population continue to be recognized and they continue to plan and prepare for the implementation of the 10-year provincial strategy.

CMHA, Ontario has been an active and important contributor to all the efforts at the provincial level. We have provided advice and support to the 10-year strategy through commissioned reports, staff secondments, participation in several policy forums, and our own submissions and briefs on areas of priority for action. Our work has addressed many of the determinants of health and at risk groups such as the elderly. We have also contributed to the work of the Select Committee through submissions, presentations and regular communiqués about areas of interest to its members.

We have also used the time to prepare ourselves to be a more effective organization in meeting our vision and mission. During this fiscal year we began the development of a new strategic plan for 2010-2013. This plan lays out the Board's directions for the organization. The heart of CMHA, Ontario is communications. To that end, we initiated a communications audit utilizing the expertise of Tenzing Communications Inc. to ensure our work is disseminated effectively to our numerous stakeholders. Over the past year, we have broadened our communications efforts and sought out new partnerships to bring a greater public awareness to the importance of mental health and the impacts of mental illness. Our partners this year have included the Toronto Star, The Globe and Mail, Ottawa Life, METRO News, Readers Digest, and Toronto Life. We are very appreciative of each partner's efforts in addressing these important issues.



a message from our CEO cont'd

In this annual report you will find a detailed review of the various projects we have undertaken. These efforts are the direct result of the hard work of CMHA, Ontario's staff with the support of our Board and contributions of numerous partners across the mental health and addiction field.

The seeds that have been planted this year have the potential to flourish. They can be life changing for many in need of help. It is our job, and the job of every Ontarian, to see that they grow and prosper. After all, **there can be no health without mental health.**



Lorne Zon
CEO, CMHA, Ontario



the board President

A message from the CMHA, Ontario Board President

This past year has been marked by significant change for CMHA, Ontario, our 33 branches, and the Provincial health care environment. The announcement of an Ontario 10-year mental health and addictions strategy has opened the door for the development of a more comprehensive and coordinated approach to enhancing mental health for all. Development of implementation strategies will test the skills, knowledge and co-operation of government, those with lived experience and organizations like CMHA, Ontario, our Branches and partners.

CMHA, Ontario is uniquely positioned to have a positive impact on the implementation process. Our expertise in policy development, knowledge exchange and collaboration can be of significant value. The high quality experience of our branches in service delivery, public education and elimination of stigma contribute to our credibility. And our increasing input from those with lived experience, both through our partnership initiatives and our Consumer and Family Advisory Council, help to ensure a practical evidence-based focus in our work.

To address this and many other changes in our external environment, CMHA, Ontario has embarked on a major strategic planning initiative. The process began in January, 2010 with major stakeholder consultation. An initial retreat in February resulted in the first draft of strategic directions for the period 2010-2013. This was followed by extensive work by staff to clarify the directions and add first draft strategic goals. A second retreat scheduled for May 2010 will finalize the strategic directions and goals with staff to complete the strategic objectives and action plans for Board approval. This will be the most comprehensive planning process ever undertaken by CMHA, Ontario. It will also provide for the full implementation of the “results-based” governance model adopted in 2008.



A message from the CMHA, Ontario Board President cont'd

The Board thanks Catherine Anastakis of Collaborative Solutions for her leadership in the process. The Board also appreciates the direct involvement of the CMHA, Ontario Consumer and Family Advisory Council who provided direct input and participated in the first planning retreat.

Another major development in our environment has been the introduction by Local Health Integration Networks (LHINs) of service accountability agreements with our Branches. The impacts of this approach include new pressures on governance, operational collaboration among Branches, and quality measures such as accreditation. Because of this and many other changes that are affecting Branches, a new Branch Council has been created. Chaired by past CMHA, Ontario Board President Russ DeCou, the Council is comprised of volunteer and staff leaders from the branches and Division board members. The objective of this new group is to advise the CMHA, Ontario Board on how it can more effectively utilize its resources and those of the branches to enhance the pillar of mutual support. CMHA, Ontario is pleased with the work carried out so far and is optimistic that CMHA, Ontario and its 33 branches will benefit from the initiative.

Another related initiative has been the establishment of the Branch Accountability Task Force (BATF). This group, chaired by Board Vice President John Clark and CMHA, Ontario and Branch representation, is examining two major issues: the development of a new Division/Branch Accountability Agreement; and the creation of processes and policies regarding new/modified branch charters. This might sound deceptively simple but the pressures for creating new or amalgamated Branches and updating the formal relationships between CMHA, Ontario and our Branches are, indeed, complex. The BATF has sought input from the Branches and is working diligently to produce

A message from the CMHA, Ontario Board President cont'd

recommendations for chartering and accountability processes that are effective, understandable and reflective of the shifting landscape of our work together.

Other examples of Board progress include a review and update of the awards process, updating of Board member skill requirements, Board evaluation and implementation of our new Results Monitoring process: the final step in implementing our new governance model.

I would like to take this opportunity to extend a special thanks to Board members John Clark, Albert (Butch) McMillan, and Gilles Myner who have served CMHA, Ontario in exemplary fashion and who will be departing in June, 2010. Their contributions to committees including governance, audit and BATF have contributed to our many successes. We have been honoured to have them join with us in making CMHA, Ontario an organization of which we can be very proud.



Tom McCarthy
President, Board of Directors
CMHA, Ontario



about CMHA, Ontario

CMHA, Ontario Vision:

A Society That Believes Mental Health is Key to Well-Being.

