



# STRONGER TOGETHER

## IMPACT REPORT 2022



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

Association canadienne  
pour la santé mentale  
Nouvelle-Écosse  
*La santé mentale pour tous*







## LAND ACKNOWLEDGEMENT

The Canadian Mental Health Association Nova Scotia Division recognizes that we live, work, and play in Kjiptuk (Halifax) in Mi'kma'ki (Nova Scotia, Canada), the ancestral and unceded territory of the Mi'kmaq People.

This territory is covered by the “Treaties of Peace and Friendship,” which Mi'kmaq, Wəlastəkwiyik (Maliseet), and Passamaquoddy Peoples first signed with the British Crown in 1725. This treaty continues to be upheld today.

We are also in the Halifax Regional Municipality, which was settled and built by people of African ancestry in the 18th and 19th centuries.

African Nova Scotians were formative in the building of our communities and the development of Nova Scotia as we know it today.

At CMHA NS we acknowledge that we have benefited from the colonization of this region, and we strive for respectful relationships with the stewards of this land.

We must not forget that we are all treaty people and that we have responsibilities to each other and to this land.

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## 2022 AT A GLANCE

**2,225** ↑ 120%

Nova Scotians accessed our programs.

**120** ↑ 24 %

Nova Scotians access housing support services through Project H.O.P.E.

**129** ↑ 27%

Nova Scotians accessed employment support and services through our At Work program.

**1,396** ↑ 131 %

Businesses and organizations accessed workplace mental health training.

**254**

Nova Scotians across the province accessed affordable suicide prevention training.

**9,116** ↑ 11 %

Followers on social media.

**312**

Donors, corporate donors and fundraisers gave generously to CMHA NS.





## ABOUT US

The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians.

As the leader and champion for mental health, in Nova Scotia, CMHA NS Division promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness and mental health challenges.

With our branches in Halifax-Dartmouth, Colchester East-Hants and Southwest Nova, CMHA delivers safe, inclusive evidence-based programs, training and navigation support that helps all Nova Scotians be well and stay well.

The majority of these programs are free to access and available to everyone living in Nova Scotia.

Together with our branches, we advocate for policy change that addresses housing, employment and job insecurity, working life conditions, social inclusion and non-discrimination.

We are also part of a federation, which means we are a collective of organizations across the country, bound together by a brand and mission.

## OUR VISION:

A Canada where mental health is a universal human right.

## OUR MISSION:

We empower and support the voices of all those seeking assistance on their mental health journey.

## OUR VALUES

### INCLUSIVE:

We include all Nova Scotians regardless of worldview.

### COLLABORATIVE:

We mobilize and marshal resources, partners and people.

### COMPASSIONATE:

We lead with heart and humanity.

### PROGRESSIVE:

We advocate for policies for good mental health for all.

### PROACTIVE:

we promote action over talk.

### STEADFAST:

We are committed to our work.  
We are champions for social justice.

Visit [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca) to learn about us!



## J.E.D.D.I. COMMITTEE

We recognize the need to reflect on and analyze how we, as an organization, may have been silent about mental health harms and damage caused by poverty, racism, and ignorance.

The only way to deconstruct the harmful systems of colonization and create a safer, more equitable organization is through education, conversation, and practice.

We are deeply committed to Truth and Reconciliation, and through our advocacy, policies and practices, work toward a fully integrated, decolonized mental health system that addresses everyone's mental, emotional, and spiritual health.

To ensure we integrated our learning journey into every aspect of our work at CMHA NS we created our J.E.D.D.I committee, [Justice, Equity, Decolonization, Diversity and Inclusion] a group of staff members who lead the team in this work.

To support this journey, our Executive Director, Karn Nichols, is also part of the National Truth and Reconciliation working group, facilitated by our national team.

This year, we have also participated in several workshops and presentations including an Indigenous Ally Training Workshop facilitated by Indigenous Treaties Partners as well as a Truth and Reconciliation Day panel called A Call-to-Action Conversation on Truth and Reconciliation, hosted by the Yellowhead Institute.

# EXECUTIVE MESSAGE

## WE ARE STRONGER TOGETHER.

It is hard to believe that this time last year we were launching our 2022-26 Strategic Plan.

With the guidance and support of our partners and community members, we have leaned heavily into our mission of ensuring mental health becomes a universal human right in Nova Scotia. With every connection, every workshop, every meeting, every committee membership, every conversation - change happens. We know our mission is lofty, but together, with our community, we know we will achieve it together.

Working with our partners, we promote a greater understanding of mental health. We push for new systems, policies, and practices that increase community capacity and foster better mental health and well-being for all Nova Scotians and address the social determinants of health, and we connect all people in Nova Scotia with safe, inclusive, culturally relevant, accessible mental health programs, services, and support.

Economic uncertainty, multiple tragedies, racial inequity and discrimination, the rise in anti-trans and anti-2SLGBTQS1A+ activity, compounded by natural disasters and the recent wildfires, have made for an incredibly challenging year in Nova Scotia.

We know that the impact of these traumas will continue to be felt in the coming months and years.

There has never been a more critical time to be fiercely intentional and bold in our actions to reduce stigma, remove barriers and enable Nova Scotians to experience good mental health and well-being. But we can't do it alone. It's undeniable, we are Stronger Together.

Yours in Community,



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



Dr. Rod Wilson, Acting Board Chair  
Canadian Mental Health Association  
Nova Scotia Division



# COMMUNITY ENGAGEMENT

As the leading mental health advocacy organization in Nova Scotia, CMHA NS is a primary source for accessible and reliable mental health information on mental health, psychological health and safety in the workplace, and suicide prevention.

