



Canadian Mental
Health Association
Ontario

ANNUAL REPORT 2022 2023



CANADIAN MENTAL
HEALTH ASSOCIATION
ONTARIO

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CORPORATE AND FOUNDATION PARTNERS



Ontario



Canadian Mental
Health Association
Ontario

GOVERNANCE



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
Equity, Diversity and Inclusion
Social Justice

BOARD OF DIRECTORS

Marcel Gagnon – Chair
Bill Chantler – Vice Chair
Catherine Simunovic – Past Chair
Zehra Sheerazi – Secretary
Louise Paquette – Treasurer
Nitika Rewari – Member at Large
Alan Stevenson – Executive Leadership Liaison

Directors:

Dr. Patrick Fleming
Anne-Marie Hourigan
Peter Kastner
Bryanne Smart
David Woodard

A MESSAGE FROM THE BOARD CHAIR AND CEO

Every year, in this space, we reflect upon the awe-inspiring efforts of our colleagues at CMHA Ontario and across the branch network. The words here are always filled with pride, yet our colleagues have outdone themselves again.

First, this year's provincial budget saw the largest base funding commitment for community mental health and addictions care in a decade: a five-per cent boost to overall operational budgets. This simply wouldn't have happened without the incredible advocacy of CMHA branches.

Beyond this funding increase, we saw some incredible milestones in our ongoing work.

We launched Agriculture Wellness Ontario, a suite of programs designed for the farming community. These programs currently include the Farmer Wellness Initiative, a free, individual counselling service; The Guardian Network, a volunteer suicide-prevention network; and In the Know, a mental health literacy workshop.

In partnership with the Ontario Provincial Police, we published new resources to support communities to establish different types of mobile crisis response team models, improve outcomes for individuals experiencing mental health, addictions, neurodevelopmental and/or other crises, and encourage consistent evaluation practices.

We participated in provincial consultations on supportive housing, which allowed CMHAs to share insights on the value of new investments in supportive housing for mental health. We look forward to continued consultation on these matters.

The first year of Your Health Space saw great strides. This health-care-based program that provides psychoeducational training to support organizations in addressing burnout and moral injury saw over 15,000 individuals trained in more than 600 workshops delivered to 350+ organizations. This program's leadership had the opportunity to meet with Hon. Sylvia Jones, Minister of Health, who publicly expressed her appreciation for the program.

Lastly, our sports mental health program, Talk Today, had impressive developments, including new research from McGill University that showed overwhelmingly-positive results, as well as a new pilot with Taekwondo Canada – our first national sport organization partner.

There's much more we're proud of, so a big thank you to our colleagues as well as the staff and countless volunteers across Ontario's CMHA network. Your commitment to community-based mental health and addictions care is unparalleled. Onward!



M. Gagnon
Marcel Gagnon
Board Chair



Camille Quenneville
Camille Quenneville
Chief Executive Officer

ADVANCING MENTAL HEALTH THROUGH POLICY

CMHA Ontario's public policy department plays a vital role in strengthening, supporting, and championing the work of CMHA branches and the community mental health and addictions (MHA) sector. Their efforts involve providing reliable analysis of provincial policies, system planning and service delivery to various stakeholders. The team actively raises awareness of critical evidence in MHA and strategically addresses systemic issues affecting people with lived experience.

One of the significant achievements in the past year was engaging in the province's pre-budget consultation and contributing to **CMHA Ontario's pre-budget submission**. The submission emphasized the need for an immediate base budget increase of eight per cent for CMHA branches and a commitment to sustainable and ongoing annualized funding. The budget ask was grounded in data and evidence related to the opioid crisis, staff attrition rates due to underfunding, increased demand for community MHA services, and the cost-effectiveness of a strong community sector in addressing hospital overcrowding.

During the **post-pandemic period**, **CMHA Ontario provided essential support to branches** in navigating new challenges. It addressed issues such as health human resources, including staff retention and pay equity, by collaborating on health human resources surveys. Additionally, they engaged with stakeholders on housing supports, delivery models, and mental health services, establishing monthly meetings with the supportive housing team within the Ministry of Health. CMHA Ontario played an active role in understanding and participating in the implementation of Ontario Health Teams, staying informed about the initiative, including the impact of the updated guidance document.

