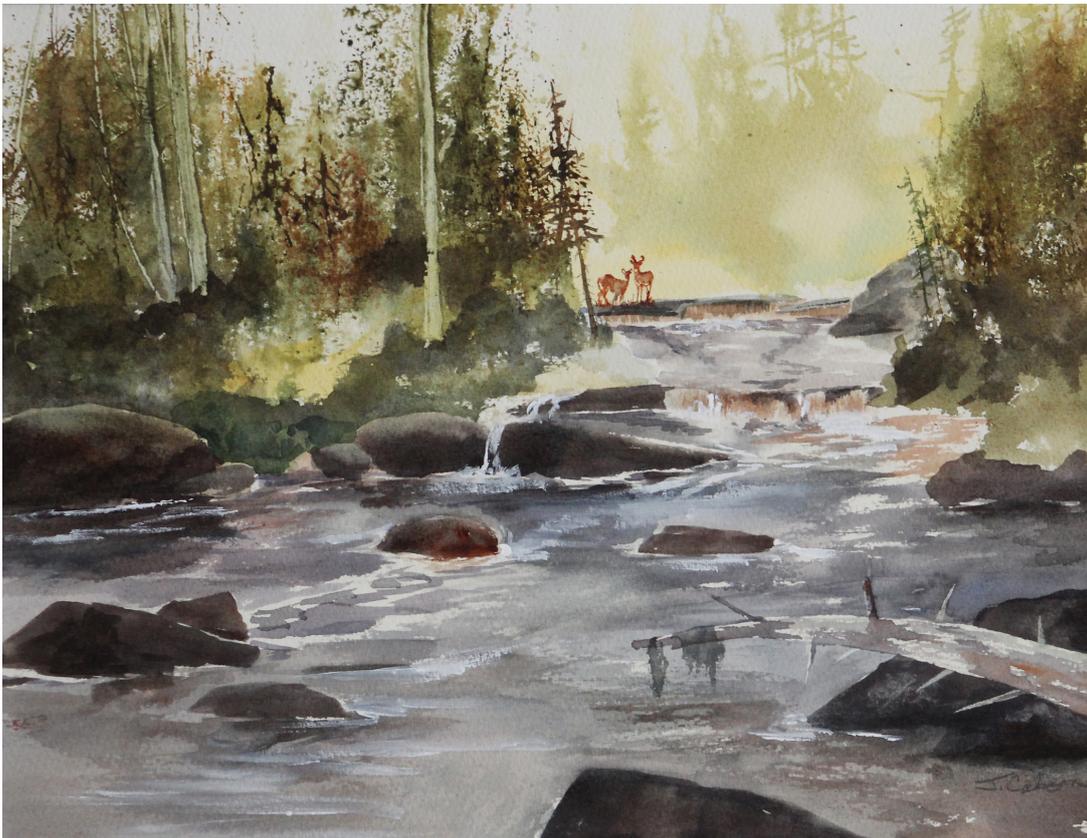




**Canadian Mental
Health Association**
Halifax-Dartmouth

ANNUAL REPORT 2019-20



Rolling With the Times

Canadian Mental Health Association

Halifax-Dartmouth Branch

OUR VISION

Mentally healthy people in a healthy society.

COVER PHOTO - Jude Caborn

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OUR VISION, MISSION & VALUES



**Canadian Mental
Health Association**
Halifax-Dartmouth

Vision, Mission, and Values

Our Vision	Mentally healthy people in a healthy society.
Our Mission	As a local leader and champion for mental health, we support the resilience and recovery/well-being of people living with mental illness through our social programs, our support services, and through the provision of information, resources, referrals and advocacy in a space that is inclusive, safe, and respectful. We strive to create an environment of hope, to reduce stigma, and to promote mental health for all.

2015 – 2020 Strategic Plan

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What we do	<p>We fulfill our mission by:</p> <ul style="list-style-type: none"> • Creating environments that foster trust and a sense of belonging • Delivering social support programs for adults living with mental illness and mental health problems • Collaborating with other organizations on mental health initiatives • Providing information about mental health resources within the community • Building capacity for individuals to be active and fulfilled citizens in the community – to feel acceptance, recognition, and a sense of contribution • Reducing stigma by raising awareness
What guides our actions	<p>Integrity: We value honesty, sincerity, truth and honouring our promises.</p> <p>Empathy: We believe in listening in a caring, open and non-judgemental manner.</p> <p>Equality: We believe in a mental health continuum where there is no “us” and “they”. We believe everyone is deserving of respect and should be empowered as a citizen within our community.</p> <p>Diversity: We value diversity and individuality. We believe that the differing perspectives offered by race, religious belief, sexual orientation, age, and ability, all contribute to a richer society.</p> <p>Transparency: We are committed to being focused, accountable, and transparent in the effective and efficient use of our resources.</p> <p>Collaboration: We promote working together, cooperation, and reaching out to partners in order to provide a continuity of support and advocacy for mental health.</p>
Who we serve	<ul style="list-style-type: none"> • Adults who have experienced or are experiencing mental illness or mental health problems and who want to improve their own well-being through: <ul style="list-style-type: none"> ○ Positive social interactions ○ Avenues for creative expression ○ A comfortable and safe social environment ○ A social network with others who have similar experiences ○ Opportunities tailored to the geographic location in which they reside

2015 – 2020 Strategic Plan

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MESSAGE FROM THE CHAIR



This has been an unprecedented year for the Canadian Mental Health Association Halifax-Dartmouth Branch. The rapid onset of the COVID-19 pandemic has forced dramatic changes in Canadian society at significant cost. The incidence rate of mental health problems has increased with the stress and social isolation being faced by many households. Consequently, CMHA Halifax-Dartmouth's mission to provide front-line social programming and meaningful connection to those suffering with mental illness has grown in importance.

