



# OUR TIME IS NOW

**IMPACT REPORT 2021-2022**



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



# LAND ACKNOWLEDGEMENT

The Canadian Mental Health Association Nova Scotia Division acknowledges that we are in Mi'kima'ki, the ancestral and unceded territory of the Mi'kmaq People.

This territory is covered by the Treaties of Peace and Friendship which the Mi'kmaq and Maliseet people first signed with the British in 1725.

The treaties didn't deal with the surrender of the land. It established the rules for an ongoing relationship between nations.

We are also in HRM which was settled and built by people of African ancestry in the 18th and 19th centuries. These people were formative in the building of our communities in meaningful ways and have contributed to the development of Nova Scotia as we know it today.

We must not forget that we are all treaty people.

We have responsibilities to each other and this land.



# TABLE OF CONTENTS

1. Introduction
2. A Message from our Board Chair
3. A Message from our Executive Director
4. Our Branches
5. Who we are, What we do
6. Our Programs
7. New Programs
8. New Programs: Launching in 2022
9. Education and Training
10. Education and Training, continued
11. Project H.O.P.E
12. At-Work
13. Peer Support
14. C.A.S.T.
15. Staying Connected: Website | Social Media
16. Staying Connected: Media | Campaigns
17. Staying Connected: Events | Outreach
18. Our Funders
19. Our Mental Health Champions
20. Our Corporate Donors
21. Our Donors, continued
22. Our Donors, continued
23. Our Donors, continued
24. Our Board of Directors
25. Our 2021- 2022 staff
26. Contact CMHA NS



# INTRODUCTION

## OUR MOMENT IN TIME

COVID-19 has created a stark awareness that people need more than access to healthcare to have good mental health.

Basic needs such as housing, personal safety, reliable access to healthy food, and secure employment are the foundation of wellness.

Our society has never been so ready to reinvent our mental health system -- a system that provides timely mental health treatment and access, but also secure jobs and safe places to live.

Our work this year has been committed to improving access to support and tackling the misinformation and ignorance that underlies stigma while pushing social justice and meaningful change.

With our branches and partners, we collectively work to make Nova Scotia a place where mental health is given the attention it deserves.



**500**

Nova Scotians from a cross section of communities across the province surveyed as part of our strategic planning.



**819**

Nova Scotians served by CMHA NS programs, workshops, training sessions and events.



**212**

Accessed free mental health education.



**8,166**

Reached by our social media.



**152**

Panels, workshops and speaking engagements delivered across the province.



**355**

Corporate and Individual donors, funders and fundraisers.

# A MESSAGE FROM OUR BOARD CHAIR

What a year! The energy is palpable as our Board and staff leans into new and exciting work in community.

We are so grateful for the hard work of Michael DeVenney who led our strategic planning this year and helped us craft our new guiding strategy for 2022-2025.

Over the course of the past six months, we have surveyed and interviewed close to 500 community members.

We knew that to really make impact, it was important to consider as many voices as possible.

We were intentional of taking the time to listen to as many ‘first’ voices as possible.

Everything we have learned has been embedded into the DNA of this important roadmap.

I know Karn and the team are looking forward to operationalizing this work so that we can make deep impact from one end of Nova Scotia to another.

As we say goodbye to the past fiscal year 2021, I want to extend my gratitude to outgoing Board member Jason McNeil who wraps up his term this year.

In addition to the Board work, Jason was involved in several committees including our Strategic Planning Committee.

We are grateful for Jason’s dedication and wish him all the best going forward. Thank you also to Jamie Baillie, who will be taking the helm as I step down.

With his leadership in combination with the energy and talent of the Board and our team, CMHA-NS is well positioned to make positive change in communities all across this great province in the months and years ahead. Indeed, the future of CMHA-NS does look bright!

Rod Wilson



Chair, Board of Directors  
Canadian Mental Health Association  
Nova Scotia Division

# A MESSAGE FROM OUR EXECUTIVE DIRECTOR

There has never been a more critical time to be fiercely intentional and bold in our actions to reduce stigma and enable Nova Scotians to experience good mental health and well-being.

COVID has exposed and amplified the societal cracks we all knew were there and has made it impossible to continue to ignore.

Over 37% of Canadians say their mental health has declined since the onset of the pandemic. Even greater numbers have reported distress in vulnerable communities.

We operate in a complex mental health system. There is no clear ‘front door’ to this system and, once inside, there is plenty of confusion on the next steps.

