






Canadian Mental
Health Association
Newfoundland-Labrador

ANNUAL REPORT

2018-
2019

CMHA-NL



“ANYTHING THAT’S
HUMAN IS MENTIONABLE,
AND ANYTHING THAT IS
MENTIONABLE CAN BE
MORE MANAGEABLE.
WHEN WE CAN TALK
ABOUT OUR FEELINGS,
THEY BECOME LESS
OVERWHELMING, LESS
UPSETTING, AND LESS
SCARY.”

- FRED ROGERS





Table of Contents

- 2** About CMHA-NL and Contact
- 3** Message from the President
- 5** Message from the CEO
- 8** Annual Awards
- 9** Fund Development and Events
- 11** Programs and Services:
Justice Program
- 14** Education and Training
- 17** Regional Offices





**Canadian Mental
Health Association**
Newfoundland-Labrador

ABOUT CMHA-NL

OUR MISSION

To facilitate access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

CORE FUNCTIONS

- Building Capacity
- Influencing Policy
- Providing Services
- Developing Resources

KEY VALUES & PRINCIPLES

- Promoting inclusion
- Working collaboratively
- Using evidence to inform our work
- Being transparent and accountable
- Focusing on the mental health needs of all
- Influencing the social determinants of health
- Embracing the voice of people with mental health issues

For more information about CMHA-NL's work and the latest news about our events and programs, please contact one of our offices, visit our website at www.cmhanl.ca, or find us on social media @CMHANL.



BOARD OF DIRECTORS 2018/19

Executive

President - Donna Kavanagh
Vice President - Dr. Greg Radu
Secretary - Robert Salsman

Directors

Tanis Adey
Janice Candow
Kimberly Yetman Dawson
Peter Head
Patrick Martin

Provincial Division Office

603 Topsail Road
St. John's, NL A1E 2E1

Tel: (709) 753-8550
Toll-Free: 1-877-753-8550
Email: office@cmhanl.ca

Central Regional Office

16 Pinsent Drive
Grand Falls-Windsor, NL A2A 2J9

Tel: (709) 489-3302
Toll-Free: 1-855-489-3302
Email: central_office@cmhanl.ca

Western Regional Office

106-108 Carolina Avenue, Suite 3
Stephenville, NL A2N 3S4

Tel: (709) 643-5553
Toll-Free: 1-855-643-5553
Email: western_office@cmhanl.ca

MESSAGE FROM THE PRESIDENT



Mental health and addictions has been more in the forefront in the last several years. We've come a long way in reducing stigma and having people recognize that mental health is no different than physical health. More people are reaching out for services for themselves, family members, coworkers and friends. As education and awareness increases so does the need for supports and services. While we have come a long way there is still a ways to go. As an organization, we continue to strive for good mental health for all.

This past year, promotion and prevention has been an area of expansion for CMHA-NL. We extended our offerings in the area of social emotional programs for children and youth. We also added Psychological Health and Safety Advisor Training to our Workplace Mental Health training menu. The Changing Minds program, developed here in 2005, was updated and will be considered a flagship program for CMHA National.

A project for the 100th anniversary of our national organization was the development of a song and video by the Ennis Sisters. 'Shine Your Light' received local, provincial, and national acclaim and did much to open up the discussion on mental health and addictions and the role we all have to play in reducing stigma and supporting each other.

In the fall of 2018, CMHA-NL partnered with the John Howard Society and the Canadian Association for Suicide Prevention to bring their national conference to the city of St. John's, NL.

MESSAGE FROM THE PRESIDENT

CMHA-NL has continued to work hard in engaging community partners who support us in our mandate. More businesses and community groups have joined with us to fight stigma and provide education and training. Groups and individuals are reaching out to us for direction and support as they look at what is needed in their communities. There has been a significant increase in the number of municipalities signing a proclamation for Mental Health Week. More individuals with lived experience are telling their stories. Thank you to all those who have partnered with us. Together we are stronger.

