



Canadian Mental  
Health Association  
Nova Scotia

# Nova Scotia Division



**Annual Report**

**Monday September 12, 2016**



**Canadian Mental  
Health Association**  
Nova Scotia

**CANADIAN MENTAL HEALTH ASSOCIATION NOVA SCOTIA DIVISION**

**BOARD OF DIRECTORS MEETING AGENDA**

**MONDAY SEPTEMBER 12, 2016**

**6:00 pm– 7:00pm**

★ *Note: Board Meeting is held at CMHA NS Division [45 Alderney Dr. Dartmouth, Nova Scotia].*

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**AGENDA**

- a) Welcome & Introductions .....*T. White*
- b) Approval of Agenda .....*T. White*
- c) Approval of 2014-2015 AGM minutes .....*All*
- d) New Business:
  - *Presentation of the annual report of the board of directors.....T.White*
  - *Nominations and elections of new directors..... All*
  - *Presentation and approval of the 2015-2016 financial statements .....G. Sweet*
  - *Recognition of outgoing Board Members.....T.White*
  - *Cast Program CAN Campaign presentation.....S.Marchand*
- e) Meeting Adjournment.....*T.White*
- f) Reception.....*All*



**Canadian Mental  
Health Association**  
Nova Scotia

**CANADIAN MENTAL HEALTH ASSOCIATION  
NOVA SCOTIA DIVISION**

*ANNUAL GENERAL MEETING MINUTES*

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**Meeting Date: October 21<sup>st</sup>, 2015**

**Board Members in Attendance: Charles Bruce, Thomas Kozloski, Aileen McGinty, Tanya White, Sheila Wildeman, Jacqueline Kinley, Colleen Fennell, Susan Coldwell, Brenda Martin-Hurlburt**

**Guests: Graham Sweett (Financial Auditor)**

**Regrets: none**

**Staff in Attendance: Pamela Magee, Carlye Higgins, Emily Dalrymple, Tamsin Marriott, Carolyn Lawrence**

*The following is an account of minutes taken at the October 21<sup>st</sup>, 2015 Annual General Meeting. Meeting called to order at 5:15pm at the CMHA NS Division Office and via teleconference.*

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**1. Welcome and Introductions**

The BOD began opening remarks, and welcomed everyone to the 2014-2015 Annual General Meeting. Roundtable introductions were commenced.

**Discussion:**

- Board of Directors discussions between Charles Bruce, Pamela Magee, and Tanya White took place following the 2013-2014 annual general meeting on the topic of staff resourcing, and associated cost.
- A condensed approach to the annual general meeting was decided on, and would use the condensed report to share with stakeholders and as an information piece.
- 2014-2015 was a year with significant change and challenges.
- Pamela Magee was formally welcomed as the new Executive Director to the Canadian Mental Health Association Nova Scotia Division.
- On behalf of the Board of Directors Pamela Magee was thanked for her leadership on the financials, but also for bringing the team together.
- Five year Strategic Plan took place January 17<sup>th</sup>, 2014 and was very well attended. Plan for approval is very high level. Implementation of the Strategic Plan is the next step.
- In 2014-2015 the Canadian Mental Health Association Nova Scotia Division partnered with the Atlantic Summer Institute to host a child and youth mental health symposium. The Canadian Mental Health Association also partnered with Hincks-Dellcrest on a social and emotional learning program Handle with Care.



2. **Approval of Agenda & Minutes:**

a. **Agenda**

**MOTION: To Approve the Agenda**

Moved: Tanya White

Seconded: Colleen Fennell

*Motion carried.*

b. **Minutes**

**MOTION: To Approve the Minutes from the 2013-2014 Annual General Meeting, amended to reflect the correct date -- September 27<sup>th</sup>, 2014.**

Moved: Colleen Fennell

Seconded: Aileen McGinty

*Motion carried.*

3. **Topic: Audited Financial Statements**

**Discussion:**

- Graham Sweett from Lyle Tilley Davidson presented the audited financial statement.
- Audit report standard for non-profits.
- All accounts produced satisfactory results.