The policy team demonstrated its **responsiveness to issues** by expanding the scope of its Substance Use and Addiction Community of Practice to cover alcohol use and its guidelines. They also monitored the impact of igaming on gambling. Collaborating with Community Health Ontario, the team discussed cross-sectoral priorities for community agencies and alignment to priorities for the community MHA.

Furthermore, CMHA Ontario's **commitment to research** was evident through a research project on the impact of cannabis use on drug treatment court programs in Ontario. The project, funded by the Mental Health Commission of Canada, led to a policy forum where results were shared.

PARTNERSHIPS AND COLLABORATION

CMHA Ontario continued collaborations with the Association of Municipalities of Ontario on MHA issues and explored partnerships with the Rural Ontario Municipal Association, Ontario Big City Mayors and the Northern Ontario Service Deliverers Association.

Connections continue to strengthen with the Mental Health and Addictions Centre of Excellence (CoE) at Ontario Health. CoE leadership engaged with branch leaders, attending executive leadership meetings to share updates and receive feedback on initiatives including Provincial Data Standard, clinical tables, and clinical leadership.

HSJCC NETWORK'S INITIATIVES



The **Human Services and Justice Coordinating Committee (HSJCC) Network** was first established to better coordinate resources and services, and plan more effectively for people with complex human service needs who come into contact with the justice system. The Network is a cooperative effort of the Ministries of the Attorney General, Children, Community and Social Services, Health, and the Solicitor General. The Network is made up of voluntary collaborations between social service organizations, community mental health and addictions organizations, and partners from the justice sector at the local, regional and provincial levels.

The **Provincial HSJCC (P-HSJCC)** supports the efforts of the local and regional HSJCCs, identifies and addresses provincial service and policy issues, identifies solutions to systemic problems, makes recommendations to ministry partners, and shares information across Ontario. The HSJCC Secretariat team is housed at CMHA Ontario and provides support to the P-HSJCC and broader network.

In May 2022, the P-HSJCC marked a significant milestone by forging a partnership with the Ministry of the Solicitor General to support the development and operationalization of joint ministry-community led Community Reintegration Planning Tables. These tables offer a person-centred, collaborative, multidisciplinary and multisectoral approach for release planning that focuses on individuals with high needs.



In February 2023, CMHA Ontario and the P-HSJCC were excited to announce the release of the [Mobile Crisis Response Teams \(MCRT\) Framework and Toolkit](#) developed in partnership with the Ontario Provincial Police. These resources are designed to aid communities in creating mobile crisis response team models. The initiative's objective is to improve outcomes for individuals dealing with mental health, addictions or crisis situations. The toolkit promotes consistent and effective evaluation practices across Ontario.



CMHA ONTARIO'S SECTOR INITIATIVES

CMHA Ontario received one-time funding from the Mental Health and Addictions Centre of Excellence at Ontario Health, enabling the launch of various initiatives aimed at enhancing access to MHA services in the community. These projects focus on advancing equity, amplifying community voices, and fostering connections between primary care providers and community-based services.

Notable projects include:

Primary Care First

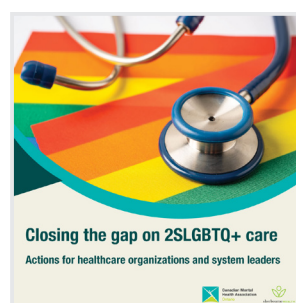


Primary Care First involved consulting with community MHA and primary care leaders and organizations to develop a primary care engagement toolkit. This toolkit offers tips and tools to support CMHA branches in building and maintaining primary care provider relationships, facilitating cross-sectoral collaboration, and overcoming partnership barriers.

Amplifying Voices: Actions for closing the gap on 2SLGBTQ+ care

The Amplifying Voices initiative was a partnership between CMHA Ontario and Sherbourne Health to understand the needs and experiences of

2SLGBTQ+ clients and providers within Ontario's mental health sector. Based on insights from focus groups, recommendations were drafted for health system leaders and mental health organizations to address the needs of 2SLGBTQ+ Ontarians, while also supporting 2SLGBTQ+ providers in their unique role within their community. Recommendations can be found at [Amplifyingvoices.ca](https://amplifyingvoices.ca).



