

Canadian Mental Health Association Ontario Division Annual Report 2016/2017

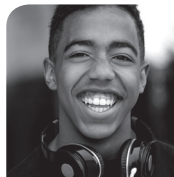


Canadian Mental
Health Association
Ontario
Mental health for all

Canadian Mental Health Association (CMHA) Ontario Division Annual Report 2016/2017

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Message from Board Chair and CEO

It's been another busy and successful year at CMHA Ontario. As we take time to reflect, several themes come to mind, including continued collaboration and strategic growth.

For example, programs like Living Life to the Full and Mood Walks broke new ground to address the mental health of youth and caregivers. Our mental health sports program, Talk Today, now operates with partners from Ontario to British Columbia. And our policy department and the Human Services and Justice Coordinating Committee Secretariat, housed at CMHA Ontario, continue to amaze. Combined, we're committed to more than 100 government-funded projects.

Our Excellence in Quality Improvement Project (E-QIP), a partnership with Addictions and Mental Health Ontario and funded by Health Quality Ontario, kicked into high gear in 2016/2017. Across the sector, agencies embraced E-QIP's teachings to embed quality improvement in their day-to-day work to benefit the individuals they serve.

We acknowledge that CMHA's strength resides at the local level so we've taken steps to further support our branches. We're providing enhanced communications support, while continuing to lean on branch expertise to inform our submissions to government on issues related to mental health and addictions, justice, opioids, poverty and housing.

We'd be remiss if we didn't identify our year-long and highly collaborative strategic planning process. We've engaged local CMHA board volunteers, staff, individuals with lived experience and partners inside and outside the sector. The result is an exciting new strategic plan for 2017-2020 that lays out a bold vision for the future.

Of course, all our accomplishments would not be possible without the dedicated support of Ontario Division board and staff. Thank you all for your commitment and tireless effort toward the cause of improving the lives of those living with a mental illness or addiction.

Congratulations on a wonderful year and best wishes for 2017/2018.



Michael Lewkin

Michael Lewkin
Board Chair



Camille Quenneville

Camille Quenneville
Chief Executive Officer

Supporting the Mental Health and Addictions Leadership Advisory Council



Minister of Health and Long-Term Care Eric Hoskins with some of the leadership council members.

In 2016, the Mental Health and Addictions Leadership Advisory Council released its second annual report, which included a progress update and future recommendations for enhancing Ontario's mental health and addictions system. CMHA Ontario's CEO Camille Quenneville is a member of the council, which oversees implementation of Ontario's Comprehensive Mental Health and Addictions Strategy (the Strategy) and advises the Minister of Health and Long-Term Care on implementation.

Several of the council's recommendations were generated from work CMHA Ontario conducted throughout the year in the areas of data and performance measurement and core mental health services.

The council recognizes that a key foundation to building the coordinated system envisioned

by the Strategy is through the collection and use of high-quality data to evaluate and improve system performance. Strong data and performance measurement of the mental health and addictions system will mean informed decision-making about resource allocation and addressing service quality variation across Ontario.

Another key piece of system transformation is to make available a core set of mental health and addictions services across the province. Having consistent and standardized services enhances the government's ability to improve coordination and provide support equitably to all Ontarians.

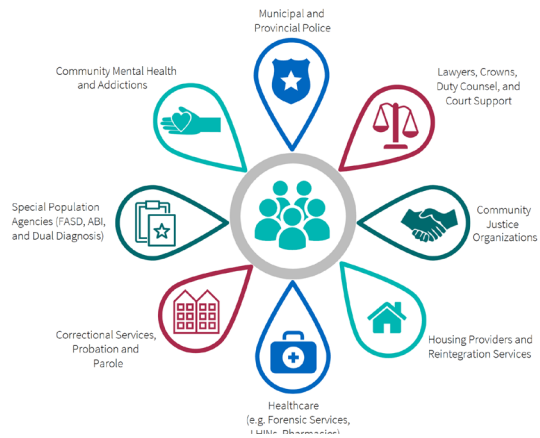
CMHA Ontario Division is proud to be associated with the great work of the leadership council.

Provincial Human Services and Justice Coordinating Committee (HSJCC) Secretariat

Now in its second year, the HSJCC Secretariat is working on several projects relating to issues regarding the intersection of mental health, addictions and the human services and justice system.

