

strengthen leading improve

"Recovery"

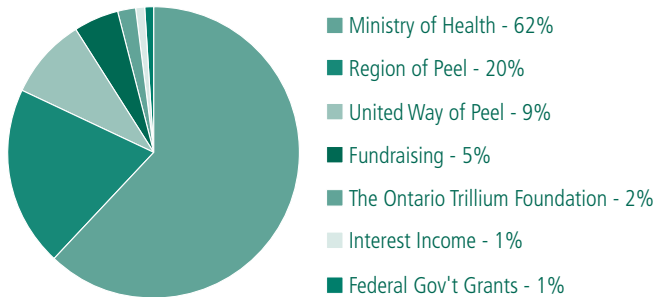
CMHA

PEEL BRANCH

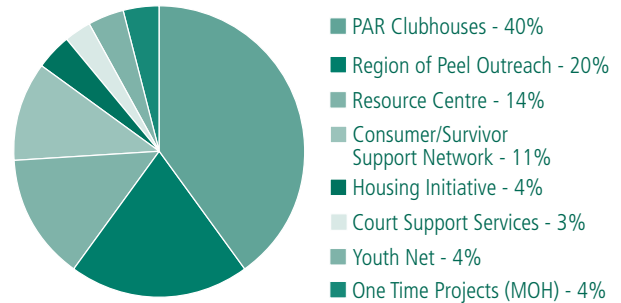
April 1, 2003 to March 31, 2004

Statement of Revenue and Expenditures April 1, 2003 to March 31, 2004

Revenue by Source – \$2,375,945



Expense by Program – \$2,376,663



Full audited statements are available on request.
Deficit of \$718.00 will be deducted from our Operating Reserve.

In 2003/2004, no employees of the Canadian Mental Health Association/Peel Branch were paid a salary of \$100,000 or more, as defined in the Public Sector Salary Disclosure Act 1996. Administrative expenses of 13% are incorporated into each program budget.

"I am living in a group home for now and going to PAR to build up my skills and confidence to be able to re-enter a regular life."

"The Davidson Scholarship will give me the chance to rebuild my skills and once again contribute to my community."

BALANCE SHEET – AS AT MARCH 31, 2004

ASSETS	2004	2003
Current		
Cash and short term investments	\$ 645,254	\$ 481,771
Accounts Receivable	125,060	138,167
Prepaid Expenses	20,680	24,710
	<u>790,994</u>	<u>644,648</u>
Capital Assets (note 3)	144,992	187,877
	<u>\$ 935,986</u>	<u>\$ 832,525</u>
LIABILITIES		
Current		
Accounts payable and accrued liabilities	\$ 343,452	\$ 178,915
Ministry of Health payable (note 5)	3,735	6,082
Deferred revenue	154,578	175,482
	<u>501,765</u>	<u>360,479</u>
Deferred Capital Contributions (note 4)	136,236	173,343
	<u>638,001</u>	<u>533,822</u>
SURPLUS		
Surplus	204,507	205,565
W.O.Davidson Bequest reserve (note 7)	93,478	93,138
	<u>297,985</u>	<u>298,703</u>
	<u>\$ 935,986</u>	<u>\$ 832,525</u>

Approved on behalf of the Board:

Lucy Damiani
Director

Karen Murphy
Director

The notes are an integral part of these financial statements and are available on request.



Message from the President

Everyone at some point in his or her life experiences a journey of recovery. With respect to mental illness, it is a difficult journey. One where there is hesitation to reach out as we weigh the perceived impact of exposing our illness.

Recovery involves the achievement of an improved ability to function independently in the major domains of life including work, housing, relationships, and recreation and by doing so, to live a healthful, hopeful and satisfying life – this includes education, consumer

and family support, support for consumer operated services, emphasis on relapse prevention and management, incorporation of crisis planning and advance directives, definitions and measurement of outcomes and stigma reduction initiatives. This can be achieved through consumers and policy makers working towards common interests.

“CMHA/Peel exists so that those with mental illness can experience full participation in the life of the Peel community.”

CMHA/Peel has numerous community partners working to ensure these seamless “best practice” services to consumers continue to evolve.