Our role in this province is to work with all of our partners to co-create a system that is built on the wisdom of ‘first voice’.

One where the social determinants of health are woven into the DNA. One where truth, justice and reconciliation are at the forefront.

One that is infused with social justice addressing historical inequities.



One that meets Nova Scotians where they are.

Together, it’s time to elevate and amplify the good work we are all doing to create the conditions to achieve our mission to ensure that all people in Nova Scotia experience good mental health and well-being.

Yours, in community.

A handwritten signature in black ink, appearing to read "Karn".

Karn Nichols,  
Executive Director  
Canadian Mental Health Association  
Nova Scotia Division

# OUR BRANCHES

## OUR VISION

A Canada where mental health is a universal human right.

We are a federated charity, which means we are a collective of organizations bound together by a brand and mission.

At the national level, we push for nationwide system change.

At the provincial level we advocate for policy change, deliver programs that support education, connection, employment and housing.

Our programs are free to access and available to anyone living in Nova Scotia.

At the community level our branches support the resilience and well-being of Nova Scotians through social programs, education and advocacy based on the needs of the community.

Together, we identify and respond to Canada's most pressing mental health priorities.

## OUR MISSION

To ensure that all people in Nova Scotia experience good mental health and well-being.

## SOUTHWEST NOVA

Board Chair  
Ann Jones  
[annjones@eastlink.ca](mailto:annjones@eastlink.ca)

## HALIFAX-DARTMOUTH

Branch Managers  
Bev Cadham | Marg Murray  
[cmhahal@ns.aliantzinc.ca](mailto:cmhahal@ns.aliantzinc.ca)  
Website: [www.cmhahaldart.ca](http://www.cmhahaldart.ca)

## COLCHESTER EAST-HANTS

Executive Director  
Susan Henderson  
[cmha.ceh11@gmail.com](mailto:cmha.ceh11@gmail.com)  
Website: [www.ceh.cmha.ca](http://www.ceh.cmha.ca)

## NOVA SCOTIA DIVISION

Executive Director  
Karn Nichols  
[karn.nichols@novascotia.cmha.ca](mailto:karn.nichols@novascotia.cmha.ca)  
[www.novascotia.cmha.ca](http://www.novascotia.cmha.ca)

# WHO WE ARE, WHAT WE DO

## EDUCATION

We offer inclusive, evidence-based mental health programming and education across the province.

## NAVIGATION | COORDINATION

We connect all people in Nova Scotia with safe, inclusive and accessible mental health programs, services and support.

## ADVOCACY

Working with our allies and partners, we push for new systems, policies and practice that foster better mental health and well-being.



## MENTAL HEALTH FOR ALL

The Canadian Mental Health Association Nova Scotia Division supports the resilience, recovery and well-being of people living with a mental illness and those experiencing mental health challenges across the province.

## OUR IMPACT

### PROGRAMMING

Programming and education across the province.

### SYSTEMS CHANGE

At the division level, we advocate for mental health system change, educate, and influence societal beliefs and behaviours to create a climate of understanding and acceptance.

Working with our allies and partners, we push for new systems, policies and practice that foster better mental health and well-being.

### ADVOCACY

And we advocate to improve the spaces, places and conditions that shape mental health.

# OUR PROGRAMS

Each of our paths to mental well-being will be unique.

We all have our own goals, our own challenges, our own strengths, and our own supports.

But we believe good mental health can be in everyone's reach with the right support.

The cornerstone of CMHA's programming is improving access to the support Nova Scotians facing mental health challenges or illness need to be well.



**819**

Individuals served by our programs.

Support is highly individual, but we know there are some things everyone needs to have good mental health -- a purpose, safe, sustainable housing, connection and access to services.

These are some of the building blocks of wellness [the social determinants of health].

Ensuring every Nova Scotian has access to these crucial supports is the foundation upon which our programming is built.

The need for access to housing, employment, support and services has never been greater and CMHA NS has risen to the challenge.

Over the past year CMHA NS launched five education programs and peer support programs, including THRIVE; and Bounceback.

In the fall of 2022, we will launch three new education and training programs, including Resilient Minds, ASIST and Changing Minds.

## OUR PROGRAMS INCLUDE:

### Peer Support

- Circle of Friends
- Men's Peer Support Group

### C.A.S.T [Communities Addressing Suicide Together]

### Project H.O.P.E. [Housing Outreach & Peer Empowerment]

### At-Work | Au Travail

### Education and Training

- Stress Management
- Mental Health in the Workplace
- Rebuilding our Resilience
- THRIVE [launched Feb. 2022]

# NEW PROGRAMS



Already offered by CMHA in BC, Ontario and parts of Manitoba, where it is funded by provincial governments and donors.

