

# Canadian Mental Health Association

Vancouver-Fraser Branch



# IMPACT REPORT

2020/21



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

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



A stylized human figure with arms raised, composed of thick green and teal lines. The figure is positioned in the upper half of the page, with its head represented by a teal circle. The background is a dark teal color with diagonal stripes in shades of green and teal.

**MENTALLY HEALTHY  
PEOPLE IN A  
HEALTHY SOCIETY**

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## From The Board President



Although 2020 and part of 2021 has been challenging, I feel that we are stronger coming out of it.

**Shawn McNaughton**  
– CMHA-VF Board President



2020 seems like a lifetime ago. The world is moving exponentially faster while at the same time it feels we are not moving at all. Everything is the same but different. Travel restrictions are still in place, and for the most part, we are all still working from home. We are all a little more tired, a little more settled and a lot more humble.

If it sounds like I am cold or distant and aloof, I am not. I am thankful for the front-line personnel who have helped keep us safe. I am thankful for the counselors who are working to keep focused on bettering ourselves. I am thankful for the program coordinators at CMHA Vancouver-Fraser who strive to help keep our community healthy. I am thankful for you, our supporting members, who have remained supportive as we have pivoted... and pivoted again.

In the spring of last year, our clients and staff were faced with immediate transition from small group and 1:1 sessions to on line, virtual programming. This was challenging, exhausting and yet rewarding to see

how technology was embraced as our only channel of 'face to face' communication. A few programs were cancelled (Peer Support, Orca, Art Therapy) while others were totally transformed to meet the needs of participants while respecting provincial pandemic restrictions (Here4Peers, UROK). And the phones rang continuously seeking help and support through Bounce Back and Adult Support Groups.

We are experiencing 'the pandemic after the pandemic' known as the mental health pandemic.

I am also excited. With Michael Anhorn leaving as CMHA-VF's Executive Director to take on a new leadership role at CMHA Toronto, the Board entered the search process for a new CEO to take the Society into a new chapter.

I am excited for our new CEO, Ruby Ng who joined us on July 5<sup>th</sup>. She brings a wealth of knowledge and her collaborative nature is exactly what we need. I am excited for the ongoing support from our program

partners including Vancouver Coastal Health, Fraser Health Authority and BC Housing as we discuss new ways to connect with the people we serve. And I am excited for the opportunity to align the CMHA Vancouver-Fraser strategic plan with the BC Division strategic plan and the National strategic plan, all of which we are working on congruently.

So, although 2020 and part of 2021 has been challenging, I feel that we are stronger coming out of it, we are more aware and we are closer as a family. And at the end of the day, isn't that what we all want?

Thank you for allowing me to serve as your President.

**SHAWN McNAUGHTON**



# 1 ENGAGE & CONNECT

# 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 about mental health breaks down the barriers of stigma; there is growth in media awareness and conversations are more open today than ever before. We are talking; it's now time for each one of us to get active 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 illness.

## Volunteer Opportunities

CMHA, Vancouver-Fraser provides a wide range of gratifying opportunities for volunteers to gain transferable skills and to share your expertise in providing critical mental health services needed throughout the Vancouver-Fraser region. We offer opportunities 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 and education programs. Join us today in shaping our future as we embrace a hybrid year of in-person and virtual volunteer opportunities!

## Become a Member

When you become a member of CMHA, Vancouver-Fraser, you are demonstrating your support for mental health in your community and helping to build hope, support, and inclusion for people with mental illness and addictions. Your membership gives you the opportunity to be part of the future of CMHA-VF through the election of members of the Board and attending the Annual General Meeting. You also receive a free subscription to the award-winning magazine, Visions Journal.

## Philanthropy & Community Partnerships

CMHA, Vancouver-Fraser is actively developing partnerships with individuals, organizations, companies and community groups to support mental health. We have extraordinary programs, dedicated staff, clients and professionals with compassion, all with the ability to create a strong, 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 would be greater with 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 can 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 the community.

## Breathe Deeply Community Connections – Stay Connected

Breathe Deeply Community Connections, our e-newsletter, will 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** @CMHAVancouverFraser  
**Twitter** @CMHA\_VF  
**Instagram** @cmhavancouverfraser  
**LinkedIn** @cmhavancouverfraser

... and watch amazing stories on **YouTube**.



## 2 ABOUT CMHA-VF



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

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 supports for children, youth, adults and seniors, CMHA, Vancouver-Fraser contributes to the long-term health and wellbeing of our communities.

### 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.**

# WE HAVE THREE PILLARS OF WORK

## 1

### Wellness & 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 & 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 we can count on and having a strong connection to our community. CMHA helps people with these aspects of living a mentally healthy life and reduces the stigma related to mental illness.

