



Canadian Mental
Health Association
Newfoundland & Labrador
Mental health for all

ANNUAL REPORT

2020 - 2021



CMHA NATIONAL

Achieving and maintaining good mental health isn't a one-person journey. In fact, each setting and situation you're in, and each person you interact with, can impact your well-being. This means that to truly achieve good mental health for all, it must be a common theme in every workplace, school and neighbourhood.

In order to achieve wellbeing for all, mental health must be the lifeblood running through the veins at all levels of community.

CMHA NEWFOUNDLAND AND LABRADOR

OUR MISSION

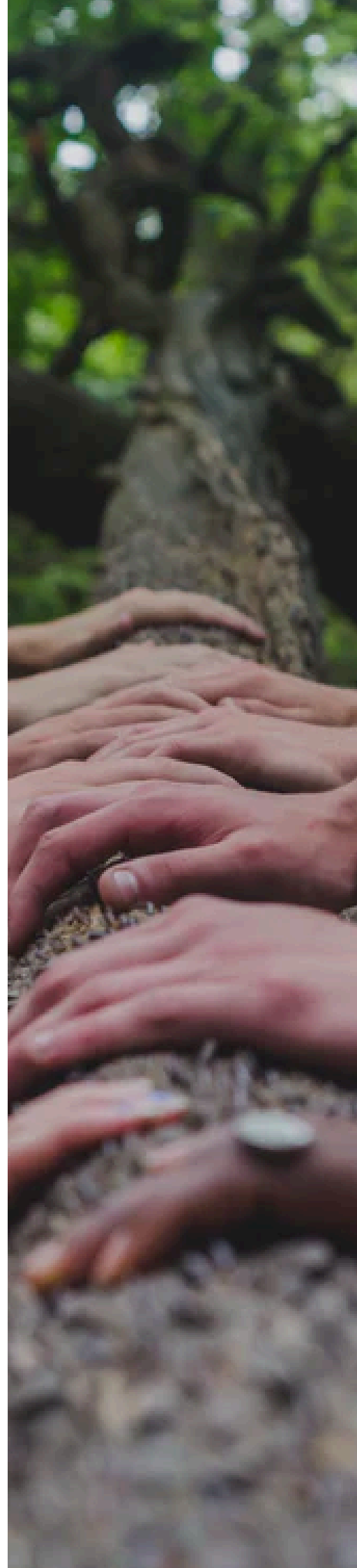
To facilitate access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

OUR CORE FUNCTIONS

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

OUR KEY VALUES AND 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 voices of people with lived experience



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Contact Us

Website:

cmhanl.ca

E-News:

cmhanl.news/subscribe

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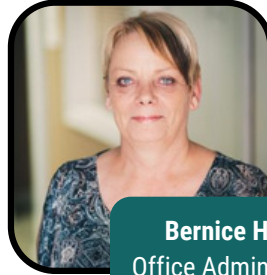
Our Staff



John Abbott
CEO (Resigned
January 2021)



Paul Fifield
Acting CEO/Corporate
Services Manager



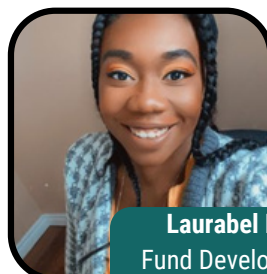
Bernice Haley
Office Administrator



Tianna Butler
Regional Manager
(Western NL)



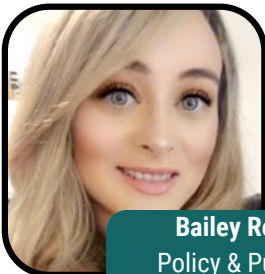
Amy Palmer
Regional Manager
(Central NL)



Laurabel Mba
Fund Development
Coordinator



Sarah Cook
Marketing & Communications
Coordinator



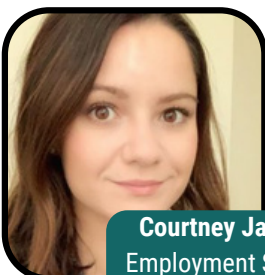
Bailey Reid
Policy & Public
Engagement Manager



John Dinn
Workplace Mental
Health Coordinator



Grant Fitzpatrick
Education Facilitator



Courtney Jackson
Employment Support
Coordinator



Heidi Edgar
Justice Program
Manager



Kristi Lavallee
Housing Support
Coordinator



Justin Mahon
Social Work Case
Manager



Taedy O'Rourke
Social Work Case
Manager



Jananne Dawe
Social Work Case
Manager

Our Board



Kimberly Yetman Dawson
President (on leave)



Joe Thorne
Vice-President/Acting President



Ronalda Walsh
Secretary



Gordon Hawkins
Treasurer



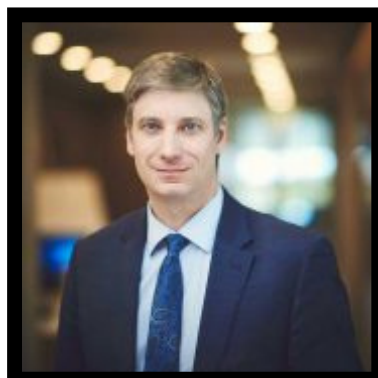
Brenda Dennis
Director



Fabian Connors
Director



Jackie McCann Scott
Director



Peter Head
Director



Kimberly Spencer
Director

Message from the President



As Vice-President and acting President, I am pleased to report to our members on CMHA-NL's achievements since our last annual meeting. It certainly feels like a lot longer than 12 months since we last got together as a membership.