BounceBack was expanded to Nova Scotia in 2021.

Based on cognitive behavioural therapy, BounceBack has been shown to reduce depressive and anxiety symptoms by 50%.

BounceBack is a free, guided self-help program that helps adults and youth 15+ learn to manage low mood, mild to moderate depression, anxiety, stress or worry.



**185**

Served by Bounceback since its launch.



**18**

THRIVE sessions offered.



**190**

Registered for THRIVE sessions.



**118**

Attended THRIVE sessions.

CANADIAN MENTAL HEALTH ASSOCIATION  
NOVA SCOTIA DIVISION



Launched in February, 2022, THRIVE is a virtual learning centre where anyone can access free courses, webinars and workshops to learn, gain new skills, and connect with others in their community.

Workshops are developed by subject experts and mental health professionals, who work with people who have their own experience in personal recovery.

# NEW PROGRAMS

## LAUNCHING IN 2022

### TALK TODAY

Talk Today is a mental health education program designed to help athletes and their supporters learn about mental health and to help support players who may be struggling or at risk of suicide.

One of the most comprehensive mental health programs for amateur sports in Canada, Talk Today is delivered by CMHA branches and divisions throughout Canada.

### ASIST

**Applied Suicide Intervention Skills Training**



ASIST is a two-day, two-trainer, workshop designed for family, friends, and other community members that may be the first to talk with a person at risk, but have little or no training.

The emphasis is on teaching suicide first-aid to help a person at risk stay safe and seek further help as needed.



### RESILIENT MINDS

Resilient Minds™ is an evidence-based, peer-to-peer skills development program designed by and for fire fighters using the latest literature on resilience, trauma-informed practices and stress-related/occupational psychological injuries.

### CHANGING MINDS

In understanding an individual who has a mental illness we must first understand the illness, the impact of the illness on the individual, their family and their “fit” within their communities.

Changing Minds is an innovative, multi-use mental illness education program.

It was created in order to address a community need for mental health education, stigma reduction and to promote a better understanding of mental health and mental illness.

# EDUCATION AND TRAINING

The pandemic caused significant social and economic upheaval, resulting in higher rates of mental distress.

The need for accessible mental health education and resources has never been greater and we are seeing that reflected in the number of Nova Scotians coming to CMHA NS for education, resources and workplace mental health training.

CMHA's education team provides education and resources that empowers Nova Scotians to manage their own mental health.

We focus on preventative upstream work that builds connection, increases belonging and builds resilience, and continually work to build our network of partners to help Nova Scotians navigate the mental health system.



**237**

Nova Scotians attended CMHA education programs and trainings.



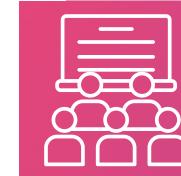
**144**

Attended workplace mental health training sessions.



**93**

Attended Rebuilding our Resilience workshops.



**52**

Sessions delivered across the province.

**\*\* Donations allow us to offer of these programs at no cost to participants.\*\***

“

It is great that workshops like this exist, I feel it will help normalize mental health, meaning it will help make it a normal part of everyday life, that has just as much value/credibility as any other need for a sick day/day off.

- Participant, Mental Health in the Workplace training

# EDUCATION AND TRAINING

## HIGHLIGHTS

- Launched THRIIVE Learning Centre to an overwhelmingly positive response in February 2022.
- Collaborated with the Mental Wellness Roundtable in Pictou County, with funding from the Aberdeen Health Foundation, to develop an extensive Mental Wellness and Resilience Toolkit.
- Invested in Train the Trainer opportunities, most notably, ASIST [Applied Suicide Intervention Support Training], Changing Minds and Resilient Minds. This upfront investment will enable the team to build capacity and serve more Nova Scotians.
- Delivered 14 fee-for service programs [Rebuilding Our Resilience, Mental Health in the Workplace and Stress Management] to an eclectic range of various organizations, including, YMCA, Libraries, Care Homes, Ulnooweg, Tourism Council, Association of Industry Sector Council and Compass Minerals.

“

**The workshop really allowed me to recognize and provide strategies in dealing with trauma when having bad days or experiencing triggers in everyday life.**

- Participant, Rebuilding our Resilience

“

**This session opened my eyes to where I personally fall on the continuum and provided me with tools and education to pull myself out of the slider zones.**

- Participant, Mental Health in the Workplace training

# AT-WORK | AU TRAVAIL

The past year has resulted in challenges assisting people in finding meaningful employment during a time when unemployment rates have increased significantly.