It is with great pride that I report on our efforts to adapt our programming to the emerging public health realities. From the moment the lockdown was announced, our staff began trouble shooting service delivery in an environment where best practices seemed to shift daily. It is because of the determination and creativity of all of our staff members that our main office transformed into a social outreach base. Instead of waiting for a resolution, we went out into the community and delivered supplies for the body and care packages for the soul, ensuring that our most vulnerable members did not fall through the cracks.

It must be said that this pivot has only been possible thanks to the community support that we receive. The Canadian Mental Health Association is a federation with autonomous provincial divisions and local branches. As a local Branch, CMHA Halifax-Dartmouth provides front-line services independently from the rest of the federation and receives nearly all of its financial support from local organizations and patrons. It is thanks to the support from all levels of government, our key funding partners, and generous members of the public that we are able to continue to serve our members.

This year also brings us to the end of our 5-year strategic planning cycle. We have reached targets in all key areas identified in our plan. Some of the highlights include the creation of a board policy manual, infrastructure and programming partnerships with the Dartmouth Seniors Service Centre, diversification of fundraising activities, program data collection, and greatly expanded programming options through the acquisition of a van.

We have also been tackling our communications by revamping our web presence with the help of a generous supporter in our local business community. These website updates have been in the works for the past year and have allowed us to move our Mosaic sales online for 2020.

Our 2015-2020 strategic plan was called “Our Path of Hope” and that has proven to be an apt title. CMHA Halifax-Dartmouth’s decision to prepare for the future has allowed us to weather multiple storms. The theme that runs through the past 5-years is one of collaboration. Whether that’s working with others on projects ranging from groceries to poetry, or connecting with our generous sponsors, it is in the spirit of collaboration that we are trying to provide that most invaluable of services: social connection.

This pandemic has validated our belief that social connection and community are fundamental to mental health. However, fresh ideas will be required to address the challenges that face CMHA Halifax-Dartmouth in an increasingly complex environment. The longer term impacts of COVID-19 are still undetermined and doubt hangs around future funding. Our doors are open to your ideas and your help.

In this atmosphere of uncertainty and social disconnectedness, there is a growing understanding that mental health is the foundation of our experience. The virus has exposed the broader public to many of the chronic stressors facing our membership. Things like precarious employment, social isolation, food insecurity, and affordable housing are suddenly on the minds of millions of Canadians. Crucially, these social determinants of health are being actively linked to mental health outcomes in more mainstream discussions. It is my hope that this linkage is a silver-lining to COVID-19 that will help us create a more mentally healthy society in 2020 and beyond.

Sincerely,



Sean R. Ponnambalam

Chair, Board of Directors, CMHA Halifax-Dartmouth Branch

MEET OUR BOARD & STAFF TEAM

2019-20 BOARD MEMBERS

Sean Ponnambalam, Chair
Debbie Garson, Secretary
Darryl Gaines, Treasurer
Erin Flaim, Past Chair
Chelcie Soroka, Vice Chair
Programming Committee Chair
Wade Myra, SC Member Rep.
Tiffany Chase, Communications lead
Nancy Cook, HR lead
RJ Lasnier, AF Member Rep.
Erica Allanach, Mosaic Organizing
Committee Chair
Pauline Dakin, Member at large
Juanna Ricketts, Member at large,
Katherine Lines, Member at large
Jane Cobden, Member at large
Robert Carter, ex-officio, Past Chair
emeritus



2020-21 BOARD NOMINEES

Sean Ponnambalam, Chair
Debbie Garson, Secretary
Darryl Gaines, Treasurer
Erin Flaim, Past Chair, Fundraising Committee Co-Chair
Erica Allanach, Mosaic Organizing Committee Co-Chair
Pauline Dakin, Communications lead
Nancy Cook, Human Resources lead
RJ Lasnier, AF Social Club Rep.
Wade Myra, SC Social Club Rep.
Juanna Ricketts, Member at large
Katherine Lines, Fundraising Committee Co-Chair
Jane Cobden, Member at Large
Carolyn Price, Mosaic Organizing Committee Co-Chair
Robert Carter, ex-officio, Past Chair Emeritus



STAFF 2019-2020

Bryan Bell, Summer Student 2019, Program Assistant March 2020

Hannah Bourret, Sharing and Caring Social Club Co-Facilitator (until August 2019)

Bev Cadham, Branch Co-Manager/Social Clubs Manager

Brianna Brunt, Among Friends Social Club Program Assistant (until October 2019)

Sebastien Claremont, Summer Student 2019

Amanda Davis, Sharing and Caring Club Program Co-Lead/Project Facilitator

Hannah Delorey, Program Assistant, (until March 2020)

Ariana Dirk, Program Assistant, Casual, Summer 2019

Mike Doyle, MHC Coffee House/Sharing & Caring Program Assistant (until March 2020)

Tamar Ellis, Sharing and Caring Social Club Program Co-Facilitator (until June 2019)

Heather Gifford, Office Coordinator

Nik Harris, Among Friends Social Club/BB, Casual Program Assistant (until March 2020)

Madeline MacIntyre, Among Friends Program Lead

Barbara McDuff, Communication / Storefront Assistant (Retired July 2019)

Dara Morash, Summer Student 2019

Margaret Murray, Branch Co-Manager/Building Bridges Manager

Anna Quon, Project Facilitator, Reading, Resilience and Recovery Writing Project

Tish Sock-Sacchetti, Sharing & Caring SC Co-Lead/MHC Coffee House Facilitator

Garry Wilson, Project Facilitator (until March 2020)

Alanna Young, Among Friends Program Assistant (until March 2020)

EXTERNAL BOOKEEPING

Wendy Clements, WGS Bookkeeping Services



FUNDRAISING COMMITTEE

Over the past year, the Fundraising Committee focused efforts first and foremost on planning for and improving the presence of the organization both socially and with existing donors. By doing so, the foundation for improved dissemination of information, connection with potential and existing donors and modernizing the navigation of the website was set.

With the opportunity to work with an organization who willingly donated their time, knowledge and expertise, the small committee and staff were guided in the direction that would achieve the greatest benefit. This has increased visibility, improved navigation to key resources and programs, created a cohesive story connecting the organization to the community, and led to an improved donor user experience. This work has set the organization up well for improved social presence and increased access to services, and unknowingly well-placed the organization for the disruption that was to occur at the very end of the fiscal year.

