



Canadian Mental Health Association
Vancouver-Fraser Branch

Impact Report

2016/2017



**Canadian Mental
Health Association**
Vancouver-Fraser
Mental health for all

**Association canadienne
pour la santé mentale**
Vancouver-Fraser
La santé mentale pour tous

Contents

Get Involved!

Take Action

We are calling on all British Columbians to get loud for mental health. We would never knowingly wait until Stage 4 to intervene for cancer or other illnesses. We start way before Stage 4. We need to do the same for mental illnesses.

Join our b4stage4 campaign to improve mental health and addictions care in BC. Get loud and take action today at b4stage4.ca.

Become a Member

When you become a member of CMHA Vancouver-Fraser, you are demonstrating your support for mental health and addictions in your community and helping to build hope, support, and inclusion for people with mental illness. You also receive a free subscription to the award-winning Visions Journal.

Volunteer

CMHA Vancouver-Fraser depends on the support of volunteers to help us develop our vision and provide high-quality services. We can use help in many different areas of interest and skill, from participation on our board and advisory committees, to community outreach and education.

Donate

If you like what you've read in this report, help us further our goal of mental health for all with a donation. There are many ways your donation can make a difference and every gift helps.

Stay Connected

Sign up for email updates to stay on top of the latest mental health news, programs and resources from CMHA Vancouver-Fraser and beyond! Don't forget to follow us and join the conversation on Facebook and Twitter.

Complete the sign up form on the back page of this report, or learn more and get started by visiting www.vf.cmha.bc.ca/get-involved.

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A Message from The Board President

As I reflect on my four years serving on the board for the Canadian Mental Health Association Vancouver-Fraser Branch (CMHA-VF), and the second year as President, I am amazed to see how far we have come in transforming societal perception of mental illness, and inspiring individuals to prioritize mental health while living healthy and productive lives.

We have not achieved these changes on our own. Without our 473 volunteers and 2547 donors, our impact would not be possible. Thank you for continuing to believe that we can and must achieve mental health for all. I'd also like to thank our staff and the members of our Board of Directors. Your dedication to our program participants and to mental health are inspiring. Together, we stand against stigma and discrimination, and are the catalyst for change. It fills me with gratitude and appreciation for the work we do everyday, as I'm reminded that we are not alone in our desire for better mental health care both within and outside of the formal medical healthcare system.

It is an honour to be a part of an influential organization that provides voices to those struggling with mental illness, and is paving the way for mentally healthy societies.

Sincerely,
Jane Atherton, President

A Message from The Executive Director

In our second year as the Canadian Mental Health Association, Vancouver-Fraser Branch and as an accredited organization with CARF International, we have continued to demonstrate growth, high standards for quality services, and remain committed to impactful programs and services for those recovering from mental illness and/or addiction.

This year we celebrated a few firsts for the branch. The Peer Navigator program released the Vancouver Mental Health and Addictions Systems Barrier Report 2015-2016, a publication that identifies obstacles individuals encounter while trying to improve their mental health which also provides concrete recommendations to improve the mental health and addictions care systems in Vancouver (<http://vancouver-fraser.cmha.bc.ca/programs-services/peer-navigator-peer-support/>). In 2016, for the first time, we hosted a 100km route as part of the Shoppers Drug Mart Ride Don't Hide event in Greater Vancouver. The 100km route would not have been possible without the support of the Vancouver Police Department, Vancouver Fire and Rescue Service, and BC RCMP. The relationship with Vancouver Police Department built through the Ride Don't Hide also grew to include an exciting new joint project to develop and deliver mental health education to grade 7 students in the Vancouver School Board.

Our ongoing programs also achieved many accomplishments that we celebrate. The suicide awareness program provided safeTALK and ASIST training to over 35 communities and organizations including members from 10 different First Nations. The Chinese Mental Health Promotion program reached 543 seniors through support groups and wellness activities, including 15 performances in the community by the Happy Senior Chinese group. A research project examining our Individual Placement and Support (IPS) model of supported employment within an Early Psychosis Intervention (EPI) setting found competitive work for 55% of individuals referred to the program (5% higher than the target employment rate for an IPS program as established in the academic literature).

Our work is guided by our values, which include embracing the voice of people with mental health issues and addictions, promoting inclusion, and focusing on the mental health needs of all age groups. Collaboration is also a significant part of our work. We joined forces with the BC Professional Fire Fighter Association to expand Resilient Minds – Building the Psychological Strength of Fire Fighters to be delivered across the province. This program, developed in partnership with the Vancouver Fire and Rescue Services, informs and builds skills for first responders related to their own mental wellness and to their interactions with members of the public who may be experiencing a mental health crisis.

We work hard to foster change in individuals and in our health care system, to help individuals living with a mental illness to rebuild their hopes and dreams, and to inspire all people to live the fullest and most contributing life they can. We cannot, however, do this on our own. We need the support of our members, volunteers and donors to achieve a more effective system of care for mental health and addictions. To all those who supported us over the last year, I send my heartfelt thank you. If you haven't already, I would also ask that you join CMHA-VF in calling for a health care system that treats mental illness and mental health equivalently to physical health by signing CMHA-VF's B4stage4 declaration. To learn more and to add your voice to the call, visit www.b4stage4.ca.

I look forward to the next year when we achieve a historic milestone and celebrate with you our 100th anniversary.

Sincerely,
Michael Anhorn, Executive Director





About Us

Canadian Mental Health Association (CMHA) is one of Canada's most established national mental health charities. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness or addiction. We do this by building capacity, influencing policy, providing services and developing resources.

The CMHA Vancouver-Fraser branch (CMHA-VF) was founded in 2015 through an amalgamation of the Delta, Simon Fraser and Vancouver-Burnaby branches. Together, they have been serving the Metro Vancouver area since 1958. CMHA Vancouver-Fraser is a holistic partner in the continuum of mental health and provides lower cost collaborative primary care directly to the consumer. The organization has a strong focus on community integration, education, housing, peer support and navigation, employment, counselling, prevention and promotion, and social enterprise mandate focused on helping reduce stigma in the community.

CMHA-VF is accredited through CARF International. By achieving accreditation, CMHA-VF has demonstrated it meets international standards for quality, is committed to pursuing excellence, and has established a commitment to offering programs and services that are measurable, accountable, and of the highest quality.

OUR VISION

Mentally healthy people in a healthy society.

