

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.



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.

BounceBack® 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.

BounceBack® is led by CMHA BC with funding provided by the Provincial Health Services Authority.

Mental Health in the Workplace is a 1.5hour course focusing on the contents of mental health in workplace; how to approach supporting workers with mental health issues in the workplace; how to maintain your own mental health, defines what stress, life stressors and indicators of stress is, provides tools and guidance to make changes to how we cope with stress/low mood and anxiety, self-care and learn about the mental health resources available.

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.

Crisis Line Responders receive 40 hours of in-classroom training, plus job shadowing and mentoring prior to answering calls

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

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.

Life Skills, delivered in partnership with Ministry of Children and Family Development, provides goal-orientated, center-based services to develop appropriate social, life, vocational, educational, behavioural and other skills to Kimberley youth, aged 13-18, who must have a developmental disability, a diagnosis of autism spectrum or are eligible for the at home program

Y-Mind, in partnership with YMCA– Vancouver, is a free youth group for aged 13-18 who experience mild to moderate symptoms of stress, worry and/or symptoms of anxiety. Y-Mind is a 7 week closed session that works with youth to build on their existing coping technique and skills, as well as provide youth with a safe space to learn new techniques. The Y-mind's motto is "take what works for you and leave what doesn't".

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 low income families.

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 Rent 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 2021 President's Report

History will remember 2020 as the year when a catastrophic viral pandemic cost humanity dearly, and a time when society relied upon mental health professionals and services to generate evidence-based solutions at an unprecedented pace.

Amidst this global pandemic, service delivery began to look a bit different in mid-March 2020 due to the COVID-19 restrictions; however, our main focus is, and always will be, to provide exceptional services to the children, youth, adults and seniors within our programs. A huge thank you to the staff and volunteers of the Association who are accommodating, adapting and always ensuring individuals receive the guidance, support, tools and resources they do very much need.

Service delivery and staffing would not be possible without ensuring the Association has the financial resources and corporate governance to carry out its mandate. We were extremely fortunate in attracting major sponsorships, donations and financial support during the past year. Our sincere thanks go to our many supporters in both the private and public sectors. We are committed to maintaining a robust financial position and increasing capital strength in preparation for future growth.

In closing, I would like to thank the Board of Directors, management and staff for their continued efforts in providing governance, direction, and support to maintain and grow the Association. Let 2021-2022, be a year of existing and future initiatives being anchored by a deeper sense of responsibility towards the individuals within the communities we are in business to serve – and in particular, those neighborhoods directly and indirectly affected by Canadian Mental Health Association for the Kootenays operations.

John Birrell, President

Condensed Audited Financial Statements Redding and Associates Chartered Professional Accountants

Statement of Financial Position - Condensed AS AT MARCH 31, 2021

Assets	2021	2020
Current	\$2,827,311	\$2,704,251
Tangible Capital Assets	19,610,531	20,089,254
Intangible Assets	214,931	219,097
Total Assets	\$22,652,773	\$23,012,602
Liabilities & Net Assets	2021	2020
Current	\$1,676,046	\$1,517,930
Long Term Debt	15,198,027	15,842,368
Fund Balances	5,778,700	5,652,304
Total Liabilities & Net Assets	\$22,652,773	\$23,012,602

Statement of Operations - Condensed FOR THE YEAR ENDED MARCH 31, 2021

Revenue	2021	2020
Provincial Ministries	\$2,980,460	2,893,086
Grants	1,909,119	2,740,800
Donations / Other	1,194,916	1,069,209
Total Revenue	\$6,084,495	\$6,703,095
Expenses	2021	2020
Service	\$4,895,899	\$5,866,476
Administrative Support	334,016	552,142
Research, Education & Advocacy	101,956	89,237
Amortization	494,416	498,100
Total Expenses	\$5,826,287	\$7,005,955
Profit <Loss> for the Year	\$258,208	<\$302,860>

Thank You to our Volunteers

We would like to offer sincere gratitude to all Board members for their continued support and leadership. Due to COVID-19, we were unable to host our annual Volunteer Appreciation Dinner; however, we have recognized 60 of our long-standing volunteers with gift certificates. We would also like to acknowledge Norman Weitzel for his volunteering efforts over the years, may he rest in peace.

Without our dedicated and loyal volunteers we could not deliver many of our senior services. To all our volunteers, we give a heartfelt "Thank you".

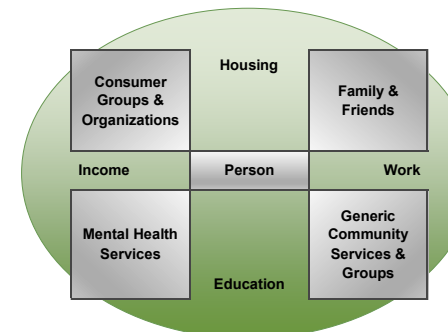
Our Vision and Mandate

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 membership totals for 2020-2021 were 18 (11 ordinary/voting; 7 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 administration office in Cranbrook to learn more about becoming a member, a volunteer, staffing and board opportunities, or if you 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

www.kootenays.bc.ca

Reviewed and Updated: June 18 2021

Annual Report 2020-2021



www.kootenays.cmha.bc.ca