Organizations that partnered with CMHA NS in 2022 include:

- Nova Scotia Works
- Halifax Chamber of Commerce
- UMMAH Mosque
- Nova Scotia College of Social Workers
- Work Insights
- Halifax Harbour Bridges
- Kings County Senior Safety Society
- Volunteer Management Professionals of Nova Scotia

Events we played a key role in this year, include:

- BIOPort 2023
- Nova Scotia First Responders Mental Health Conference
- NDP Health Roundtable with Jagmeet Singh
- National Mental Health Advocacy Day in Ottawa
- Apple Valley Foods Employee Health and Safety Day
- NSCSW Advocacy Day



Let us know if you'd like CMHA NS to get involved in your event.  
Contact Erin Christie  
[erin.christie@novascotia.cmha.ca](mailto:erin.christie@novascotia.cmha.ca)



**145**

Newsletter Subscribers.

**9,116**

Social Media Followers.

**30**

News Stories.

## SOCIAL MEDIA AND MEDIA

Our brand-new newsletter, Mental Health Matters, connected 145 subscribers with quarterly updates on programs, resources and events, and to the programming in our branches.

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 us on Instagram grew by 19 per cent to 1,221 followers. Our Facebook community grew by 12 per cent to 3,742.

When combined with our 3,785 Twitter followers, 250 LinkedIn followers, and our 118 Eventbrite followers we reached over 9,000 followers across these platforms.

## MEDIA ENGAGEMENT

The media is a key source of information about mental illness for the public, and research shows media coverage can influence public attitudes and perceptions of mental ill-health both positively and negatively.

The Canadian Mental Health Association Nova Scotia Division recognizes the significance of this role and continues to work collaboratively with Nova Scotia's media community to ensure that stories about mental health and mental illness are responsible, accurate, informative, and "stigma-challenging."

Over the past year, CMHA NS division staff participated in 30 interviews on a broad range of topics including housing, employment, men's mental health, mental health in the workplace, suicide prevention, grief, and peer support.



## CAMPAIGNS

CMHA NS Division drives discussion on key issues in mental health with digital campaigns promoted launched across the province, including Men's Mental Health Month, Mental Illness Awareness Week, World Suicide Prevention Day and National Housing Day.

During the first full week of May, we join CMHA branches and divisions across Canada in celebrating Mental Health Week, an annual social change campaign to educate the public and shift beliefs and perceptions about mental health.

In 2022, CMHA NS Division and our branches marked the week with Empathy in Action, a virtual speakers' series that highlighted the significant role empathy plays in individual and community mental health. The series featured nine mental health advocates from across the province who came together to share their stories.

Other campaign related/awareness events we held include Voices of Hope and From Surviving to Thriving.

Approximately 565 Nova Scotians attended our awareness events in 2022, up 139 per cent from 2021.

## ACT FOR MENTAL HEALTH

Millions of Canadians are struggling and don't know where to turn. Only some of us will get the care we need.

We need mental health care that is publicly funded and free. We need universal mental health care.

The Act for Mental Health campaign is supported by thousands of people from across the country and a network of Canadian organizations, all pressing our leaders to fund mental health care now.

**500**

Nova Scotians registered for our speaker series during Mental Health Week.

**40**

Nova Scotians registered for our World Suicide Prevention Day event.

**25**

Nova Scotians registered for From Surviving to Thriving during Workplace Mental Health Week.

**35,638**

Social media engagements.

**9**

News stories.

**5,984**

Signatures on CMHA's Act for Mental Health Petition.



**222,000**

Website page views.

**465**

Brochure downloads.

Visit [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca)  
to learn about our programs,  
training and resources!



## OUR WEBSITE

CMHA Nova Scotia Division's website is a key platform we use to share news, resources and information. The website also includes a directory of CMHA branches in Nova Scotia and information about CMHA NS programs, a comprehensive directory of mental health resources, and secure online donation options.

In 2022, our website underwent a redesign and several additions. These additions include updating our Digital Resource Guide, the Maternal Hub, and the Communities Addressing Suicide Together [C.A.S.T.] Hub.

We also launched the Community Spotlight, which promotes organizations across the province that support mental health and well-being with a focus on the rural, 2SLGBTQIA+, Newcomer and/or BIPOC communities.

This expansion paid off. Our website had 220,000 + page views and 465 brochure downloads – up six per cent from 2021.

## COMMUNITY SPOTLIGHT

In 2022, CMHA NS division launched our Community Spotlight, an initiative that promotes organizations across the province that support mental health and well-being with a focus on the rural, 2SLGBTQIA+, Newcomer and/or BIPOC communities by highlighting them on our digital platforms and promoting them through programming when appropriate.

The goal of this initiative is to increase awareness of these organizations and help more Nova Scotians get the help they need.

The organizations featured to date include Save Me Save We, the Membertou Men's Society and YMCA Immigrant Services.

Interested in being in the spotlight?

Contact Lindsay Miller at  
[lindsay.miller@novascotia.cmha.ca](mailto:lindsay.miller@novascotia.cmha.ca)



## PROGRAMS

Each of our paths to mental well-being is unique. We all have our own goals, our own challenges, and our own strengths.

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

The Canadian Mental Health Association Nova Scotia Division facilitates access to the resources people require to maintain and improve mental health, build resilience, and support recovery from mental illness.

This includes safe, sustainable employment, sustainable, affordable housing, education and opportunities for connection. Most of these programs are free to access and available to everyone living in Nova Scotia.

In 2022, 2,225 Nova Scotians accessed our free programs, an increase of 120 per cent over 2021.

**1,711**

Nova Scotians accessed our free education programs.

**55**

Nova Scotians participated in Peer Support programs.

**120**

Nova Scotians received support accessing safe, affordable housing through Project H.O.P.E.

**129**

Nova Scotians accessed support and services through our At Work program.

**210**

Nova Scotians participated in BounceBack.

## LAUNCHING IN 2023

### CHANGING MINDS

Changing Minds is an innovative and engaging mental illness education program.

### SAFETALK

SafeTALK teaches participants to recognize when someone is thinking about suicide and connect them to an intervention provider.