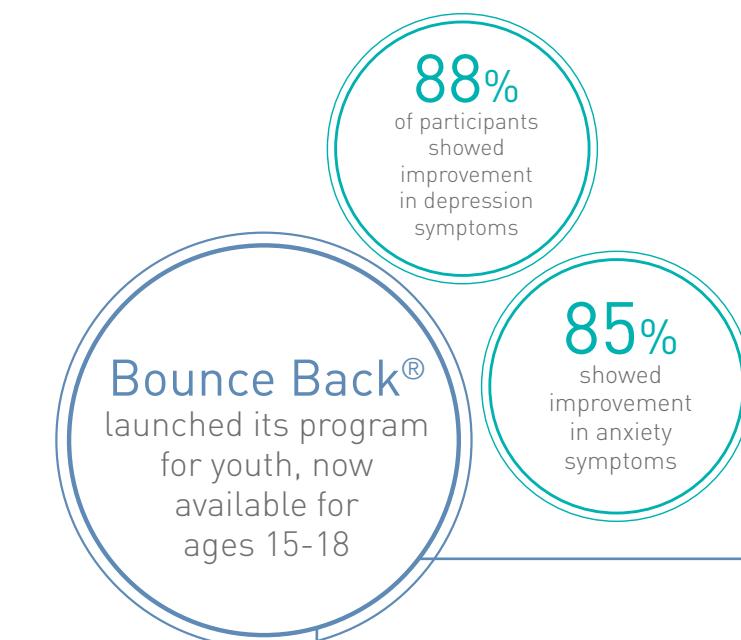
We promote mental health for all and support the resilience and recovery of people experiencing mental illness or addiction.



Community and Vocational Integration

Bounce Back®: reclaim your health

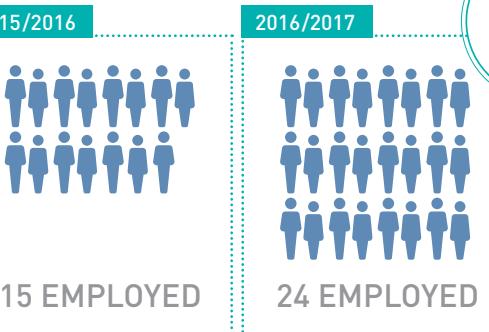
Bounce Back® helps adults overcome early symptoms of depression and anxiety and to improve overall mental health. Participants learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive. In 2016/2017, 82% of participants reported the Bounce Back® program inspired positive life changes.



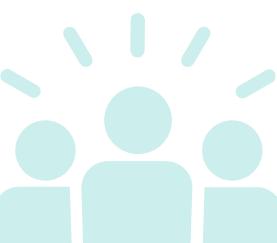
"I can't thank you enough. I have just started a new job and Bounce Back has been integral to my transition. I am now able to put things in perspective, which has lowered my anxiety."



The ECHO Clubhouse reduces isolation and increases connection to community by providing rehabilitation services, learning and growth opportunities, skill-developing workshops, and by building meaningful relationships for those living with a mental illness.



"ECHO program has helped me learn more about where I can be and what I can accomplish in rebuilding my life."





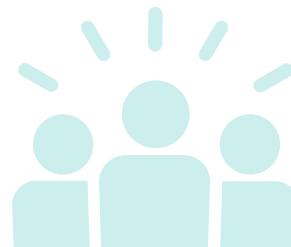
Community and Vocational Integration

Get Set and Connect

Community connection and building meaningful relationships are contributing factors for individuals to live a productive and mentally healthy life. The Get Set & Connect coaches work with individual to integrate this concept by linking adults to leisure activities in their community, building social networks with like-minded individuals, sharing resources, and through providing volunteer and leadership opportunities through the volunteer preparation course, Ready, Set, Go!



"I feel like I actually get to live my life now!"



Individual Placement Support

Individual Placement and Support (IPS) provides individuals with mental illness with the opportunity to obtain and maintain competitive work. Employment has been proven to improve quality of life for people recovering from severe mental illness, provides structure and purposeful activity while enhancing self-esteem and social belonging – all significant contributors to recovery.



The "Occupational Recovery after First-Episode Psychosis: A Critical Period" three year Research Project in its second year, successfully found employment for **55%** of individuals referred to the program.

*Creating Opportunity – A National Approach, a federally funded CMHA National Employment Project, placed **89%** of individuals engaged in IPS in competitive employment.*



Housing Programs

Homeless Outreach

People with mental illness are at greater risk of experiencing homelessness, and the stress of experiencing homelessness amplifies a mental health problem. The Homeless Outreach program dramatically improves the lives of these individuals by helping them access housing, a stable source of income, other support services such as primary and mental health care, while also helping to develop health and life skills.

86 previously homeless now have a roof over their head





Housing Programs

Community Living Support and Supported Independent Living

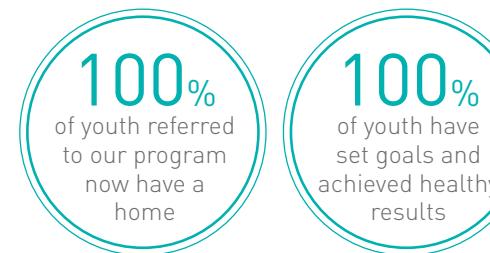
With a client-centred approach, the Community Living Support team works with individuals in New Westminster who live with a mental illness to develop their independent living and coping skills, such as learning to navigate the formal support systems (income assistance, old age pensions, primary health care), and obtain job placements.

Transitional Housing

Residents in our Transitional Housing program work with staff to acquire the skills they need for everyday living while regaining a sense of social inclusion through activities at community centres, clubhouses, and local libraries. As they gain the skills and confidence to live more independently, residents can transfer to our Community Living Support program. We operate three transitional houses, two (2) in New Westminster and one in Maple Ridge. This year the team renovated the Bluebird House improving the living space and well-being for tenants.

Youth Supported Independent Living

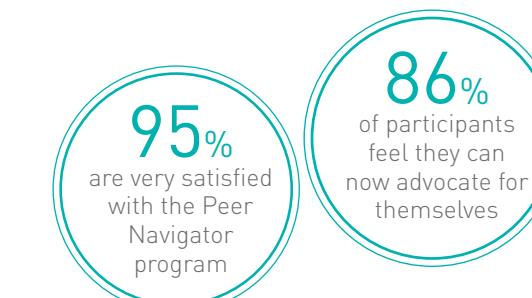
Youth living in the North Region of Fraser Health Authority receive safe and affordable housing and, with the help of our staff, are supported through their recovery from mental health and addictions. Youth integrate back into their community to access resources, learn skills such as budgeting and grocery shopping, and are encouraged to pursue both work and educational opportunities.



Peer Services

Peer Navigator

Navigating the often-complex mental health and addictions services can be overwhelming, certainly for an individual struggling with a mental illness. Peer Navigators, drawing on their own lived experience and knowledge, help to break down barriers to accessing services and connect individuals to services such legal aid, housing, health efficiently and in a timely manner.

