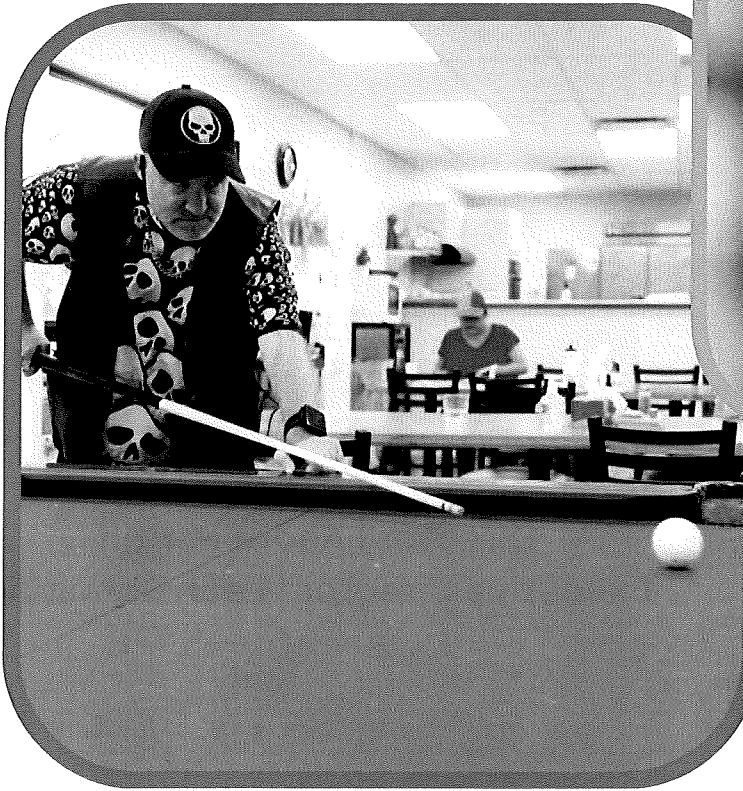
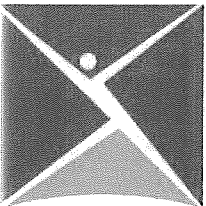


2022/2023 Impact Report

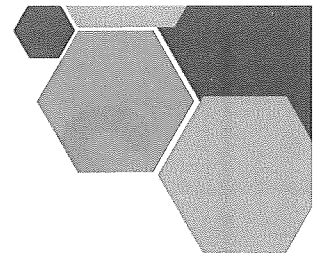


**Canadian Mental
Health Association**
South Okanagan Similkameen
Mental health for all

*We acknowledge that we live, learn, and work on
the unceded and traditional territory of the Syilx
Nation.*



A Message from our President and Executive Director



What a whirlwind of a year it has been for CMHA South Okanagan Similkameen. We have been in a state of transition, as we moved the entire organization to a new location on Main Street. While moving was a challenge, we view this as an opportunity to continue to collectively evolve, grow and build our organization, and ultimately, the mental health of our community.

We realize there continues to be so much more that can be done in communities to promote mental health, prevent mental illness and intervene earlier. The pandemic showed us many cracks in our systems, and mental health issues have become more visible and urgent.

In addition to our incredible staff and volunteers, community agencies, supporters and funders played a considerable part in our accomplishments. This year we saw an increase in community donations and support with the launch of our Pickleball for Mental Health Tournament and our Boston Pizza event.

Our Board of Directors contributes to our success daily; their leadership, ongoing vision, strategic thinking, and support are unquestionable.

We look ahead to the coming year with hope. We will continue to provide services that meet people where they are, break down stigma and increase understanding.

Colleen Caron & Leah Schulting

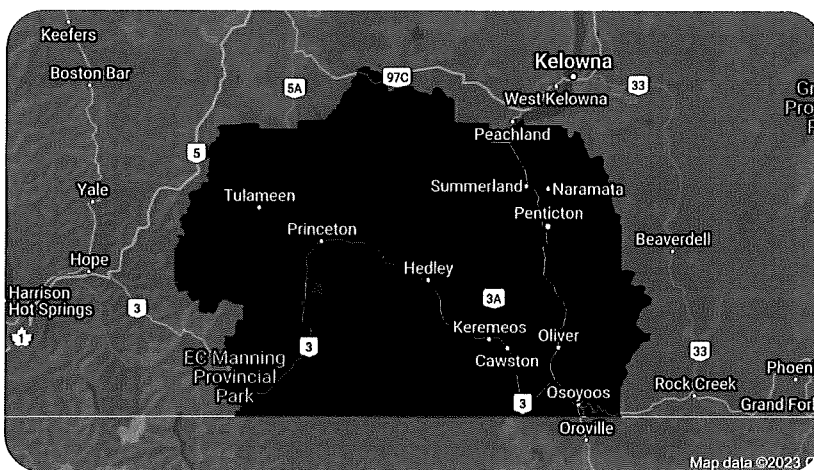
The Board of Directors

President | Collen Caron
Vice President | Ernie Blumke
Treasurer | Megan Long
Director | Tracy Van Raes
Director | Jon Ferebee
Director | George Elliott
Director | Ray Skea
Director | James Pennington
Director | Andre Martin
Executive Director | Leah Schulting

Our vision: Mentally healthy people in a healthy society

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.



