

Canadian Mental Health Association

PEEL BRANCH

April 1, 2001 - March 31, 2002
Annual Report

Our
Family Tree...
40 years
and still
growing!



CANADIAN MENTAL
HEALTH ASSOCIATION
L'ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Message from the President

I am honoured to be chairing the Board of Directors of the Canadian Mental Health Association/Peel Branch on the occasion of our 40th anniversary, an event that highlights and celebrates our family tree. It was on May 3, 1962 that the founding volunteers received their Charter from the National Board of Directors of C.M.H.A.

As with most special occasions, time was taken to reflect and look back on C.M.H.A.'s contributions to Peel Region beginning in Port Credit. A scrapbook of old newspaper articles, photos, and letters shows that as early as 1965, the Branch was operating the White Cross Social Club. St. Andrews Presbyterian Church, the Christ Church United, Clarke Hall, and the old Texaco Hall were the sites of volunteer-led program activities. Since the days in south Mississauga, our family tree has grown and thrived and now it extends across the Region of Peel.

From our strong roots, we have developed a 40-year tradition of branching out to the community and developing new programs and services. Some of these services have become independent and sprouted additional programs of their own. From that first social club in 1965, our most recent addition to the family is Youth Net. Annual funding from the United Way of Peel Region granted for the first time in April 2001, helped to provide a small but stable beginning for this unique, youth-friendly resource to those aged 12 - 20 years.

The symbol of the family tree was chosen to represent the strength, breadth and the diversity of these services. It also represents the clients, members, volunteers, donors, staff and supporters who have built and sustained our vision.

The past 40 years demonstrates our proud history of community development. Board volunteers have and continue to be visionaries in supporting community leaders, paid and unpaid, to improve the

quality of life for people experiencing mental health problems and coping with serious mental illness. Peel Branch volunteers and staff helped to develop such services as Distress Centre Peel, Peel Assessment Centre, Supportive Housing in Peel, and North Peel ReLinC Services, now governed by more than 50 community leaders.

A substantial amount of time, contributed primarily through our Executive Director, was and continues to be devoted to mental health reform through the local Mental Health Implementation Task Force organized by the Ministry of Health and Long-term Care. Peel Branch's extensive involvement illuminates the depth of commitment that the organization has to enhancing mental health services for future generations residing and working in Peel Region. Our efforts are unparalleled by any other community mental health organization serving Peel.

It is critical that the Peel Branch stays close to its roots, but continues to bend with the winds. Staying the course of business planning will help to ensure that C.M.H.A./Peel Branch will be a healthy and vibrant part of the community. It is our hope that the Region of Peel will be a community in which families help other families affected by mental illness and friends and neighbours help each other stay emotionally well. Hope is as important to recovery for individuals with mental illness as it is to believing we can realize our provincial vision: a society that values human dignity and enhances mental and emotional well-being for all.

Respectfully,



Agbonoga Tokulah

Our Mission - Our Means

THE MISSION of Canadian Mental Health Association/Peel Branch 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.

MENTAL HEALTH PROMOTION

Consumer/Survivor Support Network

– offering people who have serious mental illness social and recreational opportunities, reducing isolation and building self-esteem. Operates a drop-in centre, hosts and develops self-help groups, does outreach work to engage consumers and ensure that the views of consumers are represented and heard:

- 94% of members report that they cope better on a day-to-day basis with peer support and encouragement gained by attending the drop-in centre, Eden Place

- 132 men and women attended self-help groups throughout the year, with group leaders, meeting space and general support provided by outreach staff

“Eden Place Drop-in Centre has helped me grow. I've learned to overcome my anxiety”,
~ female self-help group participant

- **Davidson Scholarship** – on an annual basis, awards small grants to consumers and other individuals, aspiring to work and/or currently working in the mental health field, to take courses at recognized educational institutions:

“I not only learned new skills, but met some people and increased my self-esteem”,
~ female grant recipient

- **Resource Centre** – a welcoming point of entry to the mental health system, providing information and referral services, education, awareness (events, displays, web site), and library services to anyone interested in or concerned about mental health and illness:

- 940 people and businesses called for information and referral services with 18 minutes being the average length of a call, an increase in time per call of 64% while total calls went down only 3%

- 1,085 individuals attended presentations about depression, mental health, suicide intervention, and the personal impact of a mental illness, some of whom account for 11,300 pamphlets distributed

“Thank you so much. I didn't know where to look to help this man, but you've given me a lot of information”,
~ MPP's assistant serving a constituent

- **Youth Net** – a "by youth, for youth" program helping to establish peer support amongst youth with professional back-up as needed, encouraging discussion about mental health, and offering opportunities for youth to gain skills through training and practical experience:

- collaborative effort to write a proposal resulted in a \$200,000 grant over three years from the Trillium Foundation for 2002-2005

