

# CANADIAN MENTAL HEALTH ASSOCIATION ONTARIO

# ANNUAL REPORT 2021-2022

Can  
Health Association  
Ontario  
Mental health for all

TALK TODAY



Canadian Mental  
Health Association  
Ontario

## THERE IS STRENGTH IN SPEAKING UP

#TalkToday



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# VISION, PURPOSE, VALUES



## VISION

A society that embraces and invests in the mental health of all people.



## PURPOSE

We work to improve the lives of all Ontarians through leadership, collaboration, and the continual pursuit of excellence in community-based mental health and addiction services.



## VALUES

- Self-Determination
- Creativity
- Equity, Diversity and Inclusion
- Social Responsibility
- Social Justice
- Integrity

# BOARD OF DIRECTORS



Marcel Gagnon – Chair  
Bill Chantler – Vice Chair  
Catherine Simunovic – Past Chair  
Cynthia Wujek – Secretary  
Peter Kastner - Treasurer  
Nitika Rewari – Member at Large  
Louise Paquette – National Representative  
Alan Stevenson – Executive Leadership Liaison

**Directors:**  
Tom Walters  
David Woodard  
Zehra Sheerazi  
Patrick Fleming

# BOARD CHAIR AND CEO MESSAGE

What a whirlwind of a year it has been for CMHA Ontario!

Amid all of our regular and constantly-developing work on policy, quality improvement, provincial programming, communications, government relations, advocacy and support of our network of 25 provincial branches, our team has managed to take on more than ever in the past 12 months. As a result, we're experiencing unprecedented growth in our number of staff as well as in our organization's infrastructure among community-based mental health care leaders in Ontario.

Just in the past year, our provincial office has grown from roughly 52 staff to now more than 85. This expansion is primarily due to two major developments in our programming portfolio in support of health care workers as well as the agriculture community.

Officially launched in early 2022, Your Health Space supports health care organizations to improve mental health in their workplaces through live workshops and self-directed modules. Significant progress was also made in developing supports for farmers and their support networks, including the continued evolution of the In The Know program, as well as the creation of the Farmer Wellness Initiative and the Guardian Network.

And there's much more to come.

Aside from programming, we continue to work closely with our community and government partners to advocate for more investment, increased supports and quality improvement.

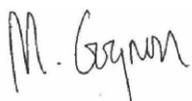
CMHA Ontario is pleased to have developed a strong working relationship with the Mental Health and Addictions Centre of Excellence at Ontario Health. We now convene monthly meetings with the centre to discuss ongoing issues such as core services, centralized intake, emergency response, human resources and more.

We also continued our COVID-19 polling series, with our fourth poll, released in February, showing that more Ontarians were seeking mental health help at that point than at any other time during the pandemic. It's a trend that has persisted through the pandemic and underscores the need for more base funding in mental health and addictions – right away.

While our work at the provincial level is stronger than ever, our branch network only continues to expand as well. In the past year we're pleased to have onboarded a new branch – CMHA North Bay and District – and welcomed a new, amalgamated branch into the mix – CMHA Thames Valley.

The 2021-22 fiscal year has been one of many new developments and opportunities to support Ontarians. Thanks to a devoted staff, dedicated board and tremendous branch network, we're optimistic there's much more to come.

Marcel Gagnon  
Board Chair



Camille Quenneville  
Chief Executive Officer



# POLICY TEAM HAS CROSS-SECTOR INFLUENCE

CMHA Ontario's public policy department strengthens, supports, engages and champions the work of CMHA branches and the community mental health and addictions (MHA) sector. It provides reliable analysis of provincial policy, system planning and service delivery to a range of stakeholders. It works to raise awareness of key evidence in MHA and strategically advance systemic issues impacting people with lived experience.

## PRE-BUDGET CONSULTATION

The CMHA public policy team supported the province's pre-budget consultation which contributed to CMHA Ontario's pre-budget submission.

Following pre-budget consultation, the CMHA Ontario pre-budget submission focused on:

- **The need for an immediate base budget increase of eight per cent for CMHA branches.**
- **The need for at least 3,000 new supportive housing units per year for the next decade.**
- **Increased investment in Mobile Crisis Response Teams.**
- **Increased investments and an integrated response to the urgent drug poisoning crisis.**

## CROSS-SECTOR COLLABORATION

The policy team evolved several of its communities of practice (CoPs), including expanding the scope of its safe supply CoP to encompass a broader focus on addictions and substance use issues.

