

Mental Health Services

The Association is highly committed to the delivery and distribution of public education as it relates to the promotion of mental health, wellness, and emotional stability. Public education is fundamental to sustaining the health and well-being of our communities. We actively engage in fundraising efforts that support the delivery and distribution of mental health education services in the Kootenays and partner with CMHA National and BC Division as a primary source for a variety of educational brochures. We also prepare and conduct workshops and trainings on a variety of mental health related subjects.

Gatekeeper Program is designed to help make communities safer and help save lives by preparing key members of every community with skills to help people who are at risk of suicide. Community Gatekeepers are people who have been trained to recognize when someone could be at risk of suicide, talk with them, help keep them safe, and connect them to community supports and resources. Two levels of training are available:



safeTALK is a half day workshop that presents the basic steps for helping a person with thoughts of suicide to get connected to the support they need.

ASIST Applied Suicide Intervention Skills Training is an internationally recognized and standardized two-day suicide intervention training designed to help caregivers learn suicide first aid intervention.

Mental Health First Aid (MHFA) is a two-day course which aims to improve mental health literacy and provide the skills and knowledge to help people better manage potential or development of mental health problems in themselves, a family member, a friend, or a colleague. The program is recognized internationally to be effective and classified as a best practice by the Public Health Agency of Canada. The course discusses various mental illness and crisis skill techniques for various situations. Two levels of training are available. **MHFA Basic** and **MHFA for Adults Who Interact with Youth** which addresses the unique aspects of mental health problems in young people aged 12-24 and assists the identification of mental health problems including eating disorders and deliberate self-injury and appropriate first aid intervention strategies.

Bounce Back is designed to assist adults experiencing symptoms of mild to moderate depression, low mood, or stress with or without anxiety. Services are provided over the phone through a structured plan by qualified staff. Persons served must be referred by their family doctor or mental health worker, with their doctors knowledge. Services are available throughout the Kootenay region.

Living Life to the Full is an 8-week community-based course that provides simple, practical skills for coping with stress, problem solving, boosting mood, and busting bad thoughts. Certified Facilitators present a new topic at each weekly class, bringing the skills to life through booklets, worksheets, group activities and discussions. This fun, interactive course will leave youth with the inspiration and tools to get the most out of

Volunteer Services

Volunteer Kootenays is available Kootenay wide and provides a link between organizations in the region and potential volunteers. We recruit, screen and place volunteers within Association programs and other community based volunteer programs.

Seniors Friendly Visitors Program provides a caring community volunteer to a senior who is isolated and living independently in their home. Trained volunteers are matched with seniors based on their needs and interests and the interests and skills of the volunteer.

Seniors Telephone Check-in Services increase the quality of life for seniors with meaningful, one-on-one telephone conversations to assist with maintaining independence and decreasing social isolation.

Volunteer Assisted Shopping Program is geared to helping seniors with mobility concerns to get out and do their weekly grocery shopping as well as provide some social time.

Volunteer Income Tax Program assists low to modest income clients completing their tax returns. Volunteers are provided training and tax software in order to deliver services which are available mid-end February to Mid-April.

Snow Angels volunteers willing to shovel snow during the winter months are matched with Cranbrook seniors.

East Kootenay Sexualized Assault Response (EK-SART) is a team of volunteers and professionals in Cranbrook who are trained to deal with emergency and crisis services that have collaboratively planned out how they will respond to disclosures of sexualized violence.

Crisis Line provides a crisis safety net for the East Kootenay Region. Through the diligence of trained volunteers, the 24 hour service fields calls that deal with a variety of mental health issues. Referrals and protocols are in place for emergencies to ensure quality assistance to callers.

You Are Not Alone

1-888-353-CARE (2273) | Crisis Line
310-6789 | Mental Health Crisis Line
1-800-SUICIDE (784-2433) | Suicide Info/Help Line
1-800-200-3003 | Women's Shelter and Help Line

Employment Services

WorkBC EK Employment Services Centres are located in Cranbrook, Invermere, Fernie and Golden. To support job seekers reach their employment goal, each Centre includes a self-serve resource area with all the tools and resources needed for an effective job search. Job seekers who meet basic eligibility criteria can also access individualized services and support; including, depending on eligibility: skills training (life and employment, occupational, basic and essential), short-term certificate courses, self-employment services, job development, customized employment, job coaching, assessments (career and skills, specialized), and work experience placements. Services available to employers support their recruitment and retention efforts; including, job advertisements, work experience placements, resume collection, interview space, or matching their next great hire with an un-tapped labour pool.

Women's Services

Kootenay Haven Transition House is a temporary home for women and children at risk of or fleeing violence. Workers offer 24 hour non-judgmental support and consultation in a safe, secure home-like setting. This includes lay counselling, outreach support, advocacy, court accompaniment, support in seeking long-term housing and financial resources, and group support for children.

Haven Gardens provides supportive second stage transitional housing and support services to women and children at risk of or fleeing violence. Personalized programming occurs in a safe environment where a woman's right to make choices based on their own understanding of options is respected. Life-skills programming and educational resources delivered help prepare women to live in their community violence free.