## Equity, Diversity & Inclusion Committee

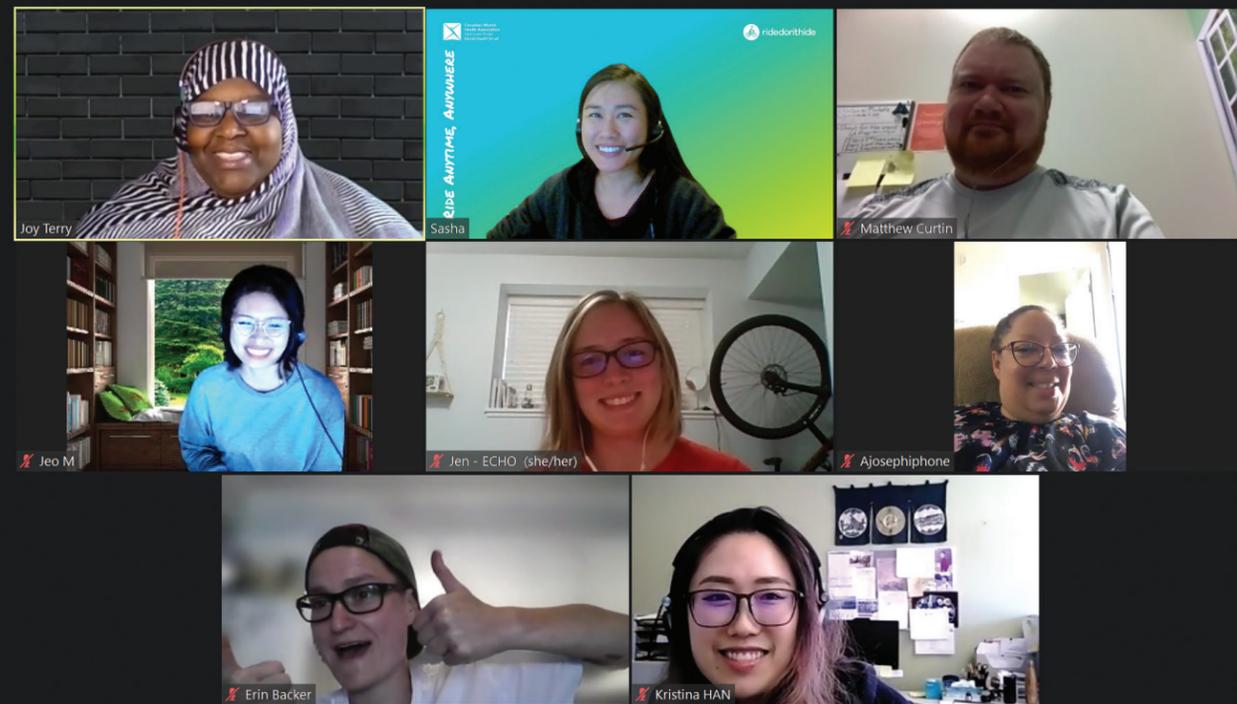
The Equity, Diversity and Inclusion Committee aims to take action to create an environment at CMHA, Vancouver-Fraser that fosters and encourages diversity, equity and inclusion in a sustained, meaningful and effective manner. We are committed to humility, openness, cultural safety, and respect in our approach. We believe that trust comes with openness, and we are

willing to examine our own biases and behaviours (honest self-reflection) to help implement effective and meaningful change.

We are also committed to taking an active role implementing our committee's work in our lives and workplace, and are dedicated to being role models in intervening when behavior is not appropriate,

and own when we make mistakes. This year we helped deliver anti-racism training to the organization and hope to continue bringing training and resources to our colleagues in the future.

- 📹 A CMHA-VF's Equity, Diversity and Inclusion Committee meeting via Zoom call.



## COVID-19: Living the 'New Normal'

### THERE IS A WORD THAT SERVES AS A FITTING REPRESENTATION OF 2020: RESILIENCE

Very few periods over the past few years have tested our resilience and shaped humanity the way this pandemic has, and the impact of it will be felt for years to come.

Understanding the changes the world brought on us since the start of the pandemic, CMHA, Vancouver-Fraser had to quickly adapt to this 'new normal' providing resources for the community to get help and mental health resources when they were needed the most.

The initial months of COVID-19 were filled with challenges and increased daily stress. Our services have traditionally been based on small groups or one-on-one in-person delivery. With COVID-19, there was an immediate need to migrate these services to an online and phone-based delivery model.

The forced migration to virtual services highlighted the technology gap we already knew existed - some of our program participants, especially those living on low income, don't have access to technology. It also showed us that as an organization, we didn't always have adequate technology to support virtual service delivery, nor to facilitate participation in video-based staff team meetings. The introduction of video-based communications was successful in supporting staff to work remotely while enabling all of us to



support our clients and feel connected during long periods of isolation.

- 📹 CMHA-VF has continued to support mental health during the COVID-19 pandemic.

Additionally, our Program Team Leads were very creative in seeking to connect and communicate with their clients and participants by providing them with increased access to information, tips and tricks to maintain mental wellness and to build a closer connection between them and CMHA-VF.

Moving forward, program teams will be supported and encouraged to maintain mixed-models of service delivery where it makes sense and is realistic given staffing levels and budgets.

## 3 ADULT MENTAL HEALTH PROMOTION

### 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, Canadian Mental Health Association, Vancouver-Fraser helps you build mental health skills and resilience for yourself and your family.