This is due to the pandemic and the overall mental health of Nova Scotians.

Over the past year, the At-Work team has had 9 females enter the program and 13 males. Ten of the clients have found and maintained safe employment over the past year.

The clients the At-Work team serves come from broad personal and educational backgrounds.

The ages have ranged from early 20's to 50's.

The educational backgrounds have ranged from those who have not completed high school to those with a master's degree.

The At-Work Program has been extended until September 2023 with the hope that this program will eventually become a core program of CMHA NS Division.

The hope is that At-Work will become a core CMHA NS program.



**22**

Clients entered the At-Work program.



**10**

Retained clients full-time employment through At-Work.



**13**

Men



**9**

Women



**61**

Open job coaching sessions held.



**38**

Open mental health employment sessions held.

# PROJECT H.O.P.E.

## Housing Outreach & Peer Empowerment

Finding safe and affordable housing in Nova Scotia was challenging before the pandemic, and COVID-19 has shone a brighter light on the inequities many face in finding and securing housing in this province. Project HOPE has experienced a growing demand for our services from individuals seeking guidance in locating and securing safe, affordable housing -- which is very basic human need and a human right.

For some individuals this is their first time experiencing a serious mental health issue.

Many who did not consider themselves vulnerable to homelessness discovered how vulnerable we all really are to that reality.

### HIGHLIGHTS

- Creation of Valley Roots Housing Association in the Annapolis Valley of Nova Scotia.
- Collaborating with community partners to develop and begin a 'Coordinated Access' approach to accessing available housing.
- Worked with municipal and provincial entities to create a system and response to the growing need to provide 'emergency housing'.
- Provided free internet and devices to several clients in financial need through partnership with GEO.



**94**

Nova Scotians housed or prevented from being evicted by the Project H.O.P.E. team.



**37**

Children



**32**

Women



**25**

Men

“

I am so so grateful for all the help you've given me. I don't know what I would have done. You saved me.

- Project H.O.P.E client

# PEER SUPPORT

Living with a mental illness can make you feel isolated.

Peer support is emotional and practical support between two people who share a common experience, such as a mental health challenge or illness.

CMHA NS is a leader in peer support in the province. Our peer support groups are held in a safe and respectful space, confidential and accessible.

CMHA NS offers two core peer support groups, our Men's Peer Support Group and Circle of Friends.

In 2021, CMHA NS continued to host these groups, with high, consistent engagement, and launched five more groups.

These groups were offered to parents, Indigenous youth, young adult males, farmers and young adult females and female identifying individuals.

CMHA collaborated with Community CARES Youth Outreach, Membertou First Nation and the Federation of Agriculture and Farm Safety Nova Scotia to offer these groups.



**5**

New Peer Support Groups launched.



**7**

Peer support groups offered in 2021.



**64**

Attendees

“

I feel eternally grateful for this opportunity and the experience of this whole [peer support] process.

- Attendee, Parents Group

“

Hearing the women tell their stories allows me to open up to them so they know that they are not alone.

- Attendee,  
Women's Empowerment Squad

# C.A.S.T.

## Communities Addressing Suicide Together

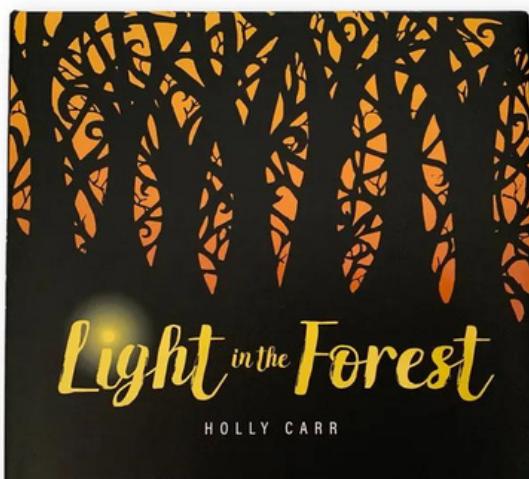
Suicide attempts are the third leading cause of injury hospitalization in Nova Scotia.

There are many complex factors associated with suicide and attempted suicide.

Preventing suicide is about more than prevention. It also includes intervention and post-vention.

This means a focus on the things that happen before, during and after a period of suicidal crisis – to help both the person, as well as their family and/or friends, as well as the community at large.