### LIVING LIFE TO THE FULL

Living Life to the Full is a mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using Cognitive Behavioural Therapy (CBT) principles.

# Feeling low, stressed or anxious? We're here to help.



[cmha.ca/bounceback](https://cmha.ca/bounceback)



Canadian Mental  
Health Association  
Mental health for all



Bell  
Let's Talk  
Proud Partner

## BOUNCEBACK®

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA).

It is designed to help adults and youth 15+ manage low mood, mild-to-moderate depression and anxiety.

Based on Cognitive Behavioural Therapy [CBT], BounceBack® has been shown to reduce depressive and anxiety symptoms by 50 per cent.

BounceBack® is delivered over the phone with a coach and through online videos.

BounceBack® is offered by CMHA across Canada, and has been available in Nova Scotia since 2021, and is funded by a \$1 million donation to CMHA National from Bell Let's Talk.

Since 2021, 450 referrals to BounceBack® have been made in Nova Scotia and 210 Nova Scotians have participated in the program.

To find out if BounceBack® is right for you, visit [www.novascotia.cmha.ca/bounceback](https://www.novascotia.cmha.ca/bounceback)

"The program was a lifesaver for me. The workbooks are clear, concise, and very easy to put into practice. My coach was great and helped me follow through with the course."

Participant, 65 years old

**450**  
Referrals.

**210**  
Participated in the program.

**84%**  
Identified as women, the majority of whom were between the ages of 30 and 49]

The average rating of overall satisfaction with the program was 4.6 out of 5.





## THRIVE

THRIVE Learning Centre for Mental Wellness and Well-being is a virtual learning centre that focuses on helping people develop their own resourcefulness to support themselves or their loved one's recovery.

All THRIVE workshops are free and delivered in collaboration with people with lived experience, who have their own personal story of a mental health or substance use concern or are supporting a loved one.

THRIVE is for anyone. You are not required to have a referral, diagnosis, previous experience or be a CMHA NS client to participate. Everyone is welcome!

Over the past year, our education team has collaborated with a broad range of community partners and subject matter experts to deliver 51 workshops to 1,565 Nova Scotians across the province, an increase of more than 100 per cent.

Thank you to Zed Events, the Mental Health Foundation of Nova Scotia, Brie-illiant Boxes, and our generous donors who made it possible for more Nova Scotians to THRIVE this year.

**51**

THRIVE workshops held.

**1,565**

Participants.

“The workshop was interesting and informative, and the facilitators were engaging and experienced. It is evident that a great deal of planning and preparation went into this project. Their dedication and compassion towards the participants shone through as they openly shared personal lived experiences and resources, and guided discussions which in turn inspired hope. “

Participant, workshop series  
Living with Chronic Pain

Contact Carolyn Sloan at  
[carolyn.sloan@novascotia.cmha.ca](mailto:carolyn.sloan@novascotia.cmha.ca)  
to learn more about THRIVE.



## MAKING CONNECTIONS

Parents, caregivers, and family members of 2SLGBTQIA+ youth have a critical role to play in creating a positive environment where their young person feels accepted and empowered to express themselves.

Between September 2022 and April 2023, CMHA NS, in partnership with Roots of Hope, facilitated Making Connections, a webinar series that provides parents and caregivers with opportunities for connection, as well as education and information from subject experts to help support 2SLGBTQIA + youth in their life.

Six sessions were held with 146 Nova Scotians attending. The project was funded in part by the Mental Health Foundation of Nova Scotia.

Each session focused on a different area, including gender affirming care, advocacy, building community in rural areas, and peer support. These sessions were hosted by partners from across the healthcare spectrum, including the Youth Project, Pride Health, and Gender Affirming Care NS.

**5**

Sessions were held.

**146**

Nova Scotians attended.

“As a mother of two gender diverse children I am so grateful for this program.

For so long I have been carrying many fears and concerns for my children that were addressed by the diverse group of individuals CMHA NS assembled. I felt the release of a tremendous burden off my shoulders. I was not alone.”

Participant,  
Making Connections

The recordings and a list of resources provided by subject matter experts are available at [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca) by navigating to the Find Help page.





## TRAINING

The Canadian Mental Health Association Nova Scotia Division leads certification, custom training, and programming in workplaces across the province.

Our evidence-based training provides Nova Scotians with practical information, resources, and tools to increase mental health literacy, boost psychological health and safety in the workplace, and empower Nova Scotians to manage and advocate for their own mental health.

Training programs include A.S.I.S.T., Resilient Minds™, Talk Today|Team Up, Mental Health in the Workplace, Stress Management and Community Suicide Prevention, as well as customized training sessions based on clients needs.

In 2022, our Education and Training team delivered training sessions to 1,396 Nova Scotians, an increase of 141 per cent over 2021.

**1,396**

Nova Scotians took part in training sessions.

**71**

Resilient Minds™

**151**

A.S.I.S.T

**1,071**

Workplace Mental Health Training.

**103**

SafeTALK via Team Up.

Contact Carolyn Sloan at [carolyn.sloan@novascotia.cmha.ca](mailto:carolyn.sloan@novascotia.cmha.ca) to book a training session.





## RESILIENT MINDS™

Launched in Nova Scotia in 2022, 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.

Resilient Minds™ is the only training program designed to train both career and volunteer fire fighters and takes into consideration the differences in experience and resources available to the two groups.

Since its launch, our training team has delivered Resilient Minds to 71 career and volunteer firefighters across Nova Scotia.

**Contact Carolyn Sloan at [carolyn.sloan@novascotia.cmha.ca](mailto:carolyn.sloan@novascotia.cmha.ca) to learn more about Resilient Minds™.**

**"Resilient Minds™ was a super beneficial course that showed us a different way to process things and a different way to approach critical incidents so that it doesn't have to be a forever injury. It was very useful having the facilitators who were volunteer firefighters and dealing with critical incidents because nobody understands it better than your peers. There was a lot of open discussion about how to break through the stigma barrier. The biggest thing that came out from the course was that people need to just keep talking about what they're feeling because it is a normal reaction to an abnormal event."**

**Firefighter Julia Somers,  
New Glasgow Fire Department**



## A.S.I.S.T

Applied Suicide Intervention Skills Training [ASIST] is a two-day intensive, interactive, course designed to help individuals recognize the risk of suicide and learn how to intervene to prevent the risk of suicidal thoughts from becoming suicidal behaviours.