It has co-supported the Police-Hospital Transition Project led by the Provincial HSJCC, CMHA Ontario, and the ministries of Community Safety and Correctional Services, and Health and Long-Term Care. The goal is to provide police services and hospitals with the tools necessary to establish an effective transition process for individuals apprehended by police officers under the Mental Health Act and subsequently accompanied to a hospital emergency department for assessment and care. The project, which is in its final stages, recommends a framework and implementation toolkit to increase efficiency, reduce costs to the system, and improve patient outcomes.

The Mental Health Courts Project surveyed all the operating mental health courts across the province and their key defining features. The project will include a forum comprising a cross-section of stakeholders from the mental health and justice sectors. A final report will be released in 2017.



The HSJCC Secretariat also co-supports with other partners the Housing, Health and Justice Community of Interest (COI). The COI provides a point of collaboration to address housing issues of justice-involved individuals. The COI hosted a think tank-day in November 2016, which generated discussion and priorities for improving housing support for impacted individuals. A final report is expected in 2017.





Enhancing ODSP Policies

Improving the Ontario Disability Support Program (ODSP) for people with lived experience of mental health and addictions issues, (PWLE) remains a significant focus, given that nearly half (46 percent) of ODSP recipients have a diagnosis of a mental illness.

CMHA Ontario worked with the ODSP Action Coalition to inform ODSP policy changes about reimbursement rates for medical transportation and the medical review process.

Early in 2017, following a court challenge and consultations with stakeholders, including CMHA Ontario, the Ministry of Community

and Social Services (MCSS) more than doubled mileage rates for ODSP recipients travelling for authorized medical treatments.

CMHA Ontario participated in the ODSP Disability Adjudication Working Group in 2016 to help design a new and simpler medical review process. The existing medical review process had essentially amounted to a re-application of ODSP benefits and was a cumbersome and stressful process, especially for people with lived experience. As a result of ongoing consultation, MCSS announced a new and improved medical review process in early 2017. The new process saves time and is easier for both ODSP recipients and health professionals.

Enhancing Mental Health Accommodation



CMHA Ontario launched Think Outside the Box, an online resource that provides employers and other stakeholders with tools to develop their own accessibility solutions. Our work was advised and supported by ARCH Disability Law Centre, the Ontario Human Rights Commission and CMHAs Champlain East, Middlesex, Sudbury/Manitoulin and York and South Simcoe.

Think Outside the Box aims to promote innovation in mental health accessibility and accommodation by:

- Creating and sharing a toolbox of common principles and concrete steps to get started with mental health accessibility and accommodation.
- Sharing real accessibility stories from people with mental health disabilities and organizations that serve or employ them.
- Providing accurate and reliable information about mental health disabilities and Ontario’s accessibility and human rights frameworks.

You can download the Think Outside the Box poster, a visual reminder that includes nine steps to improve mental health accessibility, or share your individual or organizational story about accessibility by visiting thinkoutsidethebox.cmha.ca.

Policy Consultations

Strategy to Prevent Opioid Addiction and Overdose

Ontario is experiencing an increase in the harms related to opioids, with about two overdose deaths every day in the province. The Ministry of Health and Long-Term Care announced a strategy to respond to the current crisis. CMHA Ontario and branch representatives across the province participated in consultations to inform the strategy, developing a response in partnership with Addictions and Mental Health Ontario. Our response called for the government to consider the crucial role community-based addictions and mental health organizations across the province play in addressing the crisis.

Provincial Employment Strategy for People with Disabilities

The Ministry of Community and Social Services invited CMHA Ontario and other stakeholders to participate in a working group and series of consultations throughout 2016 to inform employment strategy for people with disabilities. This strategy aims to support an approach that meets the needs of people with disabilities, including youth and students. The strategy strives to create a shift toward a person-centred employment system, and includes engagement with employers to address barriers to employment faced by individuals living with disabilities.



