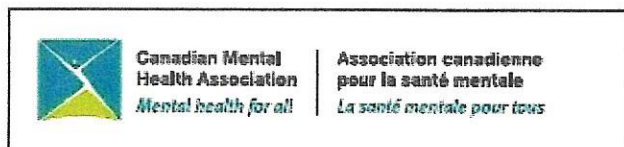




Canadian Mental Health Association
Colchester East Hants Branch
Annual General Meeting Report
2017-18



Mental Health Matters

PO Box 1413
574 Prince Street
Truro, NS B2N 1G3
Ph: (902) 895-4211
Fax: (902) 895-4027

Canadian Mental Health Association
Colchester East Hants Branch

Annual General Meeting

June 19, 2018 @ 7:00 pm

Agenda

1. Minutes of Annual General Meeting June 21, 2017
2. President's Report
3. Audited Financial Report from Grant Thornton
4. Appointment of Auditor 2018-19
5. Executive Director's Report
6. Program Reports
7. Nomination Report
8. Meeting Adjourned

Program: Branching Out Building Campaign Update

**Canadian Mental Health Association
Colchester East Hants Branch
Minutes
Annual General Meeting
June 20th, 2017**

Present: Jim McMorran, Susan Henderson, Nick Bell, Peter Bakes, Geoff Alcock, Natasha Head, Tom Taggart, David MacNeil, Anja Williams, Terry Lier, Tammy Hamlin, Members of the Friendship Club and guests, Staff of the CMHA offices, Grant Thornton and representatives

1. Welcome and Call to Order:

The meeting was called to order by President Jim McMorran at 7:00 pm

2. Minutes of the Previous General Meeting:

On a motion by Nick Bell and seconded by Peter Bakes the minutes of the Annual General Meeting held on June 14, 2016 were adopted.

3. President's Report:

President Jim McMorran noted our major step of becoming property owner's this year and how this of course reflects in business activities and changes to the organization.

Mr. McMorran also shone the spotlight on the many programs offered by the organization and the help we have been providing for the community and the help we are receiving from the community in regards to our fundraising endeavors.

The importance of raising awareness was also stressed.

4. Financial Report:

Our auditors, Grant Thornton provided detailed reports and reviewed the highlights of our audited statements, including our revenue breakdown and expenses. Upon review of statements it was determined that one motion to adopt all would be tabled upon the delivery of the Executive Director's Report.

A motion was made by Treasurer Nick Bell and seconded by Natasha Head for the appointment of Grant Thornton to continue in their role.

5. Executive Director's Report:

The best is yet to be. Executive Director Susan Henderson presented her report and gave a brief overview of activities, programs and events the organization has been involved with over the past year. Susan spoke to our sustainability, future potential as new property owners, and how the organization is moving forward with positive momentum. She spoke to many updates that have occurred over the past year including new flyers for services and a new website. Susan also spoke to the amazing support of not only the community but of the staff and their hard work with thanks going out to all.

6. Program Reports: The following reports were discussed:

Willow House – Holly

Independent Support Program – Lois

Friendship Club – Belinda
Food Service Program – Laura (Not present)
Soup Café – Krisi, Margie & Susan
Youth Outreach – Chris Ripley
Acupuncture – Lois
Recover Support – Krisi

It was noted the number of programs that are being offered by CMHA Colchester East Hants is an incredible resource that would not be here without the help and support of all involved.


7. Acceptance of Reports:

On a motion by Chris Ripley and seconded by Tom Taggart, the reports from the President, Executive Director, Auditors and Programs be accepted as circulated. Motion carried.

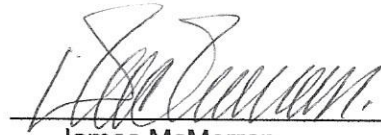
8. Nomination Report:

After a call for nominations from the floor with no names forthcoming it was determined nominations would be declared closed. President McMorran declared those named accepted by acclamation. The motion was seconded by Peter Bakes and all found in favor.

