

# 2016/17 ANNUAL REPORT

CANADIAN MENTAL HEALTH ASSOCIATION  
SOUTH OKANAGAN SIMILKAMEEN



## A MESSAGE FROM OUR PRESIDENT AND EXECUTIVE DIRECTOR

As one in five of us will experience a mental illness in our lifetime, mental health needs to be a priority for all of us. Health promotion and supporting individuals living with a mental illness continues to be our mission and priority. Our branch received accreditation with Imagine Canada Standards this year. This ensures that policies and protocols are in place to achieve quality assurance. We would like to take this opportunity to thank outgoing Executive Director Dennis Tottenham for his seven years of outstanding service. Thank you for your commitment in building and growing CMHA-SOS to what it is today. Our new Executive Director Leah Schulting joined the CMHA team in April, and she excited to work with the community to help break the stigma associated with mental illness.

-Colleen Caron & Leah Schulting

## 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.



“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.”

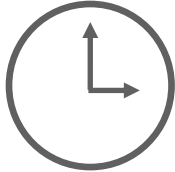
2016/17



**ANNUAL  
REPORT  
HIGH-  
LIGHTS**



**8 Staff +  
35 Volunteers**  
Working Together



**2,387 Hours**  
of Volunteer Work



**10,238 Meals**  
Served at  
Unity House



**326 Donations**  
Made to Support  
CMHA's Programs



**92 Registrants** in  
Education Classes

**#GETLOUD**  
FOR MENTAL  
HEALTH  
In support of approximat-  
ly 7 million Canadians  
who live with com-  
promised mental health,  
mental illness, or  
addiction.

**BE MIND FULL**  
CHAMPIONS FOR POSITIVE MENTAL HEALTH



## 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 232 individuals were assisted. [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 Aboriginal Youth, Clubhouse members and community members.

### 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 184 people from our region.

### GATEKEEPER PROGRAM

safeTALK is a half-day workshop that teaches how to identify people at risk of suicide and connect them with intervention resources.

ASSIST is a two-day workshop that teaches how to intervene and save a life from suicide. Sixty-six people from our area were trained this year.

### UNITY HOUSE

Unity Clubhouse provides social, recreational and educational programs for 150 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:

- Snow removal
- Car detailing
- Janitorial services

## CONSUMER DEVELOPMENT PROGRAM

Committees in Oliver and Penticton approved over 90 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 and the Mental Wellness Centre, staff plan programs and activities for Unity Clubhouse members and community mental health members. Examples include:

- Kettle Valley train
- Ice-cream outing
- Bowling
- BCHL hockey
- Roller Derby

## RIDE DON'T HIDE

Thank you to the sponsors and riders who helped us raise over \$20,000 for mental health programs in our community. Your generosity is truly outstanding.



## OUR MOST HEARTFELT THANK YOU TO...

### THE BOARD OF DIRECTORS

President | Colleen Caron  
Vice President | Dr. Haley Oliver  
Treasurer | Drew Tyler  
Director | Jacquie Pagliocchini  
Director | Ashley Rattee  
Director Greg Masson  
Director | Calida Kello  
Director | Jeremy McGoran  
Director | Mark Smed  
Executive Director | Leah Schulting

### OUR FUNDERS & PARTNERS

Interior Health Authority  
BC Housing  
United Way – South Okanagan  
BC Gaming Corporation  
Community Foundation of the South  
Okanagan Similkameen  
Parker Chrysler Jeep Dodge Ltd.  
Summerland Health Care Auxiliary  
Impact BC  
Telus  
Little Caesar's  
Cobb's Bread  
The Soupateria  
Starbucks  
Bulk Barn  
Harvey Lister Webb Incorporated  
Local Businesses  
Individual & Corporate Donors

CMHA-SOS  
2852 Skaha Lake Rd.  
Penticton, BC V2A 6G1  
Phone: (250) 493-8999  
email: [cmha\\_sos@shaw.ca](mailto:cmha_sos@shaw.ca)  
<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](http://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.

Drop into our office to find out about the many volunteer opportunities.

*The 2016/17 Annual Report is dedicated to our board member Jeremy McGoran who passed away in 2017.*