## Bounce Back®



The Bounce Back® program is designed for youth (15 years+) and adults to overcome early symptoms of depression and anxiety and to improve overall mental health. Community coaches provide telephone delivery of a brief, workbook-based, self-help program to improve mental health. Participants learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive.

Funded by the Provincial Health Services Authority.

**91%**  
stated the quality  
of the program  
was good

**79%**  
said **Bounce Back®**  
helped make positive  
changes in life

**32%** had a decrease in depression symptoms

**45%** had a decrease in anxiety symptoms

**4,178**   
total referrals

including **289** senior referrals **65 years+**

**The program hits home, because it is a reminder of things we've learned in our life experiences, but with the aid of the workbooks and coach, it helps us get our mind back focused on the important things in life that we can control.**

– Bounce Back® program participant



## Mental Wellbeing for Chinese Seniors



The Mental Wellbeing for Chinese Seniors promotes wellness through leisure activities and wellness seminars in both Cantonese and Mandarin. Participants have an increased awareness of mental health issues while enjoying a renewed sense of community, thereby reducing the sense of isolation and loneliness. Over 625 participants participated in on line WhatsApp Talent Expos, creating and sharing their personal journeys in exploring painting, dancing, singing, amongst other activities.

**1,485**  
participants

**45**  
sessions

**92%** reported a renewed and positive sense of life

**92%** stated attending group helped them feel less lonely

**96%** reported better ways to cope with health conditions and stress

**98%** report they feel less depressed and anxious as a result of attending



## Counselling and Support Groups

CMHA, Vancouver-Fraser offers an Obsessive Compulsive Disorder (OCD) Support Group, that is now offered virtually, at no cost to participants. We specialize in anxiety, depression, anorexia, bulimia, borderline personality disorders, bi-polar, OCD, autism, grief and loss, addictions, trauma, and crisis.



**108\*** 

individuals received counselling

*\*increased from 50 pre-pandemic*

**82%** feel increased support and encouragement

**88%** helped increase their connection to community

**81%** increased ability to help themselves and others

## South Fraser Resource and Support Centre

An increase of over 500 individuals accessed the South Fraser Resource and Support Center requesting mental health resources, advocacy, and community services navigation. We provide professional counselling for children, youth, adults and seniors, group/couples therapy, functional assessment, educational and career counselling, and nutritional support.

## ORCA

(Opportunities for Recreation and Community Access)

The ORCA program uses a foundation of recreation and leadership programming to engage tenants in BC housing units in meaningful, skill building activities. The goal is to support each individual to reach their potential and build connections to their community.

With the COVID-19 restrictions placed on in-person activities in the housing units, BC Housing did not renew the contract for ORCA, effective in September 30, 2020 due to lack of funding.

## 4 CHILDREN & YOUTH MENTAL HEALTH PROMOTION

With the onset of the pandemic, staff and participants had to quickly transition from in-person and small group programming to virtual program delivery. This resulted in less in-person contact requiring creativity to support families and kids in different ways – phone check-ins, curb-side check-ins and online interactive activities.

# 70%

of mental health problems have their onset during childhood or adolescence

Average delay between onset of symptoms and obtaining effective mental health treatment and support is **10 years**

Estimated that **15%** of children and youth are affected by a mental health problem at any given time

(Source: MHFA)

## Here4Peers



Here4Peers is a mental health literacy program delivered by high school students to grade 6/7 classes. High school students are trained and provided with knowledge and understanding of mental health, how to reduce stigma and increase their confidence in reaching out for help if struggling or stressed. The program also increases their knowledge about who to trust to help them or their peers/loved ones in the community. All of this knowledge is then transferred onto grade 6/7 students.

Here4Peers was suspended this year due to the pandemic and the resulting school closures. Through the generosity of the Canucks for



Here4Peers "Let's Talk Mental Health for Kids and Teens" video.

**168**  
students reached  
in **2020/21**

**963**  
students reached  
in **2019/20**

Kids Fund, a project manager was retained to transition the in-class program to an online program.

Inviting a small group of H4P ambassadors (16-21 years) to become a Virtual Youth Steering

Committee, the students created the animated video "Let's Talk Mental Health for Kids and Teens" to help support the virtual workshops. To watch the video, visit [vancouver-fraser.cmha.bc.ca/programs-services/here4peers/](https://vancouver-fraser.cmha.bc.ca/programs-services/here4peers/).

## Art and Expressive Therapy

This program was also suspended due to COVID-19. Typically, 150+ students, 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.

# UROK

## Urban Resilience Opportunities for Kids



UROK is our newly branded activity-based program for kids 8-17 who have a parent living with a mental illness (previously Super Fun Groups).

Kids have an opportunity to build resiliency, confidence, develop social skills and feel a sense of connection with other children and youth who also have a parent living with a mental illness. Participants have the opportunity to interact with safe and supportive adult role models, and focus 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

Pandemonium is for youth ages 13-17 experiencing their own mental health challenges. Pandemonium creates fun and empowerment for those living with a mental health problem, empowering youth to reintegrate back into the community.

