



# Connections

Canadian Mental Health Association/Peel

Volume 12

Fall/Winter 2012-2013



## Message from the CEO

As we reach the end of 2012 we are wrapping up what can only be called an outstanding year-long celebration of our 50th anniversary. All of the events are described in this newsletter. We began our year by receiving a four-year accreditation from the Canadian Centre for Accreditation. We were gratified to receive special commendation for excellence and innovation in Board establishment and Operations, Trusteeship, Intake and Assessment, and Client-centred approach.

Moving from our early beginnings as a completely volunteer driven and operated organization to a fully accredited organization with a highly skilled, professional Board including those with lived experience, and a credentialed staff complement of about 100, is quite an accomplishment. With every event, more volunteers and community members were exposed to mental health and its importance in the health care system. In advertising our Changes in Altitudes, Changes in Attitudes event we received over 18,000 hits on the Brampton Guardian web site — 67% higher than the base average. At year end we had involved over 160 volunteers and 600 community members who attended the events. In addition to 18,000 web site hits, CMHA/Peel was exposed to the entire audience of the Brampton Santa Claus Parade and Rogers Cable TV viewers. Each event had a different focus. All were entertaining. The added bonus was that our community learned about the importance of mental health.

Many, many thanks to the volunteers and staff who planned and oversaw the events. The level of commitment was awe inspiring. As we move into 2013 with a newly energized CMHA National organization and an exciting new brand, the next 50 years will be just as invigorating, challenging and exciting as we work towards “Mental Health for All”.

*Sandy Milakovic*

On January 26, 2012 we were proud to announce that we had been fully accredited by the Canadian Centre for Accreditation, which is a third-party review tailored to community organizations based on accepted organizational practices that promote ongoing quality improvement and responsive, effective community services.

The Centre's report indicated that CMHA/Peel met all the Standards of Mandatory Practice and more than the required number of Standards of Good Practice for accreditation. Accreditation is something we've worked towards for the past three years because we want CMHA/Peel to be the best it can be in terms of policies, procedures and practices by which to assess governance, service delivery and workplace practices.



## Accreditation



## Open Minds, Open Doors

On February 9, 2012 we hosted “Open Minds, Open Doors “ wine and cheese evening. Sponsored by Scotiabank and Scotia McLeod. The evening was filled with great speeches and light refreshments at the new Community Door, Brampton. Board member Janine Elias Joukema shared a personal story and Dr. Geoffrey Reaume, Professor in the School of Health Policy and Management from York University, spoke about "Mad People's History, from Ancient Times to Present." This event raised over \$5000. We are grateful to ScotiaMcLeod and Scotiabank for matching all donations.



On Thursday May 3, 2012 CMHA/Peel hosted a celebratory reunion at our Community Door location at 7700 Hurontario St., Brampton.

Supported by a dedicated committee of staff, including former staff member Sue Anderson (now an employee of Supportive Housing in Peel), and approximately 20 volunteers, our guests were welcomed through a beautiful arch of golden balloons where they received a tiny autograph book. By far the most popular area was the archive room where all of our significant historic events and photographs were displayed. Guests were encouraged to sign on the decades

timeline as they walked to the refreshments.

Tours were offered and then it was on to mixing and mingling while sampling delicious appetizers and desserts. The slide show in the café had many laughing at the memories . A lively table of former staff from the 80's seemed to particularly enjoy themselves. With over 90 guests representing staff and Board members from the early 80's to present, the event was a highly successful tribute to the those who have forged our history over the past 50 years.



## The Reunion



## Habitat for Humanity

As part of our 50<sup>th</sup> anniversary celebration, the Canadian Mental Health Association/Peel had the distinct opportunity to volunteer with Habitat for Humanity Brampton and work alongside them in their commitment to build homes, families and hope for underprivileged Brampton residents. Forty-five staff members volunteered at the construction build site and at the ReStore between April and October, 2012. Our construction build site volunteers were involved in the completion of the first Habitat Brampton home and helped break ground for the second build.

The ReStore is a retail outlet open to the public and all the proceeds fund the construction of Habitat homes in the community. Staff were involved in organizing and stocking supplies and helping customers.

Our second venture with Habitat was the Celebration BBQ on June 15, 2012 at the construction build site. The BBQ honoured the commitment of all of the volunteers and neighbours and celebrated the completion of the first house. Three hundred community members participated in fun activities, enjoyed delicious food and came together to support and raise awareness about the need for safe and affordable housing in the Region of Peel. We successfully raised over \$300.00 which was presented to the Piccio family when they received their home key on June 16, 2012 from Brampton Mayor Susan Fennell. They graciously celebrated with us at

our BBQ and were very thankful for our generosity and support. Through this humbling experience, staff were able work in a hands- on way to foster Habitat's belief that home is where hope begins.



