

Canadian Mental Health Association
Vancouver-Fraser Branch

Impact Report

2018/2019



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all

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

Engage & Connect with Mental Health

Now is the time for all of us, as a committed community, to build hope, take action and get loud for mental health [#mentalhealthforall](#).

Awareness in mental health and the need to reduce stigma is increasing daily. With increased media coverage, conversations are more open and direct today than ever before – at home and in the workplace. It's ok to share our personal mental health challenges in a safe and inclusive environment. It is now time for each one of us to take action in creating an inclusive, healthy, and responsive community.

Take a moment or a few hours and volunteer, join us as a member or become a philanthropic partner. You will be making a positive contribution in an individual's and our community's mental health, and you will be bringing hope to those who are challenged with mental health issues or mental illness.

Volunteer Today

CMHA Vancouver-Fraser (CMHA VF) provides a wide range of opportunities for volunteers; your skills, ideas, your time, commitment and expertise help us further our vision and provide the critical mental health services required in Vancouver - Fraser. We offer you an opportunity to participate on our board or advisory committees, be a team leader at Ride Don't Hide or represent CMHA VF at any of our community outreach or education programs. Join us today.

Become a Member

When you become a member of CMHA Vancouver-Fraser, you are demonstrating your support for mental health and addictions 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*.

Philanthropy and Community Partnerships

CMHA Vancouver-Fraser is actively developing partnerships with individuals, organizations, companies and community groups to support mental health. We have amazing programs, dedicated staff, clients and professionals with compassion, all with the ability to create a strong and healthy community. But we can't do it alone. The impact on a child, a parent, a youth with mental health challenges or mental illness needs YOUR support. How? A monthly donation, an annual gift, a gift in your will, a gift in kind or a corporate partnership. There are many ways your support will have a positive impact on a person struggling with mental health challenges. EVERY gift has a positive impact on the mental health of individuals within Vancouver-Fraser.

Breathe Deeply Community Connections --- Please Stay Connected

Sign up for our e-newsletter, *Breathe Deeply Community Connections* to help you stay on top of the latest mental health news, programs and resources from CMHA Vancouver-Fraser and beyond. Follow us and join the conversation on Facebook and Twitter and watch amazing stories on our YouTube channel.

 @CMHA_VF
 @CMHAVancouverFraser
 @cmhavancouverfraser

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 James Wheeler

A message from the Board President

“Last year, 95% of those in Supported Independent Housing reported that their worker has helped them to find housing and accommodation.”

It is my pleasure to be working with such a committed team of volunteer leaders on the Board of Directors, and a team of dedicated professionals within the staff at CMHA Vancouver-Fraser. The services provided by CMHA V-F are guided by core values that result in a holistic, person centered approach that emphasizes self-direction, self-responsibility, and builds on the person's strengths – a model that we can all embrace.

This service philosophy recognizes the need to support and respect a person's hopes and dreams as they engage in their unique and non-linear recovery journey. The Branch values the input of persons with lived experience in program development, delivery, evaluation and research and seeks to support individuals to develop and utilize their leadership potential. You will see that CMHA V-F reflects this philosophy in all we do.

In 2018/19, 96% of our Peer Navigators reported the program has helped them develop a greater sense of meaning in line. Programs like Responding with Respect (RWR), Mental Health First Aid and Here4Peers continued to increase people's understanding of mental health with 87% of RWR participants reporting an increased ability to effectively recognize/respond to mental health programs.

All of our housing programs increase the ability of individuals recovering from mental illness or behavioural health concerns to live independently in the community. Last year, 95% of those in Supported Independent Housing reported that their worker has helped them to find housing and accommodation.

You can see that CMHA Vancouver-Fraser continues to advocate strongly and loudly for 'mental health for all'. The board and staff are committed to delivering mental health services, the most underfunded services in our health-care system.

The team is focused, committed and passionate. But it is only with the support of all of you that we can truly aspire to create a community that embraces *mental health for all*.

Sincerely,



Conny Lin
President

A message from the Executive Director

“With an estimated 10-20% of Canadian youth being affected by a mental illness or disorder, the demand for our programs is increasing exponentially.”

This last year we saw Canadians *get loud* for mental health and the impact in Vancouver - Fraser has been significant. Large and small businesses, retail stores, employees and individuals have stepped up and are taking action to support critical services and programs for those affected by a mental illness or suffering from mental health challenges. Thank you!

CMHA Vancouver-Fraser is a leader of hope and mental health, experiencing continued growth and success in program delivery and community partnerships. Our Bounce Back coaches helped individuals conquer mild depression and/or anxiety with 91% of the participants stating that the program allowed them to make positive life changes. 64% of participants in our Individual Placement and Support (IPS) program found new competitive employment.