The Committee continued to look for additional opportunities for fundraising ideas while also supporting new third-party fundraising initiatives. The “Strike Out Stigma” Bowl-a-Thon was a great success and continues to be a solid fundraising event. Those in attendance not only get to have a great time bowling, they get to meet directly with those their donations are supporting.

In 2019/20 the committee included Tiffany Chase, Bev Cadham, Darryl Gaines and Erica Allanach. The team has discussed many ideas for expanding the above event while also finding other ways to engage with potential donors. There are many options being explored. The small team is in need of both increasing its size while also working to discover the best way to deliver more events in a way that is effective while not depleting the energy of staff and volunteers.

In an attempt to adjust to the rapidly changing environment as the year came to a close, the fundraising committee was able to draft an approach to present to the Board on how to consider fundraising during a pandemic. This may not have been the way we had expected to close the year, but the team was able to quickly come up with ideas that may help meet the needs of members and consider the mental health of the community. A special thank-you to Tiffany Chase for the value she brought during her tenure.

Respectfully submitted,

Erin Flaim, Fundraising Committee Chair

MOSAIC FOR MENTAL HEALTH

The Mosaic for Mental Health Art Exhibition & Sale saw another successful year in 2019 with a bustling and celebratory opening night event and a total of 873 artworks donated by over 400 hobby and professional artists. The theme for our 21st year was “Art is Our Voice”, which resonated with many of our artists in relation to the power that the arts can have in promoting mental wellness. The event raised over \$56,000 to support the Branch’s social programs.

We were pleased to have CTV Atlantic’s Ceilidh Millar as our host on opening night, following a promotional appearance on CTV Morning Live. Dawn Boylan from Bell Let’s Talk spoke as our Diamond Presenting Sponsor, following remarks from Board Chair Sean Ponnambalam and Mosaic Chair Erica Allanach. Musical entertainment was provided by Larry Williams, Mike Doyle, and Stick and Slide, and we were fortunate to have many in-kind donations allowing us to offer food and refreshments. Many volunteers contributed to a successful opening night, as well as all aspects of the Mosaic. Following our opening night celebration, this year saw record attendance and sales the evening of Nocturne: Art at Night. Special thanks to Roy Muise, Liz Carr and Garry Wilson for a record breaking Gallery set-up.

We continue to be so fortunate to receive donated artworks from generous and talented artists not only locally, but provincially, and even some nationally and globally. We had a successful silent auction of 21 pieces this year, and our “Mental Notes” greeting cards remain popular. We were also able to offer a 2020 calendar.

While the exhibition wrapped up on November 3, storefront sales throughout the year (although paused due to Covid-19) continued to bring in interest and revenue. Multiple times throughout the year, volunteers set up for Mosaic card sales at various venues. In addition to bringing in revenue, these pop-ups have been an opportunity to promote the Mosaic and the work of the Branch to new audiences.

We have also been grateful to have community partners for card sales. We received close to \$24,000 in cash sponsorships, and over \$16,000 in in-kind sponsorships. Sales revenue from the exhibition and year- round storefront sales was \$32,000. Thanks to our artists, sponsors, donors, patrons, Mosaic Organizing Committee, staff and volunteers for another successful year!

Respectfully submitted,

Erica Allanach, Mosaic Organizing Committee Chair

Committee Members: Carolyn Price, Shawn McEwan, Judith Fingard,
Jude Caborn, Bev Cadham, Marg Murray, Erica Allanach




Canadian Mental Health Association
 Halifax-Dartmouth
Mental health for all

21st Annual
Mosaic for Mental Health
Art Exhibition and Sale
Art is Our Voice

October 17 – November 3, 2019



Special thanks to our 2019 Sponsors, Donors,
 Mosaic Artists, Patrons & Volunteers

DIAMOND


PLATINUM
BOUNTYPRINT  
YOUR FULL-SERVICE COMMERCIAL PRINTER

GOLD
 Cliff & Jill Langin | Majorie Lindsay
 Marilyn Welland | Judith Fingard   

SILVER
 CMHA Halifax-Dartmouth Volunteer 

CRYSTAL
 John Rutherford   

PEWTER
 Archie Kaiser & Anne Derrick  

FRIENDS OF MOSAIC
 Carolyn Price | Lois Price | Sandra Murray | Costco Bayers Lake



For a list of the 21st Annual Mosaic Artists
 visit our website at <https://cmhahaldart.ca>

CO-MANAGERS MESSAGE



The CMHA Halifax-Dartmouth Branch has demonstrated its ability as an organization to roll with the times and remain calm and proactive against a backdrop of uncertainty. We are able to do this by remaining focused on the foundations of our Branch – connectedness, collaboration, and partnerships. We continue to strive to provide a sense of belonging and a sense of community for all who walk through our doors. Our success reflects our ability not only to provide programs and services to our members but also includes providing information and resources to the public.

The year began with social program trips in our community van and rented buses, meal nights, parties, and large “Open Mics” with everyone singing along. If you visit our Facebook or Instagram pages (@cmhahaldart) you can see the fun that we were all having from April 2019 to mid-March 2020. At the same time, we were listening to the struggles faced by so many people connected to our programs and in the wider community. These challenges included an inability to access mental health or addictions care at the right time, lack of safe and affordable/subsidized housing, food insecurity, social exclusion, and stigma. We recognize that some are receiving excellent mental health care and are getting their basic needs met. This should be the standard for everyone. We will continue to work with partners in our CMHA federation and the community to ensure that people can live fulfilling lives in the community.