Lessons and opportunities from five leading CMHA branches championing EDIAA in their organizations

CMHA Ontario collaborated with five CMHA branches (CMHA Toronto, Waterloo-Wellington, Kenora, Durham, and York Region and South Simcoe) to assess their progress on Equity, Diversity, Inclusion, Accessibility and Anti-Racism (EDIAA). Working with expert advisors, the initiative allowed the branches to review their activities, deepen their understanding of EDIAA principles, and plan for the future. This collaboration has been invaluable in shaping a roadmap for the network's future work in this space.

Overall, these initiatives demonstrate CMHA Ontario's commitment to improving MHA care in Ontario by promoting collaboration, inclusivity, and responsiveness to the needs of diverse communities.

CENTRE FOR INNOVATION IN CAMPUS MENTAL HEALTH

The Centre for Innovation in Campus Mental Health (CICMH) is a unique partnership between the CMHA Ontario, Colleges Ontario, the Council of Ontario Universities, the Ontario Undergraduate Student Alliance and the College Student Alliance. CICMH is funded by the Ministry of Colleges and Universities and is housed at CMHA Ontario.



This year, CICMH successfully connected with all university and college campuses in Ontario and 252 Ontario-based community agencies. Even through the adversity and uncertainty of COVID-19, CICMH and all Ontario post-secondary campuses successfully demonstrated tremendous innovation. In addition to the successes outlined in the infographic on the following page, CICMH:

- Facilitated five in-person regional forums across Ontario that totalled 103 participants across 28 campuses, two Indigenous institutes and 23 community organizations
- Facilitated a total of 31 Community of Practice (CoP) calls including regional, French, Indigenous, peer support and CoPs focussed on the National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students
- Offered morefeetontheground.ca online training to 4,400 staff, faculty and student leaders to recognize, respond and refer students to mental health services.
- Facilitated 11 new webinars which were viewed by over 1,200 individuals. Post-webinar surveys indicated that more than 85 per cent of webinar viewers indicated their confidence increased and 90 per cent had a better understanding of how to support student mental health
- Created and facilitated an Indigenous needs assessment survey and held a Sharing Circle at Cambrian College. Two hundred staff and students participated with 47 per cent of students stating mental health had impacted their studies.



103

people attended
5 regional forums



670

people attended
Building New Worlds



30%

increased campusmentalhealth.ca
usership



4,400

individuals completed
morefeetontheground.ca training



200

people participated in an
Indigenous needs assessment



31

Communities of Practice held



Mental Health on Campus
podcast was heard 1,176 times



10

new university and college
partnerships established



11

new webinars



2

free online courses
developed



CENTRE FOR INNOVATION IN

CAMPUS MENTAL HEALTH

Check out the CICMH annual report for more information at campusmentalhealth.ca.

DRIVING QI IN COMMUNITY HEALTH CARE

EXCELLENCE THROUGH QUALITY IMPROVEMENT (E-QIP)



Since March 2016, E-QIP has been providing leadership and capacity building in Quality Improvement (QI) and data-driven decision-making for the community MHA sector. E-QIP is co-led by Addictions and Mental Health Ontario and CMHA Ontario and delivered in close partnership with the Provincial Support System 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 QI coaching to more than 100 community agencies, fostering capacity-building efforts. Additionally, a community of practice (CoP) on advanced QI and data topics was established, and a data literacy series on standardized tools was delivered. E-QIP developed and tested an agency assessment of QI and data culture, with 27 agencies completing a baseline assessment. E-QIP also worked with a governance and leadership expert to revise its board training on QI, which was then delivered to community agencies.

COMMUNITY BUSINESS INTELLIGENCE (CBI)

CMHA branches have been actively implementing CBI, a data collection and reporting platform, since 2018. With the support of E-QIP coaches, two

CMHA branches participated in data quality projects based on CBI data, presenting their findings at the QI Innovations conference co-hosted by E-QIP.

CMHA Ontario also established a Data and Analytics Committee (DAC) to guide CBI-related activities. DAC has been reviewing report structures, potential analyses, and technical definitions of data fields to ensure data comparability across branches. The successful implementation of CBI has positioned branches as early adopters in the Provincial Data Standard (PDS), with all branches expressing interest in participating in the PDS pilot by the end of 2022-23.

CMHA ONTARIO BRANCH CoPs

CMHA Ontario convenes several CoPs to support branches, share information and innovations and foster collaboration. In 2022-23, the clinical leads CoP continued work on clinical supervision assessment in 13 CMHA branches, collaborating with researchers from Carleton University to identify training needs and network-wide opportunities. The quality leads CoP explored QI topics including projects on safety reporting, [whole system quality](#) and data quality.

