



Annual Report | 2018-2019

June 25, 2019 | Truro Farmers' Market | 7 PM



Canadian Mental Health Association
Colchester East Hants Branch

Agenda

- Minutes of Annual General Meeting
June 19, 2018
- President's Report
- Audited Financial Report
Grant Thornton
- Appointment of Auditor 2019-20
- Executive Director's Report
- Program Reports
- Nomination Report
- Meeting Adjourned

PRESENTATION:

Developing a Quality Improvement
Perspective for the CMHA Friendship Club



Colchester East Hants - Canadian Mental Health Association

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President's Report



Canadian Mental Health Association - Colchester East Hants Branch 2019 Annual General Meeting

The past year has been a full year once again, if I may repeat myself!

All of us, the Staff, Board Members, and those we support are looking forward to the target date of this August when we move into our new home. To that effect, I most especially thank the support from the community for this endeavor and the patience of the Staff and those we support.

On behalf of the Board of Directors, Members and myself, I thank the Executive Director, Susan Henderson and all the Branch Staff for the time and effort they give to ensure that the programs of our branch continue reach those in need of support and especially for their patience and understanding in this period of transition.

We are also saying farewell to two Board members who are retiring this year. Natasha Head who has served as Secretary over the past 2 years and Geoff Alcock who has served as a Board Member and Vice President. Geoff has been with our Board for an amazing 17 years! Thank you both!

A lot of thanks, but without the support mentioned, we, the CMHA Colchester-East Hants Branch would not be able to achieve our goals!

Respectfully Submitted by: James C McMorran



Executive Director's Report

They say that “time flies when you are having fun” and this past year is a great example of that. Working towards the new building has kept us busy and out in community, where we continue to be inspired by the stories of those who need our support. With an on-going goal of increasing awareness, our Branching Out Campaign has taken us to conversations, and new partnerships we could not have anticipated. Strengthening relationships with community leaders in Corrections, Business and Health is creating new opportunities to educate and support the Colchester East Hants area.

Our staff continue to build expertise in providing community support to those living with mental health challenges. Our Community Outreach program has partnered with Maggie's Place and the East Hants Family Resource Center to provide a number of Adjusting to Parenting Support Groups thanks to a grant from Culture and Heritage. Staff have recently been trained to deliver the Road to Resilience Program through the CMHA NS Division office, and thanks to a grant from our local Community Health Board held a workshop for Adults Who Work with Youth.

A deepening relationship with Nova Institution has led to a Support Group using the Mother's Mental Health Kit. In addition to regular drop-in and by appointment support through the Community Outreach Program, the Youth Outreach Program has also established weekly social and recreational programming in the East Hants area. Our Community Housing Outreach Program became busy very quickly and it has proven to be a valuable resource for both our clients and other community members. The realities of this work is teaching us about the local impacts of poverty on mental health and vice versa.

Art Works has become a regularly offered program, and we were able to add a youth-focused program called “Creative Community”. This program was offered thanks to our local Community Health Board via CMHA NS Division. Due to limited space at present, we have partnered with Slate Youth Center to provide this program at their location. Support groups have been offered by Club staff both in and out in community and our acupuncture groups are very well attended. We have lived up to our “branching out” theme this year!

To support our Building Campaign, we have held a number of fundraisers including our always popular “Women & Wellness” and “Bowls For Balance” events. These are always so well attended by our wonderful community and for this we are grateful. It was fun to host the “Truro Sings” events at the Marigold Cultural Center and the “Smash Stigma” fundraiser at the Bible Hill Exhibition. One of my personal highlights this past year was meeting Margaret Trudeau who was speaking in Truro about her experience with bi-polar disorder. She was open and inspiring, as well as warm and generous with her time. Thanks to the Community Credit Union for sponsoring a table so that our Board Members could attend!

The other highlight was finally seeing all the “t's get crossed”, and the building moving forward. It has been a lengthy process but (with fingers crossed) we have been told we should be able to move in sometime in August of 2019. Renovations began in November and a cold, rainy fall and spring had its challenges.

Our Team has been strengthened by this journey and I am truly excited by the possibilities our new building will bring. I am proud of our dedicated staff and the compassion they show every day. With the continued support of our community, our funders and friends, we will continue to work toward the establishment of a community-of-care and to ensure mental health support and access when it is needed.