CAST provides evidence-based suicide prevention training, education and resources to Nova Scotia communities.



## HIGHLIGHTS

- Facilitated peer support groups for high-risk populations (men, youth, women, persons who have lost someone to suicide) Post-vention peer support groups, gender/ethnic groups were held throughout the year.
- Facilitated two Roundtables in collaboration with Membertou Men's Society and Community CARES Youth Outreach.
- Purchased the rights to reproduce pages of "The Light in the Forest," by Holly Carr to have printed onto storyboards installed along the walking trail that is part of the Portapique Community Buildup.
- Partnering with CMHA Ontario to deliver suicide prevention training to athletes during the 2022 hockey season through TalkToday.

# STAYING CONNECTED

## OUR WEBSITE

CMHA Nova Scotia Division's website and social media feeds are two key methods of sharing news, resources and information about mental health and CMHA's programs and services with stakeholders, partners, and the public.

The website includes a directory of CMHA branches in Nova Scotia, information on mental health and related topics, research and reports, donation options and programming information.



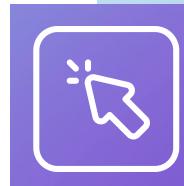
**75%**

Increase in page views  
207,160 views



## TOP 5 PAGES

- Mental Health Resources
- Programming and Education
- THRIVE
- News
- Who we Are



## TOP REFERRAL SOURCES

- Facebook
- [www.NSHA.ca](http://www.NSHA.ca)
- [www.novascotia.ca](http://www.novascotia.ca)



**81%** Increase

125 Followers



**49%** Increase

1,010 Followers



**21%** Increase

3,335 Followers



**5%** Increase

3,696 Followers

## SOCIAL MEDIA

Social media channels such as Facebook, Instagram, LinkedIn and Twitter are another popular way to stay in touch with CMHA NS Division.

This year, the number of people following CMHA NS Division on all feeds increased, which tells us more Nova Scotians see us as a reliable source for information about mental health.

# STAYING CONNECTED

## EARNED MEDIA

The media plays an important role in promoting awareness.

In 2021, CMHA NS further cemented its place as Nova Scotia media's go-to source for reliable information and context on the subject of mental health.

## CAMPAIGNS AND AWARENESS DAYS

In our efforts to push for a society that understands and fosters good mental health, we lead events and public discussions that springboard from public awareness campaigns like World Suicide Prevention Day, Mental Health Week, Bell Let's Talk Day, National Housing Day, Men's Mental Health Month, and more.

Engagement for the events we held in conjunction with these campaigns was high and tells us that Nova Scotians want to amplify the conversation about mental health in our province.



**62%** Increase  
33 news stories

## TOP SOURCES

- CBC Atlantic
- CTV Morning Live
- Global Atlantic Morning
- Saltwire



**990**

Impressions on Bell Let's Talk Day.



**12,638**

Impressions during Mental Health Week.



**357**

Individuals attended events during Mental Health Week and World Suicide Prevention Day.



**3**

Proclamations (Mental Health Week, World Suicide Prevention Day and National Housing Day) from the HRM, CBRM and Province.

# STAYING CONNECTED

## EVENTS

One of the key ways CMHA NS builds community capacity is by building partnerships.

With our partners, we amplify our vision of mental health by connecting with stakeholders to organize external events, presentations, panels and workshops.

This year, staff participated in approximately 152 panels, workshops and speaking engagements, covering a range of topics, including psychological health and safety in the workplace, resilience and suicide prevention.

Some of the organizations CMHA connected with across the province include:

- Volunteer Nova Scotia
- Clearwater Seafood
- Ullnooweg
- Compass Minerals
- YMCA
- Tourism Council
- The Sobey Prosperity Network
- GEO
- Membertou First Nation



**152**

Panels, workshops and speaking engagements delivered across the province.

**CANDIDATES VIRTUAL PANEL  
ON MENTAL HEALTH  
AND SUBSTANCE USE CARE**

MONDAY, AUGUST 9, 2021  
12:00 P.M. TO 1:30 P.M.

CLAUDIA CHENDER, DARTMOUTH SOUTH    ZACH CHURCHILL, YARMOUTH    BRIAN COMER, CAPE BRETON EAST

Saint Mary's University    Wednesday, November 24, 2021  
11:45 a.m. - 1:00 p.m. AST

**Health & Wellbeing Series:**  
The Stigma-Free Zone, Opening Up About Our Mental Health

Mandi Nicholson    Michael DeVenney    Karn Nichols

# OUR FUNDERS

CMHA NS is a not-for-profit charitable organization that delivers mental health supports, free of cost to anyone who needs them.