- 9. Adjournment:** The meeting was adjourned by President Jim McMorran at 7:30 pm with 31 guests and members present.



Natasha Head
Secretary
CMHA Colchester East Hants



James McMorran
President
CMHA Colchester East Hants

CMHA - Colchester East Hants Branch

2018 Annual General Meeting President's Report

The past year has been a full year once again! Our board is moving ahead with great confidence in ensuring support for all of our Branch's programs and fund-raising in support of our building development.

A number of fund-raising events have been held and will be held in the future in support of this endeavor.

We, our dedicated Staff and board members look forward to another successful year in making sure that our community and province know and understand that mental health is not an aberration but an illness!! Yes, an illness that although no cure has been found for it, yet, it is an illness that can be treated and supported.

On behalf of the Board of Directors, Members and myself, I thank the Executive Director, Susan Henderson and the Branch Staff for the time and effort they give to ensure that the programs of our branch reach those in need of support!

Respectfully submitted.

James C (Jim) McMorran

President

Truro NS B2N 5V2

902-895-4211

Executive Director's Report

CMHA CEH 2017-18 Annual General Meeting

Every year seems to go quickly by and this one is no exception. It is hard to believe that this is my 7 year at CMHA and 7th Annual Report that I have written!

It is no secret that I had expected to host this years AGM from our new building at 859 Prince Street. As with anything "good things come to those who wait", and although frustrated with the time this project is taking it has also allowed us to develop partnerships and opportunities that would not have happened if this project had completed quickly. Our Fundraising Committee has been working diligently to raise the funds that we need, first to trigger the mortgage and (over the next years) to complete our 2 Million Building Campaign.

CMHA is committed to bringing better "Mental Health for All" to our communities across Canada. Our current temporary site may be small, but so much happens there to support the recovery of those with mental health concerns. On any given day our staff and programs support at least 40 individuals both on and off-site.

This past year saw a number of staff members leave CMHA; a couple for maternity reasons, but most to advance their careers having landed their "dream job". The skills and expertise these staff gained made them attractive to new employers and we wish them very well. The expansion of our Outreach Team to include a Community Housing Worker has been an exciting addition – one that allows us to increase our scope of services, meet our strategic goal, and develop a "Housing First" collaborative model with other community partners. The need for a safe place may bring someone into our office but we soon discover underlying issues with mental health, and increasingly these are related to addiction. These clients require strong advocacy and navigational support which can seem to put us at conflict with the systems that are set up to support these individuals. It is very important that we see these persons receiving what they need to survive and to be treated with dignity and respect. As you read the following reports I hope that you can see as I do, the dedication and hard work that staff do to bring this to reality.

Our new Outreach office in Elmsdale has allowed us to have a regular presence in the East Hants area. Recent partnerships with Family Resource Centers have allowed us to develop supports for postpartum depression. This marries perfectly with CMHA NS new focus on women's maternal health.

Requests for presentations and workshops specific to mental health have increased over the past year. Our expertise as an informal mental health resource is growing more every day. In the past year we organized and hosted Mental Health Awareness and Mental Illness Awareness weeks with activities both internally and in community. We have participated in Health Fairs and Expos and have provided a number of NS Works presentations, as well as planning and support to Headstrong Days in Truro, Elmsdale, and Amherst. A variety of fundraisers and campaign-related meetings have increased our presence and therefore awareness in community.

It is with deep gratitude that I write this report – to staff and volunteers, Board Member and those we support, to Fundraising and Building Committee Members and to anyone who believes in our vision in improving community mental health. Thank you for helping us to create a place to gather and grow!!

Susan Henderson – Executive Director

WILLOW HOUSE 2017-18 AGM REPORT

Willow House provides 24-hour person centered, mental wellness recovery and supports. It consists of two, three bedrooms, co-ed apartments

Our Mission:

To assist people who experience mental health difficulties to achieve the person's highest level of functioning.

Our Goal:

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 as well as with educational and employment goal setting.

