

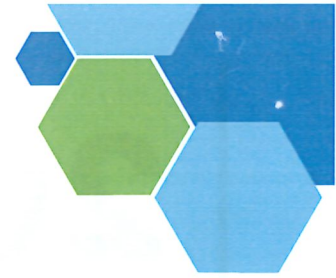
2023/2024 Impact Report



**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



The 2023-2024 year was a dynamic one for CMHA South Okanagan Similkameen branch. We continue to collectively evolve, grow and build our organization, and ultimately, the mental health of our community. To help educate and inform the broader community, we expanded our Thrive Learning Centre. Thrive offers a variety of topics to support well-being with the hope of addressing a range of individual needs.

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 2nd annual Pickleball for Mental Health Tournament.

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 | Jon Ferebee, Collen Caron

Vice President | Ernie Blumke

Treasurer | Sarah Andrews

Director | George Elliott

Director | Ray Skea

Director | Andre Martin

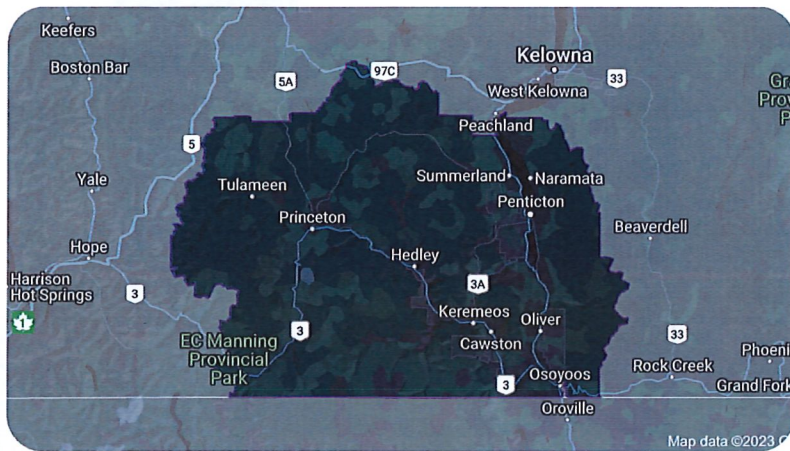
Director | Lindsey Richardson

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.



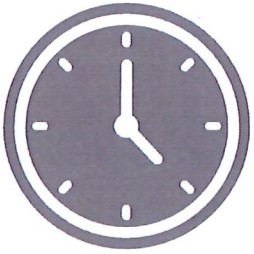
CMHA - South Okanagan Similkameen
Service area



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



2,337 hours
of volunteer work



**8 Staff +
37 Volunteers**
Working together



9,635 Meals
Served at Unity House



320 Donations

Made to support CMHA's Programs



11,245
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 674 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 in Princeton, Summerland, Oliver, Osoyoos Indian Band, and to Hospice staff.

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, and to Seniors in our community.

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 11,000 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

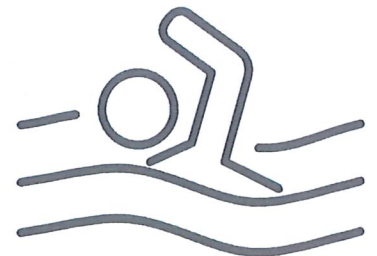
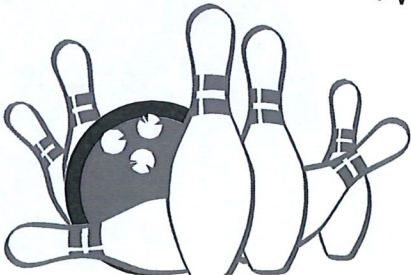
Thrive hosted 55 workshops and had 423 individuals in attendance. Workshop formats continue to be offered both in-person and online for personal preference, comfort and to reach individuals who live in more remote areas or may have barriers to transportation. Thrive has worked to foster and maintain relationships with community partners to encourage peer involvement through means of having key speakers in groups and assisting with the development and co-creation of workshop material. All Thrive's sessions are inclusive and focus on generating meaningful discussion where people can learn from each other in a safe and supportive environment. The program has strived to offer a variety of topics to support well-being with the hope of addressing a range of individual needs. This has involved reaching out to the clubhouse members, public and community partners for their input regarding workshop ideas. Admission is free and everyone is welcome.