CMHA Ontario, through the Primary Care-Mental Health and Addictions Working Group, finalized the Primary Care and Community-Based Mental Health and Addiction Partnership Guidebook for Ontario Health Teams, that will be released in September 2022 to support branches in their partnerships with Ontario Health Teams.

The policy team supported Community Health Ontario, meeting monthly to discuss cross-sectoral priorities for the community mental health and addictions sector.

The Provincial Youth Suicide Prevention/Life Promotion Collaborative's three working groups developed useful resources, including: messaging on youth suicide prevention for adults who are interacting with youth; postvention efforts in community-based settings and school-based suicide prevention/life promotion initiatives for community-based providers. These resources will be launched in fall 2022.

## GOVERNMENT ENGAGEMENT

CMHA Ontario established monthly meetings with the supportive housing team within the Ministry of Health to engage on related issues. We supported several consultations with CMHA branches including a tri-ministry consultation on supportive housing and related cost savings led by KPMG.

Additionally, CMHA Ontario continued its collaboration with the Association of Municipalities of Ontario (AMO) working on shared mental health and addictions issues. After signing a memorandum of understanding last year, CMHA Ontario joined

AMO's health task force that provides advice to AMO's board.

Connections continued to be established with the Mental Health and Addictions Centre of Excellence (CoE) at Ontario Health. CMHA Ontario's support of the CoE includes briefing their new staff about the community sector and meeting monthly to discuss ongoing issues such as core services, centralized intake, emergency response, human resources, Ontario Structured Psychotherapy, clinical leadership and other emerging topics.

## SUPPORTING RESEARCH

CMHA Ontario supported a review of evolving research on loneliness with McMaster University in support of the work that CMHA York and South Simcoe has been doing locally to address loneliness.

CMHA Ontario received funding from the Mental Health Commission of Canada for a research project on the impact of cannabis use on drug treatment

court programs in Ontario. The research explores how cannabis use helps or hinders a participant's completion of a drug treatment court program. The project is in partnership with the John Howard Society of Ontario and the Provincial Human Services and Justice Coordinating Committee. A policy forum will occur in fall 2022.

## HELPING BRANCHES THROUGH COVID-19

During COVID-19, CMHA Ontario supported branches and staff to ensure a safe, high level of care despite new restrictions by:

- Advising branches on pandemic responses from Ontario Health and the Ministry of Health (MOH).
- Supporting the development of the MOH's pandemic guiding documents to help the mental health and addictions sector navigate COVID-19.

- Monitoring decisions from both the province's COVID-19 command and collaboration tables, providing current information, including emergency orders that impacted service delivery.



# DRIVING QUALITY IMPROVEMENT IN COMMUNITY HEALTH CARE

## EXCELLENCE THROUGH QUALITY IMPROVEMENT (E-QIP)

Since March 2016, **E-QIP** has provided leadership and capacity building in quality improvement (QI) and data-driven decision-making for the community mental health and addictions (MHA) sector. E-QIP is co-led by Addictions and Mental Health Ontario and CMHA Ontario and delivered in close partnership with the Provincial System Support Program at the Centre for Addiction and Mental Health and the MHA Centre of Excellence at Ontario Health.

Over the last year, E-QIP delivered several supports to community MHA providers including: intensive QI coaching to build capacity; a community of practice focused on access to care and equity; governance and leadership training for community agencies participating in OHTs; and a conference on using data to drive client and system outcomes.

### 2021-22 E-QIP HIGHLIGHTS:



**710**

participants at virtual  
conference



**116**

participants completed  
'Foundations of QI'  
e-learning course (IDEAS)



**67**

QI consultations provided to  
43 unique agencies



**49**

agencies supported to use data  
to inform QI activities related to  
access and equity



**19**

QI and measurement tools  
developed



**16**

agencies supported in  
developing a QI plan



**15**

project teams provided  
intensive QI coaching



**7**

agencies provided with governance  
and leadership training



**4**

sector-wide webinars

# COMMUNITY BUSINESS INTELLIGENCE (CBI)

CMHAs have been working since 2018 to implement CBI, a data collection and reporting platform for the community-based health sector. Twenty-five CMHA branches now have data in CBI.

The implementation of CBI in CMHA branches has positioned branches to be early adopters in the Provincial Data Standard (PDS), an initiative to collect standardized data from community MHA

agencies. By the end of 2021-22, 12 CMHA branches were participating in the PDS pilot.

OHIP card readers have been successfully implemented in 12 CMHA branches to streamline data collection. Based on these initial results, CMHA Ontario will determine if implementing OHIP card readers at all CMHA branches will improve data quality and collection.