Mental health has a significant impact on how people relate to others, make decisions, and handle stress.

Those who choose to support CMHA NS understand that ensuring individuals experience good mental health is good for entire communities.

Their dedication to community, their generosity and unwavering support, inspires us every day.

To our Donors, Funders, Partners, and Mental Health Champions and Supporters, thank you.

## FUNDING SOURCES

**\$756,000** Government (Federal & Provincial)

**\$93,736** Individual Donors

**\$52,530** Corporate Gifts and Sponsorships

**\$44,000** Mental Health Foundation

**\$26,000** Special Events

**\$4,000** Service Clubs

\*Financial Statements are available at  
[www.novascotia.cmha.ca](http://www.novascotia.cmha.ca)

## OUR FUNDERS



*Strategic  
CHARITABLE GIVING  
Foundation*

# OUR MENTAL HEALTH CHAMPIONS

Every year, individuals organize their own events, celebrations or campaigns to raise funds for mental health in Nova Scotia. We are so honoured that Nova Scotians chose CMHA NS to receive these funds. We call these people our Mental Health Champions.

Please visit the Circle of Support page on our website to learn more about these amazing supporters.

## DIY MENTAL HEALTH CHAMPIONS

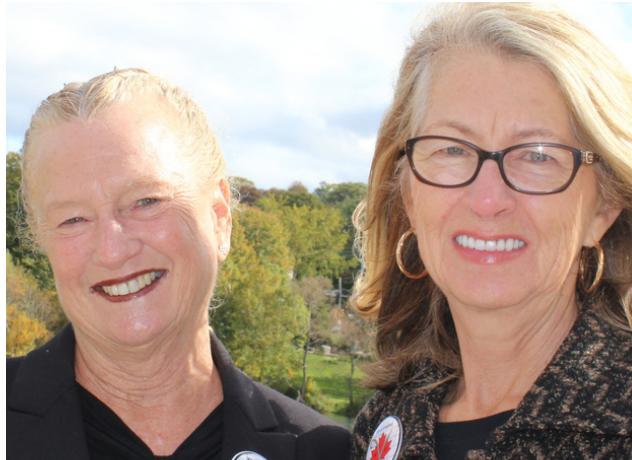
- Dom Dibb | My Island Run
- Michelle Drover | Walk it Forward
- Betsy Eisner | Buttons for Mental Health
- Cat DeVaal | Cat's Ride for Mental Health
- Kelly DiGiobbi | Games for Mental Health
- Amy Slaunwhite | Reindeer for Hope
- Trenton Minor Ball Association
- Michael Dalton | Music for Mental Health Holiday Concert



“

I trust CMHA NS to put the money I raised where it's most needed. I know that supporting CMHA means helping more people get the help they need.

- Cat DeVaal,  
Cat's Ride for Mental Health



“

When we said we were donating some of the proceeds to mental health, people who seemed unsure about buying a pin were suddenly reaching into their pockets or their cars for change.

- Betsy Eisner  
Buttons for Mental Health

# CORPORATE DONORS

## OUR CORPORATE DONORS

**THANK YOU FOR SUPPORTING CMHA NS**



INJURY LAWYERS



K A S E M E



Parkbridge



RxPharmaChoice



- NSLC Lunenburg
- HR Association
- Nova Scotia Veterinary Medical Association
- T.J's Convenience Store and Irving Gas

## RIDE DON'T HIDE

**SIEMENS**

**Robert Half®**  
Talent Solutions

**DECATHLON**

**THRIVE**

**GIVING TUESDAY**



# INDIVIDUAL DONORS

## THANK YOU TO OUR GENEROUS DONORS

The demand for mental health support was up, financial support has also increased. It's been a tough year, but we are grateful that people are showing up.

For us, for their communities, and for themselves. We are so grateful for this support!