CMHA, Ontario Mission:

To Make Mental Health Possible For All.

CMHA, Ontario Values:

Self-Determination

We support an individual's involvement in decisions that affect their life.

Diversity

We value diverse perspectives and the lived experience that all people bring.

Social Justice

We are committed to removing barriers and discrimination that impact quality of life, and supporting equitable access to resources, so that people can fully participate in society.

Creativity

We encourage innovative ideas and new ways of working that are responsive to the changing needs of Ontario.

Social Responsibility

We are committed to working in the public interest and for social good.

Integrity

We value honesty and ethical behaviour.



strategic directions: 2010 - 2013

Changing Paradigms:

In Ontario, Canada and internationally, there is a fundamental shift occurring in how governments view mental health and mental illness. A CMHA, Ontario review of several jurisdictions' strategic mental health plans revealed that in Australia, the U.K., Scotland and Canada there has been policy shift from a focus on serious mental illness to a more embracing paradigm of mental health for all. In Ontario, along with this policy shift, we see an increased emphasis on services that are better coordinated in addressing mental health and addictions together.

Addressing mental health is a complex and multi-faceted undertaking that must be grounded in the social determinants of health. Government actions at the policy, program and service delivery levels must be coordinated across Ministries and levels of government; what is often referred to as a 'whole of government approach'.

CMHA has a long history of promoting mental health for all. Our collective vision, "Mentally healthy people in a healthy society" has driven our actions. At CMHA, Ontario this vision has been prominent in all our work and our new Vision, "A Society That Believes Mental Health is Key to Well-Being," reaffirms this focus. There is considerable congruence between the Ontario Government's vision of mental health and addictions and CMHA's long standing belief that "there can be no health without mental health." This emerging congruence has provided considerable scope and opportunity for CMHA, Ontario to focus our efforts over the next three years to actively contribute to the formulation and implementation of the government's mental health strategies.



strategic directions: 2010 - 2013 cont'd

Changing Ways:

The realities of mental illness are out of the shadows at last. Through the efforts of many dedicated organizations and individuals, the true impacts of mental illness and poor mental health have been brought to the fore. Government efforts in addressing these needs have lagged behind its efforts in addressing physical health services in almost every dimension; funding, services, policy, research and evaluation to name a few. In setting its strategic planning priorities for 2010-2013, CMHA, Ontario is looking to utilize its resources – financial, human and communication – to leverage maximum impact for the system improvement.

In Ontario, the resources available to enhancing policy, planning, evaluation and information exchange are confined to a few organizations. A number of provincial organizations are well-positioned to lead coordinated and co-operative efforts in such areas as service delivery, enhancing the consumer voice, advocacy, and primary research. Others have experience in illness specific conditions and needs. CMHA, Ontario is well positioned to lead in areas requiring multi-sectoral integration and bridging the shifting mental health and mental illness paradigm and moving from strategy to action. Our focus on mental health, our understanding of policy and our connections to service delivery on the ground makes us an effective partner to government, provincial organizations, LHINs and service delivery agencies. It is on this foundation that CMHA, Ontario has developed four strategic priorities for 2010-2013:

- 1. Leadership in the evolution of Ontario's mental health and addictions system.**
- 2. Promoting mental health.**
- 3. Advancing health equity in mental health.**
- 4. Partnership with our Branches.**



strategic directions: 2010 - 2013 cont'd

1. Leadership in the Evolution of Ontario's Mental Health and Addictions System

From its beginning in 1919, the Canadian Mental Health Association has been a voice for social reform that promotes and supports mental health, an advocate for the needs of those living with mental illness and a leader in reforming mental health services in Canada. For the past 60 years, CMHA, Ontario has taken on these roles provincially. CMHA, Ontario is one of the largest, objective mental health policy organizations in Ontario and Canada. In fulfilling its vision and mandate, CMHA, Ontario has much to contribute to the evolution of Ontario's mental health and addictions system.

Every year, one in five Ontarians will experience a mental illness. When family and other loved ones are considered, about half of all Ontarians will be touched by the personal impact of mental illness each and every year. Canada and Ontario lag far behind other jurisdictions in addressing this significant societal health need. Mental illness and/or the lack of good mental health affects every community in Ontario and every demographic group. The cost to society in dollars and cents is huge – more than twice the Provincial debt every year. The cost in human terms; through physical, emotional and spiritual suffering, loss of human potential, and lives lost to suicide is immeasurable.

Significant reform that addresses change to the very fabric of how mental health is viewed and valued rarely happens. Ontario is in the midst of such fundamental change.

Strategic Direction: We will be a leader in the evolution of Ontario's mental health and addictions system by contributing our knowledge, resources and skills to provincial policy development and implementation.

strategic directions: 2010 - 2013 cont'd

2. Promoting Mental Health

There is no health without mental health. The promotion of positive mental health is gaining attention among public health officials, social policy advocates, non-government organizations (NGOs) and within socially responsible private sector enterprise. As well, governments have shifted their attention to considering ways and means to promote mental health as well as physical health.

CMHA was an early advocate for mental health as an essential element of health promotion strategies. For people living with mental illness, the goal of health promotion is to ensure that individuals can exercise self-determination over their lives and that communities have the capacity to support recovery. Much of CMHA, Ontario's work can be categorized under the five key strategies of health promotion: fostering healthy public policy, creating supportive environments, strengthening community action, developing personal skills and reorienting health services.