The CoPs had a productive in-person meeting in November 2022, discussing virtual service delivery, clinical supervision training and receiving mental health training from the Your Health Space team. The Accreditation CoP continued supporting branches with accreditation requirements, and the Privacy CoP provided feedback on provincial and federal reports while receiving privacy training on documentation from Kate Dewhirst.

SUPPORTING MENTAL HEALTH IN AGRICULTURE



In September 2022, Agriculture Wellness Ontario was launched with the invaluable support of partners and funders. Dedicated to supporting and educating the Ontario agricultural community, this new brand serves as a centralized platform for three free programs that focus on mental health and well-being. Its vision is to create a hub for agricultural mental health within the province.

Over the past year, In the Know ran 36 workshops for 490 participants. In collaboration with the Canadian Centre for Agricultural Wellbeing, the In the Know team conducted a pilot program in post-secondary schools at the University of Guelph and Ridgetown College for agricultural students.

The Guardian Network program successfully organized and conducted 15 trainings, resulting in the training of 115 guardians. In March 2023, The Guardian Network was awarded the Brigid Rivoire Award for Agricultural Mental Health from the Canadian Federation of Agriculture. This award acknowledges initiatives that have made outstanding contributions to raising awareness, addressing stigma, and providing essential mental health for farmers in their local communities.

The Farmer Wellness Initiative line received 300 cases and managed an average of 50-60 open cases each month. The top three issues regularly discussed on the line are stress, anxiety and communication/conflict resolution.

In March 2023, The Guardian Network in partnership with the Canadian Centre for Agricultural Wellbeing, hosted the National Symposium on Agricultural Mental Health. The virtual symposium was the first of its kind and brought together over 450 registrants from across the world representing mental health groups, researchers, government officials and members of Canada's agricultural community. The symposium provided a platform to address the challenges and opportunities of the farmer mental health movement across the country.

The Agriculture Wellness Ontario team attended 19 agricultural tradeshow, conferences, and events to raise the profile of their programs and work. This included the Royal Agricultural Winter Fair, the Advancing Women in Agriculture Conference, and the Ontario Fruit and Vegetable Convention.

In the Know

490 participants trained



The Guardian Network

115 Guardians trained

Farmer Wellness Initiative

300 cases received

50-60 open cases (on average) managed



YOUR HEALTH SPACE



In its first year, Your Health Space (YHS) had a profound impact on Ontario's health care workforce. Launched May 2022, the program supports health care organizations across Ontario to improve mental health in their workplaces through live workshops and self-directed modules. Your Health Space has collaborated with organizations from various sectors, including hospitals, long-term care, mental health and addictions, home and community care, and primary care.

As the demand for the program grew, YHS responded proactively by expanding its team to include 30 staff members, with regional representation across the province.



YHS proved its adaptability and attentiveness to the workforce's requirements with two new initiatives. The "Space for Connection" stream brought staff from all levels of an organization together for collaborative learning in direct response to organization requests. As well, YHS introduced the "Wellness Moments" – 10-minute microlearning sessions delivered during staff huddles. These sessions allowed staff to access valuable tools to support their well-being in a demanding work environment.

One participant from Glengarry Memorial Hospital shared their experience, expressing gratitude for the sessions:



The sessions not only helped us understand the importance of mental and physical well-being, but also provided us with actionable steps to improve our overall health and happiness. I am confident that the knowledge and skills gained during these sessions will be beneficial to us in our personal and professional lives. Thank you for your work and dedication to the well-being of our staff members." - President and CEO, Glengarry Memorial Hospital

Throughout the year, YHS worked with academics from Toronto Metropolitan University for program evaluation and launched an Advisory Resource Pool with 16 health care leaders for strategic guidance. In addition, YHS worked with prominent health care associations to promote the program to their member organizations, extending its reach and impact.

In November 2022, CMHA Ontario secured funding for three new YHS offerings: workplace mental health training for physicians and Black, Indigenous, (and) People of Color groups, and training mental health and addictions organizations in implementing psychological health and safety standards.

YHS saw remarkable success with 350+ organizations registered, 600+ workshops delivered, and 15,000+ health care leaders trained in Ontario.

