

2019/20 ANNUAL REPORT

CANADIAN MENTAL HEALTH
ASSOCIATION
SOUTH OKANAGAN
SIMILKAMEEN



A MESSAGE FROM OUR PRESIDENT AND EXECUTIVE DIRECTOR

Over the past year, CMHA-SOS has continued to serve the communities in the South Okanagan Similkameen by providing mental health education, support and navigation. CMHA has achieved impressive results by serving 14,288 nutritious meals, providing educational programs to 854 community members, and increasing Clubhouse participation to 12,063 visits. While we celebrate the role we have played in our region to support those who live with a mental illness, we also recognize there is more to do. Through a wide variety of approaches and venues, CMHA's programs and resources will increase awareness, reduce stigma and build resiliency. Thank you to everyone who has helped us by contributing time and funding. Please continue to reach out to us, support us, and partner with us, so we can achieve our vision together.



“At CMHA our mission as the nation-wide leader and champion for mental health is to facilitate access to the resources people require to maintain and improve their mental health, integrate into the community, build resilience, and receive support in their recovery from mental illness.”

INTENDED IMPACT

CMHA-SOS supports the mental health of all citizens in our community. The people we serve develop the knowledge, skills, and confidence to understand and manage their mental health, and build healthy relationships and networks of support. Our work with partner agencies ensures appropriate and timely navigation and referrals in the health care system.

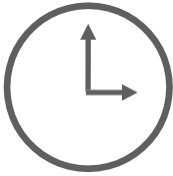
2019/20



**ANNUAL
REPORT
HIGH-
LIGHTS**



**8 Staff +
35 Volunteers**
Working Together



3,239 Hours
of Volunteer Work



14,288 Meals
Served at
Unity House



350 Donations
Made to Support
CMHA's Programs



421 Registrants
in Education Classes





PROGRAMS & SERVICES

NUTRITION

Each day the Unity House kitchen serves a well-balanced lunch for \$2.00. On Tuesdays and Thursdays there are dinners served for \$4.00. There are over 25 rotating volunteer participants involved in the operation of the meals program including lunch & dinner preparation, kitchen clean up, and baking.

MENTAL HEALTH ADVOCACY

Advocates are committed to empowering clients to become more knowledgeable and assertive when dealing with their concerns. Last year 486 appointments occurred. [778-476-5411](tel:778-476-5411)

LIVING LIFE TO THE FULL

People from all walks of life can benefit from Living Life to the Full courses offered by CMHA. This year courses were offered to Okanagan Correctional Centre inmates, Clubhouse members, Jumpstart participants, and Discovery House residents.



BOUNCE BACK

This self-guided program is for individuals struggling with low mood, depression and/or anxiety who are referred by a physician.

This year CMHA's Bounce Back coaches helped over 135 people from our region.

SUICIDE PREVENTION

Community Gatekeeper program has trained 135 people in suicide alertness training and Applied Suicide Intervention skills in the South Okanagan Similkameen area. We are building capacity in communities to respond to thoughts of suicide by training family members, friends, and work colleagues.

COMMUNITY EDUCATION

The demand for increased awareness, knowledge, and skills to promote well-being and address mental health issues has never been greater. Our facilitators have responded to the need in the community by developing new workshops and presentations, strengthening relationships with agency partners and reaching a diverse audience in a wide range of settings. Over 367 hours of mental health education was delivered this year. [250-493-8999](tel:250-493-8999)

UNITY HOUSE

Unity Clubhouse provides social, recreational and educational programs for 180 individuals living with a mental illness. If you or someone you know may benefit from the Clubhouse please call [250-493-6327](tel:250-493-6327)



PROGRAMS & SERVICES

SUPPORTIVE EMPLOYMENT

In partnership with Interior Health, clients gain valuable work experience in the following areas:

- Car detailing
- Janitorial services

CONSUMER DEVELOPMENT PROGRAM

Committees in Oliver and Penticton approved over 86 applications for funding to support members pursuing recreational, physical, educational, health and personal growth opportunities.

CONFIDENT PARENTS: THRIVING KIDS

CMHA offers a telephone program to support parents and caregivers who have children with mild to moderate behavioral problems.

PROGRAMS & ACTIVITIES

In partnership with Interior Health, staff plan programs and activities for Unity Clubhouse members and community mental health members. Examples include:

- Ice-skating
- Bowling
- Swimming
- Field trips
- Women's Group
- Men's Group

RIDE DON'T HIDE

Thank you to the sponsors and riders who helped us raise over \$18,000 for mental health programs in our community. Your generosity is truly outstanding



OUR MOST HEARTFELT THANK YOU TO...

THE BOARD OF DIRECTORS

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OUR FUNDERS & PARTNERS

Interior Health Authority
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BC Housing
BC Gaming Corporation
City Of Penticton
Community Foundation of the South
Okanagan Similkameen
Town of Osoyoos
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Rotary Club of Penticton
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Little Caesar's
Cobb's Bread
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Those who donated to Ride Don't Hide

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<https://sos.cmha.bc.ca/>



HOW YOU CAN MAKE A DIFFERENCE TODAY

Donate.

All gifts, no matter what size, make a difference in your community. Cheques are graciously accepted, and can be mailed to the above address.

Donate online at
www.canadahelps.org

Spread the word.

Talk to a friend, neighbour or co-worker about the work we do.

Become a member.

A large membership gives strength to CMHA-SOS
Please ask how to join.

Volunteer.

Call our office to find out about the many volunteer opportunities. [250-493-8999](tel:250-493-8999)