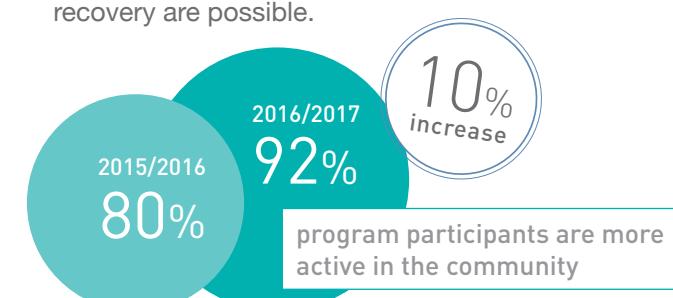


Download the Vancouver Mental Health and Addictions Systems Barrier Report!
<http://vancouver-fraser.cmha.bc.ca/news/barrier-report>

“Thanks to the accountability and support from Peer Navigators, I have regained a sense of personal health, built capacity to advocate for myself, increased my understanding of how mental illness has impacted my work and personal life, and feel I have made progress in my recovery.”

Peer Support

Peer Support is an important contributor to recovery. Drawing on their own knowledge and training, Peer Support staff help individuals with a mental illness to identify and achieve their own goals and wellness plan, which connects individuals to their communities, access appropriate services, and to achieve a productive and mentally healthy lifestyle. Peer Support demonstrates that hope and recovery are possible.



“Peer Support has made a difference in my life. It has enabled me to make good choices and has given me hope and strength to carry on each day.”





Social Enterprise Services

Treasure Chest Thrift Store

Located in heart of Up-town, New Westminster, our Treasure Chest Thrift Store brings affordable shopping to the community. We provide an assortment of good quality clothing, movies, books, antiques and specialty items. The store operates as a social enterprise with all revenue generated supporting the programs and services of CMHA-VF.

Willow Bean Café

The Willow Bean Café provided competitive employment in a supported work environment to those living with a mental illness. The program included training, skill development and certifications that helped trainees as they return to school or work. Despite incredible growth in the value and volume of sales over the past year, (a 15% increase in monthly sales), we had to close the Café on March 31, 2017.

VCH, VGH and UBC Hospital Foundation and Sodexo have generously supported the café.

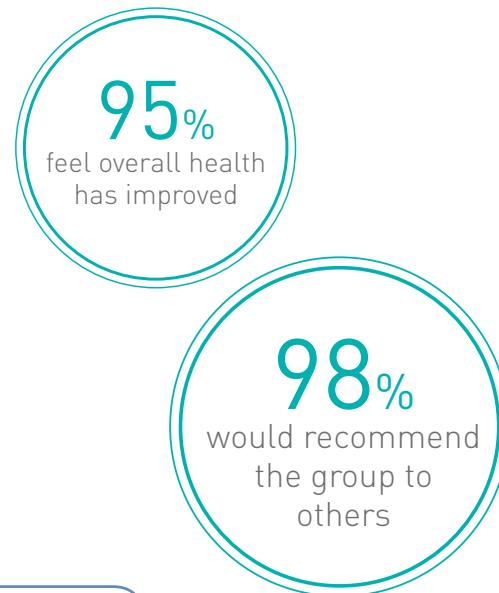


Prevention and Education

Chinese Mental Health Promotion Programs

For over 20 years, the Chinese Mental Health Promotion Program has been improving the lives of individuals in the Chinese community by promoting wellness through recreational and leisure activities, increasing awareness of mental health issues and reducing the stigma associated with mental illness.

The program hosts monthly support groups in Cantonese and Mandarin, depression/anxiety screenings large festival events, and has facilitated workshops on a variety of topics such as grievance, managing money, understanding emotions, etc. With specialized programming for the older population, we reached 543 seniors in 2016/2017.



"The instructor inspired our imagination and our interest in drawing! Thank you for the opportunity to express our creative mind!"

"The atmosphere of our group sessions feel safe, friendly and approachable. I feel more confident interacting with other people in the group."





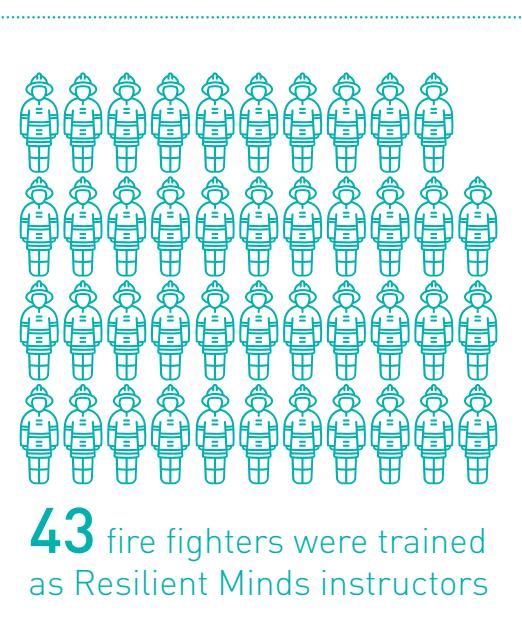
Prevention and Education

Community Outreach and Education

Our branch continues to improve the mental health of workplaces and communities through facilitating a wide range of comprehensive and stigma-reducing workshops, and through engaging and informing communities with the resources needed to live mentally healthy lives.

Early recognition and intervention can mitigate the negative impacts of a mental health problem. Our [Responding with Respect \(RWR\)](#) programs for the workplace equip individuals with the skills to better recognize the warning signs of a person struggling with a mental health problem, and how to respond using safe and supportive communication. Through a partnership with Metro Vancouver, we delivered 18 session training 210 employees and management in less than three months.

[Resilient Minds – Building the Psychological Strength of Fire Fighters](#), a program developed in partnership with the Vancouver Fire and Rescue Services, engages and informs first responders in three crucial areas relevant to their work: trauma, mental health problems and building resiliency. Resilient Minds provides a toolkit to build skills needed to assist colleagues, family, or members of the public who may be struggling with a mental health problem or be in a crisis. The program is delivered to fire fighters by other fire fighters trained and certified by CMHA-VF to be instructors.



“Members that have completed the training continue to reference it as some of the best training they have participated in during the course of their careers.”

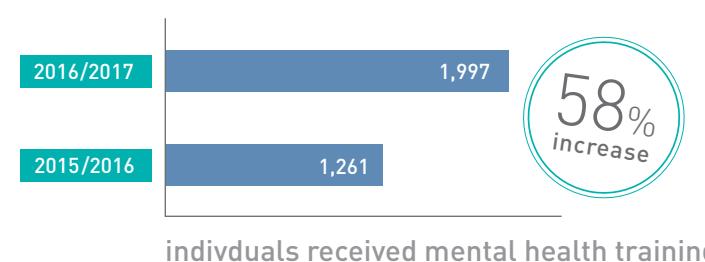
- Deputy Fire Chief Operations,
Victoria Fire Department



[Resilient Minds in the Workplace](#) builds an understanding of anxiety, depression, and mental health, while providing stress management techniques that will enable participants to focus on improving emotional well-being and strengthening resiliency.

