



Annual Report | 2019-2020

Tuesday, July 14, 2020 | Online | 3:00 PM



Canadian Mental Health Association
Colchester East Hants Branch

Agenda

- Minutes of Annual General Meeting
June 25, 2019
 - President's Report
 - Audited Financial Report
Grant Thornton
- Appointment of Auditor 2020-21
- Executive Director's Report
 - Program Reports
 - Nomination Report
 - Meeting Adjourned



Colchester East Hants - Canadian Mental Health Association

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**Canadian Mental Health Association
Colchester East Hants Branch**

**Minutes
Annual General Meeting
June 25, 2019**

Present: Jim McMorran, Nicholas Bell, Susan Henderson, Geoff Alcock, Tammy Hamlin, John Rossong, CMHA Staff, Jeff Mantin (representing Grant Thornton)

Regrets: Anja Willems, Tom Taggart, Darrell Kuhn, Terry Leier, Chief Dave MacNeil, Peter Bakes

1. Welcome and Call to Order

The meeting was called to order by President Jim McMorran at 7:01 PM.

2. Minutes of the Previous Annual General Meeting

Minutes of the previous annual general meeting were not currently available. President Jim McMorran advised that the minutes of the previous meeting would be reviewed and approved by the Board at its next regular Board meeting.

3. President's Report

President Jim McMorran noted the Association's progress in the past year towards the completion of the new building, the Association's activities through the year and impact in the community, and thanked the staff of CMHA for their significant contributions through the year.

4. Financial Report

Jeff Mantin, representing the Association's auditor Grant Thornton was welcomed and provided an overview of the Statements of Financial Position and of Revenues and Expenses, noting a net excess of revenues over expenses for the year. Jeff noted that financially the Association had another successful year. He noted that despite a positive excess of revenue or expenses, that the organization has invested these funds into the capital assets of the Association and that the regular programming of the organization ran a small net deficit. A qualified opinion was provided by Grant Thornton relating to the completeness of revenues and use of cash donations which was noted to be consistent with many not-for-profit organizations.

At this point, Jeff Mantin left the meeting.

5. Executive Director's Report

Executive Director Susan Henderson spoke to her report as submitted, noting the progress of the organization against its strategic goals, successes of staff, and the progress of the Building.

Susan also congratulated and thanked outgoing Board Member Geoff Alcock for his significant contributions to the Association over his tenure with the Board in excess of 17 years. Susan spoke to the inspiration and assistance Geoff has provided over her time as Executive Director, and on behalf of staff and the Board, presented Geoff with a framed photograph to thank him for his service to the Association.

6. Adoption of the Reports

On a motion by Treasurer Nicholas Bell and seconded by Board Member John Rossong, the President's Report, Audited Financial Statements, Appointment of Grant Thornton as the Association's auditor for 2019-2020, Executive Director's Report, Program Reports and Nomination Report were approved. All present were noted as in favour.

7. Adjournment

The meeting was adjourned by President Jim McMorran.

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8. Presentation

After adjournment, a presentation followed by Executive Director Susan Henderson and Board Member John Rossong, in his role as appointed member on behalf of the Nova Scotia Health Authority to discuss 'Developing a Quality Improvement Perspective for the CMHA Friendship Club'. The presentation discussed the development of new assessment tools developed in conjunction with, and operated independently going forward by staff of the Nova Scotia Health Authority for feedback from Friendship Club members. Susan and John noted that initial, early responses were all positive towards the Friendship Club, but further results would be gathered.

9. Invitation to Audience

President Jim McMorran invited all present to refreshments, cake and mingling.

Nicholas Bell
Acting Recording Secretary
CMHA Colchester East Hants

Jim McMorran
President
CMHA Colchester East Hants

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President's Report



Canadian Mental Health Association
Colchester East Hants Branch

2020 Annual General Meeting

This year has been a very different one to say the least.

The branch moved into our own building following some extensive renovations to the building.

Once home, we now have to face this pandemic which I am sure is affecting many, many of those we care about including our Board members.

On behalf of all of us, thank you to Susan Henderson for her guidance, all she has done to allow our branch to have a new home and for guiding us through this difficult and different period in our lives.

Thank you also to the Staff for their continued support and guidance.
And to the returning Board members.