In 2022/2023, CMHA NS staff delivered ASIST training to 151 Nova Scotians in 5 communities across the province.

These communities included Kingston, Musquodoboit Harbour, Dartmouth, Truro and Yarmouth.

The individuals who participated in the training included front line workers, caregivers, family members and community leaders.

Grant funding from the Mental Health Foundation and the Canadian Red Cross, we were able to offer this training at a subsidized rate of \$52 - \$67 per person.

The regular rate is \$275 per person.

5

Training sessions held across the province.

151

Nova Scotians trained in A.S.I.S.T.

“The 2-day session I attended, while heavy in its nature, addressed the topic in an open and real way that made it more comfortable to talk about and less foreign. The facilitators created an extremely safe environment for these discussions to take place in and they were welcoming and inclusive to the participants. “

ASIST participant

“After taking the training, I feel more prepared to have a discussion and help support an individual who may be experiencing suicidal thoughts. I also feel I have a better sense of what is available in the community as far as supports for someone dealing with a mental health issue.“

ASIST participant

Contact Katie Glover at [katie.glover@novascotia.cmha.ca](mailto:katie.glover@novascotia.cmha.ca) to book a training session.





## MENTAL HEALTH IN THE WORKPLACE

When we feel good physically, and mentally, we are more likely to thrive at work.

Our training workshops provide employees and employers with the tools and resources to successfully establish and maintain a healthy workplace.

Our training workshops cover a range of topics and can be customized to suit the unique needs of the participants.

This year, our team delivered mental health training sessions to 1,071 Nova Scotians at workplaces across the province.

Topics included resilience, stress management, mental health in the workplace, burn out, suicide prevention and mental health literacy.

**Contact Carolyn Sloan at [carolyn.sloan@novascotia.cmha.ca](mailto:carolyn.sloan@novascotia.cmha.ca) to book a training session.**

**1,071**

Nova Scotians took part in workplace mental health training sessions.

**70**

Participated in Stress Management.

**155**

Participated in Rebuilding our Resilience.

**245**

Participated in Mental Health in the Workplace.

**570**

Participated in customized sessions.

**31**

Participated in Community Suicide Awareness.





## PEER SUPPORT

Each year we partner with a broad range of organizations and community groups across the province to deliver peer support groups to several populations.

In 2022, CMHA NS offered 5 peer support groups to a range of populations, including Indigenous youth who identify as male, Nova Scotians residing in Cape Breton who identify as female, individuals across Nova Scotia who live with chronic pain.

We collaborated with Community CARES Youth Outreach, Membertou First Nation, the Membertou Men's Society and various individuals with lived experience to offer a safe, inclusive space where people with shared experiences could come together to connect and support their mental health.

This year, 55 individuals attended these groups.

Contact Karn Nichols at [karn.nichols@novascotia.cmha.ca](mailto:karn.nichols@novascotia.cmha.ca) to get involved with Peer Support.

## KIM'S STORY

*\*\* Name has been changed to protect the individual's identity.*

"I looked forward to attending the chronic pain peer support group every week.

Listening to the stories, advice, and empathy of those who understand what it is like to live in pain every single day has helped my mental health but also my sense of self, self-esteem, agency, and social connection.

I have grown in my ability to advocate for myself, understand my needs.

I continue to struggle navigating this transition from being able-bodied to disabled and having this group every week allows me to decompress from these challenges that only others who are going through that transition can understand.

Before the group, I often felt isolated, grieved, and misunderstood by the able-bodied folks around me who couldn't understand the depths of the pain I will always be in from my condition.

I now feel that in Nova Scotia, there is a community that sees me and supports me. "



## C.A.S.T.

### **Communities Addressing Suicide Together**

The C.A.S.T. program was developed in recognition of those lost by suicide and the many Nova Scotians who continue to struggle with thoughts of suicide.

The work of C.A.S.T. is informed by those who are impacted by suicide, those who have survived suicide loss and those who have survived a suicide attempt and who are healing.

Through the C.A.S.T program, CMHA NS provides evidence-based suicide prevention and post-vention education and resources across Nova Scotia.

Through C.A.S.T., CMHA NS worked on four major projects in 2022.

These include; upgrades to the C.A.S.T., online resource hub; a suicide prevention panel in recognition of World Suicide Prevention Day on September 10; Talk Today |Team Up, and the Holly Carr Story Trails Project.

**28,173**

Page views on the C.A.S.T. Resource Hub.

**40**

Nova Scotians attended our World Suicide Prevention Day event.

**103**

Players, Coaches and support staff from the Maritime Junior Hockey League received SafeTALK training.

## **HOLLY CARR STORY TRAILS PROJECT**

The Holly Carr Story Trails is a collaborative initiative involving a small but committed group of stakeholders .The focus of this project is to build hope, resilience, and opportunities for connection in a community deeply impacted by tragedy.

To learn more read our 2022 –2023 C.A.S.T. Report.

## **TALK TODAY |TEAM UP**

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.

To learn more about C.A.S.T., visit [www. novascotia.cmha.ca/cast-program/](http://www.novascotia.cmha.ca/cast-program/)



## AT WORK | AU TRAVAIL

Having a job is not only possible for people living with a mental illness, it also can be a key component to maintaining good mental health and to recovery.

The At Work program helps Nova Scotians living with a mental illness who are unemployed or under-employed obtain competitive employment by connecting them to workplaces that match their strengths, skills, and needs to build resilience and bring experienced employees to workplaces.