In 2018/19, CMHA Vancouver-Fraser's Children and Youth programs reported that 86% of the youth reported that the program helped them talk more with friends and 95% increased their level of comfort in trying new activities.

Yet even with our success, our waitlists continue to grow. With an estimated 10-20% of Canadian youth being affected by a mental illness or disorder, the demand for our programs is increasing exponentially. In Canada, only 1 out of 5 children who need mental health services receives them and even then, youth in a mental health crisis will wait for one year and more for support services.

I invite you to reach out to us and join us on our journey together as we build resilience and strength within our community, and as we support recovery for those living with mental illness and substance use concerns.

Sincerely,



Michael Anhorn
Executive Director

About Us

As the nation-wide leader and champion for mental health, **Canadian Mental Health Association (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. Together we positively impact change, creating a community that supports mental health and reduces the stigma associated with mental illness.

CMHA Vancouver-Fraser branch has been serving the Metro Vancouver area since 1958. We believe everyone deserves to be mentally healthy and live in a healthy community. By offering community-based mental health education, services, and support for children, youth, adults and seniors, CMHA, Vancouver-Fraser contributes to the long-term health and wellbeing of our communities.

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



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

We Have Three Pillars of Work

1 Wellness and Community Inclusion

We walk alongside people living with mental illness. We support them in reaching their hopes and dreams and living full and contributing lives in their communities.



2 Early Intervention and Prevention

We increase young peoples’ mental health knowledge while helping them develop skills to maintain positive mental health and confidence to ask for help when they need it.



3 Mental Health Promotion

Mental health includes habits and behaviours that build positive mental health, social support networks that can be counted on and have strong connections to our community. CMHA helps people with these aspects of living a mentally healthy life while reducing the stigma related to mental illness.



OUR VISION:

Mentally healthy people in a healthy society.

Housing Programs

CMHA Housing Programs help individuals find independent living while building skills for recovery from mental illness.

Community Living Support and Supported Independent Living

Program participants living with a mental illness are supported as they develop independent living and coping skills such as: learning to navigate the formal support systems (income assistance, old age pensions, and primary health care), navigate conflicts with other tenants and obtain employment.



Youth Supported Independent Living

Youth living in the North Region of the Fraser Health Authority receive safe and affordable housing and, with the help of our staff, are supported through their recovery from mental illness 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.



Transitional Housing

Residents in our Transitional Housing program work with staff to acquire the skills they need for everyday independent living. In addition, they work to regain their sense of belonging to a community 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 to live independently in the community. We operate four transitional houses and one apartment. Three of the houses and the apartment are in New Westminister; the remaining house is in Maple Ridge. Three of the houses and the apartment are for adults. The fourth house serves youth and young adults.

29
individuals housed as residents

100%
are satisfied with the support they receive

100%
report experiencing increased skills and successes



Adult Services

We provide a variety of community-based and recovery-oriented services for adults and seniors.

ECHO Clubhouse (Education, Community and Health Options)

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.

19

ECHO members secured jobs with the support of our ECHO employment specialist

18

Successful volunteer placements

“The Clubhouse is a place I can come to besides being home.”

“Open, safe and full of opportunity to know someone like me.”

“Coming to ECHO lets me have a social life and a chance to meet others with the same talent.”

Parent and Family Voices Committee (PFVC)

We create an inclusive space where a diversity of voices are heard. We recognize that participants and family members hold the expertise in understanding mental health and inclusivity.

The PFVC Committee is made up of current or past participants of CMHA VF programs. It is a group of engaged participants, family

members, staff and board members working to create a space in the CMHA-VF where participants and family members lead change. Working collectively through reflective and open dialogue, the committee ensures stigma is addressed through education and connection, and contributes to the ongoing development of policy, programming and evaluation of CMHA-VF.

Get Set & Connect – The Power of 7

People who have at least seven (7) people they can confide in are 70 per cent more likely to report good health. Only 20% of people in Metro Vancouver have seven or more people they can confide in. People with lower levels of social connectedness report higher levels of stress and 43 per cent of residents in Vancouver Coastal Health and Fraser Health reported “low” or “very low” sense of community belonging (My Health My Community, 2018).

Get Set & Connect coaches work with individuals to address goals related to social connection and community belonging. They link adults to leisure and volunteer activities in their community, which helps to build social networks with like-minded individuals while increasing the participants’ sense of belonging to community.

“Connecting to people and community with support of people with care and professionalism.”

917 peer led groups occurred in the community

84% of participants reported the program has helped increase their overall wellness

“The coaches help participants choose the right activities and improve their wellness.”

“I get the encouragement to try new things. A real confidence booster!”