Community based activities are encouraged on a daily basis. Some of the activities that individuals have taken part in over the last year include shopping trip to Mic Mac Mall in Dartmouth, Thrift shopping at Value Village in New Glasgow and locale thrift stores. Swimming at Scotia Pool, walking at the RECC., Game Loft, activities offered at the Club such as the "Sing Along" and annual Christmas Dinner as well as fundraising events in support of our building campaign which included Truro Sings.

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:

- ⑩ transition from 24-hour support to Independent Living Support. There is one individual who is currently waiting for funding to transition in to his own apartment with Independent Living Supports.
- ⑩ Education and completion of other programs and services. There are currently three individuals who are seeing Career Practitioners through Nova Scotia Works. One individual completed several employment workshops offered by them and graduated from The Retail Training Program in May. Another individual had graduated from the Food Handling and Hospitality Program through Futureworx and has sustained a job in the food industry. The other individual is in the beginning stages of the assessment process.
- ⑩ Employment through project 50. This 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 is currently one resident who has a project 50.
- ⑩ increased community involvement

Staff continue to take great pride in supporting each individual in their recovery. It is especially rewarding to witness individuals recognize their full potential and work towards and accomplish their goals. In the coming year we look forward to seeing where their "road to recovery" will take them.

Respectfully Submitted - Holly McCormick Willow House Manager

CMHA CEH Independent Living Support Program 2018 AGM Report

The Independent Living Program encompasses 2 types of support for persons living with a mental illness; the Small Options home which provides 24 hour staff support & the Independent Living Support Program (ILSP) for persons living in their own home in the community. Collectively we are supporting 36 persons living with a mental illness. CMHA-CEH provides support in the Colchester-East Hants area. Financial support for both programs can be through Community Services, First Nations Band, or private pay.

Independent Living Support Program (ILSP):

The ILSP staff make home visits to those supported in this program. There is an application process to receive this service with a needs assessment conducted by the CMHA ILSP Supervisor to ensure the ILS program will meet the needs of the applicant. Hours of support are based on the individual needs assessment. ILS staff assist persons supported with activities of daily living, budgeting, advocacy, educational pursuits, social opportunities & medical appointments to mention a few.

The goal is to assist persons supported to become active members in their community while increasing their independence & self-confidence. Persons supported on the ILS program have the opportunity to take on a project 50 (P50) which promotes working in the community to assist in skill development with the possibility for future employment. Currently there are 9 ILS people supported who are doing a project 50 in the community and can earn up to \$50.00 a month on top of their monthly income.

Respectfully Submitted;

Lois Walker, Team Leader/Supervisor

Independent Living Support Program

Statistics April 1, 2017- March 31, 2018

Apr 1, 2017-Mar 31, 2018	Carry over Clients	New Admissions	Discharges	Total
Year End Totals	37	0	1	36

Auricular Acupuncture

On Wednesday evenings from 6pm-7pm & Thursday 4pm-5pm CMHA provides free Auricular Acupuncture which is open to the public. Auricular Acupuncture consists of 5 needle insertion points in each ear. Once all participants have their needles inserted they sit quietly while listening to calming music & drinking a cup of detox tea. Auricular Acupuncture has been known to assist with reduction of headaches, cravings, stress & promotes relaxation. Some participants have commented that they have a good sleep after they had acupuncture.

During this reports fiscal year we have seen an increase of acupuncture participants to 153 with an average of 5 per session. This is an increase of 28 people & growing.

Respectfully Submitted;

Lois Walker, Team Leader/Supervisor

COMMUNITY OUTREACH PROGRAM

Report to 2018 CMHA CEH Annual General Meeting

The Community Outreach worker meets clients where they “are at”, emotionally as well as geographically. Our aim is to break down the barriers that may prohibit persons struggling with a mental health issue to reach out for support. Transportation can be a significant issue as individuals may have had impacts to their employment and have isolated themselves in trying to cope. Self-stigma can also impact this and for this reason it is important that clients feel as comfortable as possible, especially the first appointment. Meeting with individuals in the community, in a near-by café for example, can be an important part of the support the Outreach Worker can provide. Outreach Workers see people in the community. They are a listening ear for people who need support.

