

2021/22 ANNUAL REPORT

CANADIAN MENTAL HEALTH
ASSOCIATION

SOUTH OKANAGAN
SIMILKAMEEN



A MESSAGE FROM OUR PRESIDENT AND EXECUTIVE DIRECTOR

This year proved to be year of unprecedented challenges for CMHA-SOS and the communities we serve. In May 2021 CMHA received notice that the space we occupied for 12 years would no longer be available to us. Through the strength of community partners and the help of Interior Health, CMHA was able to secure a new location with room for activities, recreational opportunities, and a meals program at 1873 Main Street. The location is ideal as it is within the city of Penticton, on a bus route with ample parking. CMHA undertook a large renovation project and was able to add a much-needed kitchen, dining room and offices. Together, we will continue to serve our community's most urgent needs.... with determination, caring and kindness.

Please continue to reach out to us, support us, and partner with us, so we can achieve our vision together.

Colleen Caron & Leah Schulting



“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.

2021/22



ANNUAL REPORT HIGH- LIGHTS



**8 Staff +
37 Volunteers**
Working Together



2,448 Hours
of Volunteer Work



12,250 Meals
Served at
Unity House



323 Donations
Made to support
CMHA's Programs



12,401
Client visits





PROGRAMS & SERVICES

NUTRITION

Our CMHA kitchen has long been a community hub for those living with mental illness, providing not just nutritious meals, but meaningful social connection with opportunities to learn life skills and take part in meal preparation. During the pandemic more and more people reached out for help. We moved to deliveries for our homebound clients, and we were able to continue to serve the community. With help from volunteers, staff, clients, donors and partners we continue to serve the clients who rely on the meals program as a critical support.



MENTAL HEALTH ADVOCACY

Advocates are committed to empowering clients to become more knowledgeable and assertive when dealing with their concerns. Last year we had a record of 1520 appointments, which is a 200% increase over last fiscal year!

[778-476-5411](tel:778-476-5411)

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 176 people from our region. [1-866-639-0522](tel:1-866-639-0522)

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 virtually to Okanagan Correctional Centre inmates to youth at Foundry Penticton and to youth at Penticton Indian band.

[250-493-8999](tel:250-493-8999)

COMMUNITY EDUCATION

Our community based educational courses, which evolved into Thrive Learning Centre in 2020, provide opportunities for anyone and everyone to address challenges that stand in the way of good mental health. Our facilitators responded to the needs in the community during the pandemic by developing new workshops and presentations, strengthening relationships with agency partners and reaching a diverse audience in a wide range of settings.

[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 Janitorial Services at Braemore Lodge and Bateman House.

CONSUMER DEVELOPMENT PROGRAM

Committees in Oliver and Penticton approved over 86 applications for funding to support clients pursuing recreational, physical, educational, health and personal growth opportunities. [250-493-8999](tel:250-493-8999)

CONFIDENT PARENTS: THRIVING KIDS

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

LET'S TALK

If you are feeling stressed, struggling to cope or anxious, you are not alone. You don't need to be in crisis to reach out, there is support!

Interior Crisis Line 1-888-353-2273

Interior Crisis Chat

www.interiorcrisisline.com/crisischat

Suicide Crisis Line 1-800-784-2433

Care to Speak 1-866-802-7337 (PEER)

ACTIVITIES

Staff plan exciting activities for clients, including:

- Apex adventures
- Bowling
- Swimming
- Field trips
- Women's Group (Interior Health collaboration)
- Pool tournaments

FUNDRAISING

Stay tuned for CMHA's inaugural Pickleball for Mental Health tournament in September 2022



OUR MOST HEARTFELT THANK YOU TO...

THE BOARD OF DIRECTORS

President | Collen Caron
Vice President | Ernie Blumke
Treasurer | Megan Long
Director | Mark Smed
Director | Jon Ferebee
Director | George Elliott
Director | Ray Skea
Director | James Pennington
Executive Director | Leah Schulting

OUR FUNDERS & PARTNERS

Interior Health Authority
United Way – British Columbia
BC Gaming Corporation
City of Penticton
Community Foundation of the South
Okanagan Similkameen
Fraternal Order of the Eagles
Lion's Club
Naramata Women's Church
Nicola Wealth Private Giving
Onesky Community Services
Parker Chrysler Jeep Dodge Ltd.
Penticton Hospital Auxiliary
Rotary Club of Penticton
Royal Canadian Legion
Royal Canadian Legion – Ladies Aux.
Salvation Army Foodbank
Summerland Health Care Auxiliary
Little Caesar's
Cobs Bread
Starbucks
Local Farmers

CMHA-SOS
#102-1873 Main St.
Penticton, BC V2A 5H2
Phone: (250) 493-8999
email: leah.schulting@cmha.bc.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

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)