As we all know, it has been a difficult year in more ways than this message can address. But CMHA-NL has risen to the challenge and I am fiercely proud of all the work our staff has done in our community to educate, advocate, and support Newfoundlanders and Labradorians.

It is no surprise that the pandemic has highlighted the need for more staffing and resources to address mental health issues in the province, as CMHA-NL has received a higher volume of requests from the community during this time for resources to help with mental health issues. In response, CMHA-NL has partnered with more community agencies and has supported clients financially through COVID-19 relief funding. Community agencies working together brings more awareness to our causes and helps clients access the services they need.

COVID-19 relief funding grants have allowed CMHA-NL to support clients in many ways that we could not do in the past. Funding for food and housing security has allowed CMHA-NL to help hundreds of people across the province meet their basic needs so they can focus on other goals such as mental health, family, education, and employment. We are mindful that while these support programs will end – the need will not. In addition, fundraising has changed. In-person events were impossible or very difficult, and donations were harder to find due to the financial uncertainty of the past year. CMHA-NL has taken several steps to respond, including the hiring of a Fund Development Coordinator to focus on grant and fundraising efforts, to great early success.

Since March 2020, our Fund Development Coordinator has secured \$850,000 in new and recurring funds, including a TD Ready Challenge grant for \$500,000 over the next 3 years. This funding will allow CMHA-NL to bring training and education programs to communities across Newfoundland and Labrador.

Message from the President


During certain provincial Alert Levels, our facilitators could not do in-person training sessions with workplaces and community groups, however, CMHA-NL staff quickly shifted to adapt, and moved programs online where possible. We have also worked hard to stay connected as a number of CMHA-NL staff continue to work remotely. We have had weekly online check-ins during higher Alert Levels, and a province-wide online pizza night helped staff stay engaged and feel supported.

CMHA-NL also completed a Public Reporting Project with input from people in the community with lived experience. The report helped to identify gaps in the current mental health services model in the province.

On behalf of myself and the Board of Directors, thank you so much to our staff and our tireless volunteers. You have gone above and beyond to make sure that CMHA-NL continues to support those in need in this difficult time. Thank you as well to my fellow Board members that are giving of their time and experience.

A special thank you to Paul Fifield, our Manager of Corporate Services and our acting CEO. Paul has stepped up in a major way since John Abbott's successful run for a seat in the provincial legislature, and a cabinet appointment to boot. We expect to have more to announce on the CEO front in the near future.

Thank you!



Vice-President and Acting CMHA-NL President

"We continue to advocate for positive change in our community and are happy to see how many people and businesses are joining us."

Message from the CEO



During the fiscal year I was honored to be recommended by former CEO John Abbott and appointed by the Board of Directors to the position of Acting CEO. John Abbott left the organization in a great position after finishing his tenure and he made it easy to continue the great work that CMHA-NL does.

The community is well served by the professional contingency of staff and board members that CMHA-NL has. The work that is carried out by staff daily to meet the needs of people in the community with mental health concerns is truly remarkable.

An organization is only as strong as the people that make it work. Staff have stepped up even more during the past year to help address the increase in mental health needs from people in the community due to COVID-19 and the challenges it has presented. Our Board of Directors continues to exhibit stellar governance and guidance through its many committees, helping achieve the strategic goals of the organization.

The COVID-19 pandemic certainly highlighted how mental health plays such a pivotal role in the daily lives of each and everyone one of us. People's mental well being has always been a priority for mental health agencies like CMHA-NL and others in the community. The pandemic has portrayed just how important mental health is and has given mental advocates a platform on a world stage to push for mental health reform. While some strides have been made in the past few years, the need for more readily available and better treatments, resources and information for people to access, and the removal of financial and societal barriers to accessing help, still has a long way to go.

During the year CMHA-NL was able to deliver new services and cement ongoing ones due to funding available through COVID-19 relief funding, which the organization was successful in obtaining. This allowed staff the ability to help clients meet their needs for food and housing security so they could then focus on personal growth in education, employment, and building strong support networks which help foster their mental wellness. Increased funding also allowed facilitators to bring on new education and training programs and be able to move them to virtual online platforms where possible. CMHA-NL was also able to help other community agencies clients via gift cards that were granted to the organization during the year. Some examples of this were food hampers for clients in St. John's, Grand Falls-Windsor, and Stephenville. If there was a need that CMHA-NL could address, we tried our best to step up and help.

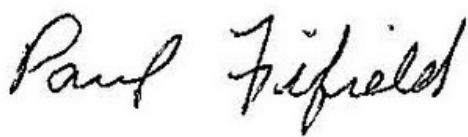
Message from the CEO

New community partnerships were built with community agencies. Working together organizations were able to address more of the needs of their clients and help them access the resources needed. The pandemic galvanized people and organizations to work together. That comradery will be long lasting and will help us all forge a stronger future for people in the province.