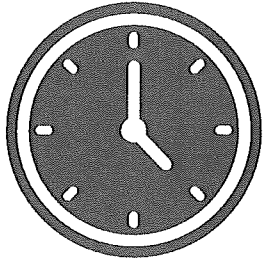
CMHA - South Okanagan Similkameen
Service area



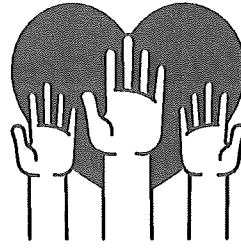
Our Values

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

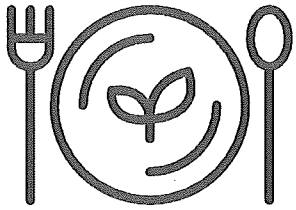
By the numbers



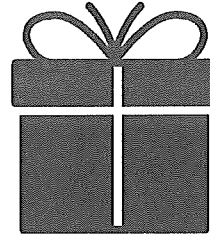
2,658 hours
of volunteer work



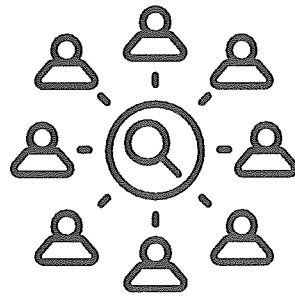
**8 Staff +
37 Volunteers**
Working together



8,542 Meals
Served at Unity House



327 Donations
Made to support
CMHA's Programs



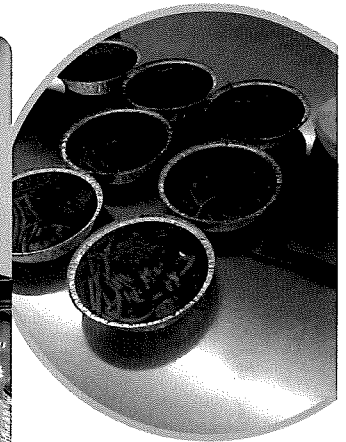
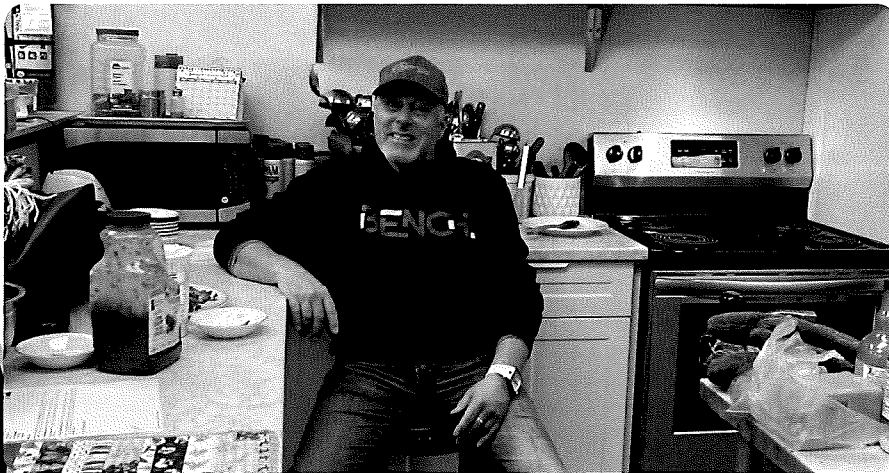
9,775
Client visits



Programs & Services

Meals Program

The 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. 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 1413 client visits.

778-476-5411

Programs & Services

Mental Health First Aid

Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, Mental Health First Aid is given until appropriate support is found or until the crisis is resolved. Courses were delivered to the City of Penticton, non-profit organizations, and the Osoyoos Indian Band.

250-493-8999



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 177 people from our region.

1-866-639-0522

Living life to the fullest

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, to youth at Penticton Indian Band, and to Seniors at The Regency Retirement Home.