Governments are focusing their attention on developing upstream policy directions and strategies that can prevent mental illness and promote mental health. In Ontario, the Ministry of Health Promotion has identified mental health promotion as a strategic priority. The Ministry of Health and Long-Term Care has recommended that Ontario's new mental health and addictions strategy include two key directions which are directed towards positive mental health: creating healthy communities and building community resilience. The focus here is on initiatives that give priority to populations at-risk.

Strategic Direction: We will promote mental health in collaboration with others.



strategic directions: 2010 - 2013 cont'd

3. Advancing Equity in Mental Health

Health equity strategies focus on reducing systemic barriers that impact health; further equitable distribution of resources that promote health, and ensure equitable access to health care. The current focus on 'equity' generates new opportunities for CMHA, Ontario to provide leadership in encouraging greater opportunities in achieving good mental health and improving the lives of people living with mental illness.

Ontario is comprised of diverse populations with varying levels of underlying social advantage and disadvantage. There are significant documented differences in health status experienced by Ontarians, based on their income, race, ethnicity, gender and neighbourhood. Unequal access to the social and economic determinants of health and inequitable access to health care perpetuates disparities in mental health.

Equity is now used by Ministries, agencies and advocates as an important filter to review provincial and organizational level efforts to prevent poor health and enhance access to health care. The Ontario Ministry of Health and Long-Term Care is focusing attention on health equity and supports the use of health equity assessment tools and frameworks in decision-making. Others are seeking opportunities to ensure that the health of all Ontarians is addressed in policies and inter-sectoral initiatives in order to create an equitable and just society.



strategic directions: 2010 - 2013 cont'd

The Ministry of Health's emerging mental health and addictions strategy indicates that, "the health system should be guided by a commitment to equity and respect for diversity in communities in service to the people of Ontario."

As part of our commitment to advancing equity in mental health in Ontario we recognize the importance of demonstrating our own organizational commitment to equity. CMHA, Ontario will develop and implement an equity framework for our organization that will include a review of relevant human resources and Board governance policies. Our operational plans over the next three years will include reasonable and concrete steps to address equity and diversity within our own organization including at the Board level.

Strategic Direction: We will further equitable access to mental health services and champion the reduction of mental health disparities.

4. Branch Partnership

The Canadian Mental Health Association (CMHA) is a tri-level organization. On a day-to-day basis, the whole organization; National, Divisions and Regions/Branches function as a collaborative partnership. CMHA member organizations are bound by both history and charter obligations. CMHA, National charters the Divisions and the Divisions have the right and obligation to charter local Branches. CMHA, Ontario Division has chartered Branches across the Province. Each Branch is an independent non-profit organization and has

strategic directions: 2010 - 2013 cont'd

voluntarily entered into a Division/Branch Accountability Agreement with CMHA, Ontario that sets forth the formal relationships and mutual obligations.

CMHA, Ontario and its Branches have evolved on both convergent and divergent paths. The convergence of focus on recovery of consumers living with a serious mental illness through an integrated and responsive, multi-sectoral system has resulted in great strides in service provision and helped give a voice to those in need. Our mandates and actions in this work reflect the divergence of respective roles. While our Branches have gained prominence as service providers, Ontario Division has focused on policy analysis and knowledge and information dissemination. These roles converge again by bringing together objective policy advice that reflects provincial policy considerations and constraints with on the ground service delivery issues.

Recovery for people living with a mental illness requires a balanced system of supports that cover a wide range of areas that go well beyond the traditional health care system. Community mental health agencies, and our Branches in particular, have shown leadership and resolve in building today's system. Their accomplishments will be a foundational element in any future system development. CMHA, Ontario will continue to support the Branches to be effective partners in meeting their communities' needs.

Strategic Direction: We will serve our Branches in building their governance and leadership capacities.



knowledge transfer

CMHA, Ontario has been publishing **Mental Health Notes** for close to a decade. In the past year, our readership has rapidly expanded by 25 percent. More than 2,000 direct subscribers receive our e-newsletter every two weeks. Featuring policy reports, news about public issues in Ontario, synopses of the latest research in community mental health, extensive event listings, and the latest updates on projects from CMHA, Ontario and our provincial partners, *Mental Health Notes* is an essential source of information for anyone with a stake in the mental health system.

Being effective at knowledge transfer requires us to communicate with multiple audiences in multiple ways. We work to keep them informed and engaged by providing a range of print and online publications, websites, e-mail discussion lists, training materials, workshops and conferences.

In the wake of the global economic downturn, our Spring edition of *Network* magazine explored “The Road Ahead: Employment, the Economy and Workplace Mental Health.” When the Ministry of Health and Long-Term Care announced that reducing emergency room wait times was a key priority, CMHA Ontario responded with a policy submission and a special Fall issue of *Network* “Mental Health Crisis: Time for a Compassionate Response.”

Following a successful pilot phase that saw six mental health service providers develop new physical activity programs for their clients, the **Minding Our Bodies: Physical Activity for Mental Health** project launched an online toolkit in March 2010. CMHA, Ontario is fostering a community of practice to support the program managers and health promoters who are delivering these programs. We've also



knowledge transfer cont'd

launched a monthly e-bulletin to keep community members abreast of relevant research, professional development opportunities, and new resources in the online toolkit. With renewed support from the Ontario Ministry of Health Promotion, we recently kicked off phase 2 of the *Minding Our Bodies* project, **Eating Well for Mental Health**. Our goal is to increase the ability of the mental health sector to deliver programs that address healthy eating and food security for people with mental illness.