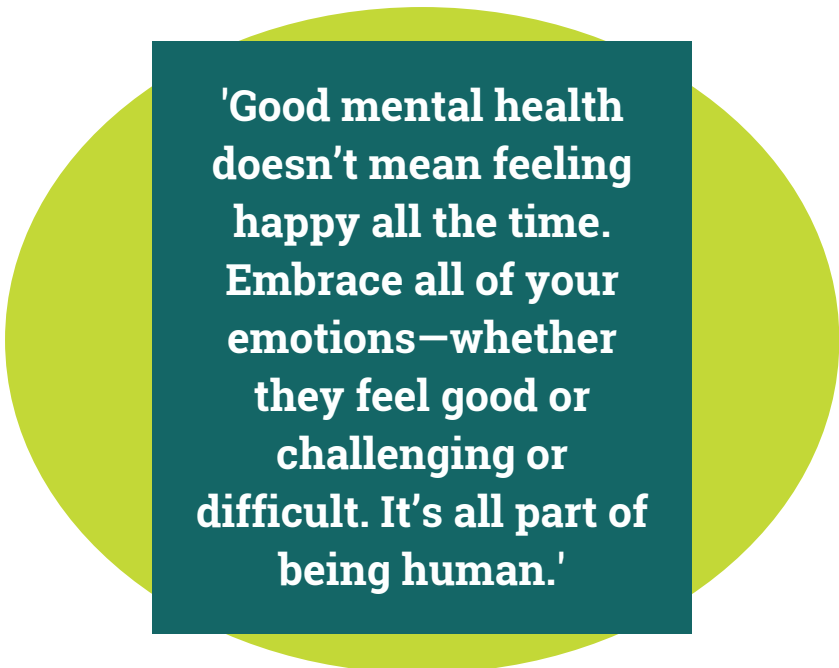
Although the staff and organization were able to provide many extra services and do so many positive things during the year, the organization did finish the year with a deficit. CMHA-NL was able to secure over \$850,000 in grant funding due to the fabulous work of Laurabel Mba, the organization's new Fund Development Coordinator. \$500,000 of which was from the TD Ready Challenge which will be used over the next three years to help the organization plan and deliver services. A large portion of these funds, due to when they were received, will be deferred to the 2021 – 2022 fiscal year.

I would like to thank the staff of CMHA-NL again for the fabulous work they do each day to help the people of this province. Having skilled professionals who you can rely on makes the organization run efficiently.

In closing I would like to say that some strides have been made this year to better mental health in this province but there is still plenty of work to do. CMHA-NL's staff and Board of Directors are up to that challenge.



Corporate Services Manager and
Acting C.E.O



**'Good mental health
doesn't mean feeling
happy all the time.
Embrace all of your
emotions—whether
they feel good or
challenging or
difficult. It's all part of
being human.'**

COVID Response

It is no surprise that this year's Annual Report will look a little different from others. 2020/2021 was a year unlike anything we have seen before as an organization, a province, and a society.

The Board and Staff of the Canadian Mental Health Association of Newfoundland and Labrador (CMHA-NL) have been working hard to adjust their positions, roles, programs and services, to fit new patterns of daily life during COVID-19. Through provincial Alert levels, and gaps in our public systems, we have all strived to continue delivering support in many forms, at the highest level of quality and consistency.

It is without a doubt that people's mental health has been hit hard. Those with mental illness have suffered and mental health has been a topic of much discussion, as many people who have never experienced issues in the past, started feeling the effects. In addition, some of the most vulnerable members of our society have been pushed past the margins, closer to the edge. CMHA-NL saw an increase in demand for our services across the board, and a decrease in areas of funding due to restrictions caused by the pandemic.

And yet we saw an increase in kindness and compassion. As people turned to new hobbies, home improvement and staycations, so too did they turn to giving back, volunteering and finding new and creative ways to foster connection and give hope.

The dedicated and diligent Board and Staff of the CMHA-NL will continue to serve to the best of their abilities, to pivot with new challenges, to evolve with the needs of our community. We have made great strides in adding a complement of staff and programming to accommodate the needs, and will continue to do so through 2021/2022 and beyond.

Annual Awards 2020

THE LEADERSHIP AWARD 2020 Recipient - Chief Joe Boland



Throughout his 38-year career in law enforcement, Chief Joseph Boland has recognized the importance of promoting and protecting the mental health and wellness of his colleagues and led the creation of many programs for RNC employees. He is dedicated to working with community partners to advance mental health and wellness and has demonstrated community leadership through establishing mental health initiatives for the Royal Newfoundland Constabulary and our community.

This award honours a mental health service provider, researcher or community leader for excellence in mental health leadership within Newfoundland and Labrador. Awardees must have shown dedication to furthering mental health within the province through their clinical practice, research or community service.

THE MEDIA AWARD 2020 Recipient - Kerri Hodder for VOCM News

This award recognizes a person, group or organization that has shown outstanding quality, promotion and awareness of mental health issues in Newfoundland and Labrador. Media includes all print, broadcast and internet based material.