Community Outreach in Cranbrook provides guidance and emotional support to women who are, or are at risk of experiencing abuse. Services are intended to reduce the impact of victimization and trauma resulting from exposure to domestic violence and utilizing therapeutic techniques with individuals and groups. Workers assist in goal setting, life skills and advocacy. Additionally, the program assesses the safety of the clients and their children and supports clients in reducing safety risks.



Youth Services

PEACE (Prevention, Education, Advocacy, Counselling and Empowerment) provides individual or group support for children, residing in Cranbrook and Kimberley, who have experienced violence in the home or who are having difficulty with parental separation and divorce. The program provides intervention strategies to children whose self-esteem and emotional health has been damaged.

Youth Outreach and Family Support provides a variety of support services to youth and their families intended to assist youth in dealing with problematic behaviors, address both visible and invisible disabilities, and to support the youth's caregivers in meeting the on-going needs of the youth. The purpose of service provision is to develop maximum potential through the delivery of goal-directed and solution focused support services relating to skill acquisition in demonstrating problem solving skills; successful transition to independence as appropriate; and supporting youth to be successful within the education system, youth justice system, medical system and with housing authorities.

Housing Services



Abbott Gardens located in Cranbrook and **Gatehouse Gardens** located in Kimberley accommodate a variety of client groups by making available traditional housing for persons with disabilities and low income singles.

Peter Johnson Complex in Cranbrook is comprised of 18 one-bedroom housing units intended for moderate income older adults. These units are operated on a cost recovery basis and monthly rents have been established at market or low end of market rates.

Sonja's Gardens and Molnar Gardens are family housing complexes including one, two and three bedroom townhouses. Rent is based on family income levels and is augmented by subsidies made available through BC Housing. Sonja's Gardens is in Cranbrook and Molnar Gardens is in Golden.



Baker Gardens and Crestbrook Gardens, located in Cranbrook and Creston, these housing units are specifically designed for low to moderate income seniors and people with disabilities

McBeth Manor in Trail accommodates four individuals with mental and physical disabilities, as well as a low income family.

Riverview Court, located in Castlegar, encompasses 28 residential units for low income families and individuals.

Maranatha Court, located in Castlegar, is a housing development of 34 residential units for low income families and individuals.

Pineridge Court, located in Castlegar, contains 14 residential units for low income families and individuals.

Rosewood Manor, located in Castlegar, offers 10 residential units for low income seniors.

Silver City Gardens / Anderson Gardens complexes are located in Trail and Nelson and are designed for seniors and persons with disabilities who are able to live independently. One meal a day is provided for the residents to enable them to socialize with those in the building. Basic housekeeping is also provided at Silver City Gardens.



The Supplement Program makes available monthly rental subsidies to low-income individuals in Cranbrook.

"CMHA Kootenays brings stability and compassion to each community we serve."
- Carey Fraser

Report From The Board Chair 2018 President's Report

After ten years as a Director of the Board for CMHA Kootenays, this will be my last report to you as President and a member of the Board.

In the past, I have used this report as an opportunity to provide a high-level overview of the past year and our plans for the year ahead. Rather than do similar in this report, I will simply say that CMHA Kootenays is an extremely well-run organization and our future looks very positive for delivering on our vision of "mental health for all".

CMHA Kootenays can be proud of the quality of our Board, a group of dedicated individuals who collectively apply their skills to ensure sound governance / oversight while empowering our staff to excel in the performance of their duties. It is my privilege to have worked with my Board colleagues and I am grateful for their commitment to CMHA Kootenays and for the support and trust they placed in me as President.

CMHA Kootenays is also blessed with an incredible staff team, from the leadership demonstrated so capably by our Executive Director, Carey Fraser, to the dedicated front-line program staff to the administrative and support personnel. All these individuals exemplify the highest standards of professionalism, compassion and dedication and I am so thankful to have been able to play a small role in their efforts. And finally, to the members of CMHA Kootenays and our volunteers, they truly embody the spirit of our organization. In the absence of such individuals CMHA Kootenays would be an empty shell of an organization.

In closing, my sincere gratitude goes to all of you, Board colleagues, our staff, members, volunteers and our stakeholders for your commitment and support of the Association! I depart with mixed emotions, as all partings bring. But ultimately, I depart with a deep sense of pride in all of you and what we have accomplished together. It has been my privilege to be your President, colleague and friend. May the future bless you all and those we serve.



Kevin Weaver, President

Thank You to the Board Members

We would like to offer sincere gratitude to all Board members, in particular those who are completing their terms and provided excellent leadership: Kevin Weaver, Board President, Bob Misuraca and Mary Quinn.