In November, more than 300 delegates from across the province came together in Toronto for the **Making Gains in Mental Health and Addictions** conference. Co-sponsored by CMHA, Ontario and five provincial partners, this event offered dozens of workshops, poster presentations, keynote speakers and panel discussions over three days for professional development, networking and knowledge-sharing.

Professional development training strategies for front-line mental health workers in northern and underserved regions of the province is the focus of the **CE to Go** project we are involved with. An academic-led project, CMHA, Ontario is a partner, and seven CMHA branches in northern Ontario are participating as pilot sites. The purpose of this study is to compare the effectiveness of distance education versus self-directed distance education with small-group learning.

Supporting communities of practice in the mental health field is another one of CMHA, Ontario's knowledge transfer (KT) strategies. We facilitate both face-to-face and virtual dialogue for various groups, including employment support workers across Ontario and staff and volunteers at CMHA branches.



public policy

Mental health is on the agenda in Ontario with the development of a new 10 year strategy for mental health and addictions. There are two main areas of focus for the new strategy: how to redesign the mental health and addictions services to best meet needs, and how to create the conditions in communities to achieve positive mental health and well-being. Five themes have been identified to address these two goals: healthy communities, system design, consumer participation, early identification and intervention and strengthening the workforce. In addition, the Ontario Legislature has created an all-party Select Committee on Mental Health and Addictions to identify needs and recommend ways to improve the mental health and addictions system. It is expected that the work of this committee will be incorporated in shaping the provincial strategy.

CMHA, Ontario has provided public policy advice that can help shape Ontario's new strategy. We have responded to the Ministry of Health and Long-Term Care with policy research and participated in work groups and consultations. We responded to the Ministry's July 2009 discussion paper, "Every Door is the Right Door," which sets out a framework for the strategy. We also made an invited submission before the Select Committee during their public hearings. Our key message is clear: Mental health and mental illness are complex issues. Provincial efforts require comprehensive directions and an integrated approach. Successful action will require fundamental change in public policies, integrated health system planning, inter-sectoral initiatives and engaging individuals with lived experience and their families throughout. CMHA, Ontario is committed to supporting the development of an effective and responsive mental health and addiction strategy for Ontario and we will provide leadership in the evolution of Ontario's mental health and addictions system by contributing our knowledge, resources and skills to its implementation.



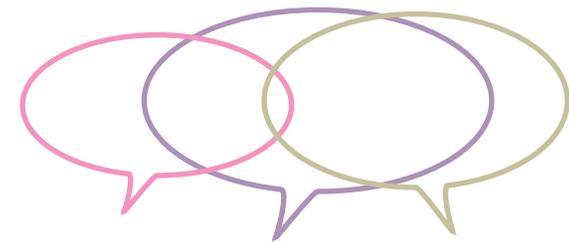
public policy cont'd

Fostering Inter-Sectoral Solutions

While new provincial policy directions are in development, CMHA, Ontario continued over the past year to foster strategies to promote mental health and enhance the basket of services and supports necessary to meet the needs of people with mental illness. This broad-based focus necessitates inter-sectoral collaboration within and beyond the health system. Mental health is influenced by societal, cultural, economic and systemic factors. For people living with mental illness, this means supporting individuals' ability to exercise self-determination over their lives, including having access to desired resources and supportive communities that can foster recovery.

During 2009/10, we worked with others to report on evidence-based research and consultations we undertook to improve the capacity of mental health and addiction services to collaborate with primary health care providers to better serve individuals with mental illness and addictions. We also addressed the low workforce participation rate of persons with serious mental illness and identified six multi-faceted strategies for action. Employment and education are essential elements of recovery for people with mental illness.

Building on our expanding body of work focused on integrating mental health within Ontario's evolving chronic disease prevention and management strategy, we convened a provincial think tank that recommended practical actions that should be taken in Ontario to improve diabetes prevention and management for people with serious mental illnesses.



public policy cont'd

We also provided our policy expertise to resource the Provincial Human Services and Justice Coordinating Committee, itself an inter-ministerial and inter-sectoral planning forum to find collective solutions to better serve people with special needs who come in conflict with the law.

Health System Development

Reducing emergency department wait times continues to be a major priority in Ontario. CMHA, Ontario, together with other provincial organizations have worked together to identify issues and options to reduce avoidable emergency department visits for persons with mental illnesses and addictions. Emergency rooms are an appropriate point of entry for some people experiencing a psychiatric emergency; and in these cases, individuals should be treated with dignity in a timely manner. In other situations, new integrated hospital/community approaches are being piloted in various communities across Ontario, and we have highlighted these innovations for greater uptake. The government is interested in finding solutions and following up on these opportunities and is now working closely with CMHA, Ontario and other key provincial organizations to consider a quality improvement approach to support local health system providers to better support individuals experiencing a mental illness or addiction crisis.

We also prepared a new report to draw attention to the unique mental health issues facing rural and northern communities. Mental health services are less comprehensive, less available and less accessible in rural and northern communities compared to urban areas. Opportunities and promising practices to address this important issue are also profiled. The report has been submitted and discussed with governmental committees and policymakers, as well as distributed for use by health system planning agencies.

fund development

On behalf of the CMHA, Ontario Board of Directors, staff and volunteers, we would like to thank our many generous supporters who have helped us achieve our financial goals this year. We encourage all Ontarians to make wise choices about their mental health and by donating to CMHA Ontario, you can be sure that you have invested wisely.

