

CMHA  
45

YEARS  
OF CHANGE  
AND...

*Celebration!*

CMHA PEEL BRANCH  
ANNUAL REPORT 2006/2007



CANADIAN MENTAL  
HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE

# Report from the Chair of the Board



## Can You Guess What A Difference 45 Years Makes?

Our Board Global Ends Policy states that “CMHA/Peel exists so that those affected by mental illness can experience full participation in the life of the Peel community.” Forty-five years ago that experience would have been far beyond anyone’s reach. Today we have people like former Toronto Maple Leaf Ron Ellis, Lieutenant-Governor James Bartleman, actor Margot Kidder, and publisher Rebecca DiFilippo to name a few, speaking out about their own experiences. By doing so, they demonstrate that mental illness can happen to anyone and recovery is not only possible, but probable.

This year we are celebrating the accomplishments of the last 45 years. From hiding in stigma and shame, consumers can now tell their stories, obtain employment with appropriate support, and live in the community in safe, affordable housing. At a very personal level, Board members of our organization can now be open about their own mental health difficulties and contribute from their own experiences.

Last year’s one-year transition plan supported senior staff in exploring the impact of the new Local Health Integration Network (LHIN) environment. We heard from both the Central West and Mississauga Halton LHINs and participated significantly in the discussions that formed the basis for the Integrated Health Service Plans and E-health Plans. This work supports our organizational values and assists in ensuring that mental health services are fully integrated into the broader health care system.

As a Board, we have participated with staff in learning how each program contributes to Recovery – a philosophy endorsed by CMHA’s National office through its Framework for Support, and operationalized throughout our Branch. To quote Daniel, a PAR clubhouse member, “Recovery is a process... not a single event.”

Yes, we have much to celebrate this year. With the expansion of the Mental Health and Justice program, the new Assertive Community Treatment Team and the Concurrent Disorders Resource Specialist, we are better able to address the needs of some of the most vulnerable.

A highlight was the Board of Directors presenting a powerful case to Regional Council with respect to the importance of serving and supporting the mental health needs of youth. As a result, the Region of Peel approved 3-year funding to *Youth Net*, allowing the program to carry on the very valuable work they do.

And, this year, the Federal government also approved a National Mental Health Commission. Along with our community partners, CMHA/Peel has lobbied for a national commitment to mental health for many years. We congratulate the federal government for making this decision.

Wow. What a year.

Our theme of celebration would not be complete without kudos being offered to clients, staff, Board members, funders, and other stakeholders, who every day, “walk the walk,” bringing mental health into the mainstream.

Thank you,

Karen Murphy  
Chair

## Values

### THE FOLLOWING BELIEFS AND VALUES GUIDE OUR MISSION:

- Everyone has the right to fully participate in the life of the community
- Optimism and an emphasis on ability over disability
- Everyone has the right to the basic necessities of life
- Everyone has the right to equal access to education, employment, health care, art, culture and recreation
- Diversity and individual differences enrich the community
- Mental health is an essential component of overall well-being
- Mental health should be achieved not only through the provision of services, but primarily self-help, families and the expression of neighbourhood spirit



# Celebrate!

Every Little Story...

## In Good Company

Author Kay Redfield wrote, "Biographies of eminent poets, artists and composers attest to the strikingly high rate of mood disorders and suicide — as well as institutionalization in asylums and psychiatric hospitals — in these individuals. And recent psychiatric and psychological studies of living artists and writers have further documented the link."

Phew! That's a tough read, but what's it mean?

### Proof.

Proof that there's a connection between madness and creative genius?

### Maybe.

Proof that everyone, even the most talented and celebrated, struggles to stay well.

### Definitely.

And that puts us in pretty **good company**... Don't you think?