**Community Garden**

On March 26<sup>th</sup> Seeds of Hope were planted at our Community Garden Kick-off in the café at Partnership Place. EcoSource, who is overseeing the project, and Peace Ranch spoke about how our members and the community can benefit from the garden. Members planted seeds and worked at a craft table decorating wooden stakes with the names of vegetables being planted. Six weeks later, on Saturday May 5<sup>th</sup>, we celebrated the opening of the garden behind Malton Community Centre.

Planting seeds and growing vegetables is a great way to relax and relieve stress, and growing our own vegetables saves money. The Community Garden provided an opportunity for people to open up comfortably around others, while planting and growing something with their own hands. It got people out, helped them become active, and taught them about tending a garden. Members prepared the soil and planted from May to September. Although not all produce grew well, the experience was a success. In late September and early October clients attended workshops organized by CMHA/Peel's Client Wellness Committee in conjunction with Peace Ranch. Participants learned a lot and have ideas to improve the process and, hopefully, harvest more crops next year.



On April 28, 2012 we held our first annual Walk for Life, Walk for Hope in Erindale Park. The walk was held in memory of John Hanan who took his life five years ago. CMHA/Peel partnered with John's mother Mary Margaret Hanan, who wanted something worthwhile to come from the tragedy, while honouring her son's memory.

The walk helped raise awareness about mental health issues. More than 400 people of all ages were out to support this great cause, by walking 2km to 5km around Erindale Park. The weather was cold but that did not deter the community from helping us raise over \$10,000. The theme of the walk was: "Help prevent suicide; together we can make a difference." With this great success, we will continue to hold the walk annually. April 27, 2013 will be our 2nd Annual "John Hanan, Walk for Life, Walk for Hope". Come make a difference with us.



**Walk-a-Thon**

On September 23, 2012 the Changes in Altitudes, Changes in Attitudes Community Fair was a great success. With a climbing wall, bouncy castle, performances by The Space Chums, a stilt walker, clowns, face painting and more, there was plenty of chances for people to have fun while learning about how people with mental health issues contribute to

our lives each and every day. With over 600 people attending this will become annual event for CMHA/Peel.



**Community Fair**

## Our Sponsors

**WINNERS MERCHANTS INTERNATIONAL L.P. , LONGO'S, FRESHCO, SCOTIA MCLEOD, CITY SOUTH, TIM HORTONS ,NATS, SCOTIABANK,CCS , P & P CATERING , DAVID HANLON, LUNCH BOX, RASHMI'S BAKERY, INTROTEL, JD SMITH, M & M MEAT SHOPS, SECOND CUP, CANADIAN TIRE, STARBUCKS, POC GEM PRINTING, MERI-MAC, MARY MARGARET HANAN, PROACTIVE FOREST PRODUCTS.**



On July 11, 2012 Scotia McLeod hosted their annual BBQ with proceeds donated to CMHA/Peel. The "Inside Ride" partnered with this event. CMHA/Peel entered two teams and won the "Spirit award". Donations received from this event were over \$10,000.



**Scotia McLeod BBQ**

On October 18, CMHA/Peel had its first Recovery Night. The event paid tribute to our members, highlighting the importance of art and creativity in the process of recovery. It was planned by the Client Wellness Committee to commemorate the 50<sup>th</sup> Anniversary celebrations for this year. Staff and clients worked hard to prepare this event, and it came together beautifully, with a number of musical acts, poetry readings, recovery stories, and photography and art collections. I would like to give a special thank you to the participants, attendees and planners, who made this event a success. We are looking forward to the 2<sup>nd</sup> Annual Recovery Night next year.



**Recovery Event**

On November 17, 2012, CMHA/Peel was pleased to participate in Brampton's Santa Claus Parade. Our float was a winter park scene, and our message was "Emerging into light". This was our first time participating in the Brampton Board of Trade's Santa Claus Parade, and we were delighted to receive a rave review from the judges at the event, and an honourable mention from the Brampton Board of Trade.

We are grateful to our sponsor Winners Merchants International L.P.



**Santa Claus Parade**

On December 6, 2012, we had our Volunteer Appreciation Night to acknowledge their contribution to all of our events. A dinner, musical performances and gift giveaways were highlights of the evening.

CMHA/Peel extends a special thank you to all those who volunteered throughout the year. All of your efforts helped to make all of these events a success.

Volunteers give the greatest gift of all!



**Volunteer Appreciation**