**117**  
UROK participants

**48**  
Pandemonium participants

- 82%** improved communication and social activity by participating
- 92%** increased comfort in new activities since coming to the program
- 73%** report release of energy help increase concentration on school
- 95%** parent improvement in family ability to handle stress
- 83%** report that sit-down meals increase communication
- 75%** state they have a safe and supportive non-related adult in the community

# 5 RECOVERY & INNOVATION

## Housing Programs

Funded by:



CMHA-VF Housing Programs include Transitional Housing, Community Living Support (CLS), Supported Independent Living (SIL) and Youth Supported Independent Living (YSIL). These programs help individuals as they develop independent living and coping skills, such as learning to navigate the formal support systems (income assistance, old age pensions, primary health care), navigate conflicts with other tenants and obtain employment.

**4**



transitional houses  
including **1** house for youth and young adults

**1**   
apartment

**92**   
housing units

**135** adults placed in independent housing  
**25** individuals housed as residents

SIL referrals increased by **15%**

YSIL accepted **3** new referrals

**2** SIL participants secured part time jobs

**1** YSIL housed and accepted into Douglas College

**100%** receive level of support needed

**100%** report experiencing increased skills and successes

**It gives my son time to socialize and have fun while I take care of the younger kids and myself.**

– UROK Participant Parent



# 6 ADULT SERVICES

We provide a variety of community-based and recovery-oriented services for adults and seniors including the ECHO Clubhouses, Get Set & Connect and Peer Navigator programs.

## ECHO Clubhouse (Education, Community, Health, and Options)



Funded by:



ECHO serves adults (19+) in the community of Burnaby who have lived experiences of mental health and substance use. 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.

**193** participants

**47**

leisure/recreation activities/events delivered

**80**

personal life activities delivered

**9** individuals obtaining competitive work

**87%** of members feel staff are courteous and respectful

**76%** of members feel that the programs and activities at the clubhouse are excellent

# Get Set & Connect

Get Set & Connect coaches have lived experience and offer one-to-one continued support to individuals with lived experience with a mental health and/or addiction issue, addressing goals related to social connection and community belonging. Coaches link adults to leisure and volunteer activities in their community, which builds social networks with like-minded individuals in addition to increasing participant's sense of belonging to community.

**93%**

reported the program has helped them connect with others

**93%** reported coaching sessions helped them move closer towards their personal hopes, dreams and goals

**87%** increased how often they engage in leisure opportunities in the community since starting with the program

**86%** reported an increase in awareness of community resources

The coaches' broad knowledge and flexible approach in supporting individuals with diverse needs and unique situations is what makes them stand out.

After my session there was clarity. I felt empowered; I felt I was anchored to a safe place so I could come out of my cocoon and march forward.

– Get Set & Connect Participant



## Peer Navigator

It can be a difficult task to try and navigate the complex system of services and programs that support mental health and wellness – even when you're feeling great. The Peer Navigators are a team of 8 peers, each of whom have their own lived-experiences with mental health and/or substance use challenges.

In one-on-one appointments with program participants, Navigators draw on personal and professional experiences to work alongside participants as they explore their self-identified needs and set goals related to their health & wellness, income & finances, community connections, housing, and/or legal matters.

**95%**



feel it has been helpful to connect with a Peer Navigator

**90%** are satisfied with the progress of their goals

**95%** are more comfortable finding resources and services to meet their needs

**86%** feel their overall wellness has increased

**My first appointment was excellent and since then I've been able to do so much to better myself and my situation.**

– Peer Navigator Participant



## Peer Support

The Peer Support Services program is an evidence-based practice where lived experience with mental health challenges including a person's experience, strengths, and hope is used as a bridge to mentor and support others through their recovery journey. The program was cancelled in the fall due to lack of funding.

## Employment Individual Placement and Support (IPS)

IPS is an evidence-based, best practice program of supported employment for persons with a mental health issue. Working as an integrated part of the community mental health teams, the program staff provide a range of services from initial assessment to on-going support to retain employment. The program is available in both the Vancouver Coastal Health (VCH) and Fraser Health regions to adults 19+ who are served by community mental health teams.

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.

CMHA-VF is proud to announce brand new IPS positions that include the VCH Eating Disorders Program through the At Work/Au Travail program, a federally funded CMHA National Employment Project.

**100%**

of IPS participants continue to receive their IPS employment plans during COVID-19 either by phone, Zoom, or in person



**Thank you for being there to support me amidst these difficult times. I didn't think it was possible to get a job but you proved me wrong.**

– IPS Program Participant

## 7 PROMOTING WORKPLACE MENTAL HEALTH

CMHA, Vancouver-Fraser is committed to improving the psychological health and safety of the workplace and our community. Through our training, we build confidence in participants' ability to respond with respect to a colleague who may be struggling with a mental health challenge; increase mental health literacy; explore stigma to normalize mental health discussions in the workplace and community; and promote self-awareness.

### Resilient Minds™ – Building the Psychological Strength of Fire Fighters



Resilient Minds™ is an evidence-informed, skills training and resilience development program, designed by and for fire fighters, to develop strategies to help manage the occupational stress associated with their job, enhance the personal resilience of career and volunteer fire fighters and the collective

resilience of fire services. The program is now available in 9 provinces and 3 territories across the country.