In the month of March our organization was faced with the emerging realities of COVID-19. Despite the fact we had to abruptly close our doors to our in-person social support programs and our on-site operations, we responded swiftly and strategically by developing a plan of action for our program delivery. We transitioned our in-person social support services to outreach by connecting by telephone, and through the delivery of food and social activity packages. Unfortunately, we had to lay-off some of our dedicated part-time and casual staff, but as of the writing of this report, we are in the process of re-hiring. We retained our integrity and maintained our person-centred focus with the participants of our social support programs in addition to individuals who reached out to us by phone seeking COVID-19 related services and resources. CMHA Halifax-Dartmouth Branch and its members, volunteers and staff are resilient. Thank-you to everyone who continues to support our organization.

Bev Cadham, Branch Co-Manager/Social Clubs Manger
Margaret Murray, Branch Co-Manager/Building Bridges Manager

SOCIAL PROGRAMS & INITIATIVES

CMHA Halifax-Dartmouth Branch provides a variety of social clubs, programs and initiatives to support the resilience, recovery and well-being for adults living with mental illness and mental health problems. Through our social programs, we are striving to help people live fulfilling lives in the community.

The Among Friends Social Club and the Sharing and Caring Social Club provide a common need to adults experiencing mental illness and mental health problems through access to programs that offer vital social support programming including activities aimed at community inclusion, creativity, recreation and leisure. The welcoming and respectful atmosphere of the social clubs creates a natural sense of acceptance and belonging. This enables individuals to connect and build trusting relationships with their peers, fellow participants, volunteers, and staff. Through their engagement and interaction with others, participants develop friendships which resemble that of a family structure.

This year there was an increasing interest by members to become more connected to resources in the community to help improve their physical health and mental well-being. Staff provided members with the necessary support to make this a reality by helping members complete application forms to the Zatzman Sportsplex (to access their subsidized membership), Reach Ability (BOSS and One Step Closer programs) and the Community Health Teams (cooking, health and wellness, exercise programs) In addition, staff worked with members to research volunteer opportunities to help them become more active and fulfill their wish to give back to their community.

Although this report is for the time period of April 1, 2019 to March 31, 2020, it is important to acknowledge the program changes that were made due to COVID-19 in mid-March 2020. The CMHA Halifax-Dartmouth staff worked collectively to adapt our program delivery from in-person programming into outreach services. During this period, we offered to our members regular phone calls, emails, food and social activity packages, physically distanced doorstep deliveries and much more. A greater explanation of COVID-19 related information will be included in next year's annual report, but in the meantime we would like acknowledge the support of grants we received from Nova Scotia Health Authority Mental Health and Addictions Program Central Zone, United Way Halifax Region and Feed NS. These contributions made outreach services possible.

AMONG FRIENDS SOCIAL CLUB



This year marks the third year that Among Friends Social Club has been located at the Dartmouth Seniors Service Centre. Members have expressed their appreciation of the stable home base and enjoy being in a space that is accessible, spacious, well-maintained and welcoming. In addition, our members who are seniors often have become members of the senior centre where they have access to meals on wheels, in-house lunches, recreational activities, special events, medical transportations, transit tickets, medical assistance, food security programming, other services. We are very grateful for the strong relationship that we have built with the senior centre staff under the direction of Pam Vaters. Members find joy and comfort in the kindness the DSSC staff offers them and know they will be welcomed into the facility with a smile or a laugh.

The average Among Friends daily drop in was 25 to 30 members, with a total of 135 members who accessed the program during the year. There are 37 members who have dual memberships with the Among Friends and Sharing and Caring Social Clubs, and this year we were pleased to welcome 23 new members to the Among Friends Social Club. On average at Among Friends each month we welcomed 283 drop-ins from our members.

Collaboratively, members and staff developed programming intended to target the general interest and needs of each member with the common goal of enhancing their overall health and well-being. Members were offered the opportunity to take part in two courses this year including an eight-week nutrition course at Sobey's Wyse Road and the Art of Friendship Program which was aimed at increasing the quality of life for members by enhancing their skills in fostering healthy friendships.

Members attended various presentations offered by The Alzheimer's Society of Nova Scotia, Dalhousie School of Social Work Community Clinic, South House Halifax, Scotia Pharmacy, Halifax Regional Police Fraud Prevention, Engage NS and Employment Support and Income Assistance. Some program highlights were food bank days from FEED NS, outings to Tim Hortons and McDonalds, washer-toss and bean bag tournaments, a day trip to Fishermen's Cove, Cineplex trips, Hope for Wildlife, fire station outings, SPCA visits, monthly dances and of course birthdays and bingo! Members also helped secure pledges for the Annual Strike Out Stigma Bowlathon fundraiser and joined in on a fun night of bowling, mingling and prizes!

SHARING & CARING SOCIAL CLUB

This past year many was a noteworthy and memorable one for the Sharing and Caring Club. The club is based out of our office on Gottingen Street, and provides a warm and accessible space for members to enjoy themselves, the company of others, and enjoy numerous activities put on in the club. Additionally, the access to a full kitchen at the club provides the opportunity for healthy snacks and meals.

The club had an average of 20 visitors per day and about 225 drop-ins from our members per month, with 18 new members joining the club this year. Those members got to experience a wide array of recreational activities, events, outings, and presentations aimed at promoting the mental health of our club members. We did unfortunately have to say good-bye to our Sharing and Caring lead, Tamar, who moved across the world to pursue further education and although we miss her greatly, her smile and impact on the club is remembered by all!

Some major highlights of the past year included trips with the Among Friends Social Club to Truro and Victoria Park in August, as well as Lunenburg and Mahone Bay in December. Locally, club members partook in numerous outings including swimming at the Needham community centre, meeting a sloth at the Discovery Centre, skating at the Halifax Commons Oval, Christmas lights viewings, and trips to both the Art Gallery of Nova Scotia and the Museum of Natural History.

Within the club, members played numerous rounds of card games, attended chair yoga and meditation sessions, created different art projects such as Gratitude Trees or T-Shirt decorating, attended a monthly themed dance, got pampered at the club Spa days, had pizza nights with Hal Richie, and a screening of My Week on Welfare. Finally, staff and club members had many opportunities to expand their knowledge about various services and activities in the community through presentations put on by local nurses and pharmacists, the Nova Scotia Works Employment Centre, the Social Work Community Clinic, South House, Engage Nova Scotia, Halifax Regional Police Fraud Prevention, and Flo Meditation.