“ We’ve come a long way in reducing stigma and having people recognize that mental health is no different than physical health. ”

would also like to recognize and commend the Department of Health, Mental Health and Addictions Division, for their continued work in operationalizing the recommendations from the All Party Report.

Thank you to the volunteers that help us with our fundraising and awareness activities, our workshops, community booths, the office, committees, and to those on our Board of Directors. Your support is so important.

Thank you to the staff at CMHA-NL for their valuable service. I would also like to say a special thank-you to our former CEO, Dan Goodyear, who contributed immensely to the organization over the past three years, often going above and beyond.

Donna Kavanagh, President

Donna Kavanagh

PRESIDENT

MESSAGE FROM THE CEO



With 100 years of experience, the Canadian Mental Health Association has grown to become a strong national leader in community mental health. As part of this federation, the Canadian Mental Health Association – Newfoundland and Labrador Division (CMHA-NL) has engaged many communities, stakeholders, community groups and individuals in an attempt to create further awareness and promote good mental wellness for all.

CMHA-NL recognized the need to strengthen its programming for children and youth. In doing so, we introduced Talk Today, a mental health and suicide prevention program for young athletes. Over the past year, Talk Today has been implemented in four schools in Central Newfoundland and three schools on the west coast of the province. Likewise, we have expanded training in our Healthy Relationships Plus Program (HRPP). HRPP is a social and emotional learning program designed and developed out of Western University which focuses on developing healthy relationships in youth 12-18 years of age. To date, we have 65 facilitators trained in HRPP with programs being delivered in Eastern and Central Newfoundland. Proposals have been submitted to secure additional funding to offer HRPP facilitator training in Western Newfoundland. Other programs that address social and emotional learning and children's mental wellness are being researched and reviewed.

A new training program, Living Life to the Full (LLTTF), was introduced in 2018. LLTTF is a 12-hour program designed to help individuals focus on and understand feelings, thoughts, and behaviours and what to do about them. CMHA-NL trained three staff to facilitate this program, and a pilot project has been completed with 18 staff at College of the North Atlantic's Stephenville campus.

MESSAGE FROM THE CEO

CMHA-NL received a generous financial donation of \$50,000 from Pennecon Limited in 2018 with a commitment of \$50,000 annually for five years for a total contribution of \$250,000. This significant donation will enable CMHA-NL to continue to deliver and broaden its scope of evidence-informed programs for children and youth. It will also provide us with the resources to review and research other programs, such as those addressing suicide prevention and others identified within our communities. CMHA-NL sincerely appreciates the support and commitment of Pennecon Limited. Likewise, the Jacob Puddister Memorial Foundation has provided significant financial support to CMHA-NL throughout 2018. The Foundation has made substantial contributions to our Ride Don't Hide event, the development of our 100th anniversary song by The Ennis Sisters, and financial support for mental health training, which enables participants to register to receive free training. This support has made a significant difference in helping us to help others.

“ Communities do better when they are involved in the decision making process; when they are acknowledged and respected and are fully engaged as real players in helping make a difference in their communities. ”

Community Capacity Building is critical to the sustainability of locally-based mental health services. Communities do better when they are involved in the decision making process; when they are acknowledged and respected and are fully engaged as real players in helping make a difference in their communities. Community involvement is essential, as we review and assess the mental health needs of a community. CMHA-NL has reached out to all municipalities in the province to create awareness around the need for good mental wellness. At the time of writing this report, 187 communities throughout NL have agreed to sign proclamations for Mental Health Week 2019, and others have agreed to illuminate their town offices in green. Awareness is the first step in creating a roadmap to accessible and timely mental health services. Communities are reaching out to CMHA-NL as they start to review and assess the mental health needs within their own jurisdictions.