Throughout the year, we count on the generosity of the many caring people who help us to continue our important work. A special thank you to the 4,133 donors who renew their support with us every year; to all the individuals who have organized events to help raise funds for CMHA, Ontario; and to the many corporate and individual donors for their generous support.

For the year ending March 31, 2010, net contribution from fundraising programs (excluding bequests), totalled \$110,553, which is in line with last year and the current year's budget. In the year ahead, we will continue to focus our fundraising efforts on direct marketing and to participate in community events.

"In the face of hopelessness, despair, darkness, CMHA is there like a silver lining in the dark clouds to give us HOPE. Believe in them."

– CMHA, Ontario donor



mental health WORKS

Responding; this word best describes the past year for **Mental Health Works** (MHW). With the change in economy we have seen a shift in client demands for the MHW program.

Organizations have been challenged to find funds from their ever shrinking training budgets, yet, we are constantly encouraged by the resourcefulness and commitment of employers to find new ways of introducing mental health management training into their workplaces. It seems to be spreading among the government and corporate community that *Mental Health Works* is the “go to organization” for credible, well resourced, corporate education and skills training for workplace mental health. As organizations face budget demands, more and more are willing and expect to look for creative solutions in order to meet the growing demand for enhanced skills training in the area of mental health management in the workplace. *Mental Health Works* is continuing to work with organizations to find efficient, cost effective approaches to meet their individual organizational needs.

In response to both internal program changes and the overall shift in the economy, *Mental Health Works* has spent this past year in a considerable review and planning process. It is clear from the review, that *Mental Health Works* is ready to be taken from a cottage industry program into something more to meet the growing demands from employers to offer cost-effective, credible programs. The need for credible information has never been greater; the challenge for *Mental Health Works* is how to respond to that need. CMHA, National Office spearheaded an indepth scan and review of all of the CMHA Division and Branch programs that deliver workplace mental health training and services. The purpose of the review was to see if CMHA can collectively respond to the needs of Canadian employers for a



mental health works cont'd

comprehensive program, as well as meet the needs of our individual programs. The planning has been moving swiftly, and a new strategic plan for the creation of a national level CMHA Partnership Alliance has been drafted and planning efforts are well underway. MHW is encouraged by this new alliance partnership program, as it not only has the potential to meet the growing needs of employers but also to raise the profile and position of MHW as a key and vital program in the field of workplace mental health.

This year, in response to countless requests for more information geared towards information for the struggling employee, we have created and launched, **Working Through It**. Working Through It is a new video-based online public resource developed in partnership with Mood Disorders Association, and generously funded through the Great-West Life Centre for Mental Health in the Workplace. This tool centers on stories of reclaiming well-being at work, off work and returning to work. We hope that through the use of this tool countless numbers of employees, who find themselves experiencing workplace issues due to their mental health, will be able to find hope and encouragement as well as credible, research-based resources.

This past year, *Mental Health Works* was able to respond to the (SME) small and medium sized employer's needs through a project endorsed by the Mental Health Commission of Canada (MHCC), and sponsored by Great-West Life Assurance. We were very pleased to be able to offer *Issues and Solutions: Managing Mental Health in the Workplace* (free to small and medium sized businesses) through the Chamber of Commerce and other association groups supporting the SME community. We were able to deliver to 49 organizations



mental health works cont'd

and present to over 4,000 managers, business owners, and front-line supervisors. This project was very well received by our team of trainers, as it opened the door for relationship building within their SME community. We hope to find more ways to deliver similar projects in the future.

Looking ahead, *Mental Health Works* will continue to commit to improving and expanding our knowledge and services in order to meet the ever growing demands of the working population across Ontario and in Canada.



treasurer's report

a message from our treasurer, Roger Miller

The Canadian Mental Health Association, Ontario Division financial statements provide our stakeholders' with important insights into the organization's financial health and well being. This year's results continue to reflect the sound financial principles and policies that our management and Board of Directors have implemented.

CMHA, Ontario's financial results for the fiscal year ended March 31, 2010 reflect a surplus of \$203,814 which is mainly as a result of our fundraising efforts and our work with the Ministry of Health and Long-Term Care associated with the Community Care Information Management (CCIM) projects. Fundraising and bequests resulted in a net contribution of \$360,741 and our work with the CCIM projects generated \$142,000 in revenues. Part of this income was used to fund branch support activities and various programs namely, **WorksWell, Communities In Action** and **Mental Health Works**.

Our financial statements also reflect two important Board of Directors' objectives. First, we have set aside a restricted reserve of \$775,000 to provide a financial cushion in these times of economic uncertainty. Second, the Board of Directors have set up an additional restricted reserve of \$600,000 to support achieving the strategic goals and objectives arising from our recently completed three year strategic plan.