BUILDING BRIDGES PROGRAM

Many marginalized adults living with mental illness experience severe social exclusion because they have no social network or few connections with people outside the mental health and social services systems. Building Bridges is an informal social support program for socially isolated adults living with moderate to severe mental illness, that offers small group settings, staff support and one-to-one pairing with screened, community volunteers to share common interests. It also offers opportunities for members and volunteers to join other activities in our organization and the community. Building Bridges fosters a sense of belonging, resilience, hope and wellbeing. We all benefit from the people in our lives who are calm, compassionate, kind, and trustworthy.

Thank you to United Way Halifax, DCS and our donors for continuing to support this behind the scenes program. Juanna Ricketts represents people with "lived experience" on our Board and has spoken of the importance of this program and our social clubs to many stakeholders in the community.

Individual outings for coffee, walks, drives, conversations, listening, and joining community activities, quietly happen on an ongoing basis. Program members participated in movie day at Park Lane, our Mental Health Community Coffee House, special events and projects we offered throughout the year. Donations from supporters and alumni, as well as gift bags from The Universalist Unitarian Church, happened during the holiday season. People living in poverty, who are connected to this program, often say that not being able to afford to give gifts is harder than not receiving gifts.

As in past years, there were members and volunteers who moved on and became alumni, while new individuals joined the program. There were 57 program members and 34 volunteers involved with the program during the past year, with 1000's of hours of contacts in-person and by phone, text and email between members, staff and volunteers. We are so fortunate to have several participants and alumni helping with our Mosaic, office, fundraisers and attending social action events on our behalf.

Building Bridges was created in 1985 in response to individuals who were struggling with the impact of de-institutionalization. Community-based resources were supposed to follow people into the community during the 1970's but as research has documented, a lack of mental health parity continues to this day. As we work towards our Vision of "mentally healthy people in a healthy society", let's hope that the day will come when there will be fewer people coping with loneliness, stigma, and social exclusion. Until that time, we will be here to support people on their journey of resilience and recovery.

MENTAL HEALTH COMMUNITY COFFEE HOUSE

The Mental Health Community Coffee House serves many purposes and is comprised of several parts that all contribute to its amazing success. The Coffee House provides a safe place for the greater community to come together and share in companionship, enjoy refreshments, enjoy quality entertainment, and take in a social outing in a lively and joyful environment. Those attending the Coffee House numbered anywhere from 20 to 70 people on any given Saturday afternoon with more than 1,600 visits.

The Coffee House was staffed with a wonderful compliment of staff and volunteers. In the 2019-20 coffee house year, we had many professional entertainers perform. Our entertainers came from far and wide and by July 2019 we were booked for the entire season. The list of performers was comprised of professionals, award winners, North American recognized, and from our own community. Our performers were of the highest caliber, entertainment that you would see if you were to go for a night on the town, a show at the Rebecca Cohn, or that you would hear on the radio. We had to put our Summer Notes on hold due to the pandemic but created a video and will be making up for lost time with a Virtual Coffee House in the fall of 2020. Performers included: The Comeback Band; Mike Doyle, often accompanied by guitarist Joel Sampson; The Dirty Jack Band; Stick And Slide(Marcell & Todd); Rock Nova; Shane Moore; Beverly and Gino; Jared and Max; Gizelle T. de Guzman; and Clint Sock.

Larry Williams is our musical guru with a wealth of musical knowledge. Larry is our “go to” for open mics and plays the guitar for all of our many singers, often alongside Coffee House regular, Mike Doyle. Larry can sing and play almost any song you could think of and it is no surprise that "Open Mic's" are a favorite of all who come to the Coffee House. Thank you to everyone who has shared their talents with us over the last year!

The Coffee House is an opportunity for musicians, singers and songwriters to share their talents; helping to end loneliness, social exclusion and stigma; filling a weekend programming gap. Thank you to the Mental Health Foundation of Nova Scotia for their ongoing support and the vital community grant that helps to fund this initiative.



SHORT-TERM PROJECTS

Reality, Resilience, Recovery Project

Thanks to a Cultural Innovation grant from the Nova Scotia Department of Communities, Culture and Heritage, CMHA Halifax-Dartmouth Branch was able to launch the Reality, Resilience, Recovery project in the fall of 2019. Anna Quon was engaged part-time as coordinator/ facilitator, and Heather Gifford was her part-time assistant. The project aimed to help members of the Building Bridges and Social Club programs write the stories of their lives and mental health journeys, with the goal of having a written record to keep for themselves or to share as widely as they wanted.

There were a lot of lessons learned from the first session that contributed to the quantitatively better outcomes of the second session. Fear of judgment from others and difficulties with scheduling contributed to low turnout at the first group workshop sessions. In response, during the condensed second 8-week session, the facilitator only held one-on-one meetings with individuals to help them write their stories. Storytelling brought up many difficult emotions for participants. In the end those who found the process challenging seemed to be among the most satisfied with the experience. Ten stories were completed.

The COVID19 pandemic arrived just before we were able to hold our final public reading at the Central Library of the stories produced during the project. It was agreed we would postpone this final reading and celebration until later in 2020 or when it is deemed safe to hold gatherings.



ART OF FRIENDSHIP & FOOD SECURITY FOR SENIORS

ART OF FRIENDSHIP

The Mental Health Foundation of Nova Scotia funded the Canadian Mental Health Association Nova Scotia Division to provide the Art of Friendship community peer support initiative, including an integrated component of existing CMHA Halifax-Dartmouth Social Support Programs. The Art of Friendship is one of CMHA Calgary's Recovery College courses. CMHA Halifax-Dartmouth Branch offered two Art of Friendship courses. The courses were offered in at both branch sites and were 19 participants. Bev Cadham and Marg Murray facilitated the sessions.