350+ organizations registered

600+ workshops delivered

15,000+ individuals trained

SUPPORTING ATHLETES' MENTAL HEALTH



Talk Today had its strongest season yet during the 2022-23 hockey season in the Canadian Hockey League (CHL) and Canadian Junior Hockey League (CJHL). A total of 1,134 individuals in the CHL received training in mental health awareness and suicide prevention. Additionally, within the CJHL, 1,696 individuals participated in the Talk Today program, receiving training in mental health and suicide awareness.

In January 2023, McGill University conducted an evaluation of Talk Today in the CJHL for the 2021-22 season. The results of the evaluation were positive, as 91 per cent of participants expressed satisfaction with the program. Moreover, 86 per cent of participants indicated that the training had influenced their approach towards individuals with mental health issues, showing a positive behavioral change.

Since the initiative's launch in 2014, Talk Today has made a significant impact, providing mental health and suicide awareness training to more than 8,500 participants. This includes 7,598 athletes and 998 coaches, staff, and billets.

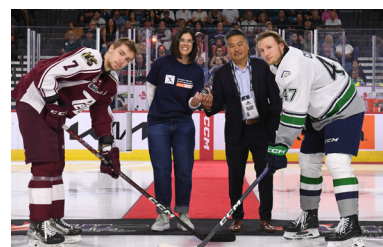
The 2022-23 hockey season marked the return to normalcy following the pandemic, and it provided an opportunity for CMHA branches participating in Talk Today to resume participating in awareness events in partnership with their local teams.



I'd love to bring these talks to my community back home, I thought it was very helpful and intriguing."
- CJHL Athlete

The program has also achieved significant reach through social media and game day events. Leading up to and during their February Talk Today month, the initiative garnered over 2.3 million impressions on Twitter. Additionally, more than 141,000 people attended Talk Today game days across the CHL, further contributing to the widespread awareness of mental health and suicide prevention.

Overall, Talk Today has had a strong and positive impact, raising mental health awareness and promoting suicide prevention among individuals involved in the CHL and CJHL.



8,500+ individuals trained since 2014

7,598
athletes

998
Coaches, staff and billets

Generously supported by:



BUILDING RESILIENCE AMONG FIRE FIGHTERS



Resilient Minds™ is a program tailored to the unique needs of career and volunteer fire fighters across Canada. It focuses on building resilience and mental well-being in this demanding profession. The program is evidence-informed, meaning it is based on scientific research and best practices in the field of mental health and resilience.

It offers two options: a Train-the-Trainer 24-hour workshop to certify peer instructors, and an 8-hour course for direct fire fighter participation. The program aims to enhance mental well-being and resilience in the fire fighting community.

Accomplishments in 2022-23:

- Successfully recruited two fire departments to participate in a pilot course for the French language adaptation of Resilient Minds with 24 fire fighters trained
- Actively participated in prominent events like the Ontario Association of Fire Chiefs Annual Trade Show and the Ontario Fire Chief Association trade show
- Delivered key courses to several organizations, including Fire Service Women Ontario, Ontario Professional Firefighters' Association, Brampton Fire and Emergency Services, Mississauga Fire and Emergency Services, and Peterborough Fire Services



116 Fire fighters trained



109 Fire fighter peer instructors trained to deliver the course*



56 Fire service organizations served

**Each peer instructor is projected to teach approximately 10 students per session, contributing to a substantial growth in the number of fire fighters trained.*



BOUNCEBACK TRANSITIONS TO OSP



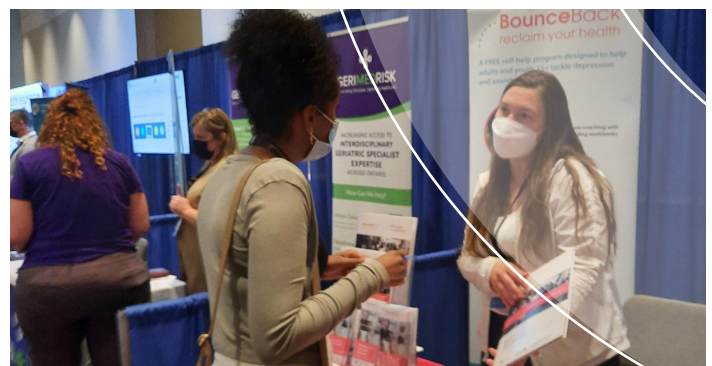
In April 2023, following over five years of overseeing marketing and outreach for the BounceBack program, an official transition took place. The program shifted from CMHA Ontario to the broader provincial Ontario Structured Psychotherapy (OSP) program. Adults 18 and over who are interested in participating in BounceBack and accessing other free government services for mild-to-moderate depression and anxiety, are now directed to the OSP program. This transition is coordinated through nine regional networks across the province.