VOCM News has been a great corporate and community citizen with the ability to reach the population of our province. They are respected for their work on delivering news and using its media platform to raise awareness of mental health issues, promoting available supports and helping to reduce the stigma in our province. In this way they have helped move forward the mandate of the CMHA-NL - to promote mental health for all.



Annual Awards 2020

THE POTTLE AWARD 2020 Recipient - Brenda Dennis



Through her volunteerism and tireless efforts to increase awareness and reduce stigma surrounding mental health issues, Ms. Dennis continues to positively impact the Bay St. George region. She has used her personal experiences with mental health to advocate for better services and resources within our communities. Bay St. George recognizes Brenda as someone who will do everything within her power to create a safe and inclusive community that accepts the diverse experiences of all our residents.

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

THE MENTAL HEALTH RESEARCH SCHOLARSHIP 2020 Recipient - Nabila Qureshi

TOPIC: 'The Impact of Early Resettlement Experiences of Refugee Youth in St. John's, NL in Developing a Sense of Wellbeing'

While Nabila's academic records will speak for themselves, it is important to recognize that Nabila doesn't believe in academic work for the sake of getting a degree alone - she has tried hard to make MUN inclusive in many ways and actively participates in volunteer work directly relevant to her research. Her research will provide us with a rich, nuanced analysis of what it means to be a youth in a new culture with little family, social or systemic support.



PHOTO: RICH BLENKINSOPP

INTRODUCTION

Tianna Butler has been the driving force behind the Western Regional Office again this year. Working within the constraints of a global pandemic meant that it looked very different from most others, as

events, training, presentations and all aspects of service delivery needed to be altered or modified. While able to reach a wider audience in some ways, it also created a barrier to accessing programs and services for people without the technology or internet service needed. This issue exacerbated already present struggles with isolation for populations living in rural/remote communities, those facing economic struggles due to low-income and reduced income, as well as seniors. Because of this, Tianna supported many individuals in system navigation this year, connecting people with mental health & addictions services, supporting individuals applying for the Canada Emergency Response Benefit for Essential Workers, and those presenting in crisis to staff. Development of resources specific to current and ongoing issues, as well as the creation of the Basic Needs Program, were significant additions this fiscal year.

NEW PROGRAMS

- Tianna partnered with Grant Fitzpatrick to develop “Keeping Connected”, youth program
- A second youth program was created and delivered in partnership with the Newfoundland Aboriginal Women’s Network.
- “Tea & Talk”
- “Paws & Reflect”
- Hampers of Hope
- Basic Needs program



Basic Needs Program & Hampers of Hope

The Covid-19 pandemic brought to light gaps in services and supports for an already vulnerable population within this region. Food security, housing security and lack of supportive resources are always in the forefront within Western Newfoundland and all of Labrador. We were successful in receiving funding and strengthened our partnerships with other service providers to address the need as best we could. Therefore, we launched our Basic Needs and Hampers of Hope programs.

The Programs delivered: **Housing, food security, furniture, cleaning kits, electronic devices, small appliances, self care items, blankets, hats, gloves, and more to families with basic needs going unmet in the area.**

Feather Carriers Events | Education | Sessions | Supports | Hope

Funding approved from the United Way of NL to support programming for Indigenous people was used to lead the Feather Carriers project. Sessions were developed from Indigenous ways of knowing and included land-based activities to improve mental wellness. Knowledge Keepers and Elders from the communities were invited to lead education sessions as a part of the local events, which brought together people of all ages.



Mi'kmaw knowledge keeper, Calvin Brumsey,
Stephenville Crossing Feather Carriers activity

Partnerships

- CNA
- Burgeo CYN
- Keyin College
- Melgignat Women's Group
- Bay St. George Coalition to End Violence
- Bay St. George Status of Women Council
- Southwestern Community Youth Network
- Stephenville Leo's Club
- People of the Dawn Indigenous Friendship Centre
- Southwest Coast SPCA
- CHANNAL
- Doorways
- Community Drug Response Committee
- Mental Health Promotions Committee
- No'kmaq Village
- Dominion

Central Regional Office

INTRODUCTION

Bailey Reid held the title of Regional Coordinator for CMHA-NL's Central Regional Office in Grand Falls-Windsor until November 30, 2020. She was then transferred into the St. John's location to become our Policy and Public Engagement Manager.

Amy Palmer took over the role of Central Regional Manager as of December 1, 2020. She holds a Bachelor of Arts (Honours), Bachelor of Education, and Life Skills Coaching certification, and has completed many mental health focused courses. Amy has worked to establish a strong community presence for the association, facilitated system navigation, developed and delivered various presentations and workshops, and created many working partnerships with other organizations, while also managing daily office activities.

Amy sits on various boards and committees, both locally and provincially, to work together with other agencies to ensure access to service and support, provide education and resources, and find ways to close gaps in the system that people face every day.