In partnership with BC Wildfire Services, Resilient Minds™ was successfully adapted for wildland fire fighters.

**110** 

fire fighters trained  
as Peer Instructors

**580** 

fire fighters reached with  
a 8-10 hour course

The safety of first responders is our priority, both physical and mental. We actively seek out ways to improve our team's health, and Resilient Minds™ has become a baseline tool for our fire department.

**Travis Whiting**

– Fire Chief, City of Kelowna Fire Department

## Responding with Respect™



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

CMHA, Vancouver-Fraser offers a suite of workshops for employees and for managers that are applicable for organizations and community groups.

Sector focused, skill building and practical, these programs are based on trauma informed practice and teach participants to use and apply the 4R Action Toolkit™ Recognize, Respond, Refer, Reconnect to staff, coworkers, citizens, customers or clients.

#### Responding with Respect Series:

- Essentials for Managers
- Essentials for Employees
- Help & Hope on the Frontline
- Basics on the Frontline

#### Lunch and Learn Series include:

- Let's Get Honest About Mental Health
- Exploring Stress; Strategies and Skills

**21**  
workshops



**280**

individuals



**11**

companies

**83%** of workshop participants report they feel better equipped to effectively recognize/respond to a mental health problem

A great workshop for creating a workplace environment that reduces the stigma and is supportive of mental health issues.

– Responding with Respect™ workshop participant



## Mental Health First Aid

Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, Mental Health First Aid is given until appropriate support is found or until the crisis is resolved.



**234**  
participants

**16**  
workshops



**The course was excellent and the virtual format worked well.**

Doing one of the scenarios as a role-play was useful and I would recommend encouraging participants to do role-playing in future sessions. I would definitely recommend this training to others.

– Mental Health First Aid workshop participant



## Suicide Prevention Training (safeTALK, ASIST)

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives.

Two levels of training that follow research-informed curriculum showed to be effective at increasing knowledge, skill and willingness to intervene, as well as helping to reduce the risk of suicide. safeTalk is Suicide Alertness For Everyone; ASIST is Applied Suicide Intervention Skills Training.

**It makes me confident to help and to act as a suicide alert helper.**

– Suicide Prevention Training workshop participant



**1**

workshop

**14**



individuals trained  
to create suicide safe communities

**86%** of attendees feel prepared to help a person at risk of suicide respond to a mental health problem



## 8 PHILANTHROPY, COMMUNICATIONS & COMMUNITY

**During these times, mental health has become very important.**

**With my RBC points I have accumulated, I wanted to donate to an organization who is known to assist those in need, specific to mental health. Thank you for all you do!**

– CMHA-VF Donor

## Your Impact

Your trust in CMHA-VF to direct your donations to support individuals living with mental illness and health promotion is so greatly appreciated. We are committed to sharing stories of impact with you so you have a true vision of how your donations are creating a brighter future for those living with mental health challenges.

Philanthropic gifts, corporate partnerships, community third party events, foundation grants, government support and bequests all play a critical and very positive role in impacting the mental health of children, youth, adults and seniors throughout the Vancouver-Fraser region. Thank you.

📸 Ride Don't Hide cyclists.



# CMHA-VF EVENTS

## 2020 Ride Don't Hide



**RIDE ANYTIME,  
ANYWHERE**

As we faced an unprecedented health crisis due to COVID-19, the event industry had to also adapt to a new reality. To continue supporting the community's mental health, CMHA-VF repositioned its largest annual fundraiser, Ride Don't Hide, as a virtual event – Ride Anytime, Anywhere.

Being physically active is key to good mental health. Being outdoors, breathing in fresh air while maintaining social distancing is so easy to do while cycling for mental health.

In 2020, participants were invited to ride anytime, anywhere up until June 30 to complete a ride of no specific distance – and self-isolate – to keep supporting critical mental health services in Vancouver-Fraser. Ride Anytime, Anywhere had a great response and support from the community of Greater Vancouver, giving us an opportunity to work together for something good, while being apart.

2020 Sponsors:



**\$61,534**  
raised from **286** riders

**Cycling was the perfect activity to ride for mental health.**

– 2020 Ride Don't Hide Participant

### Top Teams

- Queen Elizabeth Climbing Crew
- Team Tova
- This Ship Donut Sink
- Pender Fund
- FBI Spinners