Over the last year, CMHA Ontario dedicated considerable time to collaborate with each of its network partners to ensure their alignment with the BounceBack program, as well as to educate primary care providers and other community partners about the impending shift.

This included:

- Providing an overview of CMHA Ontario's annual outreach strategies and promotional campaigns to the OSP network, alongside the organization's critical insights into program expansion.
- Coordinating and conducting a series of educational webinars targeting stakeholders in OSP regions to make them aware of the OSP program and transition from BounceBack.
- Redirecting clients/healthcare providers from the bouncebackontario.ca website to the appropriate OSP network in their local area.

Congratulations to the entire BounceBack team for their commitment and dedication to the program over these past five years.



For individuals interested in accessing the OSP program, please visit: ontariohealth.ca/getting-health-care/mental-health-addictions/depression-anxiety-ontario-structured-psychotherapy.

WELLNESS ELEVATED WITH MOOD WALKS

MOOD WALKS



Mood Walks is a CMHA Ontario program that promotes physical and mental well-being by removing barriers and fostering outdoor activity. This year, Mood Walks celebrated the conclusion of a 6-month pilot project held from May 2022 to December 2022. The pilot was designed to adapt the existing adult program into a practical experience for youth.

The pilot project brought together 66 participants, drawn from four CMHA branches and two external partners. It was heartening to witness the engagement of those involved. CMHA Ontario

reported a wave of positive changes in mood and emotions among participants after their walks, highlighting the mental health benefits of green exercise. Participants felt nearly 50 per cent more energetic with significant reductions in stress, gloominess, and grouchiness (64 per cent, 77 per cent, and 84 per cent respectively).

The pilot project effectively improved mental well-being for everyone. Mood Walks is also excited to report that it is getting a new look and launching a rebrand for fall of 2023.

ENHANCING WORKPLACE MENTAL HEALTH



Over the last year, CMHA Ontario's Mental Health Works program conducted 121 workshops to government, corporate, and non-profit partners across the province, bolstering workplace psychological health and safety.

This year, CMHA Ontario is embracing a few enhancements to improve workplace access to mental health through skills-enhancement training, awareness education, and stigma reduction.

With the enlistment and training of additional Mental Health Works facilitators, a comprehensive suite of workshops is being rolled out to give workplaces the tools to nurture mental wellness. Topics range from workplace wellness strategies to psychological health and safety, to burnout prevention, harm reduction, hybrid work models, and more.