# BRANCH COMMUNITIES OF PRACTICE

CMHA Ontario convenes several communities of practice (CoPs) to support branches, share information and innovations, and collaborate.

In 2021-22, the clinical leads CoP developed a collaborative statement on clinical supervision, including guiding principles and delivering high-quality supervision. This work has continued through the leadership of CMHA Ottawa and CMHA Thames Valley, which are piloting supervision training for their leadership teams with a plan to develop a sustainable resource for all CMHA branches. A collaborative statement on the key principles of trauma and violence-informed care (TVIC) and an approach for implementation of TVIC were also developed in 2021.

The quality leads CoP reviewed several standardized data collection tools in 2021-22, including the Ontario Common Assessment of Need, the Ontario Perception of Care tool and interRAI tools. They also participated in discussions on equity, system measurement and using data for decision-making.

The accreditation CoP provided valuable learning opportunities for its members in 2021-22, with presentations from the Commission on Accreditation for Rehabilitation Facilities and Healthcare Excellence Canada. Branch experiences with accreditation during the pandemic offered valuable and timely insight. Key priorities for the CoP this year included QI, medication management and reconciliation, and infection prevention and control.

# NEW PROGRAMS FOR AGRICULTURAL COMMUNITY

In the past year, CMHA Ontario made significant progress in developing supports for farmers and the agricultural community. These supports include In The Know, the Farmer Wellness Initiative, and the Guardian Network.



## IN THE KNOW

In 2021-22, CMHA Ontario received funding from the Ontario Ministry of Agriculture, Food and Rural Affairs to enhance the outreach, promotion and delivery of **In The Know**, a free, four-hour mental health literacy workshop for the agriculture sector. As a result, CMHA Ontario is focused on growth and creating awareness of In The Know as a mental health education opportunity for the agricultural community.

In The Know has a network of 32 trained facilitators across 19 CMHA branches in Ontario. In The Know also launched the first quarterly In The Know agricultural literacy branch session in March 2022 for its network of trainers, featuring a keynote address from mental health advocate Tim May (aka Farmer Tim), agricultural knowledge sharing from the Ontario Federation of Agriculture and a networking opportunity for facilitators.

### IN THE KNOW IMPACT TO DATE:



**218**  
participants across  
17 workshops



**3**  
agricultural  
conferences  
attended



**83%**  
of participants intend  
to adopt learnings in  
everyday life



**89%**  
of participants reported  
increased confidence  
about mental health  
programs and conditions



**100%**  
of participants would  
recommend the  
workshop to others in  
agriculture

## FARMER WELLNESS INITIATIVE AND GUARDIAN NETWORK

In 2021-22, CMHA Ontario received additional funding from the Ontario Ministry of Agriculture, Food and Rural Affairs and the Canadian Agricultural Partnership for two new mental health programs that serve Ontario's agricultural community.

Launched in January 2022, the **Farmer Wellness Initiative** provides free counselling support to Ontario farmers and their families through access to a 24/7/365 line available in both English and French. Counsellors receive training to understand the unique needs of the agricultural community. Farmers and their family members aged 12+ can access the line by calling 1-866-267-6255.

Work also began on the **Guardian Network**, a volunteer suicide prevention network which supports Ontario's farming community. A guardian is an individual, over the age of 18, who is likely to be in contact with farmers through their work, volunteer activities, or their place in their community and has successfully completed the Guardian Network training program. Guardians are equipped with strategies and tools to identify the signs of mental distress, react to farmers at risk, and connect individuals with appropriate mental health and crisis resources.



## SUPPORTING HEALTH CARE ORGANIZATIONS

Launched in early 2022, **Your Health Space** supports health care organizations across Ontario to improve mental health in their workplaces through live workshops and self-directed modules. It embraces the holistic view that psychological health and safety in the workplace takes the collective effort of individuals across an entire health care organization. The program is offered to leaders, health care workers, and support staff working in hospitals, long-term care facilities, and home and community care settings. Through this program, health care workers can learn to recognize and manage symptoms of chronic workplace stress and connect with colleagues through facilitated discussions.

Parts of Your Health Space can be tailored to meet an organization's unique needs. Workplaces have the option to attend live virtual workshops or have in-person sessions. For leadership workshops, participants can choose the presentation length and case studies that best suit their needs.



# SUPPORTING FIRST RESPONDERS' MENTAL HEALTH

**Resilient Minds** is an evidence-informed, peer-to-peer, skill-building program designed by and for firefighters to develop strategies to mitigate and better manage occupational stress and enhance personal resilience, resulting in healthier teams.