Valuable is the work you do.
Outstanding is how you always come through.
Loyal, sincere and full of good cheer,
Untiring in your efforts throughout the year...
Notable are the contributions you make.
Trustworthy in every project you take.
Eager to reach your every goal.
Effective in the way you fulfill your role.
Ready with a smile like a shining star,
Special and wonderful - that's what you are.
- Author Unknown

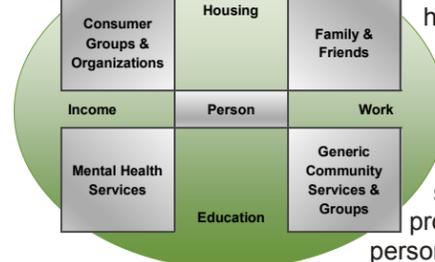
Our Vision and Mandate

Mental health for all

To promote the mental health, wellness and emotional stability of all individuals within the communities we serve.

Incorporated in 1994, CMHA Kootenays has a broad mandate and diverse funding base, resulting in service delivery that extends throughout the East and West Kootenays. The Agency has historically provided a range of services to varying populations considered to be at risk. Service delivery is provided in six major areas: employment, housing, youth, mental health, and volunteer.

The Framework for Support is the central philosophy guiding the activities of CMHA. This philosophy holds that a mental health consumer is at the centre of any supportive mental health system. The Community Resource Base outlines a range of possible resources in addition to the formal mental health system which can provide support to a person with mental health issues. Housing, income, work, and education represent four basic elements of citizenship.



Membership Information

The Association is privileged to have a strong membership base. Membership totals for 2017-2018 were 392 (333 voting; 59 non-voting). By joining CMHA, you become a member of CMHA Kootenays; BC Division; and National.

The annual membership term runs from April 1 to March 31 and annual fees are: \$5 (subsidized), \$20 (individual), and \$50 (organization).

As a Kootenay wide organization, the Board of Directors recognizes the importance of strong membership participation. Please contact our main administration office in Cranbrook to learn more about becoming a member, a volunteer, staffing and board opportunities, or would like to participate in focus groups.

CMHA Kootenays

Cranbrook: 100 - 1000 21st Avenue N, V1C 5L9
Phone: (250) 426-5222 | Fax: (250) 426-2134

Trail: 1939 Columbia Avenue, V1R 1K5
Phone: (250) 368-5223 | Fax: (250) 368-5230

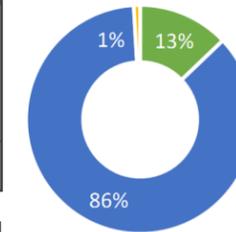
Nelson: 302 Anderson Street, V1L 4Y1
Phone: (250) 354-1236 | Fax: (250) 352-3652

Fernie: 302c 2nd Avenue, V0B 1M0
Phone: (250) 423-4204 | Fax: (250) 423-6238

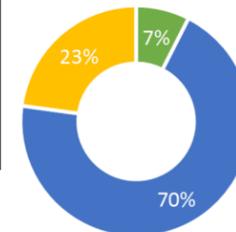
Condensed Audited Financials Statements Redding and Associates Chartered Professional Accountants

Statement of Financial Position - Condensed AS AT MARCH 31 2018

| Assets | |
|-------------------------|----------------------|
| Current | \$ 3,255,440 |
| Tangible Capital Assets | 21,760,292 |
| Intangible Assets | 227,431 |
| | \$ 25,243,163 |



| Liabilities | |
|----------------|----------------------|
| Current | \$ 1,896,517 |
| Long Term Debt | 17,582,789 |
| Fund Balances | 5,763,857 |
| | \$ 25,243,163 |

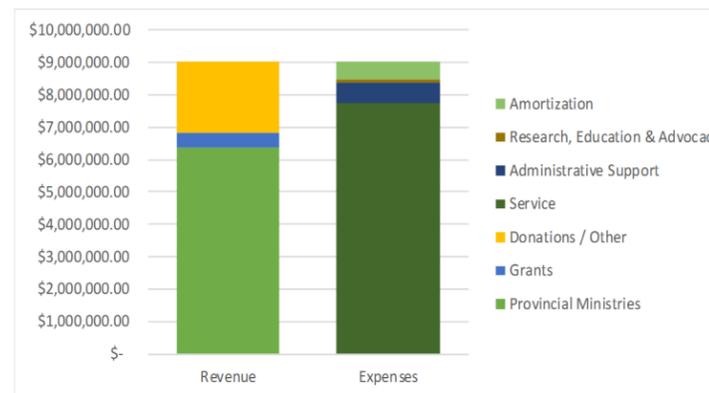


Statement of Operations - Condensed FOR THE YEAR ENDED MARCH 31 2018

| Revenue | |
|-----------------------|---------------------|
| Provincial Ministries | \$ 6,361,137 |
| Grants | 448,525 |
| Donations / Other | 2,208,602 |
| | \$ 9,018,264 |

| Expenses | |
|---------------------------------|---------------------|
| Service | \$ 7,750,734 |
| Administrative Support | 610,297 |
| Research, Education, & Advocacy | 105,430 |
| Amortization | 563,555 |
| | \$ 9,030,016 |

Revenue Over Expenses = < \$11,752 >



Association canadienne pour la santé mentale Kootenays
La santé mentale pour tous



Annual Report 2017-2018



www.kootenays.cmha.bc.ca