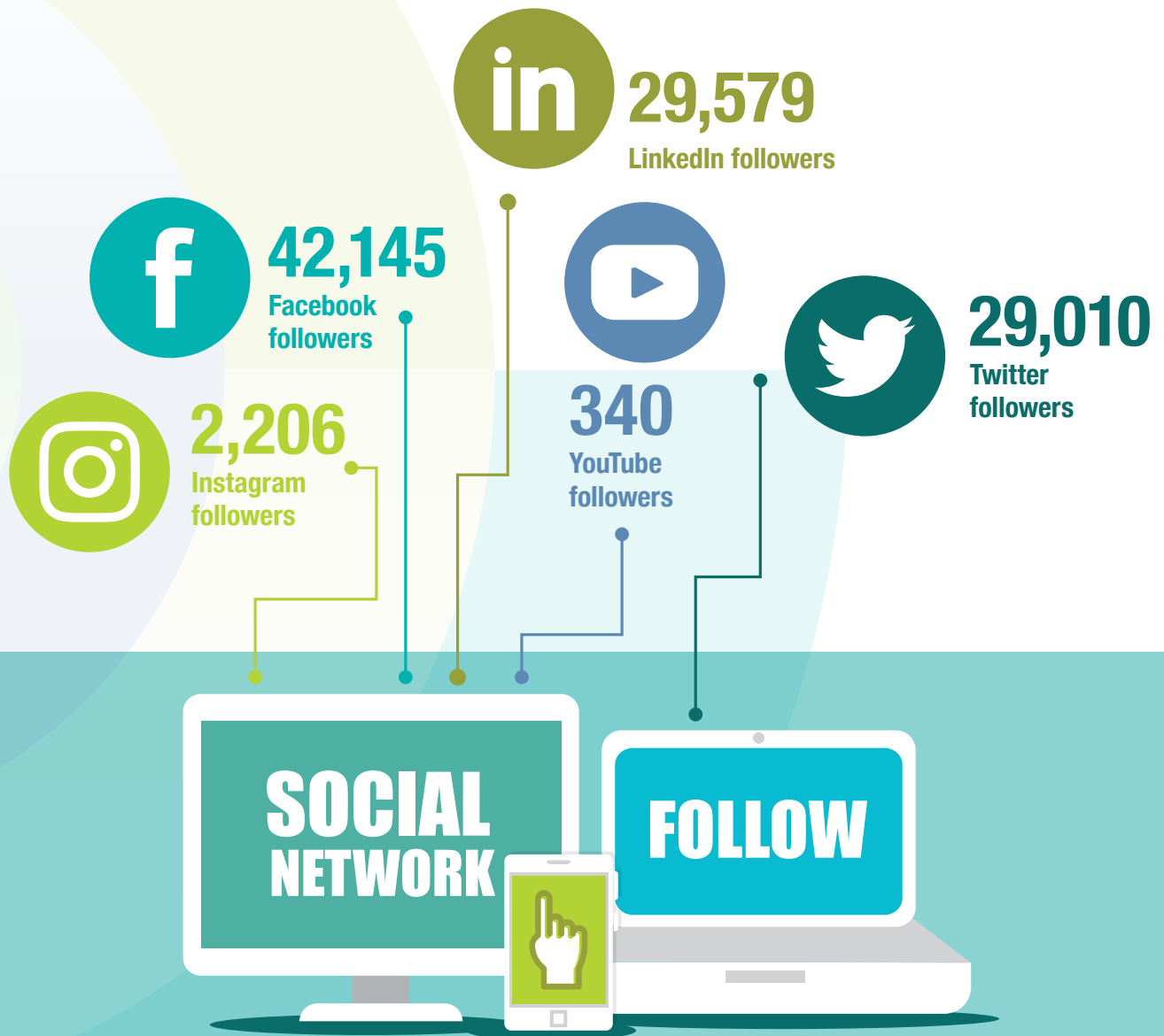
In collaboration with other CMHA divisions across Canada, CMHA Ontario is revamping the Psychological Health and Safety (PH&S) Certification Program. This endeavour ensures trainer knowledge consistency and prioritizes practical application, and integrates case studies, group work, and lessons learned from organizations implementing the National Standard for PH&S in the Workplace.

Workshop curricula are being updated to be more interactive and in line with best practices and emerging trends. Additionally, local CMHA branches are being equipped with updated Mental Health Works training to deliver workshops in their local communities.



121 workshops delivered

SOCIAL MEDIA STATS



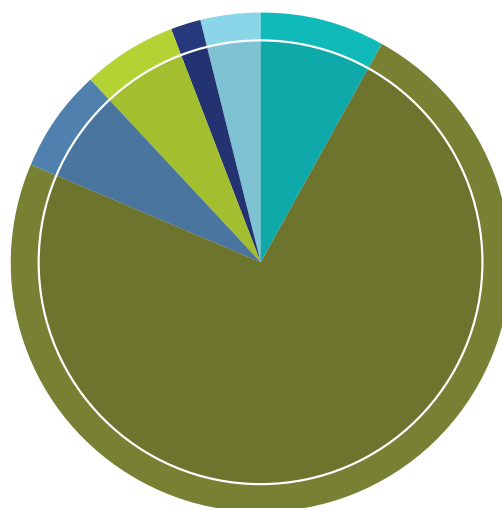
FINANCIAL REPORT

Statement of Revenue and Expenses Year ended March 31, 2023

REVENUE

total: \$ 26,108,062

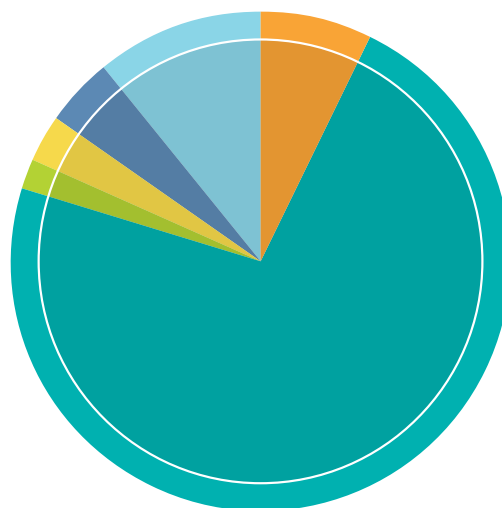
■ Base funding - Ministry of Health	2,113,081
■ Grants - programs	19,138,041
■ Fundraising	1,763,059
■ Other	1,575,227
■ Rental income	543,658
■ Investment income	974,996