Resilient Minds offers two options for delivery in Ontario: a peer-led course provided directly to firefighters, and a train-the-trainer workshop that prepares and certifies firefighters to become peer instructors to deliver the course.

In late 2021, Resilient Minds received a grant from Movember that will support the following in 2022-23:

- Delivery of 18 train-the-trainer workshops and certification of 180 new Resilient Minds firefighter peer instructors
- Adapting the program for paramedic/police services, certifying 20 additional peer instructors
- Conducting 20 additional Resilient Minds courses

Overall, these efforts will reach more than 4,000 first responders.



**34**  
fire departments  
supported

**952**  
firefighters  
benefited from RM



“

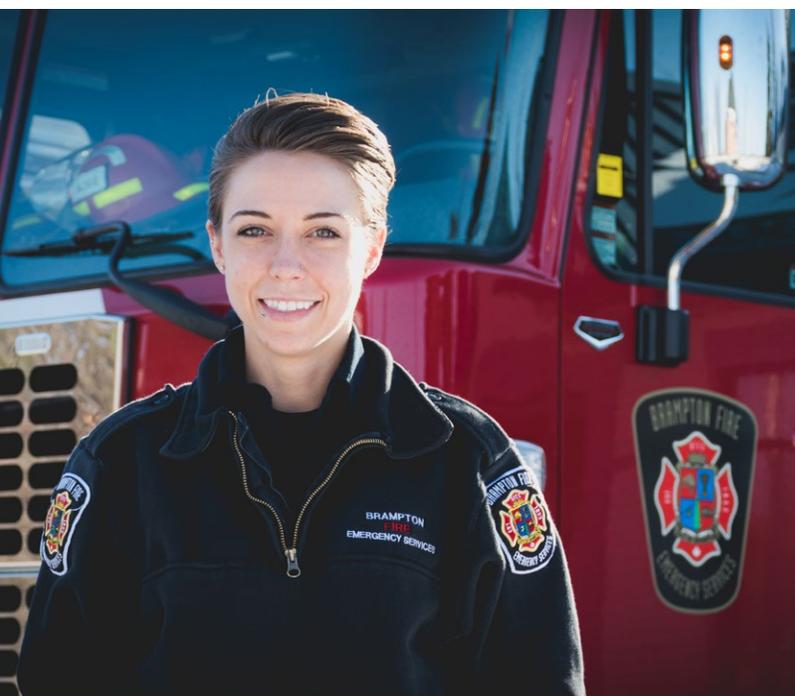
*I think Resilient Minds should be part of the core training for every firefighter. Not only did this program help me develop the tools when dealing with my own mental health issues but it made it easier to have the conversation within our department. Early identification and treatment is key and you can't get treatment if you can't talk about it. – Firefighter, Resilient Minds participant*

”

“

*Members that have completed Resilient Minds continue to reference it as some of the best training they have participated in during the course of their careers. – Deputy fire chief, Resilient Minds participant*

”



# MEETING DEMAND FOR CAMPUS SUPPORTS

Housed at CMHA Ontario, the **Centre for Innovation in Campus Mental Health (CICMH)** is a partnership project that also involves Colleges Ontario, the Council of Ontario Universities, the Ontario Undergraduate Student Alliance and the College Student Alliance. Together as CICMH, this

group engages and supports Ontario colleges and universities in their commitment to student mental health and well-being. The last two years have been difficult for Ontario campuses. Despite this, CICMH has continued to meet the growing demands of its stakeholders.

## THIS YEAR, CICMH:

- Completed work on three new toolkits on anti-oppressive practices, crisis response and student athlete mental health.
- Planned and facilitated six English-language regional forums, a French-language forum, and an inter-regional forum focused on the return to the physical campuses. Over 98 per cent of forum evaluation respondents said attending a forum was worthwhile.
- Held 25 community of practice calls with a total of 242 participants.
- Hosted 630 registrants at its annual virtual conference.
- Launched four new episodes of its podcast series: Opioid Crisis and Harm Reduction Strategies, Return to Campus, A Guide to Online Group Support and Indigenized Art Therapy.
- Supported the creation of new partnerships between campuses and community mental health agencies. Eighty-four per cent of participants reported their capacity to support student mental health increased through these partnerships.
- Continued additions to [campusmentalhealth.ca](https://campusmentalhealth.ca) resources, resulting in 64,329 visits to the site, an increase of 39 per cent in usership since last year.
- More than doubled the number of education sessions offered to campuses since last year, and created new sessions on grief and loss, loneliness and the return to the physical campus.
- Certified 4,872 individuals through the [morefeetontheground.ca](https://morefeetontheground.ca) course.
- Facilitated 11 new webinars, which have been viewed by over 1,100 individuals. Eighty-three per cent of evaluation respondents said they'll change their practice as a result of attending a CICMH webinar.