## Service Stats

### Resource Centre

- 3,028 people served
- 100 people trained in Applied Suicide Interventions Skills Training (ASIST)
- 26 people trained in Mental Health Works
- 8 additional presentations and training sessions available focusing on mental health in the workplace

### Youth Net

- 1,201 youth served
- 33 focus groups held

### FACT PEEL+

- 28 clients served
- 100 brochures distributed to FACT Peel+ clients by partners

### Mental Health and Justice Services

- 103 clients served by discharge planning
- 883 consultations provided
- 91 diversions completed

### Access to Recovery/Housing and Support Peel

- 184 clients served
- 76% of clients remained out of hospital

### Region of Peel Street Outreach Team

- 558 clients served
- 150 clients housed
- 187 clients with mental health issues

### Clubhouses

- 443 clients served
- \$36,000 earned by 67 members at employment services
- 3 year conditional accreditation achieved through International Centre for Clubhouse Development

### Homeworks

- 17 persons accessed the fund to secure or maintain housing

### Davidson Scholarships

- 11 applications were received and 10 scholarships – a total of \$2,686.00 awarded

### Consumer Service Support Network

- 586 clients served
- 20 consumers trained in ASIST
- 96% of clients report they are coping better on a day to day basis as a result of involvement with CSSN

# You're in good company!



## 45th Anniversary!

For 45 years, our mission has been...

CMHA Peel Branch's mission is to offer supportive programs to people impacted by mental illness and to provide support and education that promotes and maintains mental health in our community.

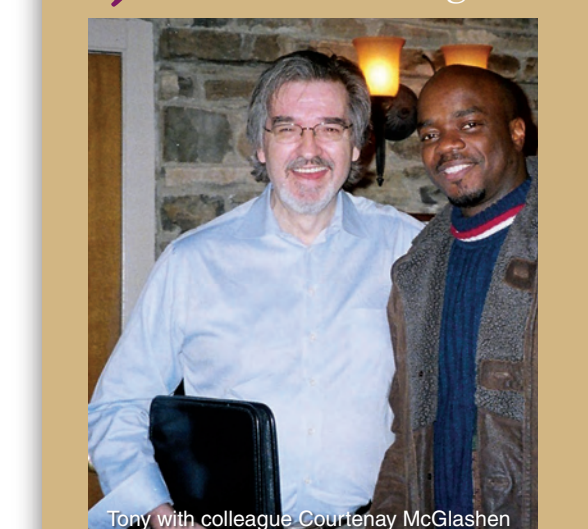
### Organizational Culture

People involved with CMHA/Peel experience an organization that strives to be the best, is open to change, eager to learn, and committed to community health. We partner with other mental health, health, and generic service providers as well as businesses, educational institutions, provincial and regional governments.

We work within a framework of support, built on equity, balance, and respect. We respect all facets of diversity and a person's right to make decisions for him or herself, while balancing what is best for individuals with the overall impact on the community.

While hierarchy is necessary for order and maintaining distinct roles within the organization, a flat leveled organization is what staff experience on a day-to-day basis. Backed by solid structure through sound policy and procedures, all levels of the organization are accessible. Accessibility is an asset, since everyone has a unique contribution to make. Not only is input valued, it's acted upon.

## The McEvenue Homeworks Program



Anthony Patrick McEvenue  
July 28, 1955 – February 25, 2007

CMHA/Peel is pleased to announce the renaming of the Homeworks Program to the *McEvenue Homeworks Program*. The renaming honours and celebrates the life of our cherished colleague, Anthony McEvenue, Director of Clinical Services. Tony passed away unexpectedly on February 25, 2007 following complications from heart surgery.

Tony was with CMHA/Peel for five years and during that time displayed a unique depth of compassion and understanding for the challenges experienced by those with mental illness. Tony's personal battle with depression fuelled his compassion, but at the core of his empathy was the caring, deeply thoughtful essence of his very being.

Tony's passion was security of housing. He would stop at nothing to ensure safe, affordable and respectful housing for people with mental illness. Tony's devotion to the Homeworks Program and the people it served was unwavering.

It is only fitting that this program be renamed to honour the memory of the man who spearheaded its development and guided it through its infancy.

In years to come, those who benefit from the *McEvenue Homeworks Program* will continue the legacy of this very special man whom we at CMHA/Peel were honoured to call colleague.