HIGHLIGHTS

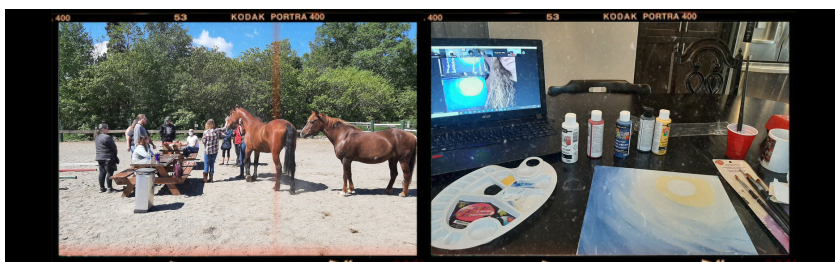
- "Wellness with Amy", a weekly radio show on a local station sharing information about mental health and wellness while playing feel-good music
- Public service announcements with the Town of Grand Falls-Windsor
- Events and activities such as trivia and paint nights (both in person and virtually to accommodate the Covid-19 pandemic)
- Developed weekly programming "Mondays Matter" in partnership with Terrilynn Barry at the Youth 2000 Centre
- Distributed grocery store gift cards to help with food security throughout the Central Region, while also providing meal kits and food hampers through other community agencies

120+
Committee
Meetings
Attended

13
Presentations
Given

31
Resources
Developed

32+
Professional
Development
Completed



INTRODUCTION

The CMHA-NL metro office created the position of Manager of Policy & Public Engagement, in December 2020. Bailey Reid, a registered Social Worker with the Newfoundland and Labrador Association of Social Workers (NLASW) and previous Central Regional Coordinator of CMHA-NL's Grand Falls Windsor office, is passionate about policy change and system transformation through research and relationship building. Engaging with community and government stakeholders, the position also serves as a system navigator for many individuals in the province who face challenges within or entering the system. Strong relationships and advocacy has helped to support in monitoring gaps, highlighting concerns and opportunities for innovation, and developing creative solutions within our Mental Health and Addictions system.

Bailey sits on the CMHA National Policy Working Group and also provides several community mental health education and training sessions throughout the region including ASIST, SafeTALK and other mental health promotion and awareness presentations.

EMBRACING EXPERIENCES

Contributing to the growing movement of patient-oriented research that incorporates collaboration, co-production, and co-evaluations, CMHA-NL published an independent report titled, "Embracing Experiences" in which 40 individuals shared their experiences with Mental Health & Addictions services in Newfoundland and Labrador.

The Embracing Experiences report helped to:

- Identify gaps in Mental Health & Addiction services
- Identify opportunities for quality improvements based on emerging and best practices
- Be an ongoing public voice to support accountability and change in the Newfoundland and Labrador Mental Health & Addiction system

Policy & Public Engagement

Bailey managed the 'Embracing Experiences' report and co-led alongside researchers and writers with backgrounds in social work, anthropology, psychology, and public health. CMHA-NL contracted a person with lived experience – recruited directly from one of our interviews. This person was centrally involved in reviewing the interviews and in writing this report – a process that moves People with Lived Experience out of the illness identity and narrative that often dominate discussions of mental illness, into active involvement as co-evaluators of the very systems they engage with. Through careful interpretation of these insightful interviews conducted with people with lived experience, four key messages were established.

KEY MESSAGES

- Access And Navigation
- Continuity
- Proactive Rather Than Reactive
- Confidence

COMMUNITY PARTNERSHIPS

Community collaborations made our work possible!



Burin Mental Health Coalition

Clarenville Mental Health Coalition



Miawpukek Mi'kamawey Mawi'omi First Nation



Newfoundland Stuttering Collaborative

National Public Policy Working Group



Right to Decide Avalon



Workplace Mental Health Program

INTRODUCTION

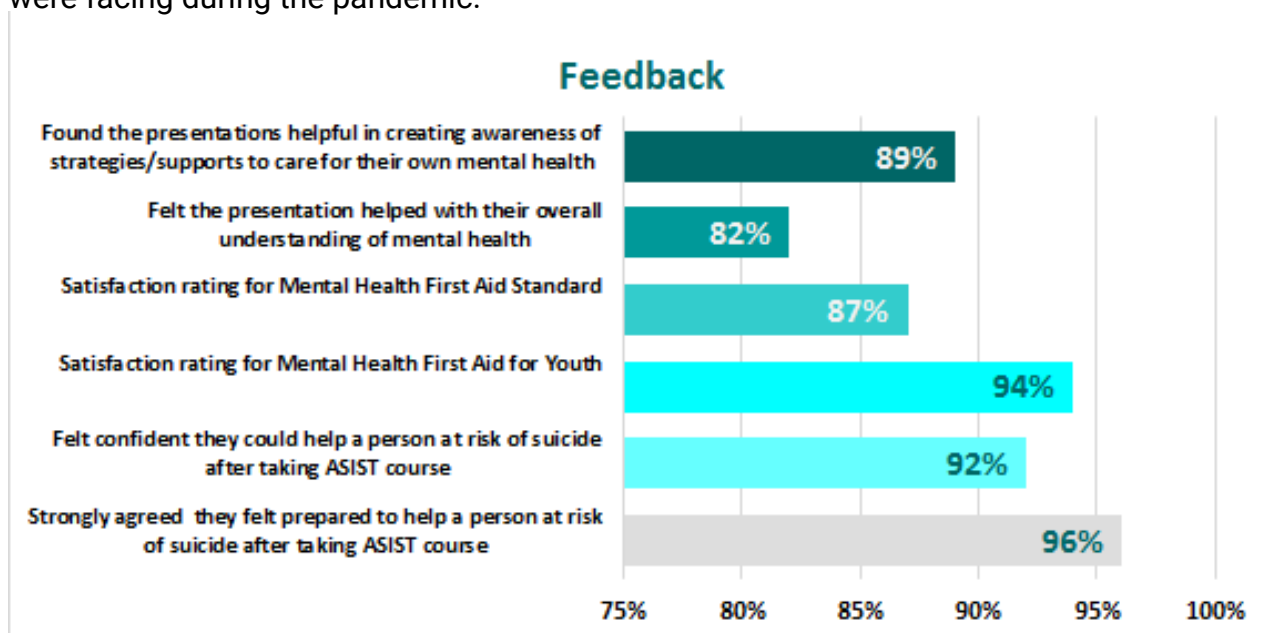
John Dinn continues to deliver the Workplace Mental Health program, one of CMHA-NL's innovative and rapidly growing offerings. A central part of CMHA-NL's mandate is to educate and increase awareness about mental health, and eliminate stigma associated with mental illness. The Workplace Mental Health Program continues to champion mental health while offering a wide variety of evidence-informed, best practice educational workshops, courses and presentations to workplaces, government, health care facilities, non-profit agencies, and communities across the province.