CENTRE FOR INNOVATION IN  
**CAMPUS MENTAL HEALTH**

# BOUNCEBACK REACHING MORE ONTARIANS

**BounceBack's** free skill-building resources remain easily and quickly accessible to Ontarians from the comfort of home. Even though outreach remained focused on primary care providers and psychiatrists, who can directly refer their patients and accounted for 60 per cent of all referrals in 2021-22, there were several groups engaged outside of primary care. This includes youth aged 15-17 at secondary schools and their teachers, as well as newcomers to Canada and those requiring supports in different languages.

Promotion of BounceBack to youth 15-17 years old in secondary schools across Ontario consisted of engaging with students and their teachers through a virtual, interactive presentation to help them learn signs of stress, anxiety and depression, and better manage their symptoms through tips and strategies from the program. We also offered students a variety of handouts to help them handle school stress and use social media to benefit their mental health. Schools were offered several tools to help them promote BounceBack, including posters to make students aware of the program; postcards

for guidance counsellors to hand out; posters for teachers' lounges to encourage requests for student presentations; and digital packages for schools to promote BounceBack on social media.

The BounceBack team also developed culturally-appropriate and translated materials to improve accessibility of the program to diverse communities. A new presentation was developed that focused on cultural information, stigma and discrimination. The hour-long, interactive presentation, which includes personal stories from Spanish and Mandarin-speaking participants, was delivered through cultural, newcomer and settlement organizations. Promotional materials, such as digital toolkits and presentations, were also translated and delivered by BounceBack coaches to individuals in several languages: Mandarin (Simplified Chinese), Cantonese (Traditional Chinese), Punjabi, Spanish and Tamil.

## BounceBack<sup>®</sup> can help!

A FREE, confidential self-help program designed to help adults and youth 15+ tackle low mood, depression and anxiety, stress or worry.



Telephone coaching with skill-building workbooks



Available in multiple languages and accessible from home



Online videos with practical tips

# PROMOTING MENTAL HEALTH IN SPORTS

**Talk Today** is one of the most comprehensive mental health programs for amateur sports in Canada. Originally launched by CMHA Ontario in partnership with the Ontario Hockey League in 2014, Talk Today is now offered by more than 50 CMHA branches across Canada and continues to be a valuable resource for educating youth athletes about mental health and suicide prevention.

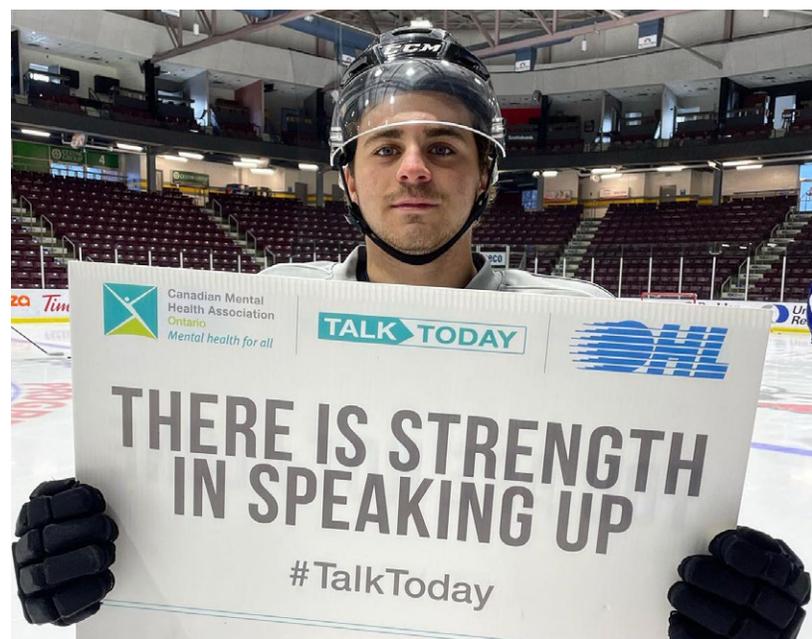
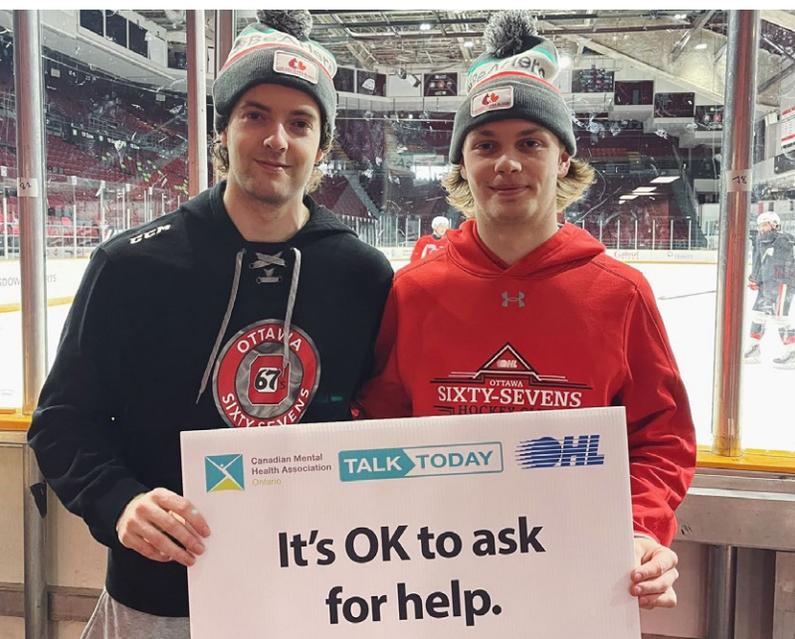
Talk Today returned to its typical format in 2021-22 with the return of in-person sports events across the country. Through Talk Today, athletes and team personnel receive mental health awareness and suicide prevention training. The program also consists of three other core elements:

- Each team has a CMHA branch mental health coach to provide resources and supports to players and their support networks
- Each team has a local mental health champion who acts as a mental health advocate within the community and helps players connect with their CMHA mental health coach
- Each team hosts a Talk Today community event at one home game to show support for mental health and raise awareness about CMHA programs

Last season, across our two major partners – the Canadian Hockey League and Canadian Junior Hockey League (generously funded by the NHL Foundation and Fifth Line Foundation) – over 764 athletes, coaches, staff, billets and parents received suicide prevention training. Since 2014, more than 6,000 people have received training through Talk Today.

This past year, CMHA Ontario partnered with the Centre for Suicide Prevention in Alberta to develop and pilot a new suicide-prevention workshop specifically for athletes. The new training called Team Up is scheduled to roll out during the 2022-23 season.

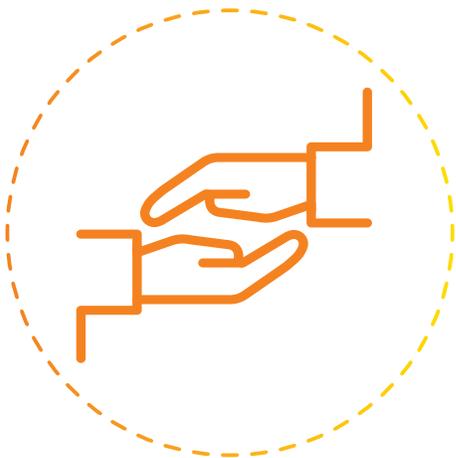
Additionally, CMHA Ontario partnered with the Ministry of Heritage, Sport, Tourism and Culture Industries to develop a new series of resources aimed at creating a mentally-healthier sports community. Set to launch in the upcoming year, these resources include an interactive e-learning module for adults who play a role in amateur sport; educational videos for young athletes; and a microsite where anyone can access these resources directly.



# P-HSJCC ADVOCATES FOR JUSTICE-INVOLVED INDIVIDUALS

The **Provincial Human Services and Justice Coordinating Committee (P-HSJCC)** is a provincial planning body which supports the implementation of the Ontario government's policy framework for people who come into contact with the justice system and who have needs which can be met by one or more of the provincial human services systems. Its objectives are to support the individual and collective efforts of regional and local HSJCCs; identify and address provincial services and policy issues and make recommendations to appropriate Ontario government ministries and other bodies; identify solutions to systemic problems; promote consistency of approach across Ontario, while recognizing regional diversity; and share information.

Housed at CMHA Ontario, the HSJCC Secretariat is the staff team responsible for implementing the objectives of the P-HSJCC workplan and supporting the HSJCC Network infrastructure. The team provides support in the following areas: project management, co-ordination and administration, communications and knowledge exchange, member engagement, issue management and policy advice.