Michael Dull	Kathleen Jewers	Svott Meek
M.Landry	Myrtle Gillis	Thomas Mader
Breagh MacDonald	Mitchell Bardeaux	Courtney Connor
Rachel Creighton	Catherine Campbell	Judith Fingard
Susan Bannon	Marleen MacKinnon	Emerson Fiske
Justin Rogers	Heather Murphy	Kyle Ingalls
Roger Carroll	Cynthia Knox	Sarah Lamb
Andrew Burke	Philip Kahil	Susan FitzGerald
Stephanie Coratti	Gail Robicheau	Ashley MacDonald
Angela Hersey	Kelly Warren	Mary Besson
Frani Chandler	Sandra Fenn	Ken Mathekal
Denise Siteman	Catherine	Mark Moore
Julia Roddi	MacDonald	Dorian Blacquiere
Myles McCormick	Peter Khattar	Merv Edinger
Paula Kolysher	Yvonne Kelly	Kris Leaman
Lisa McGraw	Joan MacNeil	Roberta Illsley
Valerie Edwards	Lorraine Kelly	Lesa Pomeroy
Mike Dalton	Kerri Power	Fred Layton
Mallory Selby	Dwayne Dunph	Heather Wood
Tyler Macneil	Denna Brough	Julie McCurdy
Matthew Wheeler	Siobhan Martina	Austin Zhang
Peggy MacInnis	Naima Shah	Robert Eisner
Roger King	Troy Wight	Cameron Woodland
Sarah Duggan	Carol Castle	Deanna Skinner

# OUR INDIVIDUAL DONORS

## THANK YOU TO OUR GENEROUS DONORS

Roger Wheeler	Krista MacDonald	Susan Burzynski
Debbie McCallum	Stephanie Pagani	Anne MacKenzie
Danielle Hardie	Annette Boucher	Brooke Robinson
Anita Chaput	Dennis James	Ben MacDonald
Jamie Casey	Heather Turner	Thomas Woodbury
Adam Draper	E Anita Hamilton	Lorraine MacDonald
Don MacVicar	Angela Jarvis Painchaud	Nicole MacPhee
Iola doucet	Cindy MacKinnon	Neil and Karen Veinot
Dan Stratton	Janice Smith	Judy Soy
Sarah Somers	Janis Catano	Mark Layton
Jane Soucy	Darcy Plant	Mark Mander
Daniel Guns	Amy Parker	Jill Alcoe-Holland
Veronica Rudolph	Sherry Philpott	Ashley Potter
Asher Hodara	Teri Foy	Joanne Korman
Scott Bentley	James Simon	Carolyn Janega
Tara McConnachie	Karen Miner	Jeanine Cramm
Rod Jessome	Don MacQuarrie	Denise MacDonald
Terri Douglas	Angela Hersey	Debbie Huntley
Igor Geshelin	Linda Henshaw	Laureen Mac Donald
Shoneth Woodland	James Candow	Herb MacIntosh
Jonathan Jessome	Chantal Caissie	Sandy McDonald
Glenda Carwardine	Devin Millett	Gordon Cockell
Shirley Lemay	Kim Taylor	Nancy Hiltz
Debbie McLean	Donna Meaney	Denise Young
Barry Bonner	Marilyn Carey	Carole Ann Noade
Karen E Murnaghan	Douglas Ells	Denise V Halloran
Kathleen Hopkins	Anthony Pereira	Beverley Harris
Barbara Kulka	Janet Trider	Gloria Kean
Catherine Bussey	Daphne Antle	Larry Ogilvie
Dawn Gaudet	Cheryl Armstrong	Tammy Landry
Shawn Freeze	Elise Axelrad	Della Timmons

# OUR INDIVIDUAL DONORS

## THANK YOU TO OUR GENEROUS DONORS

Lynda Naugle	Nathan Thompson	Doreen Walsh
Meghan Hines	Bob Lilly	Maria Gentile
Aimy Tacluban	Michelle Leavis	Harold Davidson
Rose Winters	Whitney Machin	Angie O'Neill
Monica Fancy	Rachel Donovan	Donna Mitchell
Judith Wickens	Jana Cock	Jack Cameron
Jeri-Lynn Cunningham	Susan Fidgen	Faye Leblanc
Aidan Siba	Michelle Stubbard	Melissa Young
Lesley Hopkins	Scott Mason	John Vo
Wendell Skeir	Sheldon Carter	Martin Proietti
Nathan Coffill	Allyson Unsworth	Derek Mitchell
William Rogers	Deborah Eaton	Taylor Stone
Angela Freeman	Kyle Matheson	Michelle Crane
Laurie MacDonald	Jeff Freeze	Paul Archer
Jeffrey Cox	Michelle Drover	Janet Turner
Janice Fralic-Brown	Alexander Spicer	Chris TH
Jim LeBlanc	Caroline Stewart	Robyn Ingraham
David & Susan Borrowman	Rich Spence	Mackenzie Parker
Brian MacMillan	Bobby Lavoie	Erin O'Halloran
Cathy and John Snow	Judy Wiseman	Gail Temple
Helen Ann Chisholm	Sylvia Hoyt	Nicole and Matt Mooney
Lynda Naugle	Agnes Barbosa	Janice Naugler
Meghan Hines	Shawn Ehler	Alexandra Vallee
Dorothy Hotchkiss	Caroline Stewart	Ruth Harding Bohan
Marjorie Newton	Kimberly Hayman	Alicia Jessome
Kim Taylor	Sarah Abriel	Catherine Clark
Michael DeVenney	Joy Mackay	Leah Nolan
Sharon Hart	Paula Gallagher	Mike Neaves
Kelly Drover	Cephas Hope	George & Valerie Lohnes
Lisa Taylor	Nancy Bennett	Chantal Caissie