In closing, I am pleased to report that CMHA, Ontario Division continues to maintain a strong financial position as we move forward with our strategic plans.



statement of revenue & expenses

Year ended March 31, 2010

	<u>2010</u>	<u>2009</u>
REVENUE		
Ministry of Health and Long-Term Care		
<i>Grants</i>	\$ 1,770,922	\$ 1,719,599
Ministry of Health and Long-Term Care		
<i>Special Projects</i>	54,859	145,140
Fundraising	288,177	302,096
Bequests	250,188	281,666
Branch membership fees	153,750	150,000
Investment income	18,090	55,779
Unrealized investment gains	64,723	-
Mental health works programs	326,154	296,079
Other	291,614	251,256
	3,218,477	3,201,615
EXPENSES		
Knowledge Centre	1,508,288	1,325,062
Communications and marketing	183,842	216,679
Management, operations and support services	477,087	414,548
Volunteer support	85,098	100,371
National office support	93,878	94,036
Mental health works programs	345,046	285,806
Mental health education and capacity building projects	88,600	145,140
Amortization of capital assets	26,634	36,605
Revenue Share Program	28,566	26,084
Fundraising	177,624	193,641
Unrealized investment losses	-	49,188
	3,014,663	2,887,160
EXCESS OF REVENUE OVER EXPENSES	\$ 203,814	\$ 314,455



statement of financial position

March 31, 2010

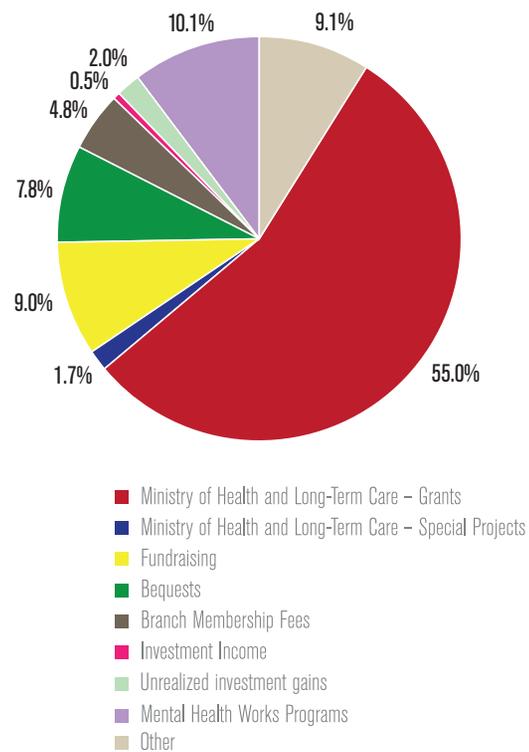
	<u>2010</u>	<u>2009</u>
ASSETS		
CURRENT		
Cash	\$ 10,276,423	\$ 7,090,459
Accounts receivable	423,480	381,054
Prepaid expenses	32,593	73,339
	<u>10,732,496</u>	<u>7,544,852</u>
INVESTMENTS	1,262,119	1,183,027
CAPITAL ASSETS	84,533	92,950
TOTAL ASSETS	\$ 12,079,148	\$ 8,820,829
LIABILITIES		
CURRENT		
Accounts payable and accrued charges	\$ 3,201,879	\$ 2,616,304
Amounts held on behalf of the		
Government of Ontario	\$ 6,319,239	\$ 4,075,240
Due to Government of Ontario	8,734	63,949
	<u>9,529,852</u>	<u>6,755,493</u>
DEFERRED CAPITAL CONTRIBUTIONS	25,421	34,997
DEFERRED CONTRIBUTIONS	375,786	86,064
TOTAL LIABILITIES	9,931,059	6,876,554
NET ASSETS		
INVESTED IN CAPITAL ASSETS	59,112	57,953
INTERNALLY RESTRICTED	1,475,000	784,513
UNRESTRICTED	613,977	1,101,809
TOTAL NET ASSETS	2,148,089	1,944,275
TOTAL LIABILITIES AND NET ASSETS	\$12,079,148	\$ 8,820,829

Copies of the audited financial statement for fiscal year ended March 31, 2010, are available upon request to info@ontario.cmha.ca.



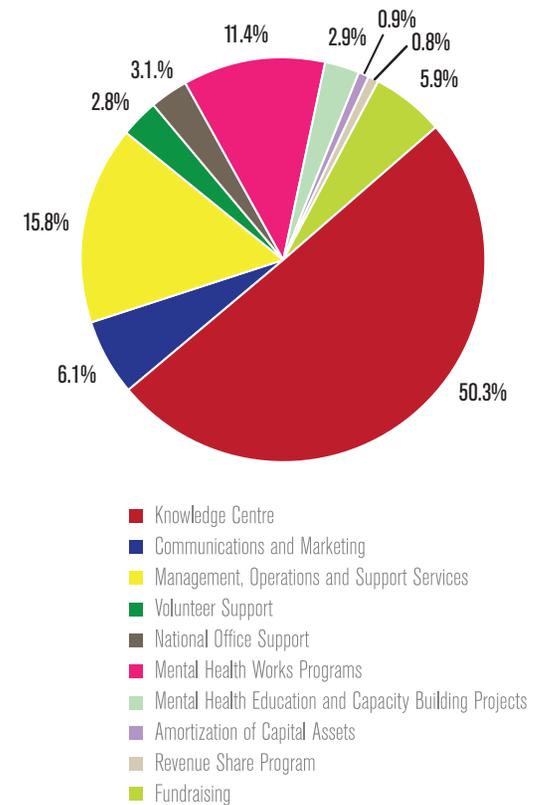
revenue by source

Fiscal 2009/10



expenditure by program

Fiscal 2009/10



tenth annual CMHA, Ontario achievement awards

The CMHA, Ontario Achievement Awards were held on June 12, 2009 in Toronto. These awards recognize volunteers, consumers, staff and organizations who contribute to the ongoing work of enhancing mental health for all Ontarians. Each year, these awards give CMHA, Ontario and its 33 branches the opportunity to recognize people within the CMHA family, and those individuals and organizations in their community, who best exemplify the spirit of CMHA, Ontario.