### Top Fundraisers

- Lu Tang
- Enzo Federico
- Jennifer Baxter
- Marilyn Jamernik
- Mark Majewski

## 2020 BMO Vancouver Marathon



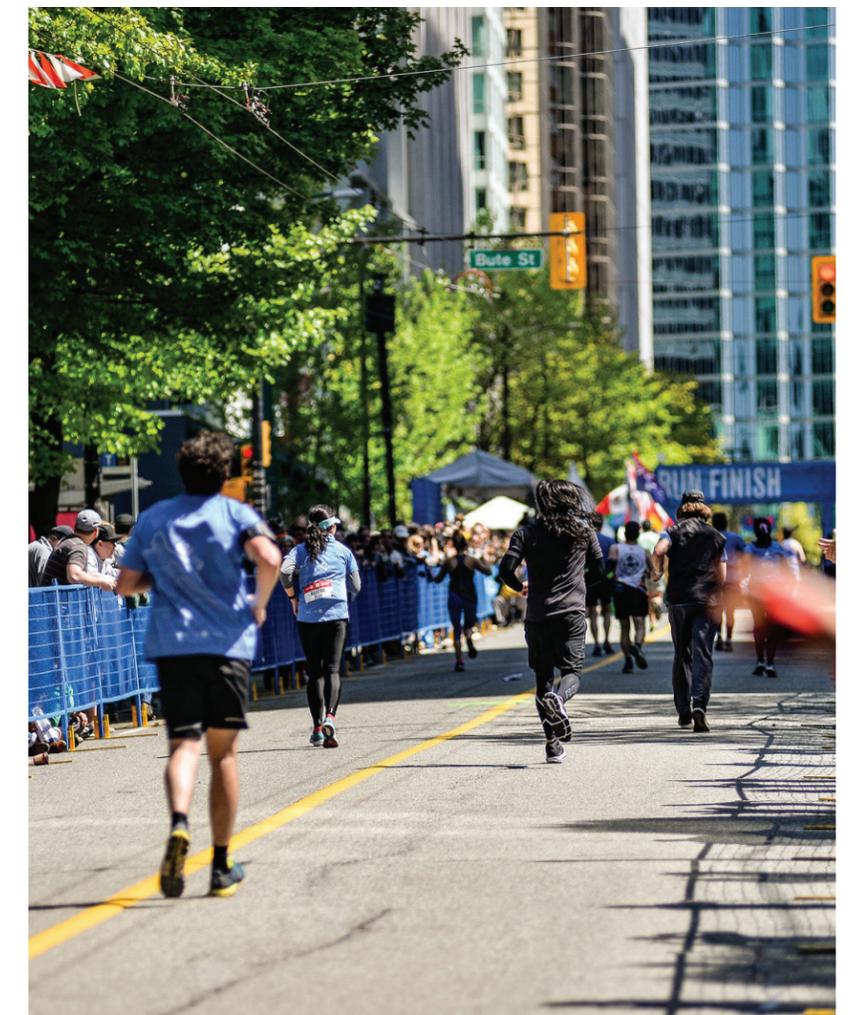
The 2020 BMO Vancouver Marathon had to also transition into a virtual format, giving runners a window of time to complete their desired distance at their preferred location. CMHA-VF is a long-time Gold Charity Partner of the Vancouver Marathon and had the incredible support from participants who raised funds for mental health programs.

**\$5,491**  
raised from **17** runners

### Top Fundraisers

- Jennifer Baxter
- Kelly Contreras
- Scott Elgert
- Nastassja Dorotich
- Leah Hesje

2019 BMO Vancouver Marathon participants run toward the finish line.



## Volunteer Program

CMHA-VF Volunteers are involved in every aspect of our mental health community; whether in-person or virtually, CMHA-VF provides a wide range of gratifying opportunities. Volunteers gain transferable skills to help better prepare for employment, meet new people, and gain experience in an area of interest including administration, event support, program management, recreation therapy and educating participants impacted by mental health. Your skills, ideas, time, commitment and expertise help us provide the critical mental health services needed throughout the Vancouver - Fraser region.

More specifically; we offer an opportunity to participate on our CMHA-VF board or an advisory committee, be a team leader for our Ride Don't Hide annual fundraising event or to represent CMHA-VF in our community outreach and education programs. 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 living in a healthy society.

Join us today in shaping our future for a smooth transition into a hybrid year of in-person and virtual volunteer opportunities!

68 

volunteers contributed  
7,442 hours of time

40

participants who became  
volunteers contributed 1,324 hours,  
totaling 108 volunteers and 8,766 hours



**As someone who has personally struggled with mental health challenges and who is passionate about breaking the stigma; I found it so rewarding to work with such an amazing organization.**

**Maggie Conway**

– Development Intern (Pictured above)

## Treasure Chest Thrift Store



Located in the heart of Uptown New Westminster, our Treasure Chest Thrift Store provides a range of employment training and coaching programs for CMHA-VF participants, and members of our community while raising funds for our children and youth programs. The store brings affordable shopping to the community.

The Treasure Chest operates as a social enterprise with all revenue generated supporting programs and services provided by 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.



📍 CMHA-VF's Treasure Chest Thrift Store brings affordable shopping to New Westminster, B.C.

**I love this thrift store!**  
The prices are amazing. The selection of books is great, with some classic titles that are hard to find elsewhere.

Google 5-Star Review

## Community Giving

During the COVID-19 pandemic, the generosity of individual donors, local businesses, associations, academic institutions and their employees was extraordinary. Community foundation grants that were available through the Federal Government's Emergency Community Support Fund were instrumental in reaching clients, members and participants who were negatively impacted by the pandemic. These grants and donations have had 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 as well as the multitude of third party events held throughout the community. These champions have financially supported CMHA, Vancouver-Fraser, providing critical mental health programs and services within our communities.