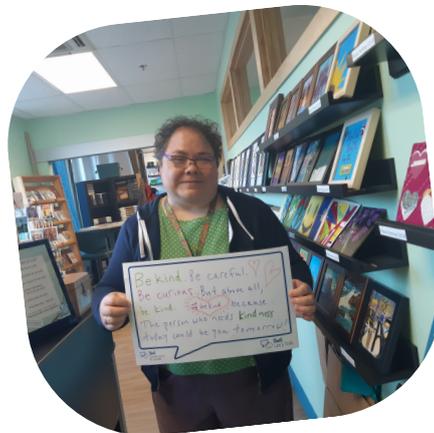
Members were curious about what the Art of Friendship was about and wanted to learn more to see how it could help them in their day to day lives. People shared that they wanted to improve coping skills and work on self improvement. Participants found that the workshops provided them with a broader outlook on the various ways we interact with people and helped to define the aspects involved in friendships as they fit along the continuum (from a passerby to a true friend).

FOOD SECURITY OUTREACH FOR ISOLATED SENIORS

The Food Security Outreach for Isolated Seniors Living with Mental Illness focused directly on addressing barriers to food security for senior members at CMHA Halifax-Dartmouth. The pilot project built on the success of our Grocery Bus and Collaborative Kitchen Project. It helped isolated seniors gain direct access to more inexpensive food options within HRM, allowing for their low-income budgets to be stretched further. The project also facilitated access to community programs.

The project was funded by the NS Department of Community, Culture & Heritage. Amanda Davis and Garry Wilson were Outreach Workers on the project. The shopping trips used the Branch van as well as other forms of transportation, including transit and taxis when required. With the barrier of transportation being eliminated and having the support of the outreach workers, participants were less limited in the food they purchased. Positive feedback was received after outings were complete and a large amount of appreciation was given for the opportunity to get out into the community.

From October 2019 to March 16th. 2020, there were 76 outings. The project pivoted during its last few weeks to help with physically distanced deliveries during the pandemic. This project highlighted the need for increased outreach initiatives.



CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH
Financial Statements
Year Ended March 31, 2020

LYLE TILLEY DAVIDSON

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH
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Year Ended March 31, 2020

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LYLE TILLEY DAVIDSON
Chartered Professional Accountants

INDEPENDENT AUDITOR'S REPORT

To the Members of Canadian Mental Health Association-Halifax/Dartmouth Branch

Qualified Opinion

We have audited the financial statements of Canadian Mental Health Association-Halifax/Dartmouth Branch (the Association), which comprise the statement of financial position as at March 31, 2020, and the statements of revenues and expenditures, changes in net assets and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, except for the possible effects of the matter described in the *Basis for Qualified Opinion* section of our report, the accompanying financial statements present fairly, in all material respects, the financial position of the Association as at March 31, 2020, and the results of its operations and cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations (ASNPO).

Basis for Qualified Opinion

In common with many not-for-profit organizations, the Association derives revenue from fundraising activities the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of the Association. Therefore, we were not able to determine whether any adjustments might be necessary to fundraising revenue, excess of revenues over expenses, and cash flows from operations for the year ended March 31, 2020, current assets and net assets as at March 31, 2020. Our audit opinion on the financial statements for the year ended March 31, 2019 was modified accordingly because of the possible effects of this limitation of scope.

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the Association in accordance with ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified audit opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with ASNPO, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Association or to cease operations, or has no realistic alternative but to do so.

(continues)

Independent Auditor's Report to the Members of Canadian Mental Health Association-Halifax/Dartmouth Branch *(continued)*

Those charged with governance are responsible for overseeing the Association's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



Halifax, Nova Scotia
June 12, 2020

CHARTERED PROFESSIONAL ACCOUNTANTS

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH
Statement of Financial Position
March 31, 2020

	2020	2019
ASSETS		
CURRENT		
Cash	\$ 10,014	\$ 27,990
Term deposits	1,000	-
Accounts receivable	7,639	4,258
Inventory	1,792	3,030
Harmonized sales tax recoverable	2,738	3,013
Federal wage subsidy receivable (Note 4)	6,566	-
	\$ 29,749	\$ 38,291
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 8,384	\$ 6,373
Employee deductions payable	4,852	6,667
	13,236	13,040
NET ASSETS	16,513	25,251
	\$ 29,749	\$ 38,291

LEASE COMMITMENTS (Note 3)

ON BEHALF OF THE BOARD

_____ Director

_____ Director

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH
Statement of Revenues and Expenditures
Year Ended March 31, 2020

	2020	2019
REVENUE		
United Way	\$ 95,986	\$ 96,823
Donations, fundraising and other	137,192	112,990
Nova Scotia Department of Health and Wellness	10,000	29,000
NSHA Central Zone	66,000	66,000
Department of Community Services - Building Bridges	21,000	21,000
Provincial and Federal Student Career Skills Grants	15,347	8,590
Mental Health Foundation of Nova Scotia	8,400	8,400
Other grants	40,393	28,644
Collaborative Kitchen and Grocery Bus Project	-	32,720
Department of Community Services - Social Clubs Activities	-	45,000
	<u>394,318</u>	<u>449,167</u>
EXPENDITURES		
Fundraising	7,258	7,236
General and administrative	14,199	17,077
Honorariums	7,226	6,826
Insurance	2,481	2,272
Interest and bank charges	4,491	5,074
Occupancy	31,611	31,236
Professional fees	11,822	14,372
Program centres	32,483	37,362
Salaries and wages	273,867	269,855
Telephone	6,930	6,818
Travel	6,999	8,214
Vehicle	3,689	34,140
	<u>403,056</u>	<u>440,482</u>
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENDITURES	\$ (8,738)	\$ 8,685

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH
Statement of Changes in Net Assets
Year Ended March 31, 2020

	2020	2019
NET ASSETS - BEGINNING OF YEAR	\$ 25,251	\$ 16,566
Excess (deficiency) of revenues over expenditures	<u>(8,738)</u>	<u>8,685</u>
NET ASSETS - END OF YEAR	\$ 16,513	\$ 25,251