P-HSJCC highlights:

- Six virtual provincial meetings
- P-HSJCC held two discussions on province wide issues impacting the HSJCC Network
- Five submissions made to government, including:
  1. *Police Records Checks Reform Act* exemption proposal
  2. Proposed regulatory amendments to strengthen Ontario's corrections system
  3. Solicitor General engagement session
  4. Proposed regulatory amendments to support the Contraband Strategy and Action Plan
  5. P-HSJCC 2022 pre-budget submission
- Two knowledge exchange events (Survivors of Homicide Victims and Mental Health, and the 2021 P-HSJCC virtual conference)
- Seven educational webinars
- Continued engagement with health and justice ministry partners and participation in consultations including with the Ministry of the Solicitor General on regulatory changes for Ontario's correctional system and community reintegration, as well as with the ministries of Municipal Affairs and Housing, Health, and Children, Community and Social Services on supportive housing

# MENTAL HEALTH IN THE WORKPLACE

**Mental Health Works** is a national social enterprise of CMHA Ontario that helps to strengthen psychologically-healthy and safe workplaces through workshops that promote awareness-building, stigma reduction and collaboration.

Mental Health Works continued to respond to the needs of diverse workplaces as they navigated the challenges presented by the pandemic. The Mental Health Works team delivered workshops to clients across Ontario and Canada, partnering with the non-profit, government and private sectors. The most popular workshops were Dealing with Transitions and Workshop for Leaders, which demonstrate the

evolving focus on psychological health and safety across workplaces.

Adapting to new needs and the shifting pandemic landscape, Mental Health Works revamped its curriculum to offer 13 new workshops. In response to participant and client feedback, the new curriculum incorporated equity, diversity, inclusion and accessibility principles and went deeper into mental health concepts to take clients further in their efforts of promoting mental health education and well-being within the workplace. The rollout for these new workshops began in spring 2022.

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## CBT-BASED COURSE REACHES 500+ ONTARIANS

**Living Life to the Full (LLTTF)** is an eight-week course that provides people from all walks of life with effective tools to maximize their ability to manage life's challenges. The group-oriented course is based on the principles of cognitive behavioural therapy, which focuses on understanding how thoughts, feelings and behaviours work together to impact well-being. Working with local agencies and CMHA branches, LLTTF provides facilitation training and ongoing implementation support. The goal of program is to create a safe, supportive and stigma-free transformational experience for participants, where they recognize their emotional and social challenges and make positive, long-lasting behavioural changes.

In 2021-22, LLTTF offered 40 courses, reaching 542 participants across Ontario. LLTTF was offered to adults, caregivers, seniors and individuals on the autism spectrum. Courses were also delivered in English, French, Tamil and Mandarin.

LLTTF also developed a youth pilot project in partnership with CMHA Champlain East for students in Grades 7-12 delivered at schools with the support of teachers and LLTTF facilitators.

**90%**

of participants indicated they would recommend this course to others

**95%**

of participants say they're satisfied with the course

# SAFE GROUP SUPPORT DURING PANDEMIC

**Mood Walks** is a provincial program that provides training and support for community mental health organizations across Ontario to launch educational walking programs for youth and adults who experience mental health issues. Mood Walks promotes both physical and mental health by reducing barriers and creating new opportunities to be physically active in nature.

Key highlights from 2021-22 include:

- Mood Walks across Ontario continued to respond to the COVID-19 pandemic in offering safe and accessible opportunities to get outside and receive the benefits for both physical and mental health.

- A youth-friendly model was developed and is currently being piloted in locations across Ontario.
- Mood Walks for youth, ages 12-29, conducted a collaborative quality improvement (QI) project supported by the Excellence through Quality Improvement Project (E-QIP). QI tools and coaching from E-QIP were used to improve and support participants' overall well-being. Next spring, the new model will focus on self-care tools and mindful meditation techniques.



## CORPORATE AND FOUNDATION PARTNERS



Fifth Line Foundation



# FINANCIAL REPORT

## Revenue by source

Rental income	\$511,202 [2.8%]
Other	\$979,754 [5.4%]
Investment income	\$1,242,964 [6.8%]
Fundraising	\$2,001,951 [11%]
Base funding - Ministry of Health	\$2,113,081 [11.6%]
Grants - programs	\$11,410,836 [62.4%]