### My name is Jellian

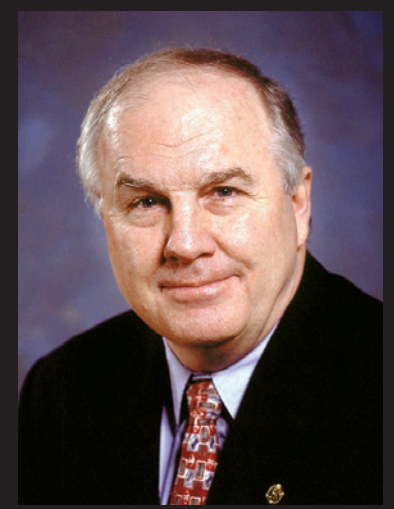
Education is a life-long experience. In 2002, when I was diagnosed with chronic anxiety and depression, I thought that my life was over, and returning to school impossible. In 2002, I joined the PAR program and became an active member in the clerical unit. I wrote articles for the newsletter, took and typed planning minutes, researched articles for newsletters, presentations and much more. After doing these jobs, I was motivated to go back to school once again.

I went back to school 3 years ago because I wanted to learn more about mental illness and to contribute to the organization that has given me so much support. I wanted to build my self confidence and improve my communication and

social skills. I learned about Standard 25, which stated that the clubhouse should assist members to further their vocational and educational goals by helping them to take advantage of adult education in the community.

The clubhouse provided me with the opportunity to go back to school through the "Davidson Scholarship," created to help members with tuition, materials, and transportation. I was able to complete courses in psychology and sociology.

Due to the support I received I am now pursuing a certificate in Human Behaviour from Humber College, which I hope to complete in December 2007. Thank you CMHA for this wonderful opportunity; I couldn't have done it without you!



### Ron Ellis Former Maple Leaf

As a Toronto Maple Leaf, I suffered my share of injuries. Even though I had physical injuries, I still had a zest for life. Not so with mental illness; it can destroy people who are physically strong.

Struggling to adapt to a new life after hockey was a horrendous time. I withdrew from my friends and from most of my family. I knew I was in big trouble, but I was afraid that if I admitted I had a problem, people would think I was weak. In time, I refused to leave the house, and preferred just sitting in a dark room.

My family doctor identified the problem immediately and walked my wife Jan and I through the steps towards recovery. It took me a long time to realize that depression is an illness, not a weakness, and with the help of supportive family, employers and health professionals, it is possible to be well again.



### Rebecca DiFilippo Publisher, Moods Magazine

I was a successful entrepreneur with a thriving Graphic Arts business. Happily married for 12 years, with a wonderful daughter, life was enormously gratifying.

Then my husband, Carlo, seriously injured his head causing severe brain damage. As Carlo's health declined over several years, I continued to run the business and the household, and look after Carlo and our daughter.

Constantly tired and overwhelmed, I was unable to make the simplest decision and I forgot everything. Soon, my lack of enthusiasm and interest in my company became evident and we decided to sell. There were many arguments with Carlo, and our relationship became strained.

Unaware that depression was clouding my judgment, I decided to separate from Carlo.

Several months after that, Carlo had a massive heart attack and unexpectedly passed away.

Devastated by his sudden death, I took sick leave and was diagnosed with major (clinical) depression.

A very important part of my recovery was the group therapy sessions. Knowing I was not alone allowed me to realize that I was not weak, or a failure, but simply sick.

Throughout this, I discovered how little was understood about mood disorders and I recognized the need to provide a forum for professionals and individuals to educate, inform and give greater understanding to these disorders – the need for Moods magazine.

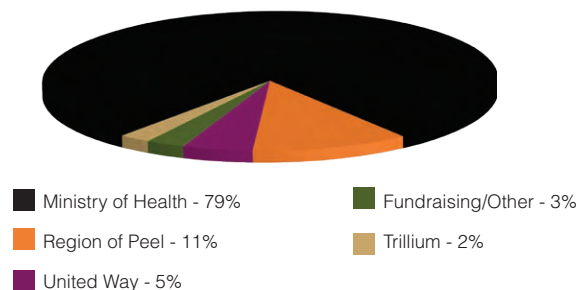
Publishing Moods has evolved into a passion to help prevent others from experiencing unnecessary pain and suffering that can be avoided through understanding and healthy living. I have found myself and I have found my passion!