**Action: Approve financial audited statement**

**MOTION:**

Moved: Thomas Kozloski

Seconded: Susan Coldwell

*Motion Carried.*

4. **Topic: Appoint Auditor**

**Discussion:**

- Pleased with the work of Lyle Tilley Davidson

**Action:**

**MOTION: Appoint Lyle Tilley Davidson as Auditor for 2015-2016 year**

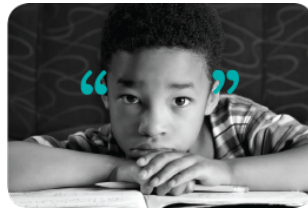
Moved: Thomas Kozloski

Seconded: Tanya White

*Motion Carried.*

5. **Adjournment:** Moved by Colleen Fennell that the meeting be adjourned at 5:35pm.

6. **Next Meeting Date: September 28<sup>th</sup>, 2016.**



Canadian Mental  
Health Association  
*Mental health for all*

Association canadienne  
pour la santé mentale  
*La santé mentale pour tous*

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## CMHA-NS 2015-2016 HIGHLIGHTS



CMHA-NS is celebrating our successes along the way. While there are always challenges and goals to be reached, it is important to recognize the tremendous efforts of Board, staff and volunteers. We would all like to see change happen quickly and more progress being made in the area of mental health, however, without the recognition of the important steps we take every day, we miss our own moments, milestones and the journey.

To that end, the CMHA-NS Board has seen its long-time Chair, Charles Bruce, retire from the Board. Charles accepted a new career opportunity in another province and we will miss him tremendously in Nova Scotia as he is a true champion for CMHA.

Stepping up to the plate as interim Chair is Tanya Taylor White who has led the Board to begin and complete, several key initiatives over the last nine months including: the completion of the new strategic plan and communication plan; the formation of several issue-based working groups to assist in the selection of new board members, and leadership to review the listing and sale of 63 King Street, along with the provision of communication leadership, advise and support throughout the year.

We are also saying good bye to long time Board Members Jackie Kinley, Sheila Wildeman and Aileen McGinty who have worked tirelessly for many years to contribute to the mental health of Nova Scotians and the work of CMHA. NS CMHA NS cannot thank these individuals enough. We would also like to sincerely thank Colleen Fennell for serving on the Board and bringing a fresh perspective to our work.

We are pleased to bring you a few highlights from this past year and let you know our plans for 2017.

Yours in mental health,

*Tanya White*      *and*      *Pamela Magee*  
Board Chair                      Executive Director

### Highlights

#### Staff:

With grant funding received, we welcomed Morgan Atwater as the MSVU PR 2015 summer student.

CMHA NS was very fortunate to have Duane Spencer-Lowe, enter our family, as Division Assistant last fall.

Welcome back to Sue Marchand, CMHA NS CAST Program Community Capacity Developer

February 2016, CMHA NS applied for federal and provincial funding to support the hiring of 3 summer student positions for the 2016 summer

#### Fiscal Highlights:

\*March 31, 2015 – Acknowledgement from Department of Community Services of 6-month funding renewal \$39,500.00.

and \$110,000.00 as granted by the Department of Health and Wellness to support the Communities Addressing Suicide Together Program and \$300,000.00 from the Public Health Agency of Canada in support of Phase III of the SEAK Project.. Two philanthropic foundations also provided funding to support the SEAK Project Phase III.

\*February 2016 – CMHA NS was approved for 100% property tax relief from HRM Municipality

In total CMHA NS received \$48,000.00 through the generous donation support of Nova Scotians

#### News:

CMHA National welcomed new CEO, Patrick Smith who started in March 2016.

February 26, 2016- CMHA NS provided: Halifax – Dartmouth Branch – Dartmouth Social Club provided temporary space after notice of eviction from former location

Fall through to Early Spring 2016 : Through funding received from HRM, CMHA NS hired experts in structural assessment of heritage properties to assess the state of the building. Sadly to note due to the lack of structural soundness, a CMHA NS Board led working group was struck to explore this issue. The CMHA NS ED negotiated interim drop down space at 45 Alderney Dr., where Healthy Minds Cooperative generously offered to share its space with CMHA NS staff., while the Board continue to explore the options for 63 King Street.