[Living Life to the Full \(LLTF\)](#) helps individuals to feel better and deal with everyday life challenges by learning better self-management skills using Cognitive Behaviour Therapy (CBT) principles. A CMHA-VF flagship program, it is an eight-session, 10-hour, evidence-based mental health promotion workshop offered in both an adult and youth version.

[Mental Health First Aid \(MHFA\)](#) teaches people how to identify the signs and symptoms of a mental illness, provide initial help, and guide a person towards appropriate professional help. MHFA shares the same overall purpose as traditional first aid – to save lives. There is also a Octarate course for adults who work with youth and in late 2017, our branch will offer a third MHFA program - for adults who work with seniors. MHFA is a Mental Health Commission of Canada program and is available across Canada.



individuals received mental health training

130
mental health trainings delivered

87%
of attendees felt better equipped to recognize and respond to mental health problems

COMMUNITY OUTREACH
This year we attended

43
community events and reached over
2,700 community members



Stay connected

[@CMHAVancouverFraser](#) and [@CMHA_VF](#)
Email courses.vf@cmha.bc.ca to learn more about workshops





Prevention and Education

Suicide Prevention Training

Suicide Prevention Training prepares and educated members of the community to be the help for people who are at risk of suicide. The awareness and intervention program follows research-informed curriculum developed by LivingWorks Education, shown to be effective at increasing knowledge, skill and willingness to intervene, as well as helping to reduce the risk of suicide.

Available courses are ASIST (Applied Suicide Intervention Skills Training) and safeTALK (Suicide Alertness For Everyone). The program provided training to over 35 communities and organizations including members from 10 different First Nations in the Fraser Valley region.

WRAP: Wellness Recovery Action Plan

WRAP is a wonderful holistic wellness tool that supports individuals to explore who they are, discover their strengths and resilience. It focuses on self-determination and provides a rich opportunity for each individual to be in the driver's seat and recognize that they are the experts on themselves. It explores each individual's relationship with hope, personal responsibility, education, self-advocacy and support. The WRAP program is facilitated by CMHA program participants who have completed the certification process to instruct including Peer Support Workers, Peer Navigators, Get Set and Connect participants, IPS and ECHO members.



"The training removed the fear and apprehension out of approaching this topic."

"I am confident that I have learned and practiced skills necessary to help anyone at risk."



Counselling and Adult Support Groups

Counselling

The Delta Resource Centre has been helping people lead happier, healthier, more fulfilling lives through its counselling services for 6 years. Provided at low-cost, the services available include clinical counselling for children, youth, adults and seniors, group/couples therapy, functional assessment, educational and career counselling, nutritional support, life skills coaching, training, advocacy and Art and Expressive Therapy. We specialize in anxiety, depression, anorexia, bulimia, borderline personality disorders, bi-polar, OCD, autism, grief and loss, addictions, trauma, and crisis.



Adult Support Groups

Seeking and receiving support is important to our mental health. Those who access our support groups have an opportunity to share their experience living with mental illness in a safe and supportive environment, which is co-led by peers and a Registered Clinical Counsellor. Our two Support Groups are Obsessive Compulsive Disorder (OCD) Support Group, and Mental Health Resiliency Support Group.

They are offered in a drop-in format located at our Delta office, at no cost to participants and are open to all communities.



"I can't begin to tell you how happy I am with the progress we have made. I'm very optimistic and appreciate your guidance in helping me move forward."





Prevention and Education

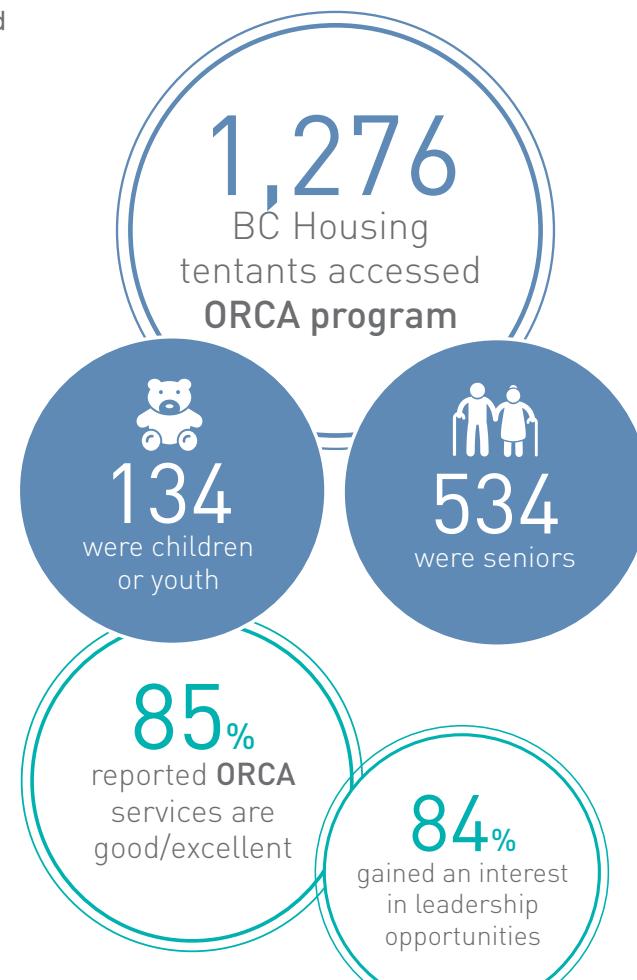
Delta Resource Center

The Delta Resource Center continues to receive high volume of walk-ins and visitors who are provided with mental health resources, advocacy, and community services navigation. The Centre also hosts a Therapeutic Volunteer Program for adults on disability. Individuals in this program build skills and confidence required for the workplace.

As a partner in The Delta Food Coalition the Delta Resource Centre offers opportunities for children, youth and adults in our community to participate in gardening for mental wellness and also provides distribution of fresh, locally gleaned fruits and vegetables.

ORCA – Opportunities for Recreation and Community Access

A connection and sense of community have significant mental health benefits on an individual, a fundamental concept and philosophy of ORCA. Tenants living in social housing who attend our programming feel less isolated, build relationships, and improve their tenancy and life skills through a foundation of recreation and leadership programming. ORCA engages tenants in meaningful and motivating activities, creating inspiration to each individual to reach their potential and to live a full and productive life.



"ORCA programs and events are an excellent means to break down communication barriers among neighbors and enhance community spirit."

"Participants in ORCA have given me strength and boosted my self-confidence."