Staffing changes also affected this program, and with the departure of Sally Normanton in November of 2017, Michelle Singer and Natasha MacLeod were hired to share the position and provide increased availability. As the demand for the program continues to increase, this has proven to be a good strategy.

We were also able to expand our Community Outreach services in the East Hants area on a regular basis this year. Thanks to the continued generosity of the East Hants Family Resource Center we have been able to utilize an office there, on a bi-weekly basis to meet and support individuals.

The Community Outreach Worker also links people with the resources they need. Some of these resources may be available internally at CMHA, but others are in community. Referrals have been made to other community partners on a regular basis and include the Central Nova Women's Resource Center, Colchester Food Bank, Family Resource Centers, Community Services, local psychologists and psychiatrists, and Mental Health and Addiction Services.

Our discussions with local Mental Health and Addictions continue in an effort to bring clarity and ensure people get crisis support when they need it. Some progress has been made, and although they are baby steps, we will continue to advocate for the needs of families and individuals both during and after a mental health crisis.

Over the past year over 155 persons in the community have been supported by this valuable program. Being able to provide a circle of support where the individual experiencing the issue is supported, along with the persons who care for them is a very rewarding experience. This provides the entire family or support network with an opportunity to receive timely support and information. Some require nothing but a regular chat over coffee, while others need more intervention and referrals to support. The intervention provided has saved lives as a number of clients have informed us that we were their last stop before an attempt to take their own life.

Historically this program has also identified gaps in services and areas where supports are needed. When possible our organization will develop programming to meet this need, when it does not exist. An example of this in the past has been the Families Moving Forward Group which grew out of the Families Matter in Mental Health Program. Over the past year we have noted a need for postpartum support in both Colchester and East Hants and as a result have worked to create an Adjusting to Parenthood Group with the Mother's Mental Health Kit. Given CMHA NS's new focus on Maternal Mental Health, this has been a successful new direction for the Community Outreach Program.

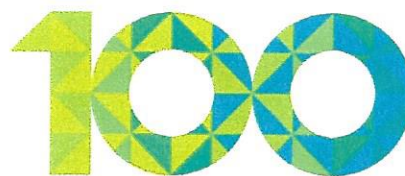
Over the next year we will be able to once again partner with the Health Authority in the delivery of the Families Matter program as we have been offered an opportunity to train a new staff member. Opportunities to develop facilitation programs specific to building resiliency are also in the near future.

We continue to be very grateful for the financial support from the Karen Lake Foundation. Without it this program could not exist and individuals who are unable to come to us would continue to struggle alone and in isolation. This program has allowed us to support all levels of impact, and has greatly expanded the scope of the services we have been able to provide.

Respectfully Submitted – Michelle Singer



**Canadian Mental
Health Association**
Mental health for all



*years of
community*

The Youth Outreach Program is a community based program designed to improve the immediate and long term social, educational/vocational, economic and health outcomes for vulnerable youth. The core services that the program diligently strives for are: drop in, crisis management, supportive conversations, programs, workshops, referrals, and linkages, mentoring, accompaniment, outreach, and family support.

The Youth Outreach Program with the Canadian Mental Health Association-Colchester East Hants Branch services Colchester, Cumberland and East Hants counties. The program has principles set out by Department of Community Services to guide the program so that a youth accessing services in one area could receive the same support in another if they required. The guiding principles are the heart of the program; some of the principles are: youth centered, strengths based, trauma informed, harm reduction approaches, and culturally competent. The amazing facet of this program is that youth determine themselves what kind of support they want, what they would like to see in a program, and determine what they need. This approach works well as we see every year with an increase in both numbers and referrals.

This year we are happy to report another increase in unique youth by 10. We have served 125 individual youth through referrals from agencies, self referrals, parents, friends of friends, drop in's and returning individuals. The Youth Outreach workers have done 8 community presentations to students, parents, agencies, and the community.