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH
Statement of Cash Flows
Year Ended March 31, 2020

	2020	2019
OPERATING ACTIVITIES		
Excess (deficiency) of revenue over expenditures	\$ (8,738)	\$ 8,685
Changes in non-cash working capital:		
Accounts receivable	(3,381)	71,787
Inventory	1,238	(1,746)
Accounts payable and accrued liabilities	2,011	(808)
Deferred revenue	-	(98,944)
Hamonized sales tax recoverable	275	(1,150)
Marketable securities	-	3,981
Federal wage subsidy receivable	(6,566)	-
Employee deductions payable	(1,815)	2,245
	<u>(8,238)</u>	<u>(24,635)</u>
DECREASE IN CASH FLOW	(16,976)	(15,950)
Cash - beginning of year	<u>27,990</u>	<u>43,940</u>
CASH - END OF YEAR	\$ 11,014	\$ 27,990
CASH CONSISTS OF:		
Cash	\$ 10,014	\$ 27,990
Term deposits	<u>1,000</u>	<u>-</u>
	\$ 11,014	\$ 27,990

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH

Notes to Financial Statements

Year Ended March 31, 2020

PURPOSE OF THE ASSOCIATION

Effective April 1, 2004 the Halifax and Dartmouth branches of The Canadian Mental Health Association amalgamated and commenced operations as the Halifax/Dartmouth Branch. The association is a community based voluntary organization dedicated to the maintenance and promotion of mental health. The Association is a registered non-profit organization and is exempt from income taxes.

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

Basis of presentation

The financial statements were prepared in accordance with Canadian accounting standards for not-for-profit organizations (ASNPO).

Cash and cash equivalents

Cash includes cash on hand and deposits within Canadian financial institutions, net of outstanding transactions.

Inventory

Inventory is valued at the lower of cost and net realizable value with the cost being determined on a first-in, first-out basis.

Capital assets

Capital assets are expensed in the year of acquisition. During the current year \$nil (2019 - \$34,987) of capital purchases were expensed.

Revenue recognition

Canadian Mental Health Association-Halifax/Dartmouth Branch follows the deferral method of accounting for contributions.

Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Contributed services and materials

The operations of the Association depend on both the contribution of time by volunteers and donated materials from various sources. The fair value of donated materials and services cannot be reasonably determined and are therefore not reflected in these financial statements.

Government grants

Government grants are recorded when there is a reasonable assurance that the Association had complied with and will continue to comply with, all the necessary conditions to obtain the grants.

(continues)

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH
Notes to Financial Statements
Year Ended March 31, 2020

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES *(continued)*

Financial instruments

Financial instruments are recorded at fair value when acquired or issued, except for transactions with related parties which are recorded at the exchange amount. In subsequent periods, financial assets with actively traded markets are reported at fair value, with any unrealized gains and losses reported in income. All other financial instruments are reported at amortized cost, and tested for impairment at each reporting date. Transaction costs on the acquisition, sale, or issue of financial instruments are expensed when incurred.

Measurement uncertainty

The preparation of financial statements in conformity with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amount of assets and liabilities, disclosure of contingent assets and liabilities at the date of the financial statements and the reported amounts of revenues and expenses during the period. Such estimates are periodically reviewed and any adjustments necessary are reported in earnings in the period in which they become known. Actual results could differ from these estimates. The most significant estimates are the allowance for doubtful accounts and accrued liabilities.

2. FINANCIAL INSTRUMENTS

The Association is exposed to various risks through its financial instruments and has a comprehensive risk management framework to monitor, evaluate and manage these risks. Financial instruments consist of cash, term deposits, accounts receivable, and accounts payable and accrued liabilities. The following analysis provides information about the Association's risk exposure and concentration as of March 31, 2020.

Credit risk

Credit risk arises from the potential that a counter party will fail to perform its obligations. The Association is exposed to credit risk from its funders and other government agencies. Credit risk is minimized due to the nature of the receivables.

Liquidity risk

Liquidity risk is the risk that an entity will encounter difficulty in meeting obligations associated with financial liabilities. The Association is exposed to this risk mainly in respect of its accounts payable and accrued liabilities.

Market risk

Market risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in market prices. Market risk comprises three types of risk: currency risk, interest rate risk and other price risk. The Association is mainly exposed to interest rate risk.

3. LEASE COMMITMENTS

The Association has an annual lease renewal with respect to its premises. The lease contains renewal options and provides for payment of utilities, property taxes and maintenance costs. Future minimum lease payments as at March 31, 2020, for the year end March 31, 2021 are \$12,403.

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH
Notes to Financial Statements
Year Ended March 31, 2020

4. SUBSEQUENT EVENTS

Beginning in March 2020 the Governments of Canada and Nova Scotia, as well as foreign governments instituted emergency measures as a result of the COVID-19 virus. The virus has had a major impact on Canadian and international securities and currency markets and consumer activity which may impact the Associations's financial position, its results of operations and its cash flows significantly. As these are subsequent events, these financial statements do not reflect such impact. As at the report date it is also not possible to accurately quantify or estimate that impact.

Due to emergency measures the association suspended in person programming between mid March, with phased re-opening between June 6th and July 6th 2020. Remote activities continued during this time. The association applied for the wage subsidy program and was approved subsequent to March 31, 2020. The government subsidy receivable related to the period from March 15, 2020 to March 31, 2020 was \$6,566.

HIGHLIGHTS

Bev and Marg received the National and Regional Occupational Therapy Citation Award and United Way Halifax, Evelyn Barkhouse Long Service Award. Bev also received the Bhayana Family Award;

Our deepest gratitude to outgoing Board Members Chelcie Soroka and Tiffany Chase for all they contributed to our organization. We also said goodbye to several long-term amazing staff, Tamar Ellis, Hannah Bourret, Brianna Brunt, Alanna Young, Nik Harris and Barb McDuff. They are now members of our large alumni!