Independent Police Oversight Review

In 2016, Justice Michael Tulloch of the Ontario Court of Appeal was appointed to conduct an 11-month review of the three provincial policing oversight agencies: the Special Investigations Unit, the Office of the Independent Police Review Director, and the Ontario Civilian Police Commission. Throughout the year, Justice Tulloch engaged in consultations with various stakeholders who provided information about best practices in police response to individuals experiencing a mental health crisis. CMHA Ontario, CMHA Toronto, the Centre for Addiction and Mental Health, and the Wellesley Institute jointly participated in the consultations. In the spring of 2017, Justice Tulloch released a final report that included 129 recommendations to increase police transparency in the province.

The Centre for Innovation in Campus Mental Health

The Centre for Innovation in Campus Mental Health (CICMH) has been actively engaging Ontario Colleges and Universities with tools to support student mental health and addiction needs. CICMH which is funded by the Ministry of Advanced Education and Skills Development, has been extended to a new three year phase housed at CMHA Ontario.

In November 2016, CICMH held its annual conference, bringing together campus counsellors, staff and students across the province to develop partnerships between different on-campus services and community-based agencies. Participants enjoyed the excellent opportunity to network and connect with colleagues and felt it provided great opportunities to integrate communities to campus mental health.

With the launch of the new CICMH website (campusmentalhealth.ca), school administrators and staff now have access to an online toolkit, webinars, spotlights on innovative mental health projects, news and events surrounding mental health on campus, and much more.

CICMH runs monthly webinars with mental health experts on topics relevant to post-secondary mental health. The webinars help frontline staff and administrators address gaps in knowledge and service when supporting students. The latest webinar, “Trauma Responses with Indigenous Youth” was highly attended and gave service providers valuable ideas on ways to support Indigenous youth on campus.

Over the course of the initiative, CICMH will be consulting with 44 public post-secondary institutions. One significant outcome will be a CICMH hosted forum in Northern Ontario that brings stakeholders together from local schools and CMHA branches to discover ways to create sustainable partnerships between campuses.



CENTRE FOR INNOVATION IN
CAMPUS MENTAL HEALTH



Interest grows for Talk Today



Canadian Mental Health Association

TALK TODAY

Talk Today continues to break new ground.

The program, in its third year, has now provided suicide prevention training to approximately 2,500 individuals – the vast majority are young student athletes – across Ontario and Western Canada.

CMHA branch participation in Talk Today has also grown from 17 in Ontario to a combined 37 in Ontario, Manitoba, Saskatchewan, Alberta and British Columbia.

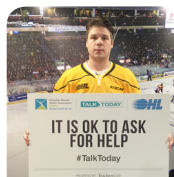
Spearheading the growth is the partnership with the 60-team Canadian Hockey League (CHL). The CHL includes the Western Hockey League (WHL), Ontario Hockey League (OHL) and Quebec Major Junior Hockey League (QMJHL). It supplies more players to the National Hockey League and U Sport than any other league.

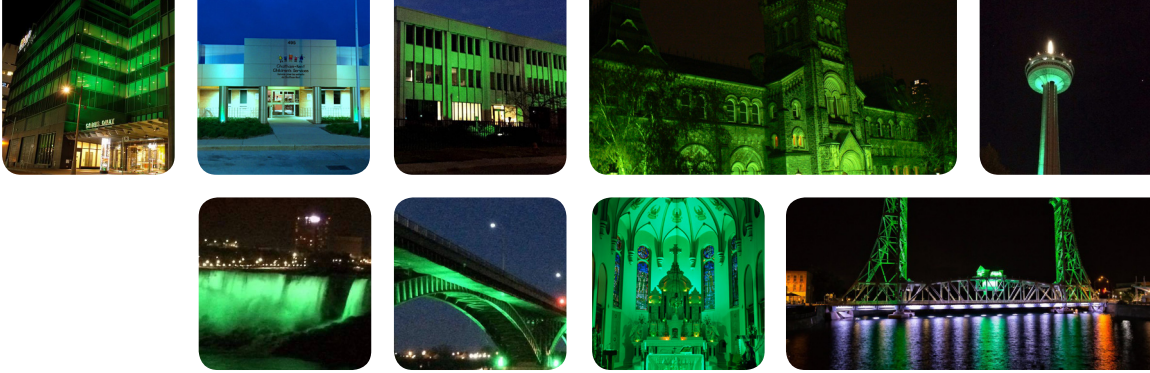
The WHL has joined the OHL in running the program with our branches. The QMJHL is expected to run the program this year.