At CMHA/Peel, where one third of our staff has experienced a mental illness, the philosophy of recovery is practiced on a daily basis. Leading by example, staff is valued as the most important resource. Setting standards of wellness within the workplace allows us to best serve our clients and assist them in this transition for recovery. The programs we offer are client driven with concrete client-based values. Our hope is to organize our services around a goal of recovery for all people with mental illness.

To assist in ensuring the highest quality of service, the Board of Directors approved new Consent to Disclosure and Confidentiality policies and a comprehensive Code of Ethics. The Board itself undertook a detailed review of its governance model culminating in a new Board Policy Manual. It articulates the explicit accountability of the Executive Director and a clearer

delineation between the role of the Board and staff. Perhaps most importantly, our strategic direction has been refined, ensuring a clear eye on the future: “CMHA/Peel exists so that those with mental illness can experience full participation in the life of the Peel community.”

The concept of recovery is implicit, yet the Mental Health Implementation Task Force Reports, representing thousands of recommendations to improve the mental health system, remain in limbo. Released in December 2003, the mental health community anxiously awaits their implementation. Base funding in the community mental health sector remains frozen, necessitating the continued advocacy of Peel Alert, a coalition of regional community mental health and addiction agencies, self help groups and advocates.

Recovery is a challenge when one is unaware of how to access assistance, lacks the security of a place to call home, has no meaningful activity in his or her life and the basic necessities of life are beyond reach. In Peel, an estimated 20,000 residents are identified as possibly living with a serious mental illness. Currently, a mere 13.8% of these people with serious mental illness are receiving services from the formal mental health system. We are fortunate that Mental Health has been mentioned in the newly released budget. Let’s reach the other 86.2% of persons not receiving services by coming together as a community, writing to our MPPs and advising them of this gap, and that each of those numbers represents a face, within a family impacting a community that is in need of recovery.

This is my inaugural message as Chair of the Canadian Mental Health Association/Peel Branch and I’m honoured to have this opportunity to speak on behalf of the Board of Directors.

Thank you.

Sincere Regards,



Lucy Damiani



Recovery: CMHA/Peel Helps Make it Happen

CMHA/Peel's core services were established to support the recovery of the one in five individuals in our community who experience mental illness. Our belief in the ability of individuals to grow beyond the limitations of their illness is demonstrated on a daily basis through the operations of our core services.

Mental Health Promotion

The **Resource Centre** is a "welcoming point of entry to the mental health system". It connects people to services and information through telephone information and referral; creates increased awareness through displays and the web site; educates people about mental illness and its impact by conducting presentations and workshops and offers a specialized book and video collection through our library.

- 808 individuals and organizations were connected to services and/or educated about the system
- 104 people were trained in Applied Suicide Intervention Skills Training (ASIST)

Youth Net is a youth empowering "by youth for youth" program encouraging a healthy headspace with a connection to a safety net of youth friendly professionals as needed. Services include focus groups with crisis support as needed, supporting youth initiatives, skill-building in youth, and data collection on the views of youth that can help make services more accessible.

- 191 youth were involved in what some described as discussion groups in which "you could say anything and be comfortable about it"
- 1 in 3 focus group participants were screened for the need to see a crisis worker, with 7 youth being referred for follow up

The **Consumer/Survivor Support Network** aims to provide opportunities for any consumer/survivor of the mental health system to build self-esteem, reduce isolation, live to their fullest potential and play a meaningful role in the community through: outreach, self-help and social recreation and support. The Eden Place Drop-in is such a place.

- 203 people were members of Eden Place and 79 individuals participated in self-help groups
- 17 members earned \$4,200.00
- 1 member was hired as a courier between CMHA sites

The Davidson Scholarship awards a modest amount of funding each year to individuals aspiring to work and/or working in the mental health field and the priority recipient, to consumers wishing to enroll in a formally offered, but broadly interpreted positive learning experience.

- 8 recipients were awarded Davidson Scholarships, totalling \$3,112.00
- 1 consumer is a college graduate as a result of our awards

Rehabilitation

The **Court Support Program** provides education and consultation to individuals and their families involved with the provincial court system. If a mental illness is thought to precipitate behaviour that results in charges for a minor offence, staff support is provided to have their case diverted from the criminal justice system to the mental health system. The program operates out of the A. Grenville and William Davis Courthouse in Brampton.