EXPENSES

total: \$ 26,708,517

■ Health system development	1,969,781
■ Programs	19,351,966
■ Fundraising	492,860
■ Public education and awareness	858,980
■ Unrealized investment losses	1,155,363
■ Management, operations and support services	2,879,567



EXCESS/(DEFICIENCY) OF REVENUE
OVER EXPENSES \$ (600,455)

To read the audited financial statements and auditor's report, please visit www.ontario.cmha.ca.

FIND YOUR LOCAL BRANCH

CMHA ALGOMA

www.ssm-algoma.cmha.ca

CMHA BRANT HALDIMAND NORFOLK

www.bhn.cmha.ca

CMHA CHAMPLAIN EAST

www.cmha-east.on.ca

CMHA COCHRANE-TIMISKAMING

www.cmhact.ca

CMHA DURHAM

www.cmhadurham.ca

CMHA FORT FRANCES

www.cmhaff.ca

CMHA GREY BRUCE

www.cmhagb.org

CMHA HALIBURTON, KAWARTHA, PINE RIDGE

www.cmhahkpr.ca

CMHA HALTON REGION

www.halton.cmha.ca

CMHA HAMILTON

www.cmhahamilton.ca

**CMHA HASTINGS PRINCE EDWARD
ADDICTIONS AND MENTAL HEALTH SERVICES**

www.cmhahpe.ca

**CMHA HURON PERTH ADDICTION AND MENTAL
HEALTH SERVICES**

www.cmhahuronperth.com

CMHA KENORA

www.cmhak.on.ca

CMHA LAMBTON KENT

www.lambtonkent.cmha.ca

CMHA MUSKOKA-PARRY SOUND

www.mps.cmha.ca

CMHA NIAGARA

www.cmhaniagara.ca

CMHA NORTH BAY AND DISTRICT

www.nbd.cmha.ca

CMHA OTTAWA

www.ottawa.cmha.ca

CMHA PEEL DUFFERIN

www.cmhapeeldufferin.ca

CMHA SIMCOE COUNTY

www.cmhastarttalking.ca

CMHA SUDBURY/MANITOULIN

www.sm.cmha.ca

**CMHA THAMES VALLEY ADDICTION AND
MENTAL HEALTH SERVICES**

www.cmhatv.ca

CMHA THUNDER BAY

www.thunderbay.cmha.ca

CMHA TORONTO

www.toronto.cmha.ca

CMHA WATERLOO WELLINGTON

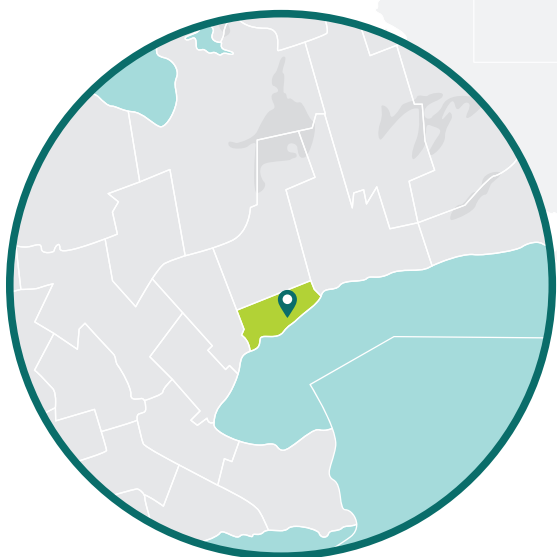
www.cmhaww.ca

CMHA WINDSOR-ESSEX COUNTY

www.windsorsex.cmha.ca

CMHA YORK AND SOUTH SIMCOE

www.cmha-yr.on.ca



ANNUAL REPORT

2022 2023

CANADIAN MENTAL HEALTH ASSOCIATION ONTARIO

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Canadian Mental
Health Association
Ontario