No diagnosis is required to access this program.

This year, the CMHA NS At Work team supported 129 Nova Scotians in securing employment, accessing job training, upgrading their education, and receiving mental health coaching.

**Contact Tracy Hiltz at**  
[tracy.hiltz@novascotia.cmha.ca](mailto:tracy.hiltz@novascotia.cmha.ca) to learn more  
about At Work.

**27**

Clients entered the program.

**11**

Found safe, sustainable, full-time employment.

**2**

Received support to upgrade their education and retrain.

**102**

Attended open job coaching sessions.

**118**

Employers connected with At Work for consultation and support.

“The At Work program is an excellent employment support for individuals living with mental illness. Personally, I find the process of finding employment to be a very isolating, anxiety inducing, and uncertain process. The At Work program provides me with the social and emotional support I need to continue pursuing meaningful employment despite a variety of barriers that make obtaining employment difficult. The program provides a unique and necessary service to individuals living with mental illness in overcoming barriers to employment.”

At Work Client





## PROJECT H.O.P.E.

### Housing Outreach and Peer Empowerment

Housing is a basic human right and a requirement for good mental health.

Project H.O.P.E. staff work with Nova Scotians based in Annapolis County, Kings County and Digby County who are homeless or at risk of homelessness, living with mental health challenges and/or on low income to locate and secure safe and affordable housing.

The staff also serve Truro and area with trustee services.

The past year was incredibly busy, with many changes and expansions, including the addition of a Coordinated Access Manager. CMHA NS Division's Project H.O.P.E team continued to support some of Nova Scotia's most vulnerable individuals, successfully supporting 120 Nova Scotians in finding a safe space to call home.

Contact Hannah Scott at [hannah.scott@novascotia.cmha.ca](mailto:hannah.scott@novascotia.cmha.ca) to find out if Project H.O.P.E is right for you.

120

Nova Scotians received housing support through Project H.O.P.E. this year.

58

Identified as female.

36

Identified as male.

26

Are children.

### DORA'S STORY

*\*\* Name has been changed to protect the individual's identity.*

When Dora connected with the Project H.O.P.E. team she was living in her car in a community in rural Nova Scotia.

She was quickly accepted into Project H.O.P.E. and received support finding an apartment and getting her new home set up. Dora says she is excited to start a new chapter in a safe, clean, place of her own where she has access to the support she needs.

"I don't know what I would have done without Project H.O.P.E. " Dora says.

"I am so, so grateful for all the help Project H.O.P.E. has given me. I am so overwhelmed and happy and humbled by everything."



## COORDINATED ACCESS

In early 2023, CMHA NS added a Coordinated Access Manager to the team. The Coordinated Access manager works with community agencies and partners to help streamline individuals experiencing homelessness to services that are appropriate, consistent, and equitably allocated.

A Coordinated Access system makes it possible to take a comprehensive, person-centered approach to reducing homelessness in our community by recognizing that our population and the challenges individuals face are unique to the individual or family.

The individual benefits from this system because they are not left to navigate the growing list of resources by themselves, while the agencies have a forum to receive and deliver updates on their clients from other case managers related to their client.

Service providers also benefit because they do not risk doubling services being accessed by the client elsewhere.

The Coordinated Access manager works with the Project H.O.P.E team, bringing them new materials, training, and case management tools to apply as they help their clients succeed.

To learn more about how coordinated access supports Nova Scotians, contact our Coordinated Access Manager, Alison Coldwell at [alison.coldwell@novascotia.cmha.ca](mailto:alison.coldwell@novascotia.cmha.ca).



## CONTINUE YOUR LEGACY WITH PLANNED GIVING

Every year we receive donations from donors who choose to continue their story of charitable giving by including CMHA NS as a beneficiary in their will.

To include a bequest in your will, contact Erin Christie, at [erin.christie@novascotia.cmha.ca](mailto:erin.christie@novascotia.cmha.ca)

## OUR FUNDERS

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

**Thank you to our funders** for your commitment and leadership in bringing awareness and funding to our services and programs.

Together, we are working towards better mental health for all Nova Scotians.

- The Mental Health Foundation of Nova Scotia | [Education](#)|[Peer Support](#)
- The Canadian Red Cross | [Education](#)
- Department of Health and Wellness | [Suicide Prevention](#)|[Peer Support](#)
- Department of Community Services | [Project H.O.P.E.](#)
- The Affordable Housing Association of Nova Scotia | [Project H.O.P.E.](#)
- Employment and Social Development Canada | [At Work](#)
- Office of Mental Health and Addictions | [MPower](#)





## DIY FUNDRAISERS

We love our DIY [Do it yourself] fundraisers.

Each initiative comes with a story, a reason for caring and a commitment to mental health.

### We are so grateful!

- Ann Carson  
Christmas Card sale
- Rachel Creighton  
Brie-lliant Boxes
- Breigh MacDonald  
Breigh's Ride for Mental Health
- Malcom Monroe Headstrong Group  
Fun Day
- Keith Toon  
Walking Home for Christmas

**Do you have an awesome fundraising idea?**  
Contact Erin Christie at  
[erin.christie@novascotia.cmha.ca](mailto:erin.christie@novascotia.cmha.ca)

"With donations, CMHA Nova Scotia Division advocates for a system that helps everyone get the support they need while providing training and essential programs that help people avoid crisis."

Breagh Macdonald,  
DIY Fundraiser,  
Breigh's Ride for Mental Health

"I have lost far too many friends and workmates because they didn't think they could talk about what was going on, and be accepted. I chose to raise money for CMHA NS to support their anti-stigma campaigns and suicide prevention work. I have seen what they can do and I believe in it."

Keith Toon,  
DIY Fundraiser,  
Walking Home for Christmas

## DID YOU KNOW?

Facebook gives users an opportunity to support mental health and get social. Facebook's ability to turn personal posts into a direct fundraiser brings us support each year.

We are so grateful to everyone who chose to use this platform to bring attention to mental health.

Want to turn your special day into a way to support mental health visit [@CMHANSDIV](#) on Facebook.

# THANK YOU!

Alone we may be **STRONG**  
but together this movement is **UNSTOPPABLE.**

[ridedonthide.com](https://ridedonthide.com)

## EVENTS

Last May, 63 Nova Scotians ran, walked, cycled, and danced throughout June, 2022 in support of Ride Don't Hide, a virtual, choose-your-own-adventure challenge that brought in \$25,000 for mental health initiatives and programming across Nova Scotia.

Thank you to all our riders!

- Abdullah Ali
- Erica Allanach
- Pamela Arenella
- Robyn Badger
- Bryan Bell
- Lexie Burgess Misner
- John Burka
- Bev Cadham
- Charles Casselman
- Erin Christie
- Jane Cobden
- George Creaser
- Holly Early
- Emerson Fiske
- Sarah Frizzell
- Karen Furneaux
- Shobha Gashus
- Irene Gunn
- Susan Henderson
- Shari-Lynn Hiltz
- Tracy Hiltz
- Rebecca Horne
- Rebecca Horne
- Hayley Johnstone
- Priyanka Kakkar
- Elise Kelly
- Rose Kelly
- Alicia Landry
- Kevin Landry
- Vince Landry
- Rita-Jane Langevin
- Pamela Langille
- Katie Lines
- Luke MacDonald
- Angie Mackie
- Haley MacPhee
- Eleanor Mastroianni
- Meagan McCann
- Gerard Macneil
- Allison Meikle
- Lindsay Miller
- Frances Moriarty
- Jasmine Murphy
- Margaret Murray
- Karn Nichols
- Kathleen Norman
- Paul O' Malley
- Yuva Pemmasani
- Sabrianne Penner
- Brent Platt
- Carolyn Price
- Anna Quon
- Bruce Roberts
- Maragret Roberts
- Alexandria Samson
- Dawn Scott
- Justin Sit
- Mark Stanford
- Rachel Stark
- Neil Stephen
- Brittany Traynor
- Andrew Van Alstine
- Debbie Wallace
- Sue Zinck





## CORPORATE GIVING

Work is one place where people come together around the causes most important to them. We deeply appreciate the generosity of the employees, teams and companies at the following organizations:

- Administrative Professionals of Nova Scotia
- Atlantica Mechanical Contractors
- Apple Valley Foods
- Better Tomorrow
- BioNova
- CAA
- Canada Employment Union
- Church of the Holy Spirit
- Clearwater Seafood
- College of Physicians
- Cybergrants
- Ecole Mer et Monde
- Frontline Asphalt
- Halifax Harbour Bridges
- Healing Journeys Plus Mental Health Coaching
- IBM
- St. Agnes Junior Highschool
- Inkwell Boutique
- Kent Building Supplies
- Leons Furniture
- National Energy
- Parkbridge
- P4G
- Peace by Chocolate
- RBC Bank
- Royal Lepage
- Scotiabank
- Scotian Gold
- Shoppers Drug Mart
- South Shore Players
- Spears and Macleod Pharmacy
- The Cooperators
- Wilsons Heating
- Worth Living
- Zed Charity Classic

**Good mental health is good business.**

To find out how your business can work with us to support mental health for all, contact Erin Christie, at [erin.christie@novascotia.cmha.ca](mailto:erin.christie@novascotia.cmha.ca)

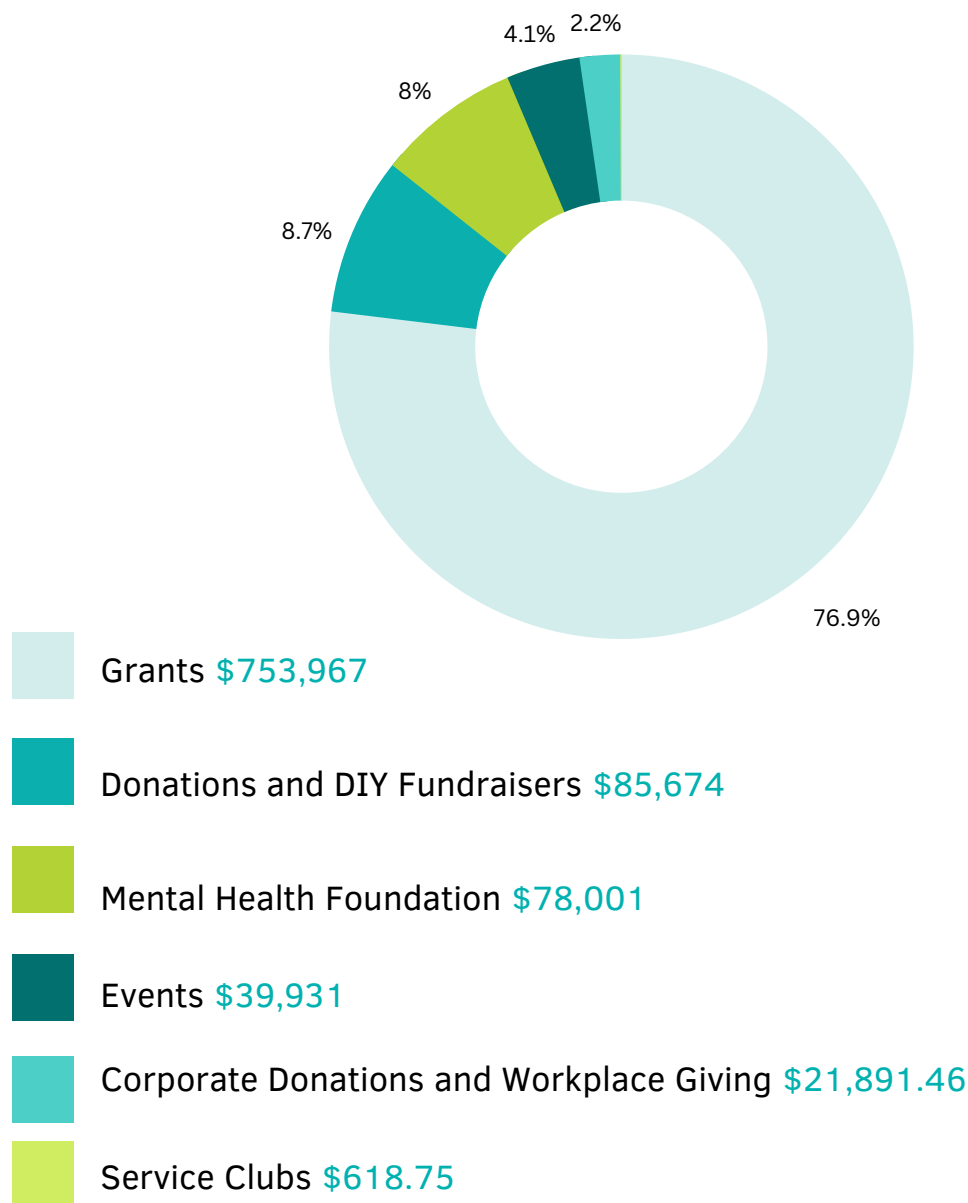


# FINANCIAL SNAPSHOT

CMHA NS is a not-for-profit charitable organization that delivers mental health programs and services to anyone who needs them. Funding from federal and provincial grants and donations allows us to keep most of our programs free or low barrier.

Thank you to our funders, our donors, our corporate donors and our DIY fundraisers for supporting us.

Together, we are working towards better mental health for all Nova Scotians.



## OUR DONORS

Each donation is an act of care.

As a not-for-profit charitable organization, we rely on the generosity of those who give what they can, those who donate monthly, those who dedicate their birthdays and side hustles to raise money for us and those who make the ultimate gift through estate planning.

In 2022, 212 individuals gave to our organization. Their generosity fuels our fight for mental health as a human right. Their stories inspire us and bring help and hope.

- Dr. Allan Abbass
- Jane Ackerman
- Wendy Anderson
- Helen Ashley
- Andrea Ashton
- Mike Atkinson
- Victor Bacon
- Jamie Baillie
- Roma Barron
- Corrine Berill
- Dianne Blois
- David & Susan Borrowman
- Lindsay Britten
- Shawna Brown
- Sheldon Brown
- Karla Bruce
- Nathan Butt
- Moira Burnhoe
- Chantal Caissie
- James Candow
- Ian Carnegie
- Janis Catano
- Carolyn Chisholm
- Stephen Chisholm
- Jane Codd
- Chris Couture
- Cory Cox
- Debra Covey-Getson
- Chris Cruikshank
- Claudia Currie
- Kelsey Cuvelier
- David DeBlois
- Allison Delorey
- Maxine and Gary Demmings
- Avis Densmore
- Marilyn Dentremont
- Courtney Donovan
- Paul & Dorothy Doiron
- Joan Doyle
- Tom Drummey
- Morgan Douglas-Alexander
- David & Dianne Duggan
- Michelle Dunphy
- Brenna Earle
- Anne Egan
- Robert Finley
- Jenn Fischer
- Emerson Fiske
- Wendy Francis
- Lydia Gallagher
- Philip Gaunce
- Terri Lynn George
- Sophie Grant
- Claire Griggs
- Tina Griggs
- Don Gunn
- Liane Gillis
- Myles Guinta
- Jill Haigh
- Kayla Hamelin
- Anita Hamilton
- Marguerite Hampton
- Marilyn Harris-Hart

## OUR DONORS

- Julie Hatcher
- Paul Haughn
- Shannon Hauswirth
- Lyndsay Haynes
- Pat Healy
- Bronwyn Heighton
- Angela Hersey
- Leah Hewitt
- Tom Hickey
- Rebecca Holstead
- Michael Hogue
- Dave Humphries
- Troy Ingram
- Heather Irwin
- Sarah Jarvis
- Charlene Jamer
- Sharon Jamieson
- Dana Johnson
- Kaleigh Johnson
- Gary Jones
- Akilesh Kammampati
- Hayley Karklins
- Prima Kelly
- Cheryl King
- D&C King
- Nathan Kroll
- Barbara Kulka
- Philip Robert Lamont
- Mary Landry
- Valentyn Liaskovskyi
- Kris Leaman
- Neil Leadbeater
- Michael Lightstone
- George & Valerie Lohnes
- Claire MacDonald
- David MacDonald
- Jaime MacDonald
- Matt MacDonald
- Mendora MacDonald
- Mark & Melanie MacEwen
- Daniel McAllister
- Arlene MacAskill
- Sharon MacEachern
- James MacGown
- Janine MacIntyre
- Robin MacInnis
- Monique MacKenzie
- David MacKenzie
- Victoria Ray MacKenzie
- Scott MacLean
- Rhonda MacLean
- Tricia MacPhee
- June Main
- Andrea Martin
- Sue Mason
- John Martell
- Kyle Matheson
- Lynn Matheson
- Patrick McBride
- Karyn McCombe
- Curtis McDonald
- Beverley McDonald
- Bronte McLarnon
- Bob McGrath
- Micheal Melnyk
- Terry Miller
- Garfield & Susan Moffatt
- Elaine Moore
- Heather Morash
- Debbie Morris
- Wayne Morton
- Anthony Murphy
- Patricia Murphy
- Patricia Murray
- Sandra Myers
- Roxanne Myers
- Ethel Nelson
- Jenna Nelson
- Nan Nichols
- Nichols Norris
- Heather Nicholas
- Chris Norris
- Colleen O'Malley
- Karrie O'Shea
- Heather Ozon
- Catherine Vey
- Mandeep Panesar
- Amy Parker
- Andrew Parrott
- Dianne Peck
- Matthew Pelley
- Kim Peitzsche
- Chantal Perry
- Erin Pickrem
- Gary Pierce
- Meredith Pind
- Norman Pinsky
- Victoria Pippy
- Brent Platt
- Steve Pointon
- Charles Poulton
- Lydia Prange
- Tammy Ring



## OUR DONORS

- Megan Robinson
- Dr. Ron Rondeau
- Margaret Ross
- Robert Rushton
- Katherine Saich
- Graham Sanford
- Ismael Santa
- Paul Saunders
- Elizabeth Scarth
- Angus and Nancy Schurman
- Margaret Schwartz
- Tracy Shea
- Navereen Shergill
- Kendra Wasson Simpson
- Donna Smart
- Janet Stapleton
- Bruce Stearman
- Charlotte Steeves
- Courtney Steeves
- Ralph Stevenson
- Thane Stevens
- Marlene Stewart
- Greg Sweet
- Anna Taylar
- Glenda Thompson
- Matthew Thomson
- Dianne Thurber
- Della Timmons
- Archie Toon
- Peter Toombs
- Pauline Tough
- Jacquelyn Vanbuskirk
- Bradley Vidler
- Tanya Wagner-Wile
- C&D Walker
- Charlene Walker
- Paul Walker
- Erin Wambolt
- Martin Ward
- Lee Wheaton
- Jerry White
- Beth Williams
- Sheryl Wilton
- Rod Wilson
- Tamara Windrum
- Jane Ann Whynot

## YOUR GIFT MAKES A DIFFERENCE!

There are many ways for you to donate. You can make a one-time, monthly or annual donation to CMHA NS online, by e-transfer, by mail or using a credit card, by phone.

**DONATE ONLINE** via CanadaHelps [Click the Donate button on our website]

**DONATE BY PHONE:** Call 902.517.2402

**DONATE BY MAIL:** To make a donation by mail, please send a cheque payable to Canadian Mental Health Association Nova Scotia Division, Suite 201, 3-644 Portland Street, Dartmouth, Nova Scotia, B2W 6C4.

**DONATE by E-TRANSFER:** Send your e-transfer to [NSdivision@novascotia.cmha.ca](mailto:NSdivision@novascotia.cmha.ca) [If you would like to receive a receipt for your donation, please contact Shobha Gashus at [shobha.gashus@novascotia.cmha.ca](mailto:shobha.gashus@novascotia.cmha.ca)]

# OUR BOARD OF DIRECTORS

Thank you to the dedicated and supportive individuals who served on our volunteer Board of Directors.

## Executive Committee

Interim Board Chair | Dr. Rod Wilson

Vice Chair | Dr. Francis Moriarty

Secretary | David Benoit

Treasurer | Emerson Fiske

## Members-at-Large

Gillian Costello

Michael Davies

Matthew Holland

Kathleen Norman

Eric Paul

Brent Platt

Deepak Prasad

Collette Robert

Dr. Tabinda Sheikh

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Gillian Costello

Michael Davies

Kathleen Norman

Brent Platt

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Karn Nichols

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Jaimie Baillie

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Michael Davies

Matthew Holland

Dr. Rod Wilson

Karn Nichols

## Human Resources Committee

Dave Benoit | Chair

Jamie Baillie

Frances Moriarty

Karn Nichols

## OUR STAFF

Thank you to our passionate and dedicated team.

Karn Nichols | Executive Director

Abdullah Ali | Program Developer

Keith Anderson | Provincial Lead - Peer Support and Community Suicide Prevention

Elizabeth Baker | Provincial Lead - Education and Training

Danica Barr | Employment Support Worker | At Work | Au Travail Program

Amber Chinn | Education Coordinator [Summer Student]

Erin Christie | Provincial Lead - Communications and Community Engagement

Allison Coldwell | Coordinated Access Manager

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

Shobha Gashus | Provincial Lead – Operations and Administration

Katie Glover | Administrative Coordinator

Nick Haddock | Housing Support Worker [Kings County]

Tracy Hiltz | Provincial Lead - At Work|Au Travail Program

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

Corey McBride | Housing Support Worker

Meagan McCann | Housing Support Worker [Kings County]

Lindsay Miller | Education and Training Coordinator | ASIST Facilitator

Patricia Murray | Clinical Advisor

Glenn Rodgers | Education and Training Coordinator

Dawn Scott | Peer Support Program Facilitator

Hannah Scott | Provincial Lead - Project H.O.P.E

Laurel Taylor | Provincial Lead - Project H.O.P.E [Past Lead]

Holly Woodworth | Housing Support Worker | Trustee

Maggie Works | CAST Content Coordinator



## CONNECT WITH US

### Canadian Mental Health Association Nova Scotia Division

Mailing Address: Suite 201, 3-644 Portland Street

Dartmouth, Nova Scotia , B2W 6C4

Phone: Toll-Free: 1.877.466.6606

Email: [inquiries@novascotia.cmha.ca](mailto:inquiries@novascotia.cmha.ca)

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

**Charitable Registration Number:** 133465609RR0001

### Nova Scotia Division

Karn Nichols, Executive Director

Email: [karn.nichols@novascotia.cmha.ca](mailto:karn.nichols@novascotia.cmha.ca)

### Our Branches

#### Halifax-Dartmouth

Bev Cadham | Marg Murray, Branch Co-Managers

Email: [cmhahal@ns.aliantzinc.ca](mailto:cmhahal@ns.aliantzinc.ca)

#### Colchester East-Hants

Susan Henderson, Executive Director

Email: [cmha.ceh11@gmail.com](mailto:cmha.ceh11@gmail.com)

#### Southwest Nova

Ann Jones, Board Chair

Email: [annjones@eastlink.ca](mailto:annjones@eastlink.ca)



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

**Association canadienne  
pour la santé mentale**  
Nouvelle-Écosse  
*La santé mentale pour tous*

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# STRONGER TOGETHER

## IMPACT REPORT 2022



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