Respectfully Submitted by: James C McMorran



Executive Director's Report

What a year it has been! 2019-20 was a roller-coaster of emotions; from worry to celebration, and frustration to fruition. Everyone has worked so hard to bring our dream to reality. I was never so proud to move staff from our cramped quarters at 595 Prince street to our new big and beautiful building. It still feels a bit unreal that with our community's support, we were able to create our dream.

Our Open House on October 10th was a huge success as we welcomed the community to our new location. A walk from the NSCC Truro Campus led to 895 Prince Street where a large crowd waited. What a feeling as I stood with the Board of Directors and cut the ribbon – finally we were in our new home!

A beautiful donor wall was created by Rob McCormack, which was revealed at our V.I.P. Night on November 28th. Staff and Board pitched in to welcome our guests and thank them for supporting mental health. Speeches were made, rooms dedicated, appetizers served, all while being entertained by Blue Lane. Local artists displayed their pieces for sale and also donated to the Silent Auction. It truly was a fabulous evening!

Moving to this new space meant an expansion of programming and an increase in numbers. We only had a few months to settle into a new routine before COVID19 hit, and this has forced us to temporarily close our doors to the public. All other programs have continued without interruption, and we quickly adjusted to an on-line, telephone and virtual environment to connect and support others. Our Independent Living Program is providing contact-less visits and Outreach Programs meet one-on-one following all Public Health Guidelines. Small Options staff initiated and follow a Pandemic Policy designed to keep our residents as safe as possible.

Staff have never been asked to be as flexible and creative as they have been this year. Changes in space, in tasks, and in the world as we know it has impacted everyone. As we do so well in times of change and crisis, our staffing team rises to the challenge. This year was no exception. I deeply appreciate their commitment over the last year and look forward to building our organization together.

Respectfully Submitted by: Susan Henderson



THE CLUB offers programming and social opportunities for those living with mental health issues in a safe and supportive space. Staff encourage members to participate in social, recreational, employment and emotional programming that is offered through the club and community.

There have been a few changes in the club over the past fiscal year. At the first of October, we moved into our new building at 859 Prince Street. Our community was wonderful to us while we were challenged with storage space during the transition. We would like to thank the NSCC Truro Campus for allowing us to store items from our SOUP cafe program while we were in our temporary location at 574 Prince St. We would also like to thank NSCC Truro and the Truro Farmers Market for providing us space so we could continue doing programs within the community while we awaited for the completion of the new building.

On March 17, 2020 we had to close the doors to the public temporarily due to the COVID-19 pandemic and the measures put in place for social distancing by the government. As a result we switched gears in how we are offering services during this time and began offering 'virtual' groups through ZOOM. We made phone calls to members to check in on a regular basis, we were available through emails to members/clients/community members, and we began to provide meals multiple times a week to those most vulnerable that access our services (this was provided through a generous grant provided by the United Way of Colchester through their Compassion Care Fund.)

Programs offered through the Club during 2019/2020 were:

- *Coffee and Conversation.*
Members can come in and chat in a group/social setting
- *Artworks Program.* Promoting positive mental health through art.
Open to community members
- *Recreational Programming.* Promoting physical well-being.
Twice weekly visits to the RECC. Open to community members
- *Auricular Acupuncture.* Provided 635 times.
Open to community members
- *Food With Thought.* Promoting healthy eating and life/ employment skills development
- *Community Mental Health Groups.* Staff facilitated group that discusses different topics around mental health. Open to community members.
Currently offered online through ZOOM.
- *The Art of Friendship Program.* 8 week course on interpersonal relationships and building and maintaining friendships.

From April 1, 2019 to March 31, 2020 we completed **40 new intakes** for the Club with **143 unique individuals** accessing the club throughout the year.

CLUB ATTENDANCE (2018/19 statistics compared to 2019/20 statistics)

| | April 2018- March 2019 | April 2019- March 2020 | Difference between 2018/2019-2019/2020 |
|------------------|------------------------|------------------------|--|
| April | 132 | 193 | +61 |
| May | 120 | 164 | +44 |
| June | 109 | 183 | +74 |
| July | 107 | 214 | +107 |
| August | 53 | 146 | +93 |
| September | 124 | 110* | -14 |
| October | 144 | 205* | +61 |
| November | 147 | 177 | +30 |
| December | 88 | 170 | +82 |
| January | 117 | 196 | +79 |
| February | 136 | 187 | +51 |
| March | 183 | 143* | -40 |
| Totals: | 1460 | 2088 | +628 |

* Please note: We were closed for a two week period at the end of September/ October to move into our new building and then again to the public March 17th, 2020 due to the COVID-19 pandemic.