MESSAGE FROM THE CEO

Over the past year, CMHA-NL has made great strides to build the profile of the organization, create greater mental health awareness, deliver a broader range of evidence-informed programs, and reach out to communities to help them build capacity in the area of mental health. While the year has been busy, and much has been accomplished, there is still much to do! I trust that, as government recognizes the need for a greater emphasis on the promotion of mental health, increased funds will flow to community organizations with a mandate to support good mental wellness for all.

“

I trust that, as government recognizes the need for a greater emphasis on the promotion of mental health, increased funds will flow to community organizations...

”

I sincerely thank our sponsors, stakeholders, community partners, all those who support CMHA-NL and, in particular, Pennecon Limited and the Jacob Puddister Memorial Foundation for their significant financial contributions. I also wish to acknowledge the Government of Newfoundland and Labrador and its work in reshaping the delivery of mental health services through the implementation of the All-Party Report. Finally, I wish to thank the Board of Directors and the staff of CMHA-NL for their continued commitment to the organization.

Dan Goodyear, CEO

Dan Goodyear

CHIEF EXECUTIVE OFFICER

ANNUAL AWARDS

Each year, CMHA-NL invites nominations for our annual awards to recognize individuals or groups who make outstanding contributions to mental health in Newfoundland and Labrador. We are pleased to recognize the following recipients of the 2018 annual awards:



The Mental Health Research Scholarship **2018 Recipient – Shannon Wayne**

One scholarship valued at up to \$1,000 is awarded to both recognize and support mental health research relevant to Newfoundland and Labrador. The project should be at the masters or doctoral level and the award is based on suitability and academic merit. Shannon's research topic is "Non-Invasive Brain Stimulation as Safer and Effective Antidepressant Treatment for Adolescents". Shannon completed a Bachelor of Science in Behavioral Neuroscience at Memorial University of Newfoundland before beginning his Master's degree in Experimental Psychology.



The Pottle Award **2018 Recipient – Nancy Salsman**

This award was established in memoriam of the late Dr. Clarence Pottle, a psychiatrist and the first provincial Director of Mental Health Services in Newfoundland and Labrador. This award honours a volunteer in the community who has demonstrated tireless commitment towards furthering mental health awareness and initiatives in Newfoundland and Labrador. It is awarded based on the quality and quantity of volunteer work and overall impact within the community.

CMHA-NL would like to congratulate all award recipients and nominees for the work they do to support mental health.

FUND DEVELOPMENT AND EVENTS

CMHA and Signature Events

\$3,354

CMHA
Mental Health Week

Events were held throughout Mental Health Week to raise awareness. Local businesses, including Jumping Bean, Piatto, Newfoundland Chocolate Company, Battery Café, and Moksha Yoga held POS fundraisers for CMHA-NL.

\$9,300



Celebrating its 11th anniversary, Hot Soup Cool Jazz 2018 proceeds were split between four local charitable organizations, including CMHA-NL, to support those affected by mental health issues, poverty, and homelessness.

\$22,500



For the 6th year in a row, participants completed an open-ocean swim across the Tickle. We would like to thank our swimmers for taking on this challenge, as well our safety support, volunteers, and the towns of Portugal Cove - St. Phillips and Wabana.

\$72,000



Our 2nd Ride Don't Hide community bike ride and walk helped raise awareness and funds to support our mental health programs. 2018's event saw a huge increase in participation and donations, quickly making Ride Don't Hide our top event of the year.

FUND DEVELOPMENT AND EVENTS

Third-Party Events and Fundraisers

Many special events were held during the past year to raise awareness and funds for CMHA-NL programs and operations. Annual third-party events held, such as the Guiney Push-Up Challenge (\$7,470) and Walk a Mile in His Shoes (\$19,749) saw significant increases over the previous year. Other events during this period include 100 Women for Care (\$3,600), PAL Kite Festival (\$2,400), and Atlantic Convenience Stores Golf Tournament (\$2,045). CMHA-NL would like to thank the supporters of all other third-party and community-based fundraisers across the province.