There have been many highlights over the past year. Our weekly drop in group, Comfort Food, that started six years ago by some youth who wanted a safe place and a meal, has once more evolved with new youth. With staff changes, and youth aging out; we have seen a slight decline in participation, but average five to six youth every Wednesday.

Through some hard work, presentations and great partnerships the Canadian Mental Health Association has been able to have a steady presence in East Hants twice a month for outreach services, as well as a 8 week program Mom's Wellness . In addition, Youth Outreach is available at East Hants Rural High School on a drop in basis Tuesday mornings. Youth Outreach runs a Healthy Relationship group in partnership with South Colchester Academy.

In addition to the outreach programs already discussed, CMHA has also grown and developed it's partnership with Slate Youth Center in Truro by collaborating with them on two programs. The first program is known as Creative Community, which is an art program every Tuesday from 3:30-5pm. Youth aged 14-29 can come in during this time and work on a art project, which can be anything from drawing to painting to sewing and more. This program is also facilitated by a local artist, allowing youth of any artistic level to engage in and enjoy the weekly projects together.

The second program is called Swords and Sorcery, which occurs every Wednesday from 6-8pm. It is a roleplaying group for anyone ages 10 and up, and primarily uses the game "Dungeons and Dragons" to create a safe place for members to socialize and engage in.

Both of these programs listed have wider age ranges than most of our other programs. This is because these are transitory programs meant to allow youth who have outgrown our services a chance to stay connected with both organizations. It also gives them a chance to mentor the younger youth, and support them as they have been supported by these organizations prior.

Respectively submitted by: Sarah Flemming & Jarret Doyle - **Youth Outreach Workers**



Community Housing Outreach Worker 2017-18 AGM Report

The Community Housing Outreach program is a program funded through Affordable Housing Nova Scotia and the Federal Government. The program attempts to assist individuals who are homeless or at risk of being homeless, couch surfing and/or the "hidden homeless" (homeless individuals who are not using shelters or who are living outside). The program also supports individuals in transition. For example, those who are leaving a mental health agency such as psychiatric Ward or Nova Institution.

The reasons behind why people become homeless and how to provide permanent solutions is a complex issue. It is not an issue that is easily resolved and requires collaborative approaches. As a result, this program has begun to work closely with the homeless shelter along with other agencies such as the Salvation Army and various churches. These were relationships had to be developed in order to help the individuals who were seeking services and to stretch our limited amounts that we have for assistance. The need is high for people seeking services in areas like first months rent and damage deposits, food, oil and power. Many need help finding a home they can afford and that is safe. Others have relied on "loan sharks" and "quick money" stores to cover a shortfall, only to find they can never get caught back up again with their limited budgets.

Since the program began in December of 2017, The CHO worker has developed a caseload of approximately 55 clients who are helped to navigate the system to find appropriate services for individuals and their needs. Presenting issues range from mental health and addictions, to helping people seek services for physical health issues, and working with Department of Community Services. Key to is developing relationships with a variety of referral partners such as hospital staff, doctors and child welfare and DCS.

A significant part of this position is also referring people to appropriate services for their needs. Barriers such as transportation, an inability to speak up for one's self and self stigma are additional issues that can get in the way of someone receiving support.

The need for this program has proved to be greater than anticipated. Media coverage early in the program brought a surge of referrals through our doors and as awareness has increased they have remained steady. Community interest has led to a number of presentations for Community Health Boards, Sobeys and NSCC Health Fairs. As part of the funding of the program we are expected to keep 3 and 6 month follow-up data so this should prove to produce some interesting information that will give us a clearer picture of the housing needs of the Colchester East Hants area. I expect that this program will only grow in scope and numbers over the next fiscal year.

Respectfully Submitted – Natasha MacLeod

AGM Report for the Club April 2017-March 2018

The Club offers persons living with a mental illness a safe supportive space to come to enjoy the company of others & participate in the programs provided through staff facilitation. Everyone is treated with dignity & respect while encouraged to contribute to a safe environment for everyone.