# OUR BOARD

## **THANK YOU TO OUR 2021 - 2022 BOARD OF DIRECTORS**

Dr. Rod Wilson | Board Chair

Jamie Baillie | Board Vice-Chair

Emerson Fiske | Board Treasurer

Dr. Frances Moriarty | Board Secretary

David Benoit | Board Member-at-Large

Gillian Costello | Board Member-at-Large

Michael Davies | Board Member-at-Large

Brent Platt | Board Member-at-Large

Matthew Holland | Board Member-at-Large

Jason McNeil | Board Member-at-Large

Kathleen Norman | Board Member-at-Large

Deepak Prasad | Board Member-at-Large

Collette Robert | Board Member-at-Large

Dr. Tabinda Sheikh | Board Member-at-Large

# OUR STAFF

## CMHA NS Division 2021 -2022 Staff

Karn Nichols | Executive Director

Shobha Gashus | Administrative Lead

Patricia Murray | Clinical Advisor

Maggie Works | CAST Content Coordinator

Erin Christie | Provincial Lead - Communications and Community Engagement

## At-Work | Au Travail

Tracy Hiltz | Provincial Lead

Danica Barr | Employment Support Worker

## Education and Training

Elizabeth Baker | Provincial Lead

Abdullah Ali | Program Developer

Lindsay Miller | Education and Training Coordinator | ASIST Facilitator

Glenn Rodgers | Education and Training Coordinator

## PEER SUPPORT

Keith Anderson | Provincial Lead

Dawn Scott | Peer Support Program Facilitator

## Project H.O.P.E.

Laurel Taylor | Provincial Lead

Sarah Frizzell | Trustee [Truro and area] | ASIST Facilitator

Nick Haddock | Housing Support Worker [Kings County]

Carissa MacInnis | Housing Support Worker | Trustee [Kentville and area]

Meagan McCann | Housing Support Worker [Kings County]

Hannah Scott | Housing Support Worker | Trustee [Annapolis & Digby County]

Holly Woodworth | Housing Support Worker | Trustee

# CONNECT WITH CMHA NS

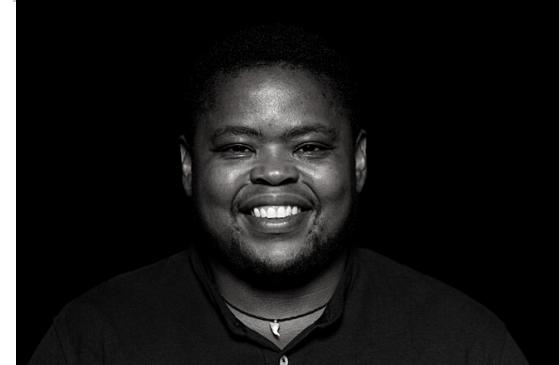
## Contact us

 Toll-Free: 1.877.466.6606

 [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca)

 [education02@novascotia.cmha.ca](mailto:education02@novascotia.cmha.ca)

 CMHA Nova Scotia Division  
Suite 201  
3-644 Portland Street  
Dartmouth, Nova Scotia, B2W 6C4



## Connect with us!

 @nsCMHA

 @cmhansdivision

 @cmhansiv

 Canadian Mental Health Association NS  
Division

## Donate to CMHA NS

When you give to CMHA NS you become part of a movement that believes Mental Health *is* Health.

There are lots of ways to give.

Contact Erin Christie at  
[erin.christie@novascotia.cmha.ca](mailto:erin.christie@novascotia.cmha.ca)  
to find out more!

Or visit [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca)





# OUR TIME IS NOW

**IMPACT REPORT 2021-2022**



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