In February of 2019 we began providing our Community Mental Health groups again to our club and community members at various locations in Truro until our move to our new building. Before the pandemic we were offering inhouse groups twice a week at our current location. With the onset of the pandemic we began offering community mental health groups through zoom three days a week, twice a day. From April 1, 2019 to March 31, 2020 we these programs have been accessed 281 times with 53 unique individuals who have participated in this particular program.

Recreation and leisure activities are a key component in self care, not only is it important for your physical health but for your mental health. Throughout the year we have been able to include regular physical/recreational activities into our weekly programming. This program has been a great bridge in teaching our clients about healthy lifestyles and the positive impact it can have on a person's mental health.

Over the past year our members have benefited greatly from the 10 passes donated by the Rath Eastlink Community Centre. The activities these passes have provided are fundamental building blocks in recovery from mental illness. Not only have these passes created recreational opportunities but they have also opened the door for socialization and inclusion within our community. We also received a grant from the Municipality of Colchester for recreation - this money was used for a wide variety of programming.

Below is a chart of the programming we were able to provide with the grant and the participation for each program.

| | |
|---|-----|
| Beach Trip to Melmerby July 25, 2019 | 27 |
| Annual Fishing Trip to LORDA August 16, 2019 | 12 |
| Shubenacadie Wildlife Park August 20, 2019 | 25 |
| Multiple Artworks Program (10 programs) | 114 |
| Annual CMHA Christmas Party December 18, 2019 | 66 |

Total participation for these programs as a result of funding and donations is 254 people. (Totals include our twice a week outings to the RECC or passes borrowed from CMHA for a two week period.)

Our Food With Thought Program that is generously funded by the United Way of Colchester, provides essential skill training for our clients that can be transferred to their everyday lives. We offer the opportunity to volunteer in the kitchen to practice and gain these skills or people can choose just to participate in eating lunch with fellow members creating socialization opportunities. They also get to benefit from eating a healthy home cooked nutritious meal at a low cost.

FOOD WITH THOUGHT TOTALS (Monthly and Yearly)

| | April 2018- March 2019 | April 2019- March 2020 | Difference between 2018/2019-2019/2020 |
|-----------|------------------------|------------------------|--|
| April | 132 | 193 | +61 |
| May | 120 | 164 | +44 |
| June | 109 | 183 | +74 |
| July | 107 | 214 | +107 |
| August | 53 | 146 | +93 |
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Respectfully Submitted by: Susan King, Club Manager



Independent Living Support

The **INDEPENDENT LIVING SUPPORT PROGRAM (ILSP)** encompasses two types of support for persons' living with a mental health issue, the Small Options Home which provides 24 hour staff support, and the Independent Living Support Program (ILSP) for persons living in their own home in the community. Collectively in these 2 programs we are supporting 28 individuals. CMHA-CEH provides support in the Colchester-East Hants area. Financial support for both programs can be through the Nova Scotia Department of Community Services, First Nations Band Councils, or private pay.

CMHA-CEH receives referrals from the Department of Community Services, Native Council as well as other agencies. There is an internal referral process to ensure CMHA-CEH is the appropriate agency to meet the needs of each applicant. ILS staff will conduct home visits with persons on their individual case load. The frequency/duration of each appointment depends on the individual needs of the applicant. ILS staff assist persons' supported with activities of daily living, budgeting, advocacy, educational pursuits, social opportunities and medical appointments. The goal is to assist persons supported to become active members in their community while increasing their independence and self-confidence.

YEAR END TOTALS from April, 2019 to March, 2020:

Carry Over Clients – 32 | New Admissions – 2 | Discharges – 6 | Total – 28

CMHA-CEH had 3 persons supported who were transferred to other agencies. Unfortunately, we had 3 long term persons supported who had passed away. They will be greatly missed.

Respectfully Submitted by: Lois Walker

Community Outreach

The **COMMUNITY OUTREACH PROGRAM** allows us to meet individuals in the community and, where appropriate, refer them to other supportive programs we provide and/ or additional community resources. In 2019-20, 90 individuals were supported through the Community Outreach Program.