### Thank you for the 2020/21 Donations

#### \$10,000 - \$50,000

- Anonymous
- Canucks for Kids – Here4Peers
- IA
- Susan Mitchell
- Brenda McAllister
- RBC Foundation
- Sutherland Foundation
- United Way of the Lower Mainland – COVID
- Vancouver Foundation – COVID – RWR
- Vancouver Foundation – COVID – Chinese Seniors
- Vancouver Foundation – COVID – Employee Mental Health
- Hothead Games
- Vessi Footwear
- Ian Wilkinson

#### \$1,000 - \$9,999

- Avison Young
- Leona Acaster
- Michael Anhorn
- BMO Vancouver Marathon
- Darren Bidulka
- Delta Community Foundation
- Traci Costa
- First West
- Jay Fleming
- Richard and Yvonne Green
- Robert Gritten
- Ek Kiaw Paul Hii
- IATS
- ISL Engineering
- Mott Electric
- Janette O'Keeffe
- Dr. Santa Ono
- Brian Pearson
- PenderFund Capital Management
- Phi Delta Theta
- Provincial Employee Community Service
- Quad Realty
- RBC Foundation
- Ian Reid
- Rotary Club of Surrey Newton
- Scotiabank Half Marathon
- Saira Sabzaali
- Allan Shaver
- Melinda Suto
- Tau Beta of Delta Kappa Epsilon
- Tsawwassen Order of Old Bastards

#### \$500 - \$999

- Sandra Almeida
- Pat Antoniak
- Paul Balfour
- Ward Branch
- Lachlan Brown
- Dan Cordingley
- Michael Farrell
- Glenn Gardner
- Langara Photography Program Class of 2020
- Judy Gray
- Susan Gregson
- Mahin Hanifian
- Christine Hardy
- Martin Hill
- Robyn Hooper
- Janice Hunter
- Ayaz Karmali
- Robert Kasieta
- Michael Keenan
- Hohn Lane
- Gary Lawrence
- Gary Lewis
- Lingli Li
- Violet MacGregor
- Peter Marshall
- Dianne Miller
- Christine Moffat
- Yavar Naddaf
- Aura Office
- Justin Omichinski
- Larry Ong
- Mark Pattison
- John Reid
- Andrew Shannon
- Sanjay Sharma
- John Silva
- Peter Smailes
- Allan Solie
- Isabelle and Pascal Spothelfer
- Rob Strathearn
- Timothy Sucic
- Habitat Systems
- Mari-Lynn Thomson
- Brent Woyat
- Catherine Wyse
- Jian Ming Zhao

## Government Funders 2020/21

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

- Province of British Columbia
- Community Action Initiative
- BC Housing
- Fraser Health Authority
- Provincial Health Services Authority (through CMHA BC Division)
- Vancouver Coastal Health
- Service Canada - New Horizons for Seniors
- Service Canada – IPS
- City of Vancouver
- City of New Westminster
- City of Richmond
- City of Burnaby
- City of Surrey

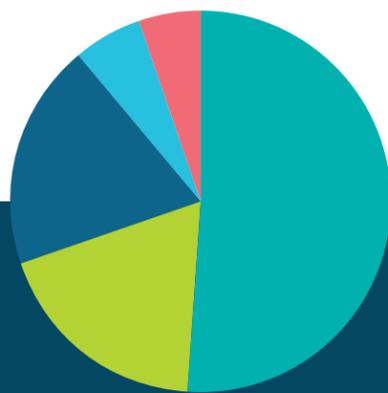
Launched on May 19, 2020, the Emergency Community Support Fund (ECSF) was a \$350M investment from the Government of Canada and Community Foundations of Canada to support charities and nonprofit organizations serving vulnerable populations as they manage the impacts of COVID-19.



# 9 FINANCIAL REPORT

## Fundraising

	2020-21	2019-20	2018-19
Grants and Sponsorships	51%	17%	14%
Gaming Grant	19%	18%	21%
Donations	19%	17%	21%
Ride Don't Hide	6%	24%	31%
Other Events	5%	24%	13%
<b>Total Fundraising</b>	<b>868,547</b>	<b>903,599</b>	<b>754,000</b>



**2020-21 Fundraising**  
Total: \$868,547



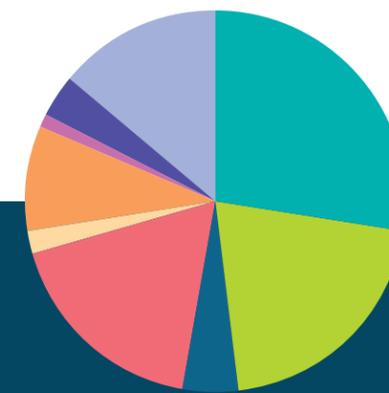
**2019-20 Fundraising**  
Total: \$903,599