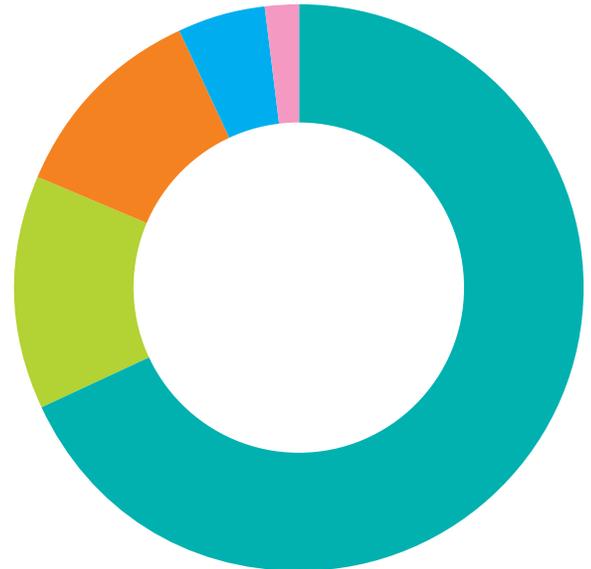
TOTAL \$18,259,788



## Expenditure by activity

Fundraising	\$315,203 [1.7%]
Public education and awareness	\$940,639 [5.2%]
Health system development	\$2,104,469 [11.6%]
Management, operations, support services	\$2,426,653 [13.3%]
Programs	\$12,393,797 [68.2%]

TOTAL \$18,180,761



Excess of revenue over expenses \$79,027

To read the audited financial statements and auditor's report, please visit [www.ontario.cmha.ca](http://www.ontario.cmha.ca).

# FIND YOUR LOCAL BRANCH

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

CMHA ALGOMA  
[www.ssm-algoma.cmha.ca](http://www.ssm-algoma.cmha.ca)

CMHA BRANT HALDIMAND NORFOLK  
[www.bhn.cmha.ca](http://www.bhn.cmha.ca)

CMHA CHAMPLAIN EAST  
[www.cmha-east.on.ca](http://www.cmha-east.on.ca)

CMHA COCHRANE-TIMISKAMING  
[www.cmhact.ca](http://www.cmhact.ca)

CMHA DURHAM  
[www.cmhadurham.ca](http://www.cmhadurham.ca)

CMHA FORT FRANCES  
[www.cmhaff.ca](http://www.cmhaff.ca)

CMHA GREY BRUCE  
[www.cmhagb.org](http://www.cmhagb.org)

CMHA HALIBURTON, KAWARTHA, PINE RIDGE  
[www.cmhahkpr.ca](http://www.cmhahkpr.ca)

CMHA HALTON REGION  
[www.halton.cmha.ca](http://www.halton.cmha.ca)

CMHA HAMILTON  
[www.cmhahamilton.ca](http://www.cmhahamilton.ca)

CMHA KENORA  
[www.cmhak.on.ca](http://www.cmhak.on.ca)

CMHA LAMBTON KENT  
[www.lambtonkent.cmha.ca](http://www.lambtonkent.cmha.ca)

CMHA MUSKOKA-PARRY SOUND  
[www.mps.cmha.ca](http://www.mps.cmha.ca)

CMHA NIAGARA  
[www.cmhaniagara.ca](http://www.cmhaniagara.ca)

CMHA NORTH BAY AND DISTRICT  
[www.nbd.cmha.ca](http://www.nbd.cmha.ca)

CMHA OTTAWA  
[www.ottawa.cmha.ca](http://www.ottawa.cmha.ca)

CMHA PEEL DUFFERIN  
[www.cmhapeeldufferin.ca](http://www.cmhapeeldufferin.ca)

CMHA SIMCOE COUNTY  
[www.cmhastarttalking.ca](http://www.cmhastarttalking.ca)

CMHA SUDBURY/MANITOULIN  
[www.sm.cmha.ca](http://www.sm.cmha.ca)

CMHA THAMES VALLEY ADDICTION  
AND MENTAL HEALTH SERVICES  
[www.cmhatv.ca](http://www.cmhatv.ca)

CMHA THUNDER BAY  
[www.thunderbay.cmha.ca](http://www.thunderbay.cmha.ca)

CMHA TORONTO  
[www.toronto.cmha.ca](http://www.toronto.cmha.ca)

CMHA WATERLOO WELLINGTON  
[www.cmhaww.ca](http://www.cmhaww.ca)

CMHA WINDSOR-ESSEX COUNTY  
[www.windsoriessex.cmha.ca](http://www.windsoriessex.cmha.ca)

CMHA YORK AND SOUTH SIMCOE  
[www.cmha-yr.on.ca](http://www.cmha-yr.on.ca)

# CANADIAN MENTAL HEALTH ASSOCIATION ONTARIO

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