Respectfully Submitted by: Susan Henderson



The Club

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

We are temporarily located at 574 Prince St. while awaiting completion of renovations of our building. Currently we are able to use other community spaces to accommodate some of the needs of the programs and are greatly appreciative to the Truro Farmer's Market and NSCC – Truro Campus for these spaces. CMHA – CEH Branch also wants to thank the RECC center for donating passes to us for use with clients/members. These passes have allowed us to go to the RECC center a few days a week with both club and community members, taking advantage of how physical activity can greatly benefit both an individuals mental and physical health.

In February of this year the Club also re-started our community mental health group which are held twice a week on Tuesdays from 5:30-6:30pm at the NSCC and Thursdays from 2:30-3:30 in our board room. Typically, each group has between 2-6 people attending regularly and growing steadily.

Current programming offered through the Club is:

- Coffee and Conversation: Members can come in and chat in a group/social setting
- Artworks Program: Program to promote positive mental health through art- Open to Community Members
- Recreational Programming: Going to the RECC twice a week to promote physical well-being – Open to Community Members
- Auricular Acupuncture: Open to Community Members
- Food with Thought: Promotes healthy eating, life/ employment skills development
Generously provided by a grant from the United Way of Colchester County
- Community Mental Health Groups: Staff facilitated group that discusses different topics around mental health.
Open to Community Members

Club Attendance

Month	# of days	# of Members	Month	# of days	# of Members
April	19	132	October	20	144
May	20	120	November	18	147
June	20	109	December	12	88
July	20	107	January	18	117
August	16	53	February	17	136
September	18	124	March	20	183

Art Works Program Attendance

Month	# of Artworks Programs	# of Participants
October	2	16
November	2	25
December	2	24
January	1	13
February	1	8
March	1	8

Recreation/ Leisure Activity Attendance

Month	# of Participants	Month	# of Participants
April	30	October	26
May	24	November	26
June	24	December	11
July	19	January	17
August	17	February	10
September	11	March	31

*RECC passes taken out for two or more week periods was borrowed 41 times since September 2018. These numbers are not included in the Recreation/Leisure totals.

Over this past fiscal year we have had a few staff changes for a variety of reasons. However, over the past 7-8 months we have been able to have a more consistent staff base and we have seen an increase in new memberships (30 new members since September 2018) and an increase in older club members attending the club programming regularly. With the expected opening of the new building this summer we are anticipating another increase in both new club membership as well as an influx in older members returning to the club with the building having better accessibility.

Staff and members are looking forward to the completion of the new building and the new possibilities that this will bring.

Respectfully Submitted by: Susan King



Soup Café

SOUP CAFÉ has undergone many changes over the past fiscal year. At the end of August 2018, due to staffing constraints in both the Club and SOUP, we decided to close the café part of SOUP and focus strictly on catering and Club lunches. At the end of February, we had to temporarily close SOUP until our new building is completed due to the expiry of our lease.

SOUP (Supported Opportunities for unemployed persons) is a Social Enterprise/ Pre-employment Program aimed at teaching participants both life and job skill development. Each person is met with individually to be assessed before starting at the café to make sure the individual is ready for the cafe. At this time, we also do a skills inventory to see where in the café might be a good fit for the individual, how many hours a week they would benefit from volunteering and what goals they are working towards (i.e. volunteering, work, returning to school).

From April 2018 to January 2019, we had 16 individuals that volunteered at the café. Of those 16 individuals:

- 6 were new to volunteering at the café
- 7 moved onto additional training and education
- 6 have gained employment

We continued to gain larger catering requests and new partnerships throughout the year, including the Bible Hill Annual Fireman's Dinner (110+ ppl), our Women and Wellness Event (650+ ppl) and Nova Scotia Music Week delegates reception. On top of these larger caterings we were able to provide 83 +/- catering's to Community Partners, individual customers, businesses, etc.

SOUP had another successful 5th Annual Bowls for Balance event held May 23rd and 24th, 2018. Over the two-day event we sold over 100 pieces of pottery, selling out each day by 1pm. We want to THANK Danielle from Thrown Together Pottery as she has been the driving force behind this event every year! Without her commitment and support we would not have had this event over the past 5 years. We look forward to continuing this partnership.