One of the programs we offer is our Community Housing Outreach, assisting individuals over 19 who are vicariously housed. This year, we have seen a dramatic increase in the requests for assistance related to housing. The CHOW program provides funding thanks to AHANS (Affordable Housing Association of Nova Scotia) for emergency housing funds. 47 individuals were given financial assistance towards rent/ rental arrears, damage deposits, groceries and utilities, giving them the opportunity for a fresh start.

Navigational support and accompaniment are the strengths of the program. Fourteen individuals were provided with Economic Integration services over the past year. Five of these were focused on employment; the other 9 in securing income (E.I, Income Assistance, Canada Pension, etc). Our community presence has led to an invitation to join the Patient Advisory Committee for the northern region. Our Executive Director was appointed as Co-Chair, allowing us to bring the voice of the client directly to our partners at MHAS.

Another program provided by the C.O. Worker is the Adjusting to Parenting Program, co-facilitated between ourselves and both Maggie's Place and the East Hants Family Resource Centre. Six courses were held over the past year, reaching approximately 60 women who identified as having some struggle adjusting to being a mom. With its mental health focus, this program has proven to be a helpful intervention for detection of post-partum depression and anxiety. Nova Institution partnered with our C.O. Worker to create a program that intertwines parenting strategies and strategies to maintain good mental health. Two of these groups were held. Our Outreach Program began to present to businesses as part of our Workplace Mental Health Program. Three workshops led to further requests which were unfortunately impacted by COVID19. Prior to COVID19 we also provided 20 community workshops and presentations.

The Community Outreach program is funded by the Karen Lake Trust, and Lake family members. We are very grateful for their on-going support.

Respectfully Submitted by: Shelley Marie Baines



Willow House

WILLOW HOUSE provides 24 hour person centered, mental wellness recovery and supports. It consists of two, three bedroom, co-ed apartments. Our mission is to “assist people who experience mental health difficulties to achieve the persons highest level of functioning” Our goal is to meet individuals where they are in their recovery. Support staff assist individuals with their wellness plan and growth towards independence, staff use a “do with; not for” approach in areas of daily living, household responsibilities, professional appointments, budgeting, community relationships and educational/ employment goal setting.

Community based activities are encouraged on a daily basis. Due to currently having a diverse group of residents with varying ages and interests group activities are not always possible. Some of the group activities that individuals have taken part in over the last year include a trip to Melmerby Beach, The Wildlife Park, Walks at the RECC, Movie theatre, Food Truck Festival, Comedy show at the Marigold, Christmas tree lighting and parade, CMHA Grand Opening and Christmas dinner, Walk Tall for Men's Mental Health event. Visits with family and friends both within and outside of the home.

Activities that have taken place within Willow House range from playing cards and board games, to movie nights and joint suppers as well as Birthday celebrations for residents that involves a meal of their choice and inviting family and friends.

By supporting residents to accomplish the goals of their Individual Support Plans as well as achieving personal growth and development; Willow House is able to provide a successful transitioning point to our residents within the last year, our ongoing success has included:

- Transition from living in other communities to living in Willow House. We have had two new residents move in. both of whom moved from other communities.
- Employment within the community or through project 50. One resident maintained casual employment within the community and two residents had a project 50 Project 50 is designed for individuals to gain experience and employability skills to re-enter the work force and earn an extra \$50 a month aside from their regular income There were two residents who had a project 50
- Increased community involvement. There is one resident who attends the VON Adult Day Program once a week with the possibility of this increasing to twice a week.

It has been a very rewarding year to watch residents stride towards becoming more independent realizing their capabilities and potential, while fulfilling their goals and continuing to work towards new ones.

This past year has also brought with it some sad and challenging time for all. Staff and residents have been grieving the loss of a resident who lived at Willow House for the past few years and take comfort in the fond memories we have of him.

Respectfully Submitted by: Holly McCormick, Willow House Manager

Catering Program

Upon the opening of our new building in October 2019, CMHA CATERING (formerly SOUP Café Catering) was able to re-start catering services to the community. With the community supporting our catering we are able to allocate the funds made to our 'Food With Thought' Program to cover some of the cost of groceries for our meal program (please see Club report for more info on this program). Clients who partake in the Food with Thought Program also help with the preparation and cooking for catering along-side staff; this participation increases client's overall life/skills development.