- shared with service providers that only 1.1% of youth would talk to a professional if they were to disclose a problem that was really bothering them (revealed by summarizing feedback from 200 youth involved in focus groups the previous year)

“Youth Net helped to create a secure environment in our classroom which resulted in a classmate feeling comfortable to talk about being suicidal”, ~ 17 year old female

COMMUNITY DEVELOPMENT

Working collaboratively with community partners, we identify needs and gaps in services impacting on mental health in Peel Region, initiate the development of needed programs and resources and, where appropriate, develop and maintain these programs. Our partners include consumers (people directly affected by mental health problems and illness) and clients, other mental health and generic service providers, natural sources of support, government, and funding bodies:

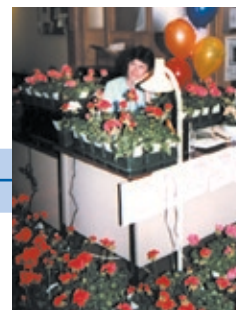
- new resources exist for the 1 in 4 people affected by mental health difficulties through senior staff providing leadership to help establish and operate new programs (e.g. Youth Net, Street Outreach)

- for those residing and working in Peel, weekly time is dedicated to projects that will help create more effective mental health and human services systems (e.g. Mental Health Implementation Task Force, Community Leadership Alliance of Peel, 211 Steering Committee, Peel Poverty Action Group)

“CMHA is a strong advocate for the person and they are always striving to find ways to link organizations, community and the clients to facilitate effective and responsible solutions. We can always depend on them!”,
~ Ontario Works, Region of Peel



1 in 8 has a serious anxiety disorder



1 in 4 will have a mental health problem this year

20 people commit suicide in Ontario every week



REHABILITATION

Services are for those individuals who have or demonstrate symptoms of a mental illness

Court Support – attempts to reduce chances of re-offending by offering Diversion, a legal process that may divert an accused of a minor criminal offence from the justice system to appropriate healthcare, Consultation and Education, and limited Short-term Case Management:

- 65 people accepted by the Crown Attorney for Diversion were assisted in accessing and using treatment services
- 265 psychiatric and fitness assessments were conducted and 345 consultations provided for non-Diversion clients

PAR Clubhouse – enhances members' (reference used for clients) ability to live to their fullest potential by offering the opportunity to gain or re-gain skills and self-esteem by contributing to a work-ordered day and through employment and housing support, and education:

- 212 active members participated in the program, including daily work-ordered day activities (administrative, café, general maintenance), employment, education and social recreation
- 70 members involved in Group and Transitional Employment placements earned \$76,061 and received an average of 10 staff

support hours per week regarding work issues

“PAR provides me with an opportunity to grow, which I didn't think was possible”, ~ female member in her 30's

“PAR staff and members have given me encouragement to gain full time employment. It has given me the stepping-stone in reaching my goals and dealing with my illness. PAR has inspired me and improved me as an individual”, ~ male aged 27

Street Outreach – through two separate services, reaches out to those individuals who are homeless or are at risk of homelessness, to help them get appropriate health or social assistance, as well as adequate housing:

- 182 men, women and families were provide with five basic services: primary health care, basic needs, referral/advocacy, mental health/addictions counselling, transitional support
- 29% of people were living on the street (e.g. tents), 38% were at risk of becoming homeless, 11% of clients, family status both single and coupled, have children in their care

“Thanks for caring about me and therefore allowing me to care for myself again,” ~ male client

Statement of Revenue and Expenditures April 1, 2001 to March 31, 2002

Full audited statements are available on request.

Surplus of \$20,887 generated through successful fund raising and allocated to the Operating Reserve.

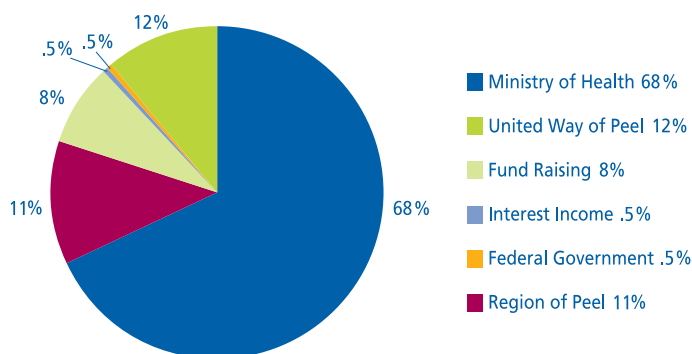
In 2001/2002, no employees of the Canadian Mental Health Association/Peel Branch were paid a salary of \$100,000 or more, as defined in the Public Sector Salary Disclosures Act 1996.

CONTACT INFORMATION:

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Revenue By Source - \$1,839,331.00



Expense by Program - \$1,818,444.00