"This workshop was amazing and super helpful! Thank you so much for the opportunity. I enjoyed how interactive and informative course delivery was." - ASIST participant

WORKSHOPS, TRAINING SESSIONS & PRESENTATIONS

The program has expanded tremendously over this past year to offer a robust Training Menu of over 11 courses and workshops. As well, the program has developed and offers several Workplace specific webinars and presentations and continues to add and update these offerings to meet our evolving community needs.

Many webinars were offered to workplaces and the public for no fee as a social response to give back to our community's collective need for accessible mental health services during the COVID-19 pandemic. They targeted the specific mental health needs people were facing during the pandemic.



Workplace Mental Health Program

PARTNERSHIPS

- Jacob Puddister Memorial Foundation
- Pennecon
- Newfoundland and Labrador Housing and Homelessness Network Training Center
- Partnership with Living Works to offer LIVINGWORKS start
- Partnership with Canadian Red Cross to offer Psychological First Aid - Self Care, and Caring for Others



57 people were trained in either Mental Health First Aid Basic, Mental Health First Aid for Youth, or Applied Suicide Intervention Skills Training in 7 training workshops. \$10,340.00 generated in revenue to be reinvested back into the program.

NEW INITIATIVES

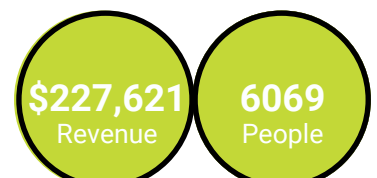
- **Co-Workers First** – Engaging employees in mental wellness
- **Resilient Minds** Building the Psychological Strength of Firefighters
- **Mental Health First Aid Standard Virtual** course from the Mental Health Commission of Canada.
- **Psychological First Aid** – Caring for Self and Caring for Others
- **Living Works START** online suicide prevention.



31 presentations were delivered to 1,193 managers, supervisors, employees, professionals, volunteers, and adult students

COMMITTEE INVOLVEMENT

- CMHA-NL's Education and Public Awareness committee
- CMHA's National Recovery College Community of Practice Committee
- CMHA National's Psychological Health and Safety Advisor's Community of Practice
- CMHA's new National program, Resilient Minds Community of Practice.
- Mental Health in Construction Steering Committee with the NL Construction Safety Association
- Community Wellness Coalition – Avalon East



Since the program began, total revenue and people having received mental health education, training, services, and resources.



Mental Health First Aid for Youth Class



Total number of people who accessed training, education, online courses, webinars, information, and services through the Workplace Mental Health Program this

Education Program

INTRODUCTION

Grant Fitzpatrick led the Education Program delivery again during the 2021/2022 Fiscal Year. The Education Program focuses on mental health and mental illness

awareness and educational sessions for children, youth, young adults and parents through schools, community groups, and community centres. His interactions with youth and adults alike are often life changing, and contribute to the awareness and anti-stigma sentiment that is growing in our province. As a provincial Educational Facilitator, Grant often travels to remote areas, as well as co-facilitating programs and training with our Western and Central Regional Managers.

NEW DEVELOPMENT

As a response to the COVID-19 Pandemic, many presentations, programs and resources were developed to help youth and adults deal with their mental health. Together with Tianna from the Western Regional Office, Grant developed “Keeping Connected”, a virtual weekly wellness session which provided participants with the opportunity to socialize and learn activities and skills to maintain mental wellness while remaining physically distant from others. This 12-week program had participants attending from across North America. Each session was approximately 60 – 90 minutes. 83 participants.