- 56 individuals were diverted from the criminal justice to the mental health system
- 346 consultations to families and service providers
- Re-offence rate was less than 3%

PAR Clubhouses provide opportunities to get involved in meaningful activities, contributing to enhanced self-esteem. Activities include; a work-ordered day; education; employment; community support/case management and housing support.

- 48 members worked in transitional and group employment earning \$59,985.00
- 406 individuals were served by the Clubhouses

Outreach Services are comprised of the Region of Peel Street Outreach Program and Housing and Support Peel. Both programs assist those persons who are homeless or at risk of homelessness to access the needed services to stabilize and improve their lives. The work begins with establishing trust, much diminished with the life experience of our clients. Help may include finding housing, getting health

Leading the way to recovery

“You have saved my sister’s life – very respectful attitude towards those with mental illness.”

cards, enrolling for income supports and/or medical care to name only a few.

- 41 individuals were moved from the streets to shelters, 82 people were assisted to retain permanent housing
- 86 individuals were housed and 324 individuals were supported in the community
- 28% reported mental health as a contributory factor to homelessness

Community Development

Working in collaboration with community partners to identify needs and gaps in services impacting on mental health in the Region of Peel, we strive to initiate the development, and if systemically appropriate or necessary, the operation of needed programs and resources.

Staff actively contributed to the work of the following community initiatives during the last year. When funded, both will help to ensure a more accessible community for people with mental illness.

- Brampton Malton Community Health Centre
- United Way of Peel Region’s Steering Committee on 211 for Residents of Peel Region



“Recovery is a way of living a satisfying, hopeful and contributory life, even with limitations caused by illness.”

~ William Anthony



EMERGING
INTO
LIGHT

A symbol of resilience and recovery

CANADIAN MENTAL
HEALTH ASSOCIATION/PEEL BRANCH

2003 – 2004 Board of Directors

Aaron, Sandra
Agbonoga, Tokulah*
Ali, Ayoub
Brennan, Charles
Damiani, Lucy *President*
Duffy, Kevin
French, Donald *1st Vice President*
Funnell, Bud *Treasurer*
Howarth, Mark
Murphy, Karen *2nd Vice President*
Salmon, Keith
Selkirk, Linda
Stewart-Hall, Shea*

** resigned during the year*

*“Thanks for the web site
– it’s difficult to know
about services outside of
Toronto on the occasion
they’re needed. You have
helped. Thank you.”*

Program Addresses & Contact Information

Visit our website @ www.cmhapeel.ca

Administration

250 Clarence St., Unit 5,
Brampton, ON L6W 1T4
Phone: 905-451-1718 Fax: 905-451-1720
Email: admin@cmhapeel.ca

Consumer/Survivor Support Network

2600 Edenhurst Dr., Unit 101,
Mississauga, ON L5A 3Z8
Phone: 905-276-3302 Fax: 905-276-9646
Email: consumernetwork@cmhapeel.ca

Court Support Services

A. Grenville & Wm. Davis Court
7755 Hurontario St., Suite 321,
Brampton, ON L6W 4T6
Phone: 905-456-4700 ext. 5663 Fax: 905-456-1388
Email: courtsupport@cmhapeel.ca

PAR North Clubhouse

250 Clarence St, Unit 5,
Brampton, ON L6W 1T4
Phone: 905-796-9030 Fax: 905-796-9035
Email: parnclubhouse@cmhapeel.ca

PAR South Clubhouse

3181 Wolfedale Rd., Unit 5,
Mississauga, ON L5C 1V8
Phone: 905-270-6295 Fax: 905-270-8110
Email: parclubhouse@cmhapeel.ca

Resource Centre

3181 Wolfedale Rd., Unit 3,
Mississauga, ON L5C 1V8
Phone: 905-804-0123 Fax: 905-804-0120
Email: info@cmhapeel.ca

Street Outreach c/o Administration

Housing And Support c/o Administration

Youth Net c/o Resource Centre

Email: youthnet@cmhapeel.ca



United Way of Peel



THE ONTARIO
TRILLIUM
FOUNDATION

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