Talk Today is not limited to the CHL. Other junior hockey leagues, high schools and post-secondary institutions continue to show interest in the program, providing CMHA branches innovative community partnership opportunities.

Branches and local partners combined forces to raise awareness about positive mental health and suicide prevention during dedicated Talk Today game days.

This year, Talk Today in Ontario received a financial boost. Teachers' Life, an insurance firm, provided \$64,000 over two years to participating OHL teams to pay for ongoing training and in-class mental health presentations.





Shining Green for Mental Health Week

Communities across Ontario joined in what has become a green movement for Mental Health Week. Going green for mental health is a positive way to remind communities to make mental health a priority. Last year, more than 70 Ontario landmarks, including the CN Tower, Niagara Falls and the Peace Bridge were lit green for the 65th annual Mental Health Week May 2 to 8.

Individuals were also encouraged to take part by wearing green or taking pictures near illuminated landmarks throughout the province and to share them on social media using the hashtag #GETLOUD.



We ask everyone to consider their mental health just as they do their physical health,” said Camille Quenneville, CEO of CMHA Ontario. “Good mental health isn’t about avoiding problems or trying to achieve a perfect life. It’s about living well and feeling capable despite challenges.



This initiative received a big boost from Ted Michaels, on-air personality and host of the award-winning series, Wellness Wednesdays, on Hamilton radio station AM900 CHML. With AM900 CHML leading the charge, Michaels’ teamed up with the Burlington Community Foundation and CMHA branches in Hamilton and Halton. Together, they orchestrated 25 local landmarks to be lit green.



With one in five children, youth and adults affected by mental health issues, Children’s Mental Health Ontario and CMHA Ontario used Mental Health Week to call attention to the importance of good mental health and to the role each of us has in supporting those with mental health challenges.

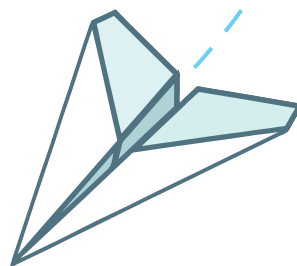
Living Life to the Full Helps Caregivers Cope

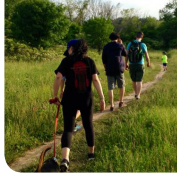
Living Life to the Full for Caregivers 55+ is a three-year initiative to help improve mental wellbeing and feelings of social support amongst caregivers 55+ in the city of Toronto. An eight-week mental health promotion program, Living Life to the Full provides skills to cope with life's challenges. To date, over 300 caregivers have learned new stress- coping skills and benefited from peer experiences that involved the sharing of similar difficulties.

The course is delivered in partnership with the following community agencies: The Association of Ontario Health Centres, CMHA Toronto, Older Adult Centres' Association of

Ontario, and Toronto Community Housing Corporation.

The course raises awareness of caregiver mental health, encouraging service providers and caregivers alike to recognize the need for self-care training and education. CMHA is extending the reach of the program to additional culture and language groups including adaptations to serve French, Mandarin and Cantonese speaking individuals. The project is funded by the Government of Canada's New Horizon's for Seniors Program, and will run until October 2018.





MOOD WALKS

Get Active, Explore Nature, and Connect with Others

Mood Walks for Youth in Transition provides community mental health organizations across Ontario with training and support to launch outdoor walking programs for young people who are at risk of or experiencing mental health issues. Led by CMHA Ontario in partnership with Hike Ontario and Conservation Ontario, Mood Walks promotes physical and mental health by creating new opportunities for young people to connect with nature and their peers. Over 600 youth across Ontario participated in 377 hikes exploring conservation areas as well as local, provincial, and national parks.

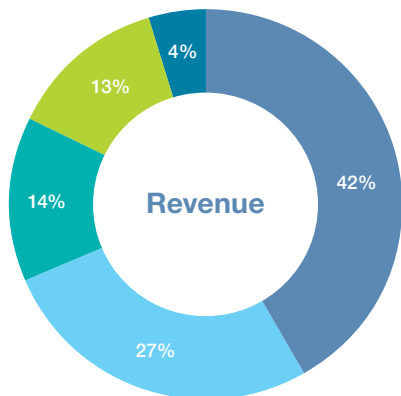
A two-day summit was held in February bringing program leaders, participants, mental health professionals, volunteers and members of the public together to learn, share stories, and discuss key outcomes from the project.