TRAINING DELIVERED

- 15** —Communities across the province
- 25** —Organizations
- 442** —Participants (340 adults and 101 youth)

PRESENTATIONS DELIVERED

- 11** —Youth Sessions for 60+ participants
- 156** —Other Unique Presentations
- 44** —Different Organizations
- 13** —Different Communities and Online
- 948** —Participants (716 adults and 232 youth)

1390

Total Participants

467.5

Total Training Hours

Grant Fitzpatrick
achieved his
**Master
Certification**
in ASIST Training in
September of 2020

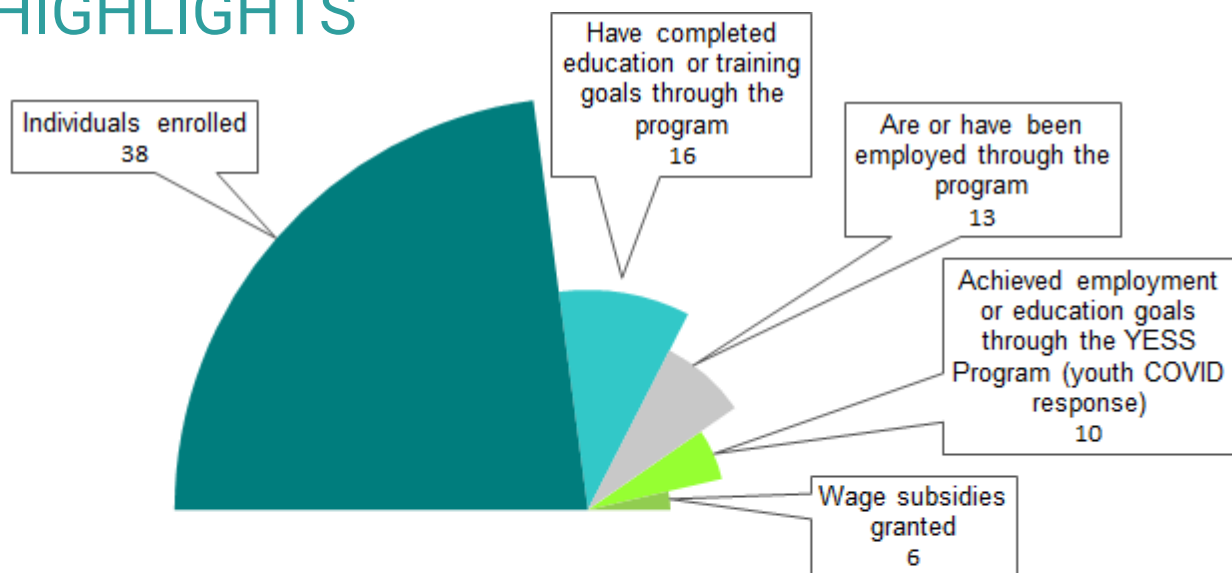
At Work Program

INTRODUCTION

Employment Support Coordinator Courtney Jackson started with the CMHA-NL in Feb 2021. She holds a Bachelor of Arts in Behavioural Psychology and came to this position with 6-years of front-line experience in mental health and disability services.

The aim of this new position is to provide employment support for people living with a mental health issue or mental illness, who are unemployed or under-employed, and are seeking meaningful employment. The At Work Program also provides wage subsidies for employers. The Employment Support Coordinator works with employers and employees to ensure a smooth transition to work.

HIGHLIGHTS



PARTNERS/EMPLOYERS

Quidi Vidi Village Plantation / Anna Templeton Centre
St. John's Women's Centre
Fortis Properties
Common Ground CDC
The Anglican Cathedral of St. John the Baptist

To learn more about the wage subsidy application and to discuss available positions within your workplace, please contact us:

Courtney Jackson
Employment Support Coordinator
Tel: (709) 730-1695
cjackson@cmhanl.ca

Justice Program

INTRODUCTION

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 all levels of government to achieve these goals.

"The CMHA goes above and beyond in helping others. Through personal experience, I know them to be true professionals. I have become a better person with the knowledge that there are trained people who are willing to help me deal with all aspects of my life and especially my mental health."
- Participant

PROGRAM EXPANSION

The Justice Program saw its first expansion of service last year with the addition of Social Work Case Manager, Taedy O'Rourke. The addition of this position allowed us to increase our capacity and support 10 more individuals through the program.

The addition of Housing Support Worker, Krisiti Lavallee began with funding from End Homelessness St. John's, a strong community partner.

14,923

Unique client interactions in the past year (face to face, telephone, or contact with collateral sources providing advocacy and support). This number is significantly up from last year due to increased capacity and the effects of COVID.

Housing is more than a place to live, it is a home.

With the addition of the Housing Support Worker, this position has been able to focus on connecting individuals with housing possibilities before they are released from incarceration with the intention of avoiding the Emergency Housing System.

The program has been fortunate through our partnerships with NL Housing Corporation and Eastern Health Housing Division to have 19 of our 30 clients availing of a complex needs subsidy in their own individual apartments. The other individuals are residing with either family or friends or other supports, or not yet released from incarceration. This partnership allows the clients of the justice program to access safe and affordable housing offered through market rent in the community.

Justice Program

HIGHLIGHTS

425.75

Hours spent at HMP by Program Staff - providing counselling, support and release planning to work towards reintegration upon release.

30

Individuals that were provided support and intensive case management.

67%

Of individuals that we have had the privilege to support and work with during the last 11 years (89/133) have not reoffended/been incarcerated.

574

Meals provided by The Gathering Place between April 2nd and September 18th, 2020.