“I can connect with people who share my interests and leisure activities. They (staff) provide hope in a safe setting. There is no pressure and the staff are professional, helpful and offer good advice and support and they are there when you need them.”

Adult Services (Continued)

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 break down barriers to accessing services and connect individuals to services such as legal aid, housing, health efficiently and in a timely and efficient manner.

“This year I feel like I have grown more than I have in the last four. Since starting this program . I have gotten my first real job, graduated school, moved into my own space and feel less physically tired.”

Download Our Report

The Vancouver Mental Health and Addictions Systems Barrier Report is available at <http://vancouver-fraser.cmha.bc.ca/programs-services/peer-navigator/>

100%

of participants feel it's helpful to talk to a peer

93%

of participants feel they are now better able to advocate for themselves

81%

reported the program helped them develop a greater sense of meaning in life

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 identify and achieve their own goals, and develop a wellness plan. This connects individuals to their community, helps them access appropriate services, and achieves a productive and mentally healthy lifestyle. Peer Support demonstrates that hope and recovery are possible.

1,103
individuals in the community are working with a Peer Support Worker

100%
of individuals are more active in the community, an **8% increase** from the previous year

“Peer Support has made a large difference in my life by having somebody to share experiences. There is no judgement and much empathy.

The Peer Support worker has made a significant difference in my life in that he helped me research some info about a career on the computer that helped me to decide what I would like to do. He is very pleasant, patient, and knowledgeable. And he is friendly and caring. I like working with a Peer Support worker since he is approachable and understands my needs.”



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Wellness Programs

CMHA VF believes that good mental health is essential to overall health and well-being. Whether you are managing a mental illness, supporting someone you care about, or looking to build your own overall health, we help individuals build mental health skills and resilience for themselves and their families.

Bounce Back®: reclaim your health

The Provincial Health Services Authority funded Bounce Back® program helps individuals 15 years + overcome early symptoms of depression and anxiety and improve overall mental health. Participants learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive.

“I feel like there are different things I can do now when I feel anxious. I feel more confident that I’m able to manage those symptoms when they come up.”

“I so enjoyed being a part of the BB program. I’ve learned so many new tools that will help me conquer.”

“The design of this program is very organized and flexible enough to tailor to my needs and lifestyle. It also possesses a self-driving component which makes me feel like I have had a control and pride over my progress of my journey in this program.”

665
new program participants

136
seniors (self-identified) served

Participants Report

37% decrease in depression symptoms resulting in an enhanced mood

41% decrease in anxiety symptoms resulting in an enhanced mood

Bounce Back® allowed them to make **positive life changes**

Chinese Mental Health Promotion Programs

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 for almost a quarter of a century.

The program is led by senior volunteers who plan, organize and host monthly support groups in Cantonese and Mandarin. There are depression/anxiety screenings, large festival events, and workshops on a variety of topics such as grieving, managing money, understanding emotions, etc.

“With specialized programming for the older population, we reached 1,932 total participants in 324 sessions in 2018/2019.”

93%
feel overall health has improved

85%
would recommend the group to others

“I also enjoy those monthly talks by mental health professionals relating to all kinds of health issues. I have gradually recovered from my traumatized life four years ago, just like many other people in the group.”

“CMHA’s activities enrich the lives of the elderly and help us increase our knowledge of mental health. I sincerely thank the CMHA for the resources that they put in for us.”

The Happy Seniors Drama Group performed at **17 community events**

Wellness Programs (Continued)

Counselling and Adult Support Groups

Counselling

The South Fraser Resource and Support Centre has been helping people lead happier, healthier, more fulfilling lives through its counselling services. At a low-cost, the services available include professional counselling for children, youth, adults and seniors, as well as 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.

45
individuals
received counselling

45
individuals attended
our support groups

82%
felt an increase
in support and
encouragement

73%
reported an increase
in ability to help
self and others

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-lead by peers and a Registered Professional 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 in Delta, at no cost to participants and are open to all communities.

South Fraser Resource and Support Centre

The South Fraser Resource and Support Center (located in Delta) 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.



Canadian Mental Health Association
Vancouver-Fraser
Mental health for all

ORCA (Opportunities for Recreation and Community Access)

A connection and sense of community have significant mental health benefits for 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, inspiring each individual to reach their potential and to live a full and productive life.

905
BC housing tenants
accessed the ORCA program

268
were Seniors

146
were children or youth

81%
of tenants surveyed
became leadership
volunteers

76%
report that they are
satisfied with
CMHA activities
overall



“I like coming to this program because I need the socialization and facilitation by staff to make it a safe environment for me.”