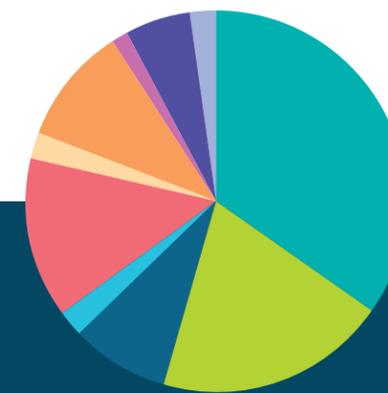
**2018-19 Fundraising**  
Total: \$754,000

## Revenue

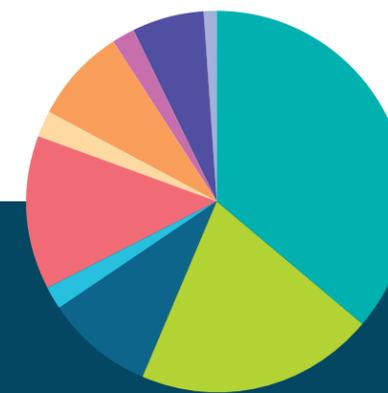
	2020-21	2019-20	2018-19
Fraser Health	28%	35%	36%
Vancouver Coastal Health	21%	20%	20%
BC Housing	5%	9%	9%
Province of BC	0%	2%	2%
Other CMHA's	18%	14%	13%
Gaming Grant	2%	2%	2%
Fundraising	9%	10%	8%
Tenant Rent Contributions	1%	1%	2%
Program Generated Revenues	3%	6%	6%
Other Revenue	14%	2%	1%
<b>Total Revenue</b>	<b>7,915,579</b>	<b>7,520,412</b>	<b>7,089,668</b>



**2020-21 Revenue**  
Total: \$7,915,579



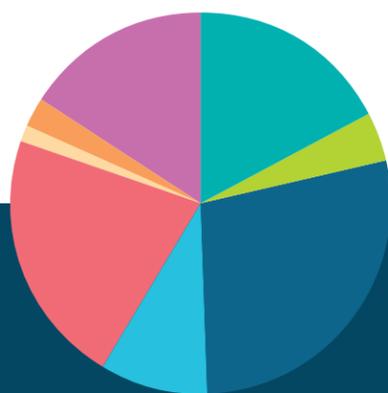
**2019-20 Revenue**  
Total: \$7,520,412



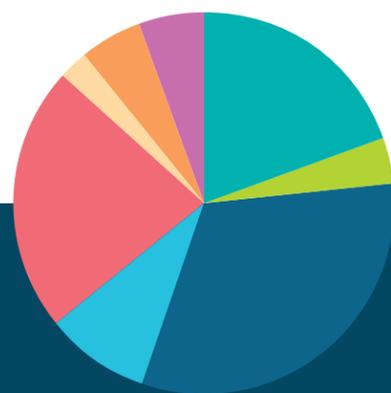
**2018-19 Revenue**  
Total: \$7,089,668

# Expenses

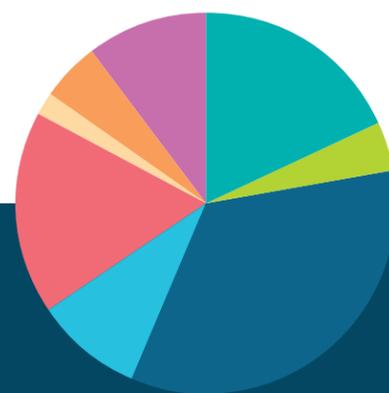
	2020-21	2019-20	2018-19
Housing	17%	20%	18%
Child & Youth	4%	4%	4%
Adult Recovery & Rehabilitation	28%	32%	34%
Peer Services	9%	9%	9%
Mental Health Promotion	22%	22%	17%
Social Enterprise	1%	2%	2%
Fundraising	3%	5%	5%
Administration	16%	5%	10%
<b>Total Expenses</b>	<b>7,915,578</b>	<b>7,466,632</b>	<b>7,107,567</b>



**2020-21 Expenses**  
Total: \$7,915,578



**2019-20 Expenses**  
Total: \$7,466,632



**2018-19 Expenses**  
Total: \$7,107,567

# BE A PART OF OUR SUCCESS!

## Like What We Do?

Connect to CMHA, Vancouver-Fraser as volunteers, donors, or stay informed on what's happening at our branch through our E-newsletter!

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



Canadian Mental Health Association  
Vancouver-Fraser  
Mental health for all

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

**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](mailto:info.vf@cmha.bc.ca)

## I would like to support CMHA by:

- Making a donation
- Becoming a member
- Signing up for the CMHA Mental Health E-newsletter
- Volunteering

First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_

## 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

Amount: \_\_\_\_\_  
 Card Number: \_\_\_\_\_  
 Expiry: \_\_\_\_\_ / \_\_\_\_\_ Security Number: \_\_\_\_\_  
 Name on Card: \_\_\_\_\_  
 Signature: \_\_\_\_\_

# 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](mailto:info.vf@cmha.bc.ca)



@CMHAVancouverFraser



@CMHA\_VF



@cmhavancouverfraser



CMHA, Vancouver-Fraser

ISBN No. 978-1-9992515-5-0

Charitable Registration No. 81169 1922 RR001



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*La santé mentale pour tous*