Children and Youth

Arts and Expressive Therapy

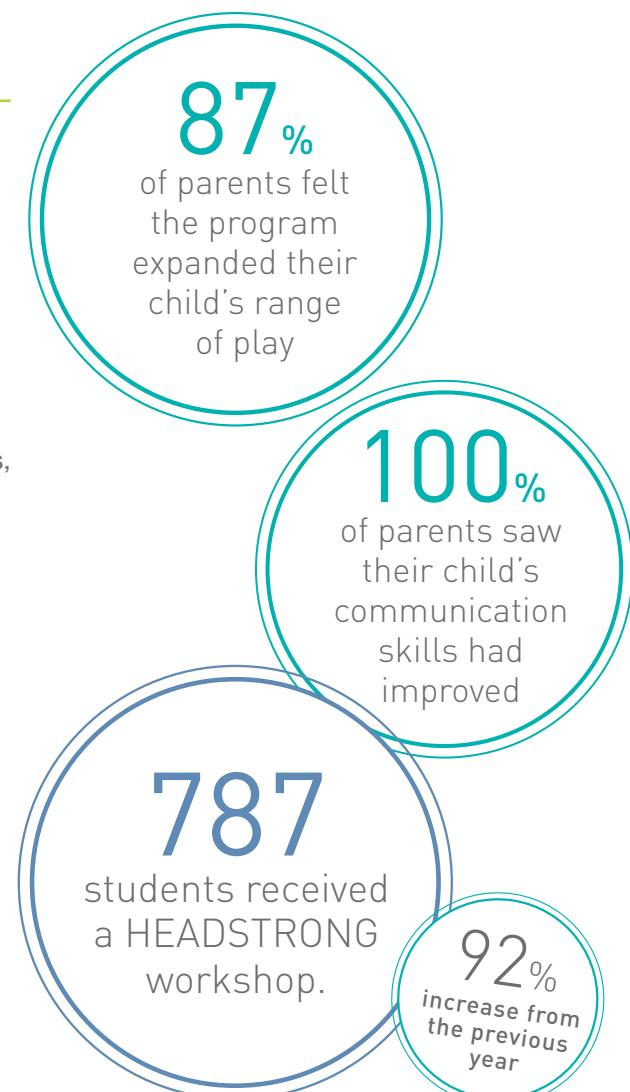
Children, ages 6-10, explore their creative selves while nurturing their emotional health in our Art and Expressive Therapy program. The emphasis is on feelings and how children can build on their strengths to develop greater self-esteem. In a fun and playful environment, children learn mindfulness, breathing exercises, engage in arts, performances, and story-telling.

HEADSTRONG

HEADSTRONG improves high school students' knowledge and understanding of mental health, reduces stigma, increases their confidence in reaching out for help if struggling or stressed and increases their knowledge about who to trust to help them or their peers/loved ones in community. HEADSTRONG is facilitated in a peer-to-peer fashion by youth facilitators, often who have experience living with a mental health problem. HEADSTRONG is in partnership with the Delta School District and available to other cities by request.



In partnership with the Vancouver Police Department, Vancouver School Board, and Vancouver Coastal Health to develop mental health curriculum for grade 7 students to be embedded in schools as a pilot project for the next 5 years. Our collective goal is to increase mental health literacy, provide an understanding of mental health problems, offer simple yet effective coping strategies and tools, reduce stigma, raise awareness and promote mental health. With a greater focus on mental health education, we are investing in and encouraging the health growth of youth.



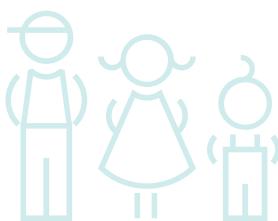
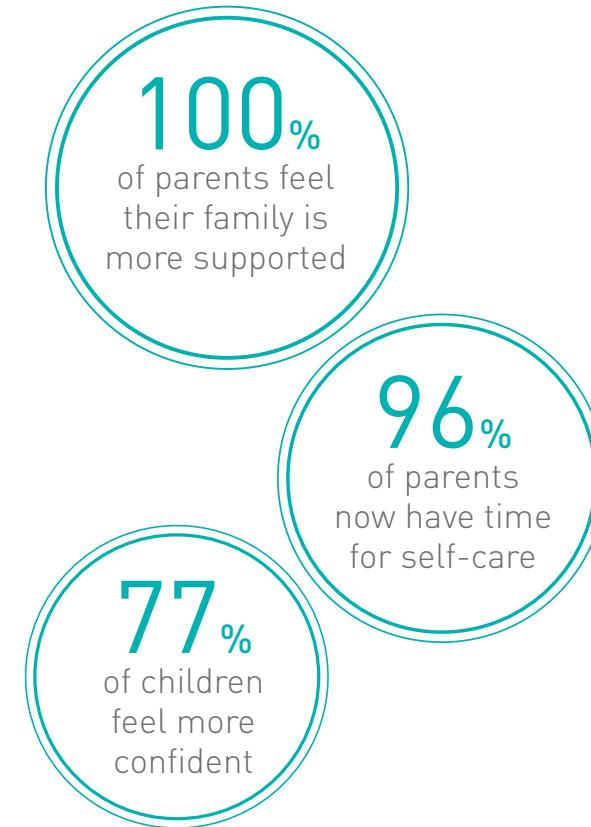


Children and Youth

Super Fun and Pandemonium Groups

Children who attend the [Super Fun Group](#) build resiliency, confidence, social skill development and feel a sense of connection with other peers whose parent also lives with a mental illness. The program ensures youth have the opportunity to interact with safe and supportive adult role models, and focuses on forming healthy attachments through ongoing acceptance and long-term participation in the program. With this approach, youth achieve success in the programs where they might not in other areas of life.

[Pandemonium](#) creates fun and empowerment for youth who have a mental health problem. The recreation-based program empowers youth to reintegrate back into the community and provides activities that allow participants to meet – and overcome – personal challenges in a supportive way. It offers experience in building friendships and encourages the development of peer social networks that reduce the isolation often felt by youth who are living with a mental health problem.



"I just love everything about the group – the people, activities, the leaders. I hope it never ends."

"Super Saturday means so much to our family. For me, I get the time to be on my own, mediate, and to know my children are in activities we otherwise can't afford. I appreciate so much that someone can do that for them."