Workplace Education

CMHA Vancouver-Fraser is committed to improving the psychological health and safety of our community and the workplace. Through our training, we increase mental health literacy, reduce stigma, and encourage early intervention through building skills to better recognize and respond to staff who may be struggling with a mental health problem.

Resilient Minds – Building the Psychological Strength of Firefighters

Developed and managed by CMHA Vancouver-Fraser, our **Resilient Minds Building the Psychological Strength of Firefighters** program engages and informs first responders in three crucial areas relevant to their work: trauma, mental health problems and building resiliency. Resilient Minds is based on CMHA's 4R Action 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 was developed in partnership with the Vancouver Fire and Rescue Services and is delivered in a peer-to-peer format, with firefighters trained and certified to deliver the workshop.

220
firefighters in B.C.
and P.E.I. were trained
as Resilient Minds
instructors

“I think Resilient Minds should be part of the core training for every firefighter. Not only did this program help me develop the tools when dealing with my own mental health issues but it made it easier to have the conversation within our department.

Early identification and treatment is key and you can't get treatment if you can't talk about it.”

– Joe White, Firefighter, Cross Roads Fire Department



Responding with Respect

Early recognition and intervention can mitigate the negative impacts of a mental health problem.

Responding with Respect (RWR) programs provide participants with a basic understanding of mental illness and mental health, whether it is their own or that of a colleague, client, patron, community member, friend or family member. Based on **CMHA's 4R Action Tool Kit ©**, participants learn to identify signs and symptoms associated with a mental health problem and acquire effective communication strategies to respond and assist others who may be struggling. The goals of the training are to increase mental health literacy, reduce stigma, increase confidence in participants' ability to respond, and promote mental wellness.

“This was extremely informative and I feel more equipped to be someone who can approach mental health and illness issues with compassion, empathy and respect.”

RWR Essentials for Employees Workshop

83%
of workshop participants
report they feel comfortable
in ability to effectively
recognize/respond to a
mental health problem.

92%
of participants
would recommend
the workshop



“Very thorough, and very informative.”

RWR Frontline Workshop

Workplace Education (Continued)

Mental Health First Aid

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. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved. MHFA is a Mental Health Commission of Canada program and is available across Canada.

CMHA Vancouver-Fraser offers three versions of MHFA training through our certified Trainers:

1. MHFA Basic
2. MHFA for adults who work with seniors
3. MHFA for adults who work with youth



47
workshops delivered to

773
individuals

83%

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

“I think everyone in the world should take this incredibly important course.”

Community Outreach

43 Community Events

reaching **2,545** community members

Suicide Prevention Training (safeTALK, ASIST)

The Suicide Awareness Training Program prepares and educates members of the community, Gatekeepers, to be the help for people who are at risk of suicide. They are people who hold a position of trust and responsibility in the community, and who have regular face-to-face contact with many adults or seniors.

There are two levels of training that follow research-informed curriculum 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:

1. ASIST (*Applied Suicide Intervention Skills Training*)
2. safeTALK (*Suicide Alertness for Everyone*)

36
workshops delivered

279

individuals trained to create suicide safe communities

34 Communities

including members from 3 different First Nations in the Fraser Valley region

“I got a new perspective on how to help those in need.”

99%

of attendees feel prepared to help a person at risk of suicide

“I think this training is essential, especially in the student population, as many students may have suicidal thoughts. Knowing how to deal with people who are affected by these thoughts is a useful skill to have as a community advisor.”

Children and Youth

Super Fun and Pandemonium Groups

Children and youth from Richmond, Burnaby, Surrey, Delta, and Vancouver who are living with mental health challenges or with a parent with mental illness are provided with recreational-based programming, including Super Fun Groups (have a parent with mental illness) and Pandemonium (living with a mental health problem).

Super Fun and Pandemonium Groups build resiliency and confidence, develop social skills and foster a sense of connection to other kids in similar situations. In addition, Pandemonium supports youth with a mental health challenge to reintegrate back into the community.



100%
of parents feel their family is more supported in the community

95%
experienced increased comfort trying new activities “program helped me feel more comfortable trying new activities”

86%
experienced improved communications “program helped me talk more to friends”

95%
of parents have more time for self-care

“Quality leaders spend time with my children and help them learn and cope as issues arise – this is priceless!”
Parent, Super Saturday

“[The group] gives my child a chance to get out with children in her age range and have fun. Something I struggle to provide.”
Parent, Super Saturday

Art and Expressive Therapy

Children, ages 6-12, 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.

180
children participated in the school year program

100%
of teachers felt the program expanded the children’s communication skills and their range of play.



HERE4PEERS

HERE4PEERS improves grade 7 and 10 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 in the community. HERE4PEERS is facilitated in a peer-to-peer fashion by trained youth facilitators, often who have experience living with a mental health problem.