We are looking forward to the move to our new building and being able to provide this valuable program once again.

Respectfully Submitted by: Susan King

Community Outreach

The **COMMUNITY OUTREACH** Worker meets with people in the community who need additional support navigating the system. The Community Outreach worker works with people to break barriers in their struggle to find the appropriate help needed. Staff will meet with clients one on one at a safe location of their choosing; staff can also "meet" via phone call or via email to ensure that all people can receive the amount of support needed when someone is struggling to reach out. To ensure availability of staff, Michelle Singer and Sarah Flemming shared this position which proved to be beneficial as there has been a growing need in the community for this program.

Community Outreach offers several supportive programs. Adjusting to Parenting, in partnership with Maggie's Place and Public Health as well as Mom's Wellness at East Hants Family Resource Centre focus on postpartum mental health, and coping with life after baby. Workshops were offered to Community Partners for training on effective skills for working with children and youth. The focus of the training was around Social and Emotional learning. Through the training partnership a workshop was developed with the Family Liaison Worker inside Nova Institution to deliver to offenders with children in the community to enhance and promote better relationships, and communication. Community Outreach continues to support The Nova Scotia Health Authority with the Families Matter program for caregivers with a loved one living with Mental Illness and/or Addiction.

The East Hants Family Resource Centre located in Elmsdale continues to be a great partner for CMHA-CEH and the Community Outreach program, by providing the free space to use not only bi-weekly, but whenever separate appointments need to be made outside the bi-weekly scheduled drop-in times.

The Community Outreach Program have met and supported over 167 individuals over the past year. We continue to be ever so grateful for the financial support of the Karen Lake Foundation. Without their support this program, that is extremely beneficial for our community, wouldn't exist. The Community Outreach Program has allowed CMHA-CEH to support many people in the community struggling with their mental wellness, rather than suffering alone and in isolation.

Respectfully Submitted by: Michelle Singer



Independent Living Support

The **INDEPENDENT LIVING SUPPORT PROGRAM (ILSP)** 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 in these 2 programs we are supporting 33 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.

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 meets 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 6 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. There is one person supported who is furthering his education at Future Works.

Auricular Acupuncture: CMHA provides free, public Auricular Acupuncture on Wednesdays 6:00-7:00pm and Thursdays 4:00-5:00pm. 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 and enjoying a cup of detox tea. Auricular Acupuncture has been known to assist with reduction of headaches, cravings, stress and promotes relaxation. Some participants have commented that they have a great night sleep after they had acupuncture. Currently we have between 5-13 participants per session.

Respectfully Submitted by: Lois Walker

Willow House

**Independent Living Program
Statistics April 1, 2018-March 31, 2019**

	Carry Over Clients	New Admissions	Discharges	Total
Apr 1/18-Mar 31/19	36	2	6	32

WILLOW HOUSE provides 24 hour person centered, mental wellness recovery, and supports. It consists of two, three bedroom, co-ed floors. Our mission is to "assist people who experience mental health difficulties to achieve the 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, while using 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 Blue Sea Beach in Malagash and Five Islands Provincial Park, visiting the Tidal Bore, shopping in Halifax, attending the annual CMHA Christmas dinner, Christmas tree lighting, attending the Festive Market, Christmas light tours around the community, going to the movie theater and a comedy show at the Marigold, some one-on-one activities that individuals have taken part in with support staff include walking at the RECC, Cobequid Trail and Kiwanis Pond, swimming at the RECC and Little Dyke, the Pride Parade, Pine Acres Antique Car show, Sunday Flea market and other activities at the Club and SOUP Cafe such as Art Works, Coffee House's and Sing Along's.

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 24 hour support to Independent Living Support - one resident moved into their own apartment with supports.
- Education and completion of other programs and services - one resident graduated from the Engage Program at Futureworx and another graduated from Futureworx with Food Handling and Hospitality. Both have gained employment as a result. Another resident started the Environmental Program through Futureworx and later decided to put this on hold and met with a career counselor at Nova Scotia Works to try to gain employment.
- Employment through Project 50 - This is designed for individuals to gain experience and employability skills to re-enter the work force. This allows them to earn an extra \$50 a month aside from their regular income. There was one resident who had a Project 50 which increased their community involvement.