Resource Development

Funder Recognition

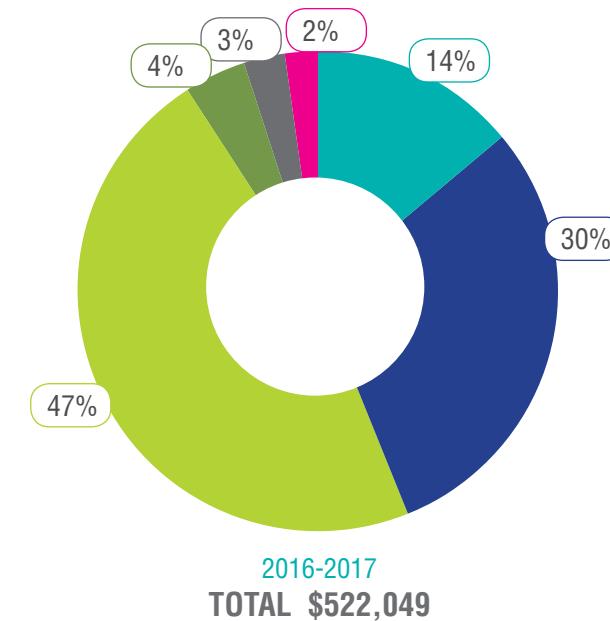
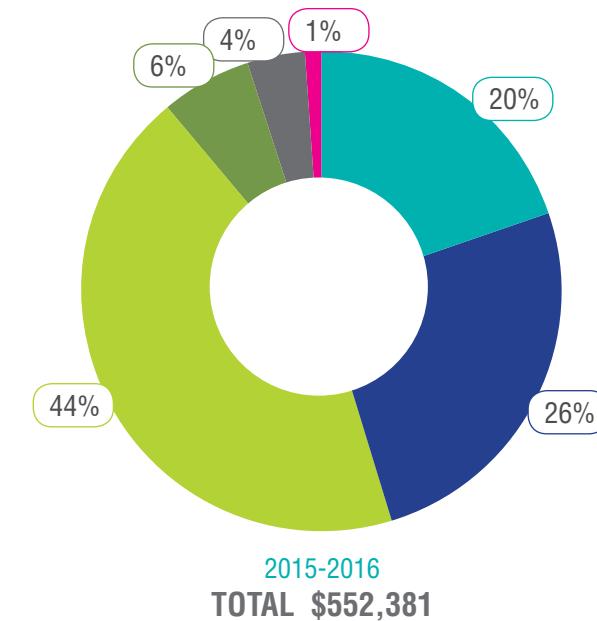
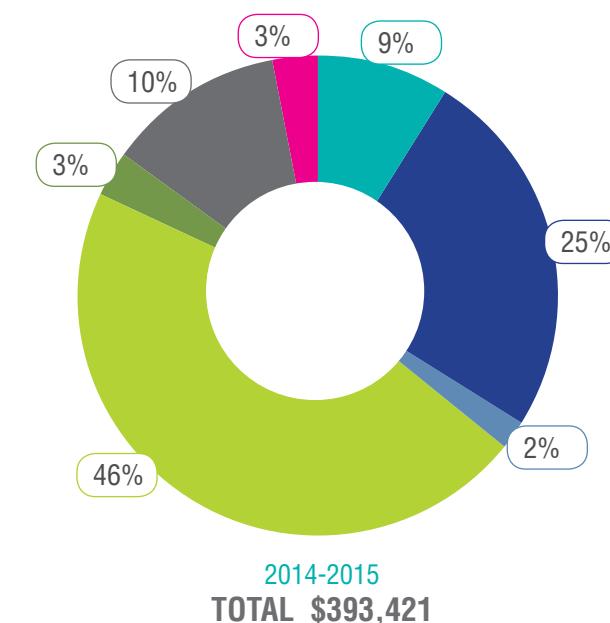
On behalf of the Board of Directors, staff and participants, we thank our key funders for their significant addition and contribution to the CMHA-VF branch. Their investment in our programs and events has strengthened our capacity to provide community-based services building mentally healthy communities for all.

FUNDERS

- BC Housing
- Vancouver Coastal Health
- Fraser Health
- CMHA BC Division and Toronto Branch
- Province of British Columbia
- City of Vancouver
- City of New Westminster
- City of Richmond
- CKNW Orphans Funds
- Bell Let's Talk

Fundraising

- Grants and Sponsorships
- Individual Donations and Memberships
- Gift Wrap
- Ride Don't Hide
- BMO Vancouver Marathon
- Miles for Mental Health
- Mental Health Voices



Philanthropy

We continue to expand fundraising efforts to ensure a diverse and stable funding base that supports collaboration, innovation and service. Through the support from our donors, we continue to increase the branch's capacity to provide programs for children and youth, enhance housing programs, and provide bursaries for the CMHA-VF flagship program Living Life to The Full.

We are grateful to our supporters who are committed to raising funds to help community members suffering or living with a mental illness.

The 58 runners and 390 donors in the
2016 BMO Vancouver International Marathon Run4Hope raised

\$20,362 

Mental Health Voices attendees, our annual award breakfast which brings together business, community and government leaders, raised over

\$11,300 

a 23% increase from the previous year.



Donor Recognition

Through the generosity of the following donors, individuals who struggle with a mental illness or a mental health problem have been able to access CMHA-VF services and programs. The donors listed below include all donors to our branch except those who donated through Shoppers Drug Mart Ride Don't Hide.



\$25,000

Private Foundation

\$1,000+

Brenda McAllister
Daphne Mary Seagram
Darren Bidulka
Jeff Carrie
Kathy Wong
Kristine Irving
Lise Ash
Mark Baron
Michael and Jennifer Terrell
Paul Hii
Raymond James Canada Foundation
Shahla and Saeed Zaari
Tom Heah

\$500+

Bruce C Grant
Felix Farms Ltd.
G Speakman
Jeremy Cham
Leandro Jarcia
Logan Schuss
Michael D. Haley
Patricia Janzen
Sanjay Sharma
Taylor Stilin
Wendy McConnell

\$200+

Allan and Iris Solie
Andrea Haworth
Andrew Kadler
Angela Vesey
Brenna Kanski
Catherine Newstead
Chris and Cindy Speakman
Daniel Dolan
Deborah Macdonald
Doreen Braveman
Eleanor Tehrani
Glen Macdonald
Grace Kwok
Greg Battle
Hua Zhou
Jane Atherton
Jane O'Connor
Jenn McGinn
Keith Walker
Kevin Inouye
Lana Cullis
Liz McKenna
Louise Stevens
Lynn Haley
Michael Anhorn
Michelle Boileau
Nathan Kitamura
Newsha Siouffi
Peter Ash
Ronald Haley
Roseline Lim
Shauna Sylvester
Steven Smith
Tony Marinelli

Sponsor Recognition

The following organizations are champions for their communities and have contributed to a positive change in mental health.



Douglas College Miles for Mental Health

Miles for Mental Health continues to inspire individuals to live mentally healthy lives, and to build communities that prioritize mental health for all. On a Sunday morning in October, 173 participants came together at Queens Park in New Westminster to support children and youth to access services they need to improve their mental health. They raised \$23,282. Thank you to each participant and the donors who supported them to ensure children and youth can build life-long skills for maintaining positive mental health.



We'd like to recognize the following participants and teams for their contribution to Douglas College Miles for Mental Health.

Participant Recognition

\$500+

Kathleen Stimson
Vicki Shillington
Vivian Lam

Team Recognition

\$5,000+

Douglas College
Miles for Myles
Team Nick Healey

"I'm very grateful this organization exists and encourages the de-stigmatization of mental health conditions."

"Thank you for the wonderful, important work you do, and services you provide."



Shoppers Drug Mart Ride Don't Hide



On June 26, CMHA-VF's Ride Don't Hide celebrated its fifth year as Canada's largest mental health event. With over 1,244 riders in Greater Vancouver, we raised a record-breaking \$243,990. Across Canada, Ride Don't Hide raised over \$1.3 million!