In 2017 CMHA moved to our temporary location at 574 Prince Street while excitedly awaiting the completion of our purchased building. Despite these changes the Club continues to operate Monday to Friday. We have a new schedule which offers "Members Only" for the mornings & "Open to Community" in the afternoons. Community locations, including SOUP Cafe, are also used as part of Club Programming.

During the mornings Club members can come in for coffee & a cold breakfast. At 10:00am-11:00am we have a walking group who go for a walk through downtown (weather permitting). The walking group then meets up at a jointly decided place in the community to do a wellness check in with staff. The pace of the walk & duration is guided by the club members. For those who do not have physical limitations they may choose to walk farther than members who may have limitations but we all come together at the meeting place to do check in together for 11:00am. The Club lunch is offered from 11:30am-12:30pm at SOUP café where members can have a home cooked meal that fits in their budget, while enjoying the restaurant experience. Club lunches are supported through the "Food for Thought" program.

The Club re-opens at 12:30pm for programming for Club members as well as persons living with a mental illness who live in the community but may not be a member. During the afternoons staff facilitate "Personal Growth Sessions", "Wellness Planning", "Recovery Dialogue", "Crafts/Board Games", "Auricular Acupuncture" & "TED Talks/Movie". On Wednesdays we are joined by the youth from "Comfort Food" to play various games or crafts together while having conversations. This promotes interactions between the generations & helps reduce stigma through acceptance, laughter, strategy (through games) & friendships. On Tuesday's & Thursday afternoon's we have "Discover Your Community" where we participate in activities in our community or have a specific event/activity that we take part in such as swimming at the Scotia Pool.

The first Friday of every month there is a members meeting from 10:30am-11:30am to discuss/plan activities, ideas or issues that may come up. The last Friday of every month we have a "Coffee House Social" at SOUP café at 3:30pm-4:45pm where we have musical guests who come to entertain and sing with everyone.

The Club has seen some staff changes over the past year which has at times proven to be challenging. Through perseverance & the dedication of our wonderful current staff, who bring a magnitude of skill sets, the vision for the Club is continued growth in a positive supported atmosphere.

Respectfully Submitted: Lois Walker, Team Leader/Supervisor



Canadian Mental
Health Association
Colchester/East Hants
Mental health for all

Food With Thought

Food Service Program Summary

CMHA-CEH's Food Service Program has undergone some change during our exciting building campaign. There has been management change along with a location change. The current location has allowed for an easy transition in partnership with SOUP Cafe; we work together in the SOUP Cafe kitchen to not only make meals for "food services", but for the community as well. Members continue to pay \$2.00 for one lunch serving; lunch originally was delivered to CMHA-CEH's temporary location, but has evolved to create more of a community setting; focused on inclusion and developing social skills.

Tangible skills are learned in the kitchen by some members that are also supported by SOUP Cafe. Since we are sharing the space we have worked together as a team to provide balanced meals to Members and our community.

Food With Thought Future

With change comes the opportunity to develop goals for the program. Working at SOUP Cafe has allowed staff to see a need for connection with the people we support, regularly; now more than ever. The possibility of Club Members having the opportunity to practice the 'mantra' of the program in a work place setting is key. Members will be able to see and feel the difference their skills make. Some will feel self-achievement on a regular basis boosting how they feel about themselves; positively affecting their total wellness. It is important for Members to see a project from start to finish and understand that meals can be very cost effective even when the cost of living rises. The skills that can be learned and developed will offer our members growth and opportunity to reenter the work force or continue to develop the confidence to keep volunteering in our community. This transition will be welcomed when the Food Service Program and SOUP Cafe work side by side in our new space.

Encouragement of a well-balanced diet continues to be a major focus of the program. Diet is one of the major components of total wellness; nutritional value is key in striving for a healthy life style. Members learn how to read labels, and make good decisions in regards to food safety to ensure the food they are preparing is safe to consume.