\$2,045

\$2,400

\$3,600

\$7,470

\$19,749



PROGRAMS AND SERVICES

Justice Program: Overview

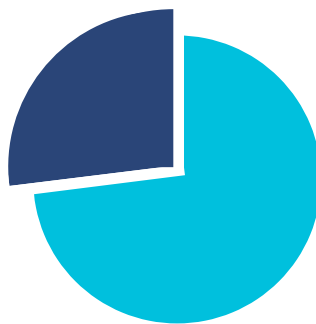
The Justice Program provides intensive case management to individuals with a diagnosed mental illness within the justice/correctional system at Her Majesty's Penitentiary (HMP) and following release into the community for a period of 12 - 18 months. Justice Program staff are continuously busy advocating and working to ensure the basic needs of program participants are met to assist in promoting recovery and reducing recidivism. The program relies on collaborations in the community and with government to achieve these goals.

Justice Program: Housing

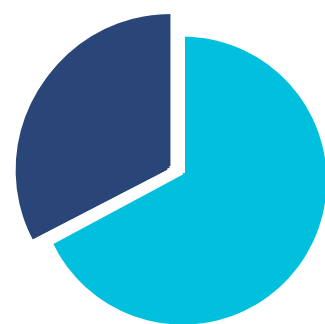
Through a close partnership with Newfoundland and Labrador Housing (NLHC), the Justice Program continues to ensure Complex Needs Housing Supplements are available for our clients and are implemented successfully. This partnership allows the program to access Emergency Housing as required. The program has also worked closely with Department of Community Services and City of St. John's by attending individualized meetings with Affordable Housing & Development Facilitator, private landlords, and property management companies to educate landlords on housing individuals with complex needs. Program staff have supportive and improved relationships with private landlords and apartment building complexes to work on tenancy stability/eviction prevention.



100% of clients of the Justice Program living in the community are currently living in their own apartments, or with family members.



15/41 client referrals were accepted to the program, allowing us to provide support and intensive case management to 15 individuals.



67% of the individuals supported by the Justice Program have not reoffended/been reincarcerated.*

*Data as of March 31, 2019

PROGRAMS AND SERVICES

Justice Program: Her Majesty's Penitentiary

The Justice Program continues to have an excellent relationship with Her Majesty's Penitentiary (HMP) and the Department of Justice. Program staff continue to participate in mental health meetings and peer consults at HMP. Program staff are often called into consultations at HMP with regards to inmates with complex needs.

8,720
UNIQUE CLIENT
INTERACTIONS

Justice Program staff have had 8,720 client interactions in the past year (either face to face, telephone contact, or contact with collateral sources providing advocacy).

687.25
HOURS
AT HMP

Justice Program staff have spent 687.25 hours at Her Majesty's Penitentiary providing in-reach mental health services.

93.5
HOURS IN
COURT

Justice Program staff have spent 93.5 hours in court providing support to clients.



Program staff continue to sit on the Mental Health Committee at HMP and address issues on living units with special consideration in the use of solitary confinement, specifically Segregation and Special Handling Units. This committee looks at how prolonged periods of time spent in these units have a detrimental effect on the mental health of inmates.

PROGRAMS AND SERVICES

Justice Program: Partnerships

Program staff continue to attend appointments specific to probation, psychiatry, addiction services, and other counselling needs. Working with clients and physicians regarding methadone/suboxone treatment. Case Managers assist clients to navigate this very complex system.

Excellent partnerships with community agencies continue, including those with Department of Advanced, Education and Skills, Eastern Health, Front Step, Stella's Circle and the John Howard Society of NL.

In 2018, CMHA-NL was recognized by Memorial University School of Social Work for the Field Placements offered through the Justice Program. This program has offered field placement to Social Work students at both the Bachelor and Master level since 2010.