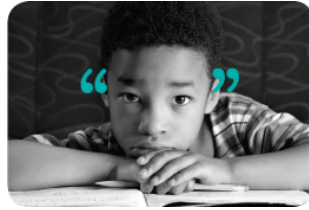
### Program Highlights

#### SEAK Project

- SEAK Project Phase II partners worked diligently on the from April to August 2015 to complete funders final reports and research and presentations for the 2015 Atlantic Summer Learning Institute hosted in Charlottetown PE
  - CMHA NS in collaboration with Department of Education partners from the 4 Atlantic provincial applied for and received funding for Phase III – Year 1. The focus of year 1 was on the identification of Atlantic pilot schools and support to launch SEL in the schools and train teachers in PATHS, as well as develop Year 2-3 project work plan in collaboration with Atlantic provincial partners and AREKT and Training partners to secure funding for year 2-3 of Phase III
  - On-going work on curricula translation, school based PATH training and coaching support were undertaken throughout the year
- Visit the SEAK Project's website for greater information <http://seakproject.com>

#### CAST Program





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## CMHA NS 2015-2016 HIGHLIGHTS

### Program Highlights continued

**CAST Program cont'd**– The primary focus for the fiscal year was on community based coalition development. The staff are extremely pleased to say it met and exceeded the proposed number of new coalitions. Five new coalitions were developed and the ground was laid for the introduction of an additional 4 coalitions early in the 2016-2017 fiscal year.

For full details of all the wonderful work of the CAST staff and community coalitions see <http://novascotia.cmha.ca/cast-program/>

**GAPS** – 3 year developmental pilot of a community peer-support based concurrent gambling and mental health program came to completion with the submission of the pilot project resources, final report and financial budget for approved by Department of Health & Wellness ,October 2015.

**Training & Education [TE]** assessment of mental health educational- training needs in NS, new training program development and capacity development of staff was the focus of the past year. Staff acquired train-the-trainer knowledge and skill in the area of suicide prevention, community based (mainstream and Aboriginal) social and emotional learning train-the trainer training, psychological health and safety master training and anti-bullying in the work place training.

Staff partnered with Handle with Care training facilitators and PATH LLC trainers to develop and pilot an 8-week social and emotional support program for adults and those who work with children and youth.

A 1-hour, half day and full day mental health in the workplace education – training curricula were developed and piloted. As well as a modified version of psychological first aid for to support work place and community based mental wellness through the provision of resources and tools to combat work related stress, vicarious trauma and compassion fatigue.

CMHA NS is extremely pleased to note that it increased its mental health promotion education – training reached by 26% in 2015-16.



### Advocacy/Partnership/Networks

CMHA NS continued to work with its many partnership to advance mutually-beneficial initiatives where our expertise is crucial including:

- Mental Health and Justice Liaison Committee [MHJLC],
- National Seniors Mental Health Coalition, Nova Scotia Seniors Mental Health Network [SMHN],
- Rural and Remote Advisory Board,
- Recreation for Mental Health Management Team
- MITAC Post Doctorial Grant partnership Recreation Nova Scotia and Dalhousie University
- Pictou County Community Hope and Caring Advisory Committee
- Atlantic Post Secondary Mental Health- Healthy Campus' Advisory Committee
- Maritime Junior Hockey League
- Pan-Canadian Innovative Pilots in support of social and emotional learning
- SEAK Atlantic Steering Committee and Project Team Advisory Committee
- Atlantic Summer Learning Institute Planning Committee
- Play Unplug Summer 2015 events
- CMHA NS Division and Board on-line and face to face meetings
- Atlantic CMHA ED quarterly meetings
- NSHA Provincial and Northern Zone meetings
- CMHA National – Division monthly meetings
- CMHA NS, CMHA NB & CMHA Ontario collaborative hosting of Eastern College 13 campus' mental health PD day event

### Funding Grant Development

CMHA NS applied for and was the proud recipient of a number of funding grants over the last year:

- The SEAK Project was awarded \$300,000.00 from the Public Health Agency of Canada to support Phase III – Year 1 of the project, with an additional \$140,000.00 of grant funding from private philanthropic funding agencies
- HRM awarded CMHA NS with \$5000.00 community grant to conduct a structural assessment of the 63 King Street property
- In partnership with Dalhousie University and Recreation Nova Scotia funding of \$50,000.00 through MITAC was received to support recreation mental health curricula development for post secondary students and staff
- Heritage Canada \$10,000.00 grant to support simultaneous translation support for the 2015 ASI
- \$110,000.00 for the CAST Program was provided by the Nova Scotia Department of Health and Wellness
- Funding applications were submitted to the federal (1) and provincial (2) government for summer student position to support: the Pictou County Mental Health & Addictions Hope and Healing Action Plan foundational work; a student to support education and a business student to develop a CMHA NS business sustainability plan



***Board of Directors  
[2016 - 2017] Contact Information***

Name/ Board Role	Employment information	Contact Info	Term Information
<b>Tanya White</b> Board Chair (Interim)	Tanya White, BPR, ABC Communications Advisor Nova Scotia Association of REALTORS®	7 Scarfe Court, Dartmouth, NS Tel: (cell) (902 579-0147 Email: tanyawhite282@gmail.com	Board member 2014 Interim Chair Jan 2016 Offer to Chair for additional 2 years Term end:
<b>Thomas Kozloski</b> Board Treasurer	Thomas M. Kozloski, PhD, CPA(USA), CGMA  Associate Professor of Accounting Sobey School of Business –	Office SB 311 Saint Mary's University 923 Robie Street Halifax, Nova Scotia, Canada B3H 3C3 tel: <u>902.420.5271</u> fax: <u>902.491.6531</u>	Board member/Treasurer 2015 Term ends: 2018
<b>Susan Coldwell</b> Board Secretary	Susan Coldwell NSGEU, Coordinator, Working Toward Bully- Free Workplaces Program	255 John Savage Avenue, Dartmouth, NS B3B 0J3 Tel: (w) 902.424.4063 Tel: (h) 902.860.2580 Tel: (c) 902.225.3377 Email: (w) <a href="mailto:scoldwell@nsgeu.ca">scoldwell@nsgeu.ca</a> Email: (h) sjcoldwell@gmail.com	Board member: 2014 Secretary: 2016 Term ends: 2017
<b>Kevin McNamara</b> <i>New Board Member – September 2016</i>	Retired (2013)/ Deputy Minister, NS Department of Health and Wellness	5763 Hwy 3, Gold River R. R. # 3, Chester Basin, Nova Scotia B0J 1K0 <a href="tel:9026271295">(902) 627-1295</a> (H) <a href="tel:9024125855">(902) 412-5855</a> (C)	

*Last Updated: December 6<sup>th</sup>, 2015*





***Board of Directors  
[2016 - 2017] Contact Information***

<b>Dr. Anthony Armson</b> <i>New Board Member – September 2016</i>	Dr. Anthony Armson, MD  Department of Obstetrics and Gynaecology IWK Health Centre/Dalhousie University	kevinmc321@gmail.com 5850/5980 University Avenue Rm. G2140 Women's Site Halifax NS B3K 6R8 Tel: (902) 470-6460 Fax: (902) 425-1125 Email: anthony.armson@iwk.nshealth.ca	
<b>Peter Duke</b> <i>New Board Member – September 2016</i>	Peter Duke, J.D. candidate, Schulich School of Law 2016	5515 Hennessey Place, Halifax, NS B3H 2J8 (902) 880 7164 dukepeterg@gmail.com	
<b>Sherry Blinkhorn</b> <i>New Board Member – September 2016</i>	Sherry Blinkhorn' Owner, Blinkhorn Real Estate Ltd	980 East River Road New Glasgow, NS B2H 3S8 Cell <a href="tel:902.759.2557">902.759.2557</a> sherryblinkhorn@gmail.com Fax: 902-755-1770	