In addition to a financial success, 2016 was the first time we hosted a 100km ride. The 100Km route would not have been possible without the help of the BC RCMP, Vancouver Police Department and the Vancouver Fire and Rescue Services.

The money raised through Shopper Drug Mart Ride Don't Hide enables families and children to receive recreation and mental health literacy programming through our Super Fun Groups, Pandemonium Groups and HEADSTRONG. In addition, the

funds help individuals to build life skill and coping strategies to improve their mental health through CMHA-VF's Living Life to the Full workshop.

In addition to supporting the mental health needs of children and youth in Greater Vancouver, Ride Don't Hide also helps to reduce stigma related to mental illness through the community of people who take part to publicly demonstrate their support for people recovering from mental illness.



We would like to thank the following sponsors for their dedication to mental health and continued support in the Shoppers Drug Mart Ride Don't Hide event.



Thank you to our Sponsors

Our National sponsors



Our Greater Vancouver ride sponsors



Our media sponsors



Our community sponsors

Rider Recognition

We'd like to thank these individual's whose private fundraising efforts results in raising the following amounts during Shopper's Drug Mart Ride Don't Hide.

\$5,000+

Leona Acaster

\$2,500-\$4,999

Dan Cordingley
Jade Lim
Kathy Wong
Keith Elliott

\$1,500-\$2,499

Amy Chow
Candice Johnson
Catherine Wyse
Elaine Wong
Goetz Schildt
Kevin Inouye
Lorenzo Bonato
Mary Battle
Matthew Leung
Sarah Zurbuchen
Stephen Wong

\$1,000-\$2,499

Allison Lee
Anne Duifhuis
Ben Sykes
Bruce Raber
Dolly Scarr
Geoffrey Ainsworth
Jeff Bandura
Kate Chipperfield
Louise Loo
Milo Begic
Patrice Dunn
Steve Smith
Susi Hobbs
Terry Kornutiak
Zoe Johnston

\$500-\$999

Abby Odland
Ali Zentner
Andrea Mattenley
Andy Au-Yeung
Barbara Cheng
Barbara Mancell
Base Wagner
Bruno Bonato
Cathie Clark
Cathy Chiba
Chris Claiter
Chris Reynolds
Christina Brock
Clarissa Zinger
Dan McGreer
Dave Hobbs
Dave Louie
David Lew
Denise Cronshaw
Derek Yau
Dwain Mah
Elaine Au
Eleanor Lee
Eric Mulholland
Eva Ross
Geoffroy Rouleau
Gerard Horan
Grace Lu
Graham Robert Meek
Greg Nielsen
Harold Yuen
James Dettling
Janet Becker
Jessica Anderson
Jill Nixon
Jim Marley
Joanie Mcrury
Justin Chipperfield
Karen Hoshino
Karen Quaedvlieg
Karen Sun
Lana Cullis
Linda Campbell
Maia Gallant
Marco Faccone
Mark Edwards
Mark Szekely
Melissa Brazil
Michael Haley
Michael Anhorn
Roberta Rinaldo
Ron Chetty
Sandy Tanaka
Sarah Jessiman
Sarah Sykes
Sue Macdonald
Sunny To
Susan Todd
Teresa Milden
Thomas Prinster
Tom Herbst
Vicki Gilbert

Team Recognition

Ride Don't Hide strives to create a community of people working to reduce the stigma related to mental illness. When we come together to work as a family or a team, we know we are stronger. These teams raised the following amount through their collaborative fundraising efforts.

\$10,000+

Wyse Guys

\$5,000-\$9,999

Team Valt
Teradici
Team SDM Parkgate
Moody Blues Mob

"Mental health concerns affects many of us— our friends, neighbours, families. With positive campaigns like Ride Don't Hide, we're taking the stigma of mental illness out of the shadows and showing our community that we accept, understand and support our loved ones facing the challenges of mental illness."

— Terry Lake, Health Minister

Stay connected to Ride Don't Hide on Twitter and Facebook
  @ridedonthide



JOIN THE MOVEMENT IN 2018!

Ride Don't Hide
Greater-Vancouver

June 24th, 2018

[ridedonthide.com/bc/ride/
greater-vancouver](http://ridedonthide.com/bc/ride/greater-vancouver)

Volunteer Program

Volunteers are involved in every aspect of our work! They are provided with rewarding opportunities to get involved and give back to the mental health community. Volunteers gain transferable skills to help prepare them for employment, meet new people, and gain experience in an area of interest, including administration, event support and/or planning, program management, recreation therapy, and education.

We rely on volunteers to increase our capacity to serve our community and positively impact our program participants. We are thankful for their continued support to our agency and dedication to the CMHA-VF's national vision of mentally healthy people in a healthy society.



60%
increase of
volunteers

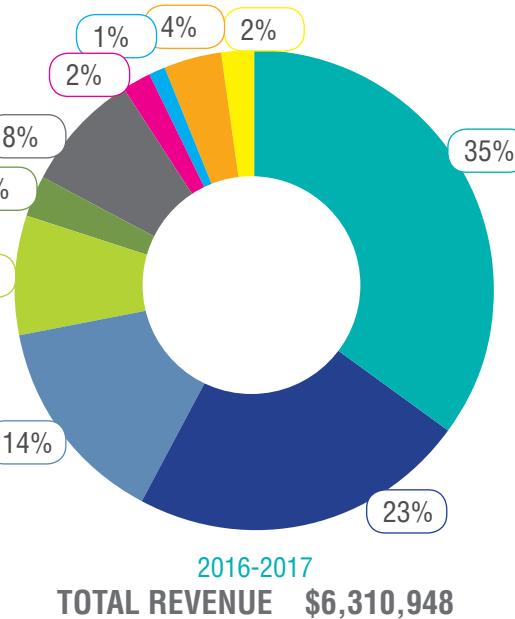
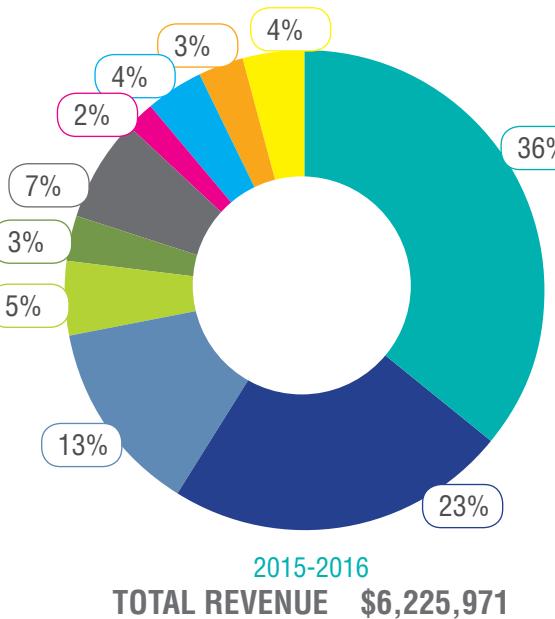
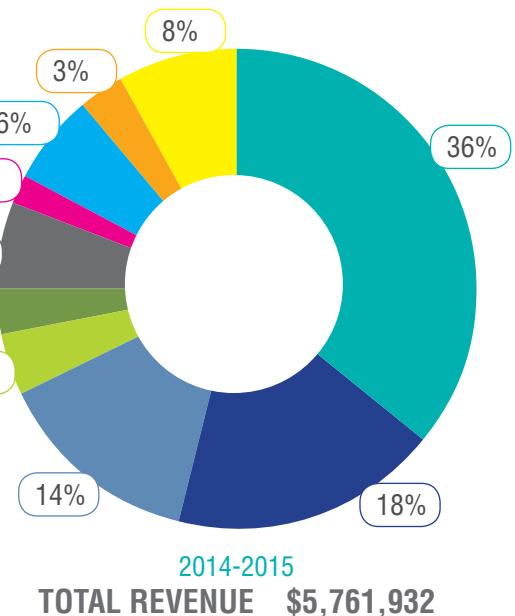