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

Respectfully Submitted by: Holly McCormick

Youth Outreach

The **YOUTH OUTREACH PROGRAM** is a community based program that considers both short term and long term social, educational, financial, physical and most importantly mental health needs for all vulnerable youth between the ages of 16-19 years old. This program achieves this by providing services in crisis management, referrals, community programs and workshops, mentoring, accompaniment, outreach, family support, and more.

Based out of the Canadian Mental Health Association, the Youth Outreach Program has the ability to provide services and support to youth in the Colchester, East Hants, and Cumberland counties. The Department of Community Service's provides a list of principles to guide the directions we take in giving youth our support. These are strength-based, trauma-informed, concerned with harm reduction, and strive to be culturally competent, and always youth centered. To this end our youth outreach team strives to ensure that the support they provide is always based on what the individual youth wants themselves, so that we may support them in achieving their own personal goals. This allows our program to receive both new and recurring faces every year, based on individual's seeking aid in achieving their own needs. This year we are happy to announce that we have supported over 106 individual youths through both our individual and group supports. Many of these youth were individuals who came to us for support on a regular basis throughout the year and who still come for support to this very day. The youth workers have completed 5 community social and/or support groups.

Youth Outreach has had many highlights over the past year. One highlight is the growth of our partnered roleplaying program "Swords and Sorcery". This program, housed within Slate Youth Center, is meant to encourage and develop soft skills, social skills, and peer support while also providing a safe environment. Our numbers have generally increased by roughly 20%, but more importantly we have seen an increase in both our new and old members expressing themselves as belonging to the LGBTQ community. We believe that this is in large part thanks to this program, which allows our youth the opportunity to "act out" their real selves in a place they can feel accepted, and gain the 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 themselves, by learning how to run game tables for their peers themselves.

CMHA 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 roleplaying program as well as a regular drop in. These two programs are very different, but often 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 through that builds a sense of community. As well as in East Hants, CMHA Youth Outreach was able to offer a Healthy Relationship group for young women at South Colchester Academy, and Cobequid Educational Centre.

The Youth Outreach Program offers many other supports and programs throughout the community 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. An interesting trend noted in last year's report is the larger numbers of referrals received from justice and employment search programs. With a mandate to reach youth that are not being supported by other systems, we were happy to see that we are successful in meeting it. We also continue to provide support to all three counties under our programs on an as needed basis, with local supports being the most requested. Our staff are proud of the interventions we have been able to provide to youth in these various communities and look forward to continuing to do so inside and out of our new building.

Respectfully Submitted by: Jarrett Doyle and Sarah Flemming

Community Housing Outreach

The Housing Outreach program at CMHA is one of the newer programs. Housing works to keep folks who are Homeless – or at risk of Homelessness – in safe, secure housing. The Housing Outreach worker collaborates closely with other community agencies to offer people a holistic, housing first, and client centered approach. This year, CMHA was able to support 53 individual clients. Supporting clients can include assistance with apartment hunting, assessment, referrals to and from landlords, advocating through the tenancy board, and financial support on a case by case basis.

CMHA Housing Outreach uses a Housing First model when working in our community. The Housing First model is recovery-oriented approach to ending homelessness that centers on quickly moving people experiencing homelessness into independent and permanent housing and then providing additional supports and services as needed. The Housing Outreach Worker works between Colchester and East Hants counties. Covering a large jurisdiction has presented a few hiccups. When folks are living, or want to live in central Truro they are within walking distance to many of the local supports and services. Having these supports close by allows people to not only integrate quickly into the community, it also decreases barriers to accessing the services. However, when folks live or want to live in more rural locations, transportation remains an ever present issue. In East Hants rental properties are very costly, and few and far between. It can be hard for individuals, and single parent families to afford to live there. The CHO worker works closely with Cobequid Housing to advocate for clients who want to stay in that community and can do so with a rental subsidy.

Overall, many people have been successfully housed and remain housed with the help of community agencies, police, the Department of Community Services, and the CMHA Housing program.

Respectfully Submitted by: Sarah Flemming

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 2019-2020:

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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