We welcomed Christopher Bruckner on the final leg of his cross Canada cycling sprint to break the current Guinness Book of World Records while raising funds and awareness for mental health;

We helped organize the 11th Mental Health Community Festival of Hope during Mental Illness Awareness Week;

A successful open house during Bell Let's Talk Week encouraged conversation about mental health and showcased comments on "what mental health means to me";

We continued our active membership on various community committees that advocate for changes to social policy relating to poverty, housing, social exclusion and mental health care.

A record number of third-party fundraiser's supported our organization, including Grapplers Against Violence, The Big Sing, Musical Event organized by Carolyn Price and COVID19 responses, organized in the middle of March, by Anna Quon, "Poetry for Groceries", and Jill Edwards, "HaliSmiles".

In the spring of 2020, we started receiving help for people we serve from the United Way Atlantic Compassion Fund, (UWCF) Federal Government New Horizon's Grant (UWCF), FEED Nova Scotia and collaborated with Lake City to receive donations of groceries from Sobeys.



VOLUNTEERS AND SUPPORTERS

Admiral Insurance (EU Ltd.)

Alex Sproul

Allison Meikle

Ambassatours//Murphy's

Amber Rethman

Amy Moonshadow

Amy Tennanbaum

Ashanti Duncanson

Anna Quon (Poetry FR)

Antoinette's Cheesecake

Archie Kaiser & Anne Derrick

Aubrey Graham

Barbara Musgrave

Bell Canada

Beta Sigma Phi

Bounty Print

Carol Terry

Carol Mulcahey

Carolyn Price

Carter Simpson Law

Chronicle Herald

Cindy Robertson

Claudia Robichaud

Clifford & Jill Langin

Clint Sock

Colleen F. O'Malley

Core Church of the Holy Spirit

CMHA National

CMHA Nova Scotia Division

CTV Atlantic

Darrell Ling

Dartmouth Lawn Bowling Club

David Gallaway

Day of Caring Volunteers

Debbie Abbott

Debbie Brown

Debi Noye

Denise MacMillan-

Meshcheryakov

Department of Psychiatry, Dal

Dianne West

Don Mitchell

daMaurizio

East Coast Credit Union

Edith Ritchie

Emily Brown

Emily Vallis

Emma Melanson

Erin Bell

Erin Cotie

Erin McEntee

Events East

Flo Meditation

Freya Kaiser-Derrick

From Sea to You

GDI Integrated Facility Services

Glenbourne Chiropractic

Grapplers Against Violence

Gizelle de-Guzman

Harshada Shewale

Isaac Cormier

Janine Macgillivray

Jeff Thompson

Jessie Frieson

Joel Maxwell (Hon.)

Joy Smith

Jude Caborn

Halifax Kin Club

Hal Ritchie

Holly Alexander

Hatter Insure - GoToInsure &

Portage Ins.

Hayden Laltoo

Home Made Happy

Isaac Cormier

Jill Edwards, HaliSmiles

Joel Sampson

John Rutherford

John W. Lindsay

Joseph Parker

Judith Fingard

June Jollymore

Kathleen Curly

Kiha Kim

Kim Dowe

Kinsmen Club of Halifax

Kelsey Kennedy

Kim Dowe

Lauren Bell

Last House on the Block

Lisa Richard

Liz Pomeroy

Lake City Works

Lawyers' Insurance Association of NS

Lezlee David

Lois Price

Marilyn Welland

Martin C. Ward

Marjorie Lindsay

Martin C. Ward

McInnes Cooper

Meander Farm & Brewery

Monica Nordjeld

Nadya el-Gohary

NSCC

Pam Richardson

Patrick Binderup

Paula Harkin-Raheyand

Wayne Richards

Marcell Symonds

Margaret Denike

Margaret Stuart

Marissa West

Marlene Young

Mary Lawson IODE

Matthew Frenette

Maureen O'Connell

McInnes Cooper

Meghan Scott

Michael Spencer

Michelle Towill

Morgan King

Monica Nordjeld

Nicklas Gosling

Norma Fraser

NSCC

Our Lady of the Assumption Church

Owen Caldwell

Pamela Magee

Patrick Binderup

Ray's Lebanese Cuisine, Bayer's Lake

RBC Clayton Park Volunteers

Roy Muise

Ruth Rogers

Sarah Carter

Sarah Coley

Scott Stephen

Serge Lachapelle

Shawn McEwen

Shelia Morrison

Stella Lord

Steve Bornemann

Stephanie Quirk

St. Luke ACW

St. Andrew's Presbyterian AMS

Saint Thomas More Parish CWL

Sore Spots Massage Therapy

Soul Relations

Spirit Spa

Stayner's

Susan Kilbride-Roper

Suzanne Turner

Sylvia Anthony

TD Bank Group

The Big Sing

Todd Smith

TOPS

The Vault

Tylor McDuff

Universalist Unitarian

Wayne Duncan

Wayne Richards

William McDuff

Willman's

Vali & Bill Moore

Virtue Hair Salon

William & Norma Whitehead

Woodlawn United Miriam Unit

Yolande Samson

Yevonne Le Lacheur

Zaynab Khan

**Thank-you to our Volunteer
Board of Directors
&
400 + Mosaic Artists**

Placement Students

Elizabeth "Liz" Carr, Health Promotions

Sasha Cormier, Human Services Program

Miranda Hall, Political Science

Dayna Robertson, Human Services Program Truro Campus

Bruce Burns, Teghan Fedor, Ally Brown, Jerilyn Burton, Occupational Therapy Students

Aura -Lee Mahone, YWCA

Isaac Cormier, SMU, Service Learning Program

Cleaning

William Chase

Greg Clements

Project 50/60

Theresa Boudreau

Fraser Ferguson

Ralph Corbin

David Hardman

Kevin Publicover

Beverley Ruth

Our Coloring, Conversation & Culture Project, funded by the Halifax Community Health Board was to begin in March 2020 but had to be deferred to Fall 2020 due to the pandemic.



FUNDING PARTNERS



United Way
Halifax





**Canadian Mental
Health Association**
Halifax-Dartmouth

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