3,000
high school students participated

1,155
students provided feedback

92%
learned where to go for help if they need to talk about their mental health

Employment

CMHA VF offers a variety of workshop initiatives including self-employment services, work placement, and training sessions to improve mental health in the workplace.

Individual Placement and Support

Individual Placement and Support 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.

“I’m so glad I have someone to support me with my employment goals. I haven’t felt this hopeful in a long time.”

100%

feel IPS is an excellent employment program

Creating Opportunity

At Work/Au Travail, a federally funded CMHA National Employment Project, **placed 97% of individuals** engaged in IPS in competitive employment.

The “Thinking Skills at Work” research project successfully **supported 85 individuals** in finding employment (year 1 of 3 year project).

Treasure Chest Thrift Store

Located in the heart of Up-town, New Westminster, our Treasure Chest Thrift Store brings affordable shopping to the community. The store operates as a social enterprise services with all revenue generated supporting the programs and services of CMHA-VF. If you are looking for a wide assortment of good quality clothing, movies, books, antiques and specialty items for the home, please drop by! If you have goods to donate, you can drop them off at the store anytime the store is open.



Seth Wenig / Associated Press

Community

Volunteer Program

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

We rely on volunteers to help increase our capacity to serve our community and positively impact those living with a mental illness. We are thankful for their continued support to our agency and dedication to the CMHA national vision of mentally healthy people in a healthy society.

“I’m very happy that I can engage my community through volunteering – it’s such a unique experience.”

340
volunteers contributed
9,998 hours of time

32%
increase in volunteer hours



Philanthropy and Communications

The impact of every one of our donors, community and corporate partners is seen on the smiles and in the daily lives of the individuals who access our services and programs. Thank you!

CMHA Vancouver-Fraser continues to expand our fundraising efforts to ensure we have a diverse and stable base of partners who support collaboration, innovation and service. Our partnerships are based on long term strategic relationships with those who share our vision of 'mental health for all'.

Through the dedication of our staff, and support from our donors, funders, and participants, we continue to increase the branch's capacity to provide programs and services within our communities.

With a diverse range of annual campaigns, our outreach and engagement to over 32 communities in the Vancouver Fraser region continues to grow. Philanthropic gifts, corporate partnerships, community third party events, foundation grants, government support and bequests all play a very positive role in impacting the mental health of children, youth, adults and seniors throughout the Vancouver-Fraser region.



2018 Ride Don't Hide

Ride Don't Hide is CMHA VF's largest fundraising event. Held annually at Swangard Stadium in Burnaby, this community event attracted over 1100 participants, 3,000+ donors and 200+ volunteers, raising funds for Children and Youth programming such as Super Fun Groups and Pandemonium.

Participants have an opportunity to select from a variety of routes, from the 5k walk to a 10k, 20k, 60k and for the weekend warriors, a police-escorted 100k route.

Save the Month!

Next year, June is being celebrated as **Ride Don't Hide Month** across the country.

Save the Date!

Ride Don't Hide Greater-Vancouver - **June 14th, 2020.**



“I am proud to support the Ride Don't Hide campaign in the hopes we can –together– raise awareness and end the stigma surrounding mental health.”

Sponsors





2018 BMO Vancouver Marathon

CMHA VF is a gold sponsor of the BMO Vancouver Marathon. Runners participate in the marathon, or the half marathon raising critical funds for mental health and specifically for our Children and Youth programs.

Thanks to the 26 volunteers who joined us bright and early on May 6 for the 2018 BMO Vancouver Marathon. Operating a water station at the start line, we gave runners the final boost they needed before taking off and beginning their race. Handling everything from passing out water to providing directions our volunteers did it all with a smile all while helping raise vital funds for CMHA.



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90
runners

\$48,773
raised

479
unique donors

26
volunteers

Save the date for the 2020 BMO Vancouver Marathon: May 3, 2020

Top Fundraising Teams

Friends, family members and colleagues came together as a team to raise funds for mental health through Ride Don't Hide Greater Vancouver or BMO Vancouver Marathon. The following are the top fundraising teams for 2018.

RIDE DON'T HIDE

- Basque Berets
- CRA NVCC West Coasters
- Hot Head Games
- Hutch Fund Society
- NuData Security
- Paris Roka Candy
- SZOCS Foundation
- Team Macdonald Realty
- Team Obsession
- Team Teradici

BMO VANCOUVER MARATHON

- Connor Martin
- Lauren & Kirsten Southcott
- Warren's Warriors
- Herb Wong
- Mike and Michelle Sarvari

Individual Giving

The generosity of individual donors has an extraordinary impact on the mental health of those living with mental health issues and mental illness in our community. We thank the following individuals and organizations who have donated directly to CMHA VF or who have raised money from their networks through events such as Ride Don't Hide or the BMO Vancouver Marathon. These champions have individually raised over \$1,000 in 2018/19 to provide critical programs and services within our communities.