From October 2019 to the beginning of March 2020 we had 25 caterings within the community. In addition to these caterings we provided food for our Open House in October, our VIP Night in November, our annual CMHA Christmas Dinner and for our annual Women and Wellness Event.

Unfortunately, with the onset of COVID-19 catering came to a standstill. We are still able to offer catering, while ensuring social distancing protocols, for those looking for catering. The Catering program is able to accommodate a wide variety of events and numbers.

Respectfully Submitted by: Susan King



Youth Outreach

The **YOUTH OUTREACH PROGRAM** is a community based program that considers both short term and long term social, emotional, financial, physical (and most importantly) total wellness goals for all high school aged (14-21) youth. This program achieves this by providing services outlined by the Nova Scotia Department of Community Services; strength based, trauma-informed, concerned with harm reduction, culturally competent, and youth centered. Based out of CMHA-CEH, the Youth Outreach Program has the ability to provide services and support to youth in Colchester, East Hants and Cumberland Counties, however local support is the most requested.

Our Youth Outreach Workers ensure support given to youth is based around an individual's needs in order to be successful in reaching desired goals, and staff work towards educating youth by aiding the navigation of their personal wellness journey. The Youth Outreach Program receives new referrals from other community programs, and continues to support those who have connected with CMHA-CEH; past, present, and future.

This year we are happy to announce that we have supported 80 individual youths through both our individual and group support. Many of these youth were individuals who came to us for support on a regular basis throughout the year. The Youth Outreach Program has participated in seven community social and/or support groups.

Youth Outreach has had many highlights over the past year. One highlight is the continued growth of our partnered program "Swords and Sorcery". This program, in partnership with Slate Youth Centre, is now housed within CMHA-CEH, and is continuing to grow. We are encouraging the development of individuals "soft skills"; social skills, and peer support all within a safe environment. Youth participating has increased by roughly 30%, since the move to CMHA-CEH's new location. We continue to see an increase in both our new and existing members expressing themselves or exploring who they are as they identify themselves as part of the LGBTQ+ community. We believe this is in a large part thanks to the Swords and Sorcery Program, which allows our youth the opportunity to act out their real selves in a place they can feel accepted, and gain confidence to express that part of themselves openly to their friends and family. In addition, many of these youth have shown interest in taking on leadership roles, by learning how to run games tables and taking interest in other offered programming.

CMHA-CEH has also maintained a strong support presence in East Hants thanks to our partnership with SchoolsPlus in the community. There we also provide support through a weekly role playing program, regular drop in or meetings by appointment. These programs are very different, but often we see many of the same faces between them. This allows the youth to gain both recreational support while also gaining emotional support, which in turn builds a sense of belonging among the youth attending, and though that a sense of community builds among their peers.

CMHA-CEH was also able to offer drop-in and support by appointment at South Colchester Academy (SCA) partnering with SCA's Guidance Office and support staff team, including SchoolsPlus.

The Youth Outreach Program offers many other supports and programs throughout the community/in-house in addition to the ones listed above. Some examples of this would be supporting teen moms and acting as the Community Support at Restorative Justice hearings. With a mandate to reach youth that are not being supported by other systems, we were pleased to see that we are meeting our communities needs. We continue to provide support to all three counties under our programs on an as needed basis. Our staff are proud of the interventions we have been able to provide youth in these various communities and look forward to continuing to do so in new and creative ways in CMHA-CEH's inclusive space.

Respectfully Submitted by: Jarrett Doyle and Laurah Locke



NOMINATING COMMITTEE REPORT

I am pleased to submit the following names for nomination to the Colchester East Hants Branch **Board of Directors** for the year 2020-2021:

James McMorran
Terry Leier
David MacNeil
Nick Bell
Peter Bakes
Anja Willems

Tom Taggart
Tammy Hamlin
Darrell Kuhn
John Rossong
Rob Landry
Laura Whiteland

The following Directors have agreed to serve as **Elected Officers** for 2019-2020:

James McMorran – President
Tammy Hamlin – Vice President
Darrell Kuhn – Corporate Secretary
Vacant – Recording Secretary
Nick Bell – Treasurer

Respectfully Submitted by: James McMorran, Chair – Nominating Committee



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