The 2009 Achievement Award Recipients were:

Lissa Aubin from CMHA, Sudbury/Manitoulin Branch, who received the **Work and Wellbeing Award**, which identifies an organization that promotes mental health in the workplace and demonstrates exemplary co-operation between employers, employees and community agencies within the workplace.

Network Magazine from CMHA, Ontario, who received the **Media Award**, which honours a media representative who has made an outstanding contribution to the coverage of mental health issues.

James Taylor, who received the **Consumer Participation Award** honouring a consumer who has contributed considerable time and energy advocating for proper mental health services.



Kirste Brooks

Lissa Aubin

Opal Zaitz

Scott Mitchell

James Taylor



tenth annual CMHA, Ontario achievement awards cont'd

Opal Zaitz, a volunteer with CMHA, Sudbury/Manitoulin Branch, who received the **Outstanding Volunteer Service Award**, which recognizes a volunteer who has acted with responsibility, enthusiasm, vision and integrity in the service of CMHA.

Kirsten Brooks from CMHA, Brant County Branch, who received the **Outstanding Staff Award**, which acknowledges the exemplary efforts of a CMHA staff person in Ontario.

Peter Birnie, President of Wabi Iron & Steel Corporation, who received the **Special Recognition Award** which honours the special contribution of an individual or organization who exemplifies the vision and mission of CMHA.



Albert (Butch) McMillan
(CMHA, Ontario Board Member)

Peter Birnie



board of directors & advisory council

CMHA, Ontario board of directors

president

Tom McCarthy

past president

Russel DeCou

vice-chair

John Clark

treasurer

Roger Miller

branch forum chairperson

Karen Murphy

director-at-large

Ronald Wyborn

provincial directors

Jim Hunt

Donald Jones

Joan Jones

Michael Lewkin

Albert "Butch" McMillan

Gilles Myner

Judy Watson

executive director liaison

George Kurzawa

consumer and family advisory council

Interim chair

Judy Watson

council members

Laurie Albertini

Earla Dunbar

Bill Hopkins

Dr. Dennis Reid

Jean Beckett

Pam Lahey

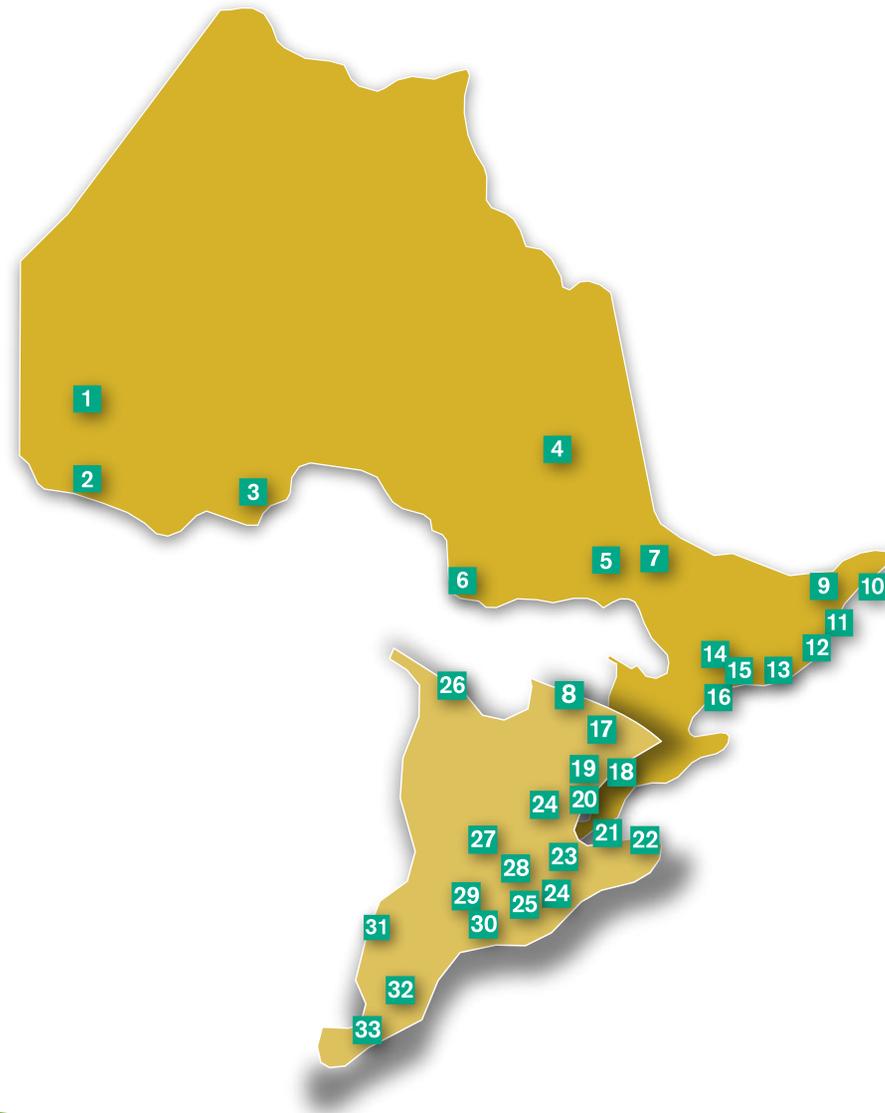
Donald Schultz



Ontario branch locations

33 locations include:

- | | |
|---------------------|--------------------|
| 1. Kenora | 17. Newmarket |
| 2. Fort Frances | 18. Toronto |
| 3. Thunder Bay | 19. Milton |
| 4. Timmins | 20. Brampton |
| 5. Sudbury | 21. Hamilton |
| 6. Sault Ste. Marie | 22. St. Catherines |
| 7. North Bay | 23. Brantford |
| 8. Barrie | 24. Simcoe |
| 9. Ottawa | 25. Guelph |
| 10. Cornwall | 26. Owen Sound |
| 11. Brockville | 27. Stratford |
| 12. Kingston | 28. Woodstock |
| 13. Belleville | 29. London |
| 14. Lindsay | 30. St. Thomas |
| 15. Peterborough | 31. Sarnia |
| 16. Oshawa | 32. Chatham |
| | 33. Windsor |



branch locations

CMHA, Ontario across the province

Community Mental Health Care encompasses a wide variety of programs and services designed to meet individual and local needs. These programs are delivered by CMHA, Ontario branches and include case management, crisis services, supportive housing, court diversion and employment supports.

Barrie-Simcoe County Branch

705-726-5033 (Barrie)

www.cmhasim.on.ca

Brant County Branch

519-752-2998 (Brantford)

www.cmhabrant.on.ca

Champlain East

613-933-5845 (Cornwall)

www.cmha-east.on.ca

Chatham-Kent Branch

519-436-6100 (Chatham)

www.cmhakent.com

Cochrane Timiskaming Branch

705-267-8100 (Timmins)

www.cmhact.ca

Durham Region Branch

905-436-8760 (Oshawa)

www.cmhadurham.org

Elgin County Branch

519-633-1781 (St. Thomas)

www.cmhaelgin.ca

Fort Frances Branch

807-274-2347 (Fort Frances)

www.cmhaff.ca

Grand River Branch

519-597-6650 (Guelph)

www.cmhagrb.on.ca

Grey Bruce Branch

519-371-3642 (Owen Sound)

www.cmhagb.org

Haldimand-Norfolk Branch

519-428-2380 (Simcoe)

www.cmha-hn.ca

Halton Region Branch

519-428-2380 (Milton)

www.cmha-halton.ca

Hamilton Branch

905-521-0090 (Hamilton)

www.cmhahamilton.ca

Hastings & Prince Edward Counties Branch

613-969-8874 (Belleville)

www.hastings-cmha.org

Huron-Perth Branch

519-273-1391 (Stratford)

www.cmha-hp.on.ca

Kawartha Lakes Branch

705-328-2704 (Lindsay)

www.cmhakawarthalakes.ca



branch locations cont'd

Kenora Branch

807-468-1838 (Kenora)

www.cmhak.on.ca

Kingston Branch

613-549-7027 (Kingston)

www.kingston.org/cmha

Lambton County Branch

519-337-5411 (Sarnia)

www.cmhalambton.org

Leeds-Grenville Branch

613-345-0950 (Brockville)

www.cmha-lg.ca

London-Middlesex Branch

519-434-9191 (London)

www.london.cmha.ca

Niagara Branch

905-641-5222 (St. Catharines)

www.cmhaniagara.ca

Nipissing Regional Branch

705-474-1299 (North Bay)

www.cmhanipissing.on.ca

Ottawa Branch

613-737-7791 (Ottawa)

www.cmhaottawa.ca

Oxford County Branch

519-539-8055 (Woodstock)

www.cmhaoxford.on.ca

Peel Branch

905-451-2123 (Brampton)

www.cmhapeel.ca

Peterborough Branch

705-748-6711 (Peterborough)

www.peterborough.cmha.on.ca

Sault Ste. Marie Branch

705-759-0458 (Sault Ste. Marie)

www.cmhassm.com

Sudbury-Manitoulin Branch

705-675-7252 (Sudbury)

www.cmha.sudbury.on.ca

Thunder Bay Branch

807-345-5564 (Thunder Bay)

www.cmha-tb.on.ca

Toronto Branch

416-789-7957 (Toronto)

www.toronto.cmha.ca

Windsor-Essex County Branch

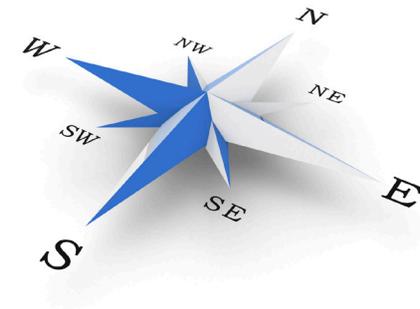
519-255-7440 (Windsor)

www.cmha-wecb.on.ca

York Region Branch

905-841-3977 (Newmarket)

www.cmha-yr.on.ca



contact information

canadian mental health association, ontario

180 Dundas Street West, Suite 2301

Toronto, ON M5G 1Z8

phone: (416) 977-5580

toll free: 1-800-875-6213 (Ontario only)

fax: (416) 977-2813

general email: info@ontario.cmha.ca

web: www.ontario.cmha.ca

Kismet Baun

Senior Communications Advisor, CMHA, Ontario

email: kbaun@ontario.cmha.ca