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, including consultations with regards to inmates with complex needs. The Justice program appreciates the support of Correctional Officer Daryl Ryan who works with the team in the upper Trailer and ensures everything runs smoothly.

PARTNERSHIPS

The program received funding from United Way, TD, Food First NL and Second Harvest to provide cell phones, food security, household items and other essential items to support the program clients through the pandemic.

Her Majesty's Penitentiary (HMP)

Department of Justice

End Homelessness St. John's Supportive Referrals Program

Empower, The Disability Resource Centre

Salvation Army Centre of Hope

Choices for Youth

CHANNAL

Thrive

The Gathering Place

Stella's Circle

Department of Advanced Education, Skills and Labour

City of St. John's

Through partnerships with Homeport/Northview Reit, Craig Clemens and team at 1st Choice Movers and Tony and his Help Truck, private landlords and property management companies such as Killam Apartment Reit, and other apartment building complexes.

Fund Development & Events

INTRODUCTION

With the onset and continuation of COVID-19 in our province, CMHA-NL's Fund Development Coordinator, Laurabel Mba, needed to get creative in how to raise funds for our organization. As many fundraisers and other events were either cancelled or moved to a virtual platform, Laurabel made remarkable headway with increased proposal writing for funding, and engaging a variety of third-party fundraisers, advocates, and local businesses.

Corporate Sponsorships, Donors and Fundraising Partners:

Bell
TD Bank
Canada Post Foundation
Irving Oil
Vale
Food first NL
Community Foundations
Community Food Centers Canada
Pipers
NL Chocolate Company
Patten Family Foundation
Government Of NL
United Way
End Homelessness St. John's
VOCM Cares



Programs and Services Funded:

Fairness in Transition
MHFA-Seniors program
Education and Training
COVID-19 Mental Health Recovery Program
Youth Focused Programs
Justice Program Emergency
COVID-19 Aid
Community Programs Support
Feather Carriers
Zoom and Justice Program
Justice Program and Regional Offices
Mental Health Week POS
Trail Raiser
indigenous Funding
TALK Today
COVID Expansion
Small Business and Community Organization Support
Housing Support
Mindfulness Suicide Prevention

Proposals were written for a funding value of **\$880,955**.

With an additional **\$333,333** allotted over the next 2 years.

\$547,571
was
awarded

Over the course of the year, all Events were moved to a virtual format and were held under the Ride Don't Hide banner. Together they raised over **\$7,054**

If you or your organization would like to support mental health in your community, we invite you to connect with us! Email lmba@cmhanl.ca

Our Supporters



TOYOTA



INTRODUCTION

At CMHA-NL, we are always looking forward. Here are just a few of the initiatives in the works for 2021/2022.

WESTERN REGIONAL OFFICE

Discussions with Laura Casey and Heidi Edgar regarding development of the “Two Arrows” project to offer free tattoo sessions for people who wish to cover their self-harm scars. The Basic Needs Program was sorely needed and, and will continue supporting people throughout the area. Feather Carriers will continue to grow, with a complement of social media channels to increase engagement.

CENTRAL REGIONAL OFFICE

We are looking forward to new partnerships, such as with The Stable Way, an equine assisted therapy program through Adventure Stables. By fiscal year end 2021, Amy will have all formal training completed so she may facilitate ASIST, Mental Health First Aid, Living Life to the Full, and safeTALK trainings and programs.

EDUCATION PROGRAM

The Education program will continue to adjust to the growing needs of the province. New resources, programs and trainings are constantly being added. We are looking forward to getting back into schools to deliver sessions to students.

FUND DEVELOPMENT COORDINATOR

We are looking forward to getting back to in person events and building stronger partnerships with organizations to support the overall mental health of our province.

WORKPLACE MENTAL HEALTH

We are hoping to have the Resilient Minds program extended to other front line professionals like First Responders and Paramedics. We are working towards it becoming a core course offering of the Workplace Mental Health program.

JUSTICE PROGRAM

We hope to add a mental health worker and a peer support worker to our team this coming year. Program staff continue to build and improve relationships to work on tenancy stability/eviction prevention.

ATWORK PROGRAM

Many partnerships have been formed with our strong employment support community here in St. John's. In the future we will collaborate with other service providers to engage employers and connect them with participants in a way that is meaningful.

POLICY & PUBLIC ENGAGEMENT

While continuing advocacy and policy change, allied partnerships with groups such as the Anti-Racism Coalition, Black Lives Matter NL and others remain an important focus for the future. We will be promoting the findings of the Embracing Experience report, looking to engage in meaningful discussions with media and the public.

Notes



Thank You



TO OUR VOLUNTEERS, PROGRAM
PARTICIPANTS, STAFF AND BOARD

Thank you for your hard
work and dedication!



TO OUR MEMBERS, DONORS,
THIRD-PARTY EVENT
COORDINATORS AND FUNDRAISERS

Thank you for your time,
effort, and support!



TO OUR PARTNERS, CORPORATE
SPONSORS, AND
COMMUNITY ORGANIZATIONS

Thank you for your generosity
and committment!

Looking for
Resources?

Looking for resources?



Visit our website for toolkits, printable
handouts, and more.

cmhanl.ca/resources



Canadian Mental
Health Association
Newfoundland & Labrador
Mental health for all