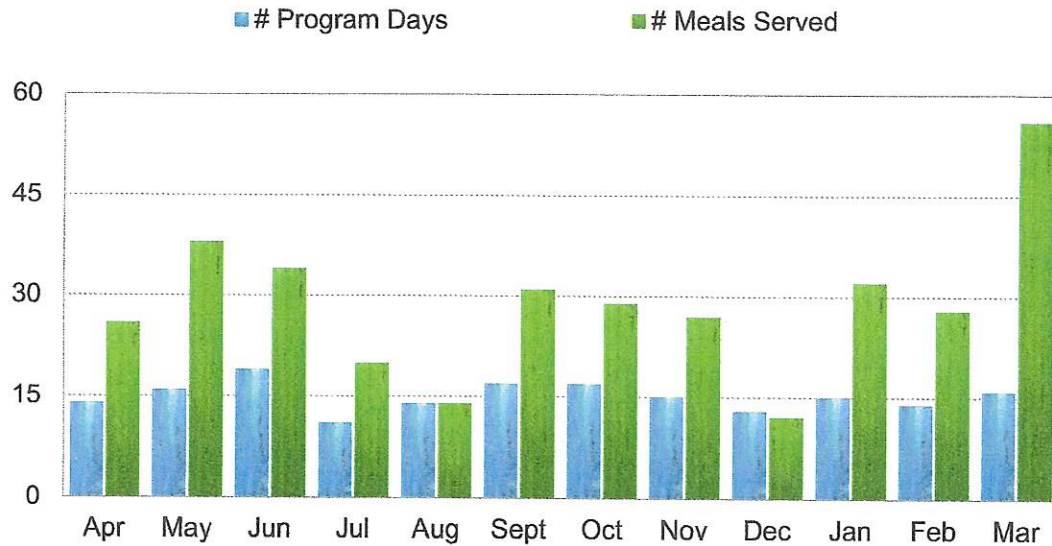
Image 1:

The table above views the year's program stats. As we moved through transition from space to space and worked on providing the best service to our Members numbers began to increase later in the year. Total meals served for the 2017-2018 year = **337**.

Average # of Meals Sold = **28**

Average # of Food Service Days = **14**

Of Members volunteering at SOUP = **6 - 7 regularly**



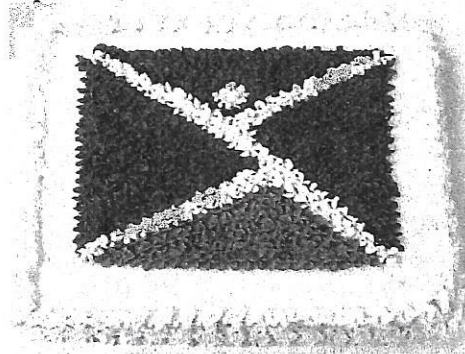
Continued support from the Colchester United Way is of great value. Thank you, on behalf of the entirety of CMHA-CEH; your support for this program makes a significant difference in members lives who utilize the program.

Our future is exciting, stay tuned!

Respectfully Submitted by:
Laurah Locke
Food With Thought Program

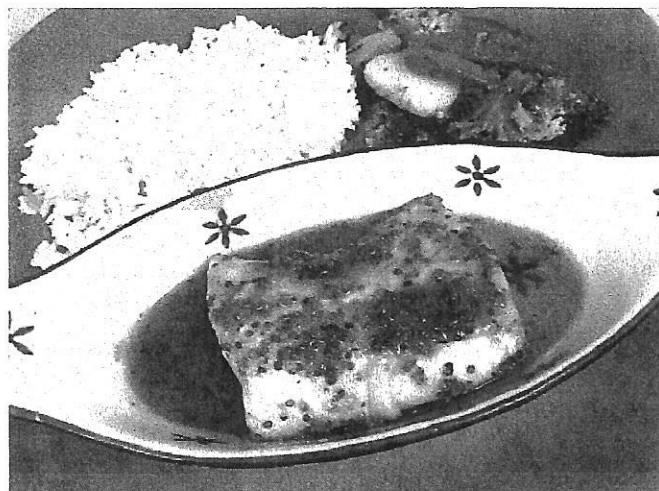
**CANADIAN MENTAL HEALTH ASSOCIATION
Colchester East Hants Branch**