250-493-8999

Activities

Staff plan exciting activities for clients, including:

- Bowling
- Swimming
- Field trips
- Many Hats Theatre
- Men's Shed
- 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.



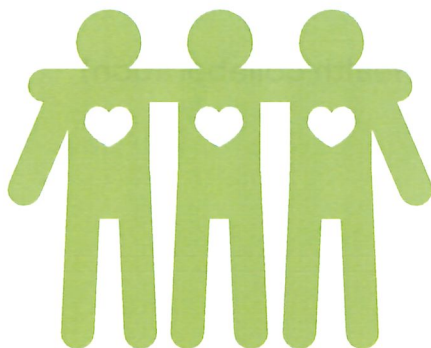
Consumer Development Program

Committees in Oliver and Penticton approved over 93 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.



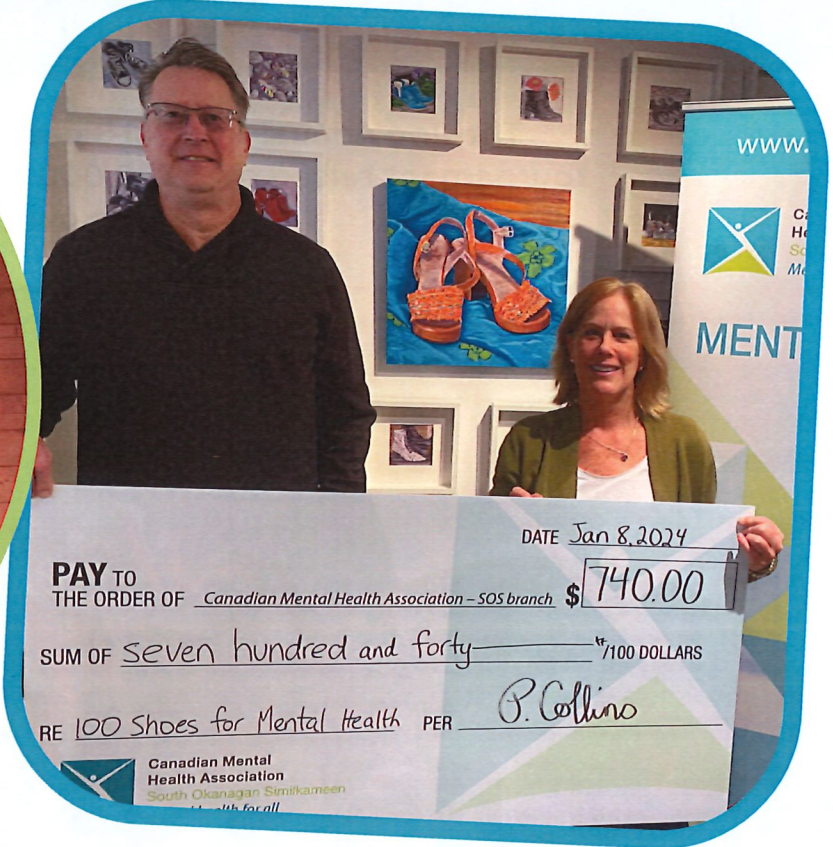
Fundraising

Pickleball

The 2nd Annual Nor-Val Sales Pickleball for Mental Health tournament raised over \$35,000 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
Nicola Wealth Private Giving
One Sky Community Resources
Free Store
Second Harvest
Parker Chrysler Jeep Dodge Ltd.
Salvation Army Foodbank
Summerland Health Care Auxiliary
Little Caesar's
Okanagan Tree Fruit Project
Starbucks
Penticton Community Garden
Penticton Foundry
Boston Pizza
Nor-Val
Cantex Mining Service
Summerland Seniors Village
Stewart-Beaumont Investment Group
MLA Dan Ashton
South Okanagan Counselling
Spareroom Co
South Okanagan Laser & Skin
Travel Penticton
Men's Shed
Artist Peggie Collins
Penticton Vees
Operation Duck Drop
Fest-of-Ale



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 **9-8-8**

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



Canadian Mental
Health Association
South Okanagan Similkameen
Mental health for all

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