Ron and Rebecca's unabridged stories can be found online at moodsmag.com

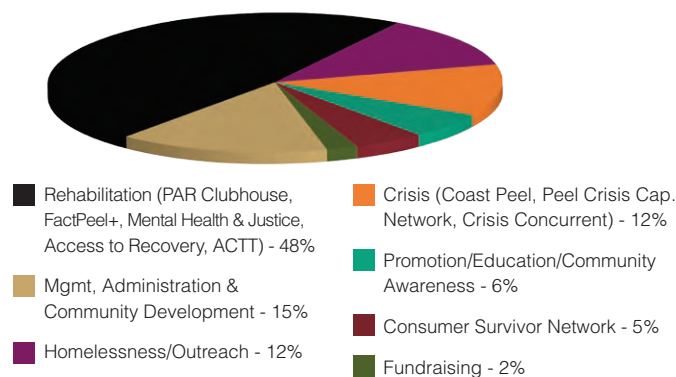
# The Canadian Mental Health Association Peel Branch

## Statement of Revenue and Expenditures April 1, 2006 to March 31, 2007

Revenue by Source – \$5,543,728



Expenses by Program – \$5,549,281



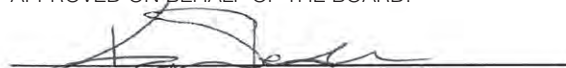
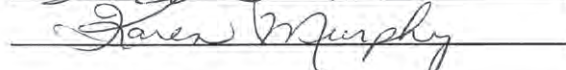
Full audited statements are available on request.

In 2006/2007, 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.

## Statement of Financial Position as at March 31st, 2007

Assets	2007	2006
<b>Current</b>		
■ Cash and short term investments	\$ 2,375,951	\$ 1,349,559
■ Accounts receivable	119,414	350,834
■ Prepaid expenses	36,175	36,993
	<u>2,531,540</u>	<u>1,737,386</u>
<b>Capital Assets</b>	<u>376,345</u>	<u>366,504</u>
	<u>\$ 2,907,885</u>	<u>\$ 2,103,890</u>
<b>Liabilities</b>		
<b>Current</b>		
■ Accounts payable and accrued liabilities	\$ 893,614	\$ 501,469
■ Ministry of Health payable	868,298	602,506
■ Deferred revenue	196,072	145,430
■ Deferred capital contributions	148,855	107,422
	<u>2,106,839</u>	<u>1,356,827</u>
<b>Future Employee Benefits</b>	251,736	160,936
<b>Deferred Capital Contributions</b>	<u>223,004</u>	<u>254,268</u>
	<u>\$ 2,581,579</u>	<u>\$ 1,772,031</u>
<b>Net Assets</b>		
Invested in capital assets	4,488	4,816
Unrestricted	222,385	229,529
Internally Restricted	99,433	97,514
	<u>326,306</u>	<u>331,859</u>
	<u>2,907,885</u>	<u>2,103,890</u>

APPROVED ON BEHALF OF THE BOARD:

 Director  
 Director

## Canadian Mental Health Association/Peel Branch

2006 – 2007 Board of Directors

Murphy, Karen	Chair
Telfer, Maxcine*	1st Vice Chair
Howarth, Mark	Chair, Audit Committee
Milakovic, Sandy	Executive Director, Secretary
Dabor, Ronald C. E.	
Dhindsa, Gaurav	
French, Donald	Past Chair
Hawkins, Maryanne*	
Jedan, Kate	Vice Chair
Nasata, Linda	Vice Chair
Salmon, Keith	
Tariq, Hanzla	
Van Nie, Frank	

\* resigned during the year

Visit our website @ [www.cmhapeel.ca](http://www.cmhapeel.ca)

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Brampton, ON L6W 3W8  
Tel: 905-451-2123

Finance & Operations  
250 Clarence St., Unit #5  
Brampton, ON L6W 1T4  
Tel: 905-451-1718

Ministry of Health and Long-Term Care