"I'm very happy that I can engage my community through volunteering – it's such a unique experience."

"Volunteering for CMHA is really enjoyable. At community health fairs, I was able to apply a lot of what I learned in orientation, and was amazed to learn how many people have been affected by mental health in their lives."

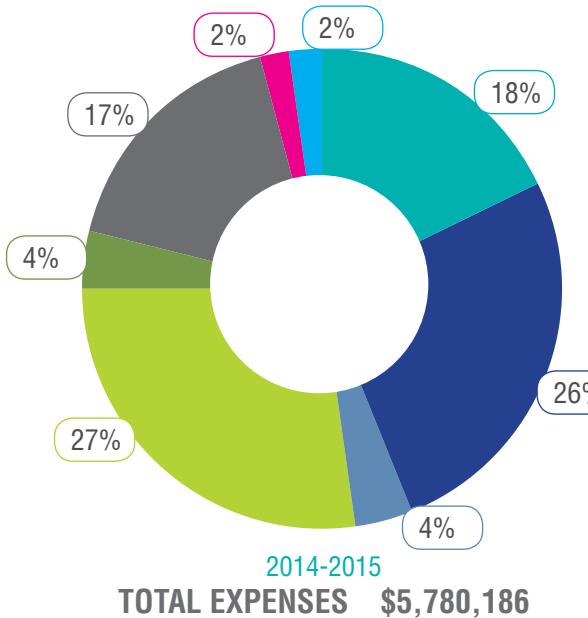
Revenue

- Fraser Health
- Vancouver Coastal Health
- BC Housing
- Other CMHA's
- Gaming Grant
- Fundraising
- Thrift Store
- Tenant Rent Contribution
- Program Generated Revenue
- Other

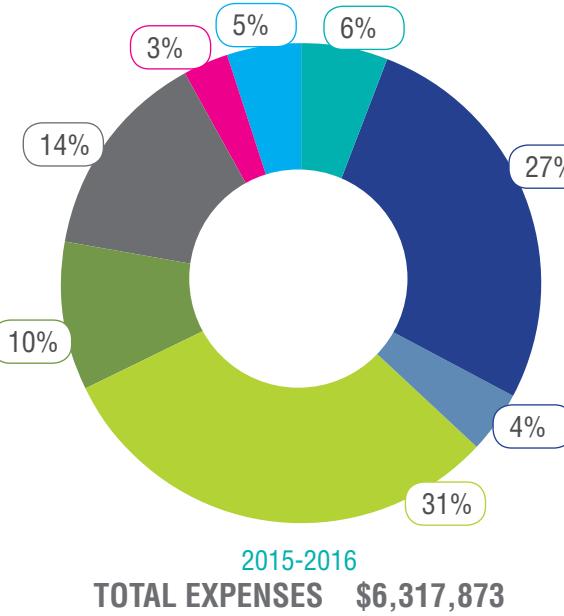


Expenses

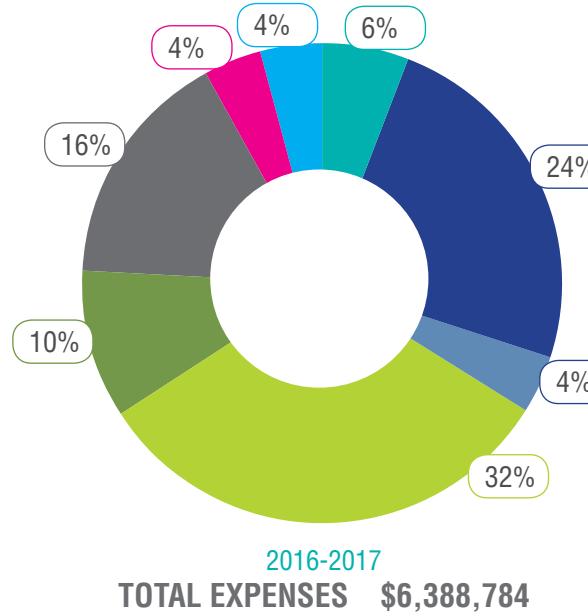
- Organizational Capacity
- Housing
- Child and Youth Programs
- Adult Recovery & Rehabilitation
- Peer Services
- Mental Health Promotion
- Social Enterprise Promotion
- Fundraising



TOTAL EXPENSES \$5,780,186



TOTAL EXPENSES \$6,317,873



TOTAL EXPENSES \$6,388,784

Be a Part of Our Success

Like what we do?

Connect to CMHA Vancouver-Fraser as a volunteer, donor, or stayed informed on what's happening at our branch through new e-newsletter!

Fill out the form and send it to:

Canadian Mental Health Association
Vancouver-Fraser Branch
2425 Quebec St, Suite 110,
Vancouver, BC, V5T 4L6

Phone: 604 872 4902
Fax: 604 872 5932
Email: info.vf@cmha.bc.ca

Information (please print clearly):

First name: _____
Last name: _____
Address: _____
City: _____
Province: _____ Postal Code: _____
Email: _____
Phone No: _____

I would like to support CMHA by:

- Making a donation
- Becoming a member of CMHA-VF
- Signing up for the CMHA Mental Health e-newsletter
- Volunteering at CMHA-VF

Donations I would like to pay by: Cheque Visa MasterCard

Card No.: _____

Expiry: ____ / ____ Security No.: _____ Signature: _____

Canadian Mental Health Association Vancouver-Fraser Branch

604 872 4902 | vf.cmha.bc.ca
2425 Quebec St, Suite 110, Vancouver, BC, V5T 4L6



**Canadian Mental
Health Association**
Vancouver-Fraser
Mental health for all

**Association canadienne
pour la santé mentale**
Vancouver-Fraser
La santé mentale pour tous

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