Every year, the Justice Program partners with the Salvation Army to provide a Christmas Food Hamper to our clients. This year, we also partnered with the Bell Aliant Pioneers and the Jacob Puddister Foundation. This generous donation allowed us to provide a Santa Sac to each of our clients living in the community.



EDUCATION AND TRAINING



A central part of CMHA-NL's mandate is to educate and increase awareness about mental health, and eliminate stigma associated with mental illness. We continue to offer a wide variety of various evidence-informed educational workshops and presentations to the community, government, schools, and employers in all regions of the province. We offer informational display booths and have a presence at school, university, and workplace health/wellness fairs and conferences to raise awareness and our organization's profile.

Workplace Health and Safety Program

TRAINING

36 workshop training sessions in Mental Health First Aid, Mental Health First Aid for Youth, Mental Health Works, ASIST, Safe Talk, CMHA Psychological Health and Safety Advisor training.

PRESENTATIONS

23 presentations to workplaces and organizations on Workplace Stress, Life/Work Balance, PTSD, Suicide, Mental Health Awareness and Self Care, Stigma, Psychological Health and Safety Standards, Workplace Mental Health, Anxiety and Depression, and Stress Management.

EVENTS

10 informational display booths for workplace and wellness fairs and events, wellness conferences, Mental Health Week, Ride Don't Hide, and other community and CMHA events.

36

TRAINING SESSIONS

23

PRESENTATIONS

10

EVENTS

EDUCATION AND TRAINING

Annual revenue generated and public participation secured by the Workplace Mental Health Program:

\$104,725.00

This amount represents all revenue generated from presentations, trainings and workshop fees collected for the past fiscal year. This represents an increase of 74% or \$78,337.00 from last year's total of \$26,388.00. This amount does not include any funding obtained through donations in kind or sponsors in lieu of payment.

Total number of education, workshop, training and event contacts this year:

1,489

This represents an increase of 17% or 266 people from last year's total of 1,223.

The above figures demonstrate that the uptake of the Workplace Mental Health Program as it continues to grow and expands its training offerings and public promotion to meet community and workplace needs. Since the inception of the new Workplace Mental Health Program three years ago, the program's offerings, services, and reach to the public and workplaces has grown fourfold.



EDUCATION AND TRAINING

Education Program

We strive to identify new programs and initiatives that will better serve the needs of all Newfoundlanders and Labradorians. Sessions for students and schools can be booked with our Education Facilitator.

Total Participants in 2018/19

790

Participants include:

- Students from grade school through high school
- Teachers
- School staff
- Others who work with children/youth

Total Presentations in 2018/19

42

Presentations include:

- Kids Have Stress Too
- Think Twice Anti-Stigma for youth
- Presentations for teachers and others who work with children/youth
- Anxiety Talks
- Healthy Relationships Plus



REGIONAL OFFICES

Central Regional Office and Western Regional Office

CMHA-NL's 2 Regional offices in Grand Falls-Windsor (Central) and Stephenville (Western) provide community mental health education and training throughout their respective areas, as well as standalone presentations on a variety of topics. Coordinators work closely with staff in the Provincial Office, and collaborate with regional health authorities and community partners in the planning and delivery of services, programs, and local events.

Programs and Workshops

- Mother's Mental Health Toolkit Training
- Kids Have Stress TOO
- Changing Minds
- Healthy Relationships Plus Program
- Psychological Health and Safety in the Workplace

Presentations

- Mental Health and Self-Care
- Coping and Resilience
- Be Positive (Pre-K)
- Healthy Family Relationships (Middle School Students)



THANK YOU

Thank you for making
mental health a priority
in our community.



Atlantic Sports Enterprises Ltd.

Rock Construction



Ready to help make a difference?

Donate: cmhanl.ca/donate

Volunteer: office@cmhanl.ca

Sign up for our e-news: cmhanl.news/subscribe

NOTES





**Canadian Mental
Health Association**
Newfoundland-Labrador