250-493-8999

Programs & Services

Unity House

Unity Clubhouse provides social, recreational and educational programs for individuals living with a mental illness. There were over 8,000 client visits to the Clubhouse this year. If you or someone you know may benefit from the Clubhouse, please call
250-493-6327

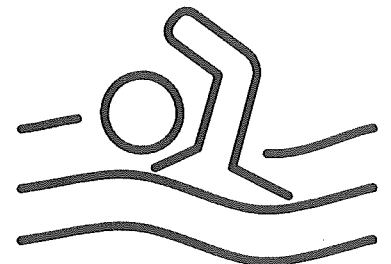
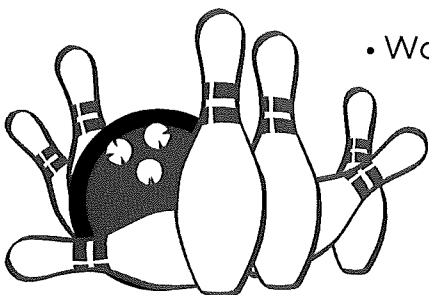
Thrive Learning Centre

Thrive is focused on personal recovery in mental health and well-being. Thrive provides an innovative learning space where anyone can access free courses, webinars, workshops, and events to learn, gain new skills, and connect with others in their community. Thrive is all about establishing social connection, hope and optimism, identity, meaning, and empowerment through education. Admission is free and everyone is welcome.
250-493-8999

Activities

Staff plan exciting activities for clients, including:

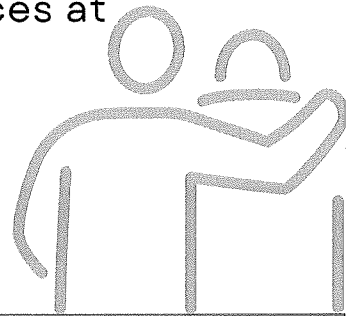
- Apex adventures
 - Bowling
 - Swimming
 - Field trips
- Many Hats Theatre
- Women's Group (Interior Health collaboration)



Programs & Services

Supportive Employment

In partnership with Interior Health, clients gain a valuable work experience in Janitorial Services at Braemore Lodge and Bateman House.



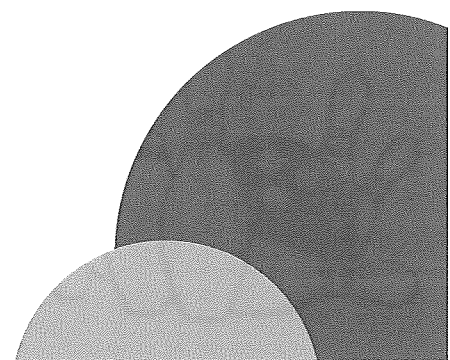
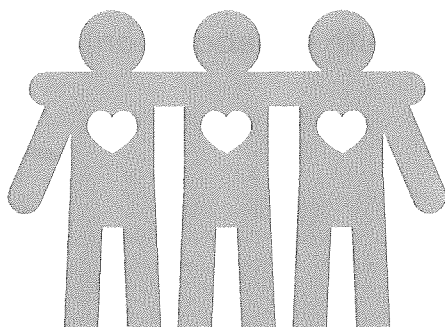
Consumer Development Program

Committees in Oliver and Penticton approved over 92 applications for funding to support clients pursuing recreational, physical, educational, health and personal growth opportunities.

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.



Fundraising

Pickleball

The first ever Pickleball for Mental Health tournament, along with an event at Boston Pizza raised over \$56,000 for mental health programs and services in our community!



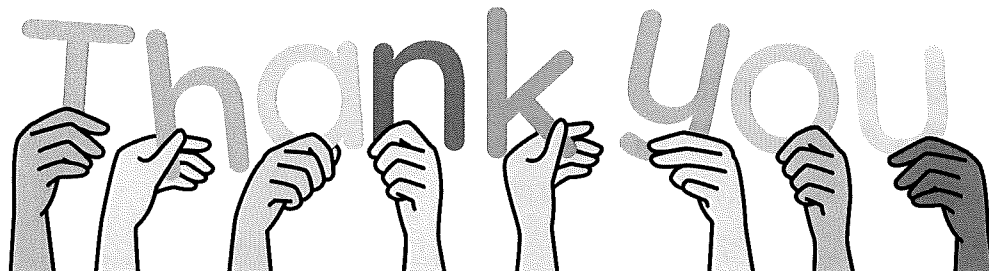
Fundraising



Our Most Heartfelt Thank you to

Our Funders & Partners

Interior Health Authority
United Way – British Columbia
BC Gaming Corporation
City of Penticton
Community Foundation of the South
Okanagan Similkameen
100 Women Who Care
Nicola Wealth Private Giving
One Sky Community Resources
Parker Chrysler Jeep Dodge Ltd.
Salvation Army Foodbank
Summerland Health Care Auxiliary
Little Caesar's
Cobs Bread
Starbucks
Local Farmers
Foundry
Boston Pizza
Nor-Val
Westech Automotive
Cantex Mining Service
Total Restoration
Regency Retirement
RPR Heating
Grant Thornton
JW McConnell Family Foundation
First West Credit Union
First West Foundation Grant



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)**



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