- Geoffrey Ainsworth
- Dan Cordingley
- JR Driver
- Ho Fan Jang
- Jade Lim
- David Lim
- Susan Mitchell
- Kevin Mo
- Keith Seabrook
- Teresa Smith
- Kirsten Southcott
- Chelsea Urquart

Corporate and Community Partnerships

Local businesses, associations, academic institutions and their employees through Vancouver-Fraser have dedicated time and a financial commitment through corporate, community and third party events. The following organizations have contributed \$1,000 - \$15,000 to CMHA VF in 2018/19.

- NAV Canada
- NoodleBox Venture
- Counting Arts Productions Inc.
- Connor Madden
- Pieta Darkness into Light
- Provincial Employee Community Service
- Raven Foundation
- RYU
- St. Georges School
- UBC Chemical Dept.
- Vancouver Canucks Alumni

Community Partnerships for Super Fun Groups

Each of the following community partnerships support CMHA VF's Super Fun Groups:

- Adolescent Day Treatment
- Big Sisters
- Kidsafe
- Supporting Families Affected by Parental Mental Illness and/or Addictions
- Tupper Nova School Program
- BCSS
- School counselors
- Kelty Mental Health
- Mosiac
- PRIYD
- TRuust.



Fundraising

- Grants and Sponsorships
- Gaming Grant
- Donations
- Ride Don't Hide
- Other Events

Funder Recognition

On behalf of the Board of Directors, staff and participants, we thank our key funders for their contribution which has strengthened our capacity to provide community-based programs building mentally healthy communities for all.

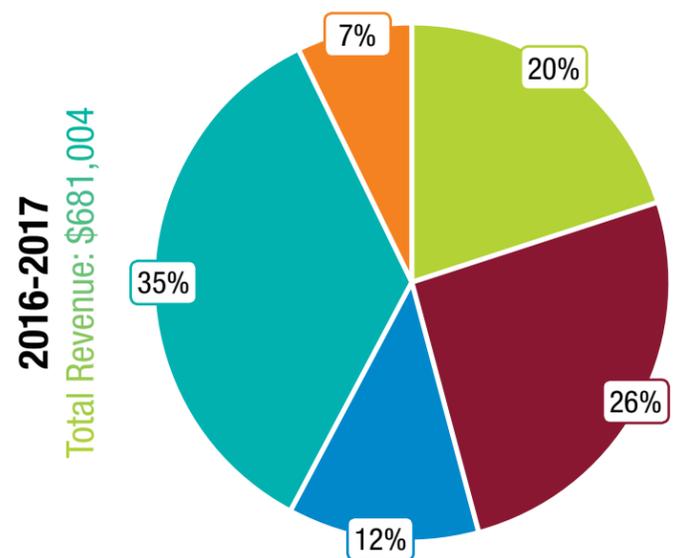
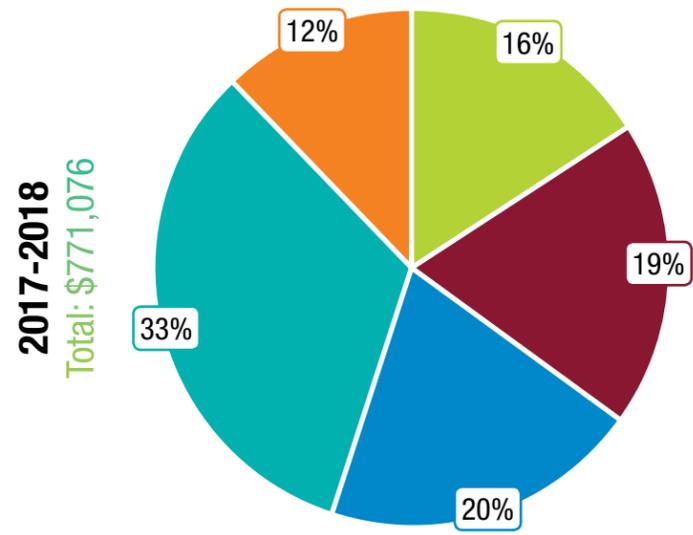
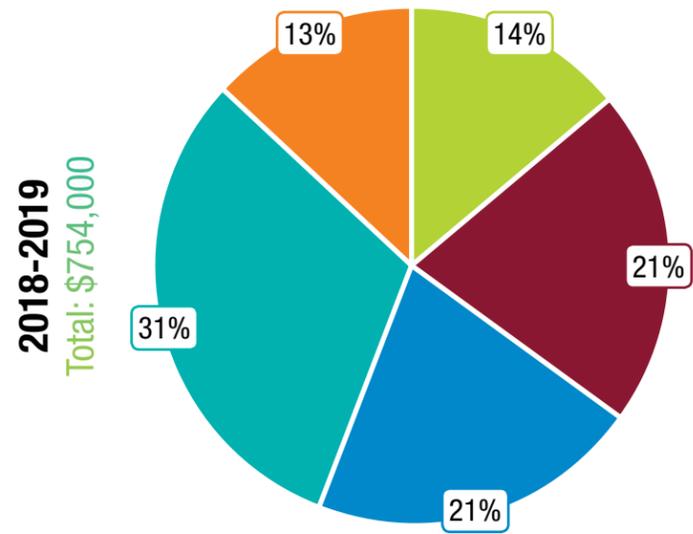
Major Funders