The event began with an inspiring welcome video message from Sophie Grégoire Trudeau recognizing the value of Mood Walks and getting active outdoors. Presentations and speakers explored new ideas around diversity, inclusion, youth engagement, and campus mental health.



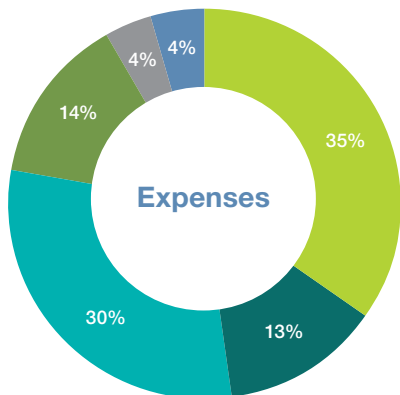
Financials

Statement of Revenue and Expenses Year ended March 31, 2017



Base funding - MOHLTC	\$2,113,089
Grants - Special projects	\$1,366,766
Fundraising	\$698,786
Programs and support	\$662,836
Investment income	\$225,591

Total \$5,067,068



Health system development	\$1,619,220
Public education and awareness	\$611,995
Special projects	\$1,396,817
Management, operations and support services	\$641,591
Programs and support services	\$176,743
Fundraising	\$202,798

Total \$4,649,164

EXCESS/(DEFICIENCY) OF REVENUE OVER EXPENSES \$417,904

Audited statements are available on request.

Find your Local Branch

CMHA ONTARIO DIVISION

www.ontario.cmha.ca

BRANT, HALDIMAND, NORFOLK BRANCH

www.bhn.cmha.ca

CHAMPLAIN EAST BRANCH

www.cmha-east.on.ca

COCHRANE- TIMISKAMING BRANCH

www.cmhact.ca

DURHAM BRANCH

www.cmhadurham.ca

ELGIN BRANCH

www.cmhaelgin.ca

FORT FRANCES BRANCH

www.cmhaff.ca

GREY BRUCE BRANCH

www.cmhagb.org

HALIBURTON, KAWARTHA, PINE RIDGE BRANCH

www.cmhahkpr.ca

HALTON REGION BRANCH

www.halton.cmha.ca

HAMILTON BRANCH

www.cmhahamilton.ca

HASTINGS & PRINCE EDWARD COUNTIES BRANCH

www.hastings-cmha.org

HURON-PERTH BRANCH

www.cmha-hp.on.ca

KENORA BRANCH

www.cmhak.on.ca

KINGSTON BRANCH

www.cmhakingston.com

LAMBTON-KENT BRANCH

www.lambtonkent.cmha.ca

MIDDLESEX BRANCH

www.cmhamiddlesex.ca

MUSKOKA- PARRY SOUND BRANCH

www.mps.cmha.ca

NIAGARA BRANCH

www.cmhaniagara.ca

NIPISSING REGIONAL BRANCH

www.nipissing.cmha.ca

OTTAWA BRANCH

www.ottawa.cmha.ca

OXFORD COUNTY BRANCH

www.cmhaoxford.on.ca

PEEL DUFFERIN BRANCH

www.cmhapeeldufferin.ca

SAULT STE. MARIE BRANCH

www.ssm-algoma.cmha.ca

SIMCOE COUNTY BRANCH

www.cmhastarttalking.ca

SUDBURY MANITOULIN BRANCH

www.sm.cmha.ca

THUNDER BAY BRANCH

www.thunderbay.cmha.ca

TORONTO BRANCH

www.toronto.cmha.ca

WATERLOO WELLINGTON BRANCH

www.cmhaww.ca

WINDSOR-ESSEX COUNTY BRANCH

www.windsorsex.cmha.ca

YORK AND SOUTH SIMCOE BRANCH

www.cmha-yr.on.ca



**Canadian Mental
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CANADIAN MENTAL HEALTH ASSOCIATION ONTARIO DIVISION

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