

Brief Impact Report

2019-20



Canadian Mental Health Association
Manitoba & Winnipeg
Mental health for all

Manitoba & Winnipeg

▶ 7,370

Manitobans participated in CMHA Manitoba and Winnipeg programs this year



▶ 95,470

connections with CMHA Manitoba and Winnipeg through programs and services, communication channels and community outreach



Over 2300 youth participated in the **Speak Up** program in 16 school divisions across the province supported by 229 educators trained as facilitators to spread this evidence informed mental health literacy program for youth.

Over 3050 children received **Thrival Kits™** and participated in this dynamic evidenced based mental health promotion program in hundreds of classrooms delivered by teachers who are ambassadors of a comprehensive whole school approach to mental wellness.

235 youth participated in **Living Life to the Full** in high schools across the province or the virtual classroom during the pandemic.



BounceBack served 648 individuals to address mood and anxiety difficulties through a supported self-management program with CMHA coaches.

77 Youth received **BounceBack CBT Coaching** and reported feeling better as a result of the program.

Our **Futures Forward** collaboration supported 286 youth transitioning out of the child welfare system to access mental health, addiction and cultural supports, find housing, secure employment or pursue post-secondary opportunities.

Reached over 250 junior hockey players in the Western Hockey League with **suicide prevention education and mental health coaching** across the province.

Provided over 1870 interventions through the **Service Navigation Hub** and distributed over 22,000 Mental Health Resource Guides.



Wellness Skills Supports program provided mental health and wellness programming to 69 students at the full time adult literacy program – Learning on Lombard working in partnership with River East Transcona School Division.



Community Housing with Supports assisted 63 individuals achieving a 90% housing tenure rate for individuals with a history of chronic or episodic homelessness.

Rehabilitation and Recovery Program served 289 individuals to achieve success in the areas of housing, social well-being and relationships, educational pursuits and employment.



Our Recovery College known as the **Well-Being Learning Centre** had 492 students registered and taking courses. The Well-Being Learning Centre offerings have grown by 55% since last year with a total of 73 unique courses available.

Employment with Supports served over 90 participants. 56 individuals secured and maintained full and part-time employment in line with personal preferences, across a broad range of industries and employers with many achieving financial independence.

Over 50 organizations and 700 individuals participated in various workplace mental health education and training opportunities in the enhanced **Workplace Mental Health** portfolio.

CMHA's **Post-Secondary Mental Health Initiative** engaged 12 Manitoba universities and colleges and delivered a variety of educational sessions on a range of topics including dealing with the impact of the COVID-19 Pandemic on post-secondary education goals.

Impact

RAS-DS evaluation survey showed that CMHA programs are making a significant difference in peoples' lives after being involved in CMHA services, participants experienced:

“Mastering illness, increased connecting and belonging and increased opportunities for contribution in society.”

CMHA is the go-to source for accessible reliable mental health information and resources to help all Manitobans stay mentally healthy

Over **66,100** website users



Over **6,200** Social Media Followers



Strategic Highlights



Truth and Reconciliation – CMHA Manitoba and Winnipeg continues to strengthen its partnerships with

Manitoba's First Nations communities. Through a unique partnership with Natawiwewak and Quest Health we are developing pathways to support underserved Indigenous Northern Manitoba communities. Led by the CMHA Director of Indigenous Partnerships and Services we have enhanced our cultural education for staff and strengthened the cultural programming for participants. Special project funding from the United Way of Winnipeg supports an Indigenous Youth Advisory Council. This Youth Council is developing a culturally based Mental Wellness resource that will be shared with youth and youth serving organizations across the province.



OSI-CAN Manitoba – Launched the provincially based Operational Stress Injury Canada (OSI-CAN) program in Manitoba. This peer-led support program

for veterans, military service members and community first responders (police, firefighters, paramedics) who have experienced negative effects of work-related stress and traumatic events now have a place to go for peer support. Weekly peer support is available in Winnipeg, Portage La Prairie, and Brandon with plans to grow across the province.



Families and Caregivers – CMHA recognizes the needs of family members and caregivers who care for loved ones with mental health or

addiction problems. Enhancements to the Mental Health Education for Families program now includes a family led peer support component with plans to add additional offerings including family to family connection network, in-person and online courses, family focused service navigation and enhanced family peer support. These enhancements made possible through generous donations in memorial of a loved one with mental illness.



Transformational Education – CMHA continues to grow its educational offerings through the Recovery

College model. The Well-Being Learning Centre saw significant growth this year as a result of new digital technology allowing us to deliver a virtual classroom, reaching students across Canada. CMHA Manitoba and Winnipeg is the lead for the development of Well Central - Virtual Recovery College which will launch its first comprehensive online course in the fall of 2020 supported through funding from Canada Health Infoway. All educational offerings are developed using peer led co-production methodology.

One of the most significant experiences of the year for the Recovery College program growth in Manitoba was hosting a visit from Dr. Julie Repper, Director of ImROC and the co-founder of the Recovery College Model. This event brought together CMHA colleagues from across Canada to learn about this exciting innovation. CMHA Manitoba and Winnipeg also developed and launched the “CMHA Recovery College Toolkit” and is the co-lead on the National Recovery College Community of Practice.



Quality Improvement, Research and Evaluation

– The delivery of programs and services that are evidence based, impactful and











innovative continues to be a priority. As a result of donor generosity and a bequest received, CMHA has added a Research and Evaluation Specialist to the team as well as an Information Technology lead to support CMHA to enhance our capacity to operationalize our evaluation framework. The new database will measure impact and support our accountability to funders and constituents.

Financials

Revenue

	WRHA	38%
	Province of Manitoba	28%
	United Way of