**SOUP cafe AGM Report
April 1st, 2017 to March 31st, 2018**



SOUP cafe is a program/ Social Enterprise of CMHA-CEH branch that offers pre-employment training to those affected by Mental Health Issues. This training is set in a working cafe that offers a variety of opportunities for individuals to come in and work on different employ-ability skills. Each participant is met with individually to be assessed before starting at the cafe. The cafe focuses on enhancing their strengths while working with individuals on areas they may be struggling with in order to attain employment, volunteer work and learning overall life skills. Some areas people can choose to volunteer in are: food prep, baking, making meals & salads for customers, maintenance, dish washing and serving. Currently we have 12 individuals that come in on a weekly basis that participate in our program doing various activities.

Over the past year we have had approximately 25 participants throughout the year. Many going on to volunteering with other organizations, returned/went back to school or ultimately finding employment. All participants have gained different skills while being at the cafe – From gaining skills to help resolve conflict in their personal lives to learning the skills to enter/return to the work place.



This year we had the opportunity to partner with CORCAN and work with individuals getting ready to go back into the community. This partnership was a great success with even a participant applying to and being accepted into the Culinary Arts program at NSCC. We have also had a participant gain employment and one individual was successfully reintegrated back into the community.

Over the past year (April 1st 2017 – March 31st 2018) we had a few large catering that allowed us to show the public what SOUP can do :) This include but not limited to The Bible Hill annual Firemen Dinner (100+ ppl), The United Way Kickoff Luncheon (350+ ppl) and our Annual Women and Wellness Event (650+ ppl). On top of these large caterings SOUP has provided 60+ caterings to the public/ Community Funders.

SOUP had another successfully 4th Annual Bowls for Balance Event expanding over a two day period. This event sold well over 100+ bowls and brought in individuals that had not been to SOUP before, bringing awareness and promotion to what we do on a daily basis as well as it gave the staff an opportunity to talk to customers about other programs and services we offer at CMHA-CEH Branch.



We are excited about moving to our new building this coming fiscal year. And look forward to continuing serving everyone in our community.

Submitted by: Susan King



**Canadian Mental
Health Association**
Mental health for all

**PO Box 1413
574 Prince Street
Truro, NS B2N 1G3
Phone: (902) 895-4211
Fax: (902) 895-4027
www.cmhaceh.ca**

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

Nominating Committee Report **Annual General Meeting – June 19, 2018**

I am pleased to submit the following names for nomination to the Colchester East Hants Branch Board of Directors for the year 2018-19:

James McMorran
Geoff Alcock
Terry Leier
David MacNeil
Nick Bell
Peter Bakes
Anja Williems
Tom Taggart
Natasha Head
Tammy Hamlin
Darrell Kuhn
John Rassong

The following Directors have agreed to serve as Elected Officers for 2018-19, as follows:

James McMorran – President
Geoff Alcock – Vice President
Natasha Head – Board Secretary
Nick Bell – Treasurer

Respectfully Submitted,

James McMorran
Chair – Nominating Committee

Meet our Staff....



Our Administrative Team: Susan Henderson – Executive Director
Tricia Murphy – Financial Officer
Lois Walker – Team Leader

Our Outreach Team: Michelle Singer
Natasha MacLeod
Jarret Doyle
Sarah Flemming
Laurah Locke
Margie Archibald

Our Independent Living Program Team: Terri-Lyn Foley
Aaron Morse
Michelle Singer

<i>Our Community Living Program Team:</i>	Holly McCormick	Andy Archibald
	Scott MacCallum	Nikki Langille
	Angela Bearisto	Joani Power
	Kelsey Gillard	Kayla Harvey
	Sarah Buck	Tabitha Black

Our Supported Employment Team (SOUP Café): Susan King Raleigh Walker
Laurah Locke
Rhonda France