- BC Housing
- CMHA BC Division
- Fraser Health Authority
- Provincial Health Services Authority
- Vancouver Coastal Health

We acknowledge the financial support of the Province of British Columbia.

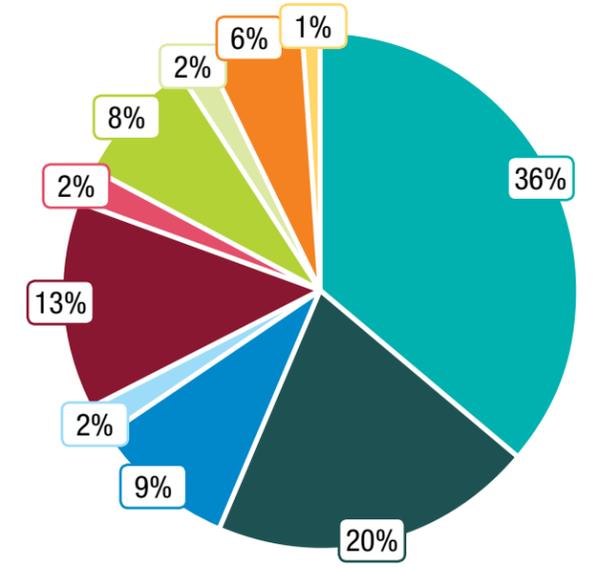
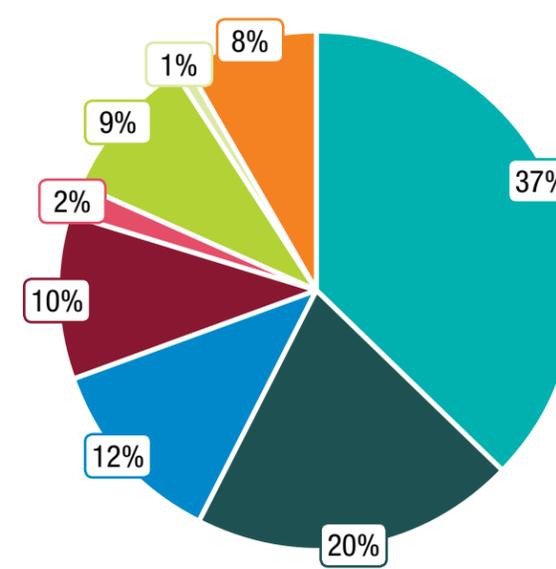
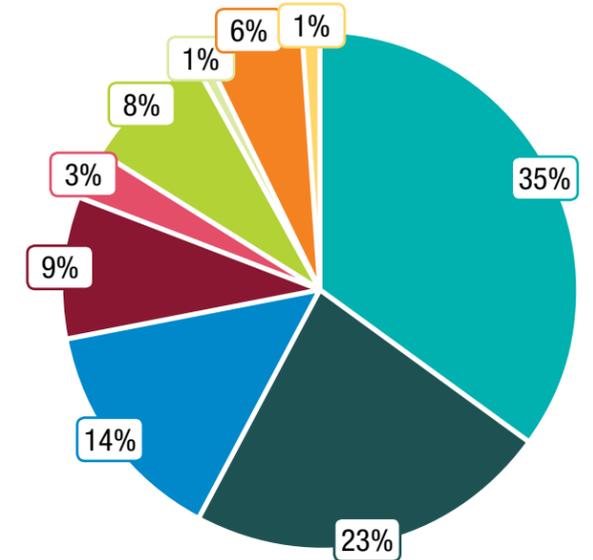
Federal, Municipal, Community, Corporate and other Financial Supporters

- Government of Canada - New Horizons for Seniors Program
- Royal Canadian Mounted Police
- City of Vancouver
- City of New Westminister
- City of Richmond
- City of Burnaby
- CKNW Orphans Funds
- Vancouver Police Department



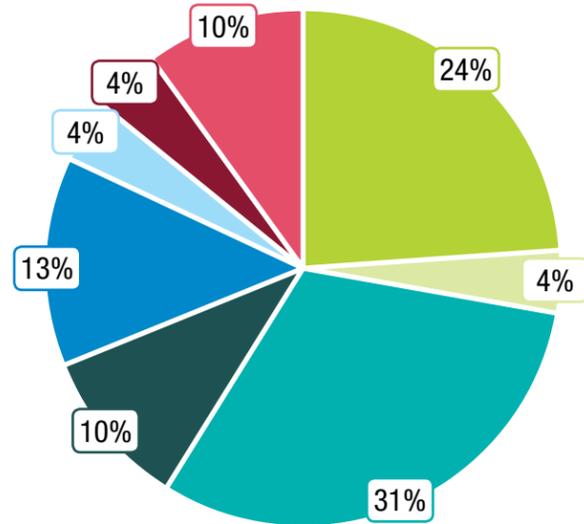
Financial Report (Revenue)

- Fraser Health
- Vancouver Coastal Health
- BC Housing
- Province of BC
- Other CMHA's
- Gaming Grant
- Fundraising
- Tenant Rent Contributions
- Program Generated Revenues
- Other Revenue



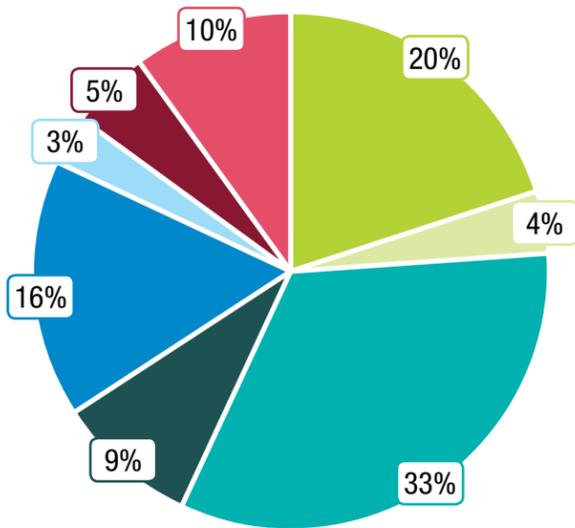
Financial Report (Expenses)

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



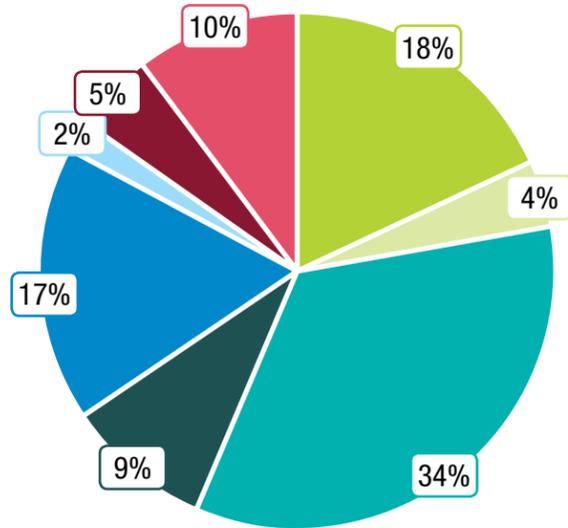
2016-2017

Total Expenses: \$6,388,784



2017-2018

Total Expenses: \$7,054,875



2018-2019

Total Expenses: \$7,107,567



Be a Part of Our Success

Fill out the form below and send it to our office:

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

Phone: 604.872.4902

Fax: 604.872.5934

Email: info.vf@cmha.bc.ca

Like what we do?

Connect to CMHA Vancouver-Fraser as a volunteer, donor, or simply keep up to date on what's happening at our branch through our E-newsletter, Breathe Deeply!

Support CMHA VF by:

- Making a donation
- Becoming a member
- Signing up for the Breathe Deeply E-newsletter
- Volunteering

Information (Please print clearly):

First Name: _____

Last Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Email: _____

Phone: (_____) _____

Donations

YES! I would like to support the critical services and resources provided by CMHA Vancouver Fraser. I would like to pay by:

Cheque Visa MasterCard

Card Number: _____

Expiry: ____/____ Security Number: _____

Name On Card: _____

Amount: _____

Signature: _____

Canadian Mental Health Association Vancouver-Fraser Branch

604.872.4902 • vf.cmha.bc.ca
110 - 2425 Quebec Street, Vancouver BC V5T 4L6

ISBN No. 978-1-9992515-0-5
Charitable Registration No. 81169 1922 RR0001



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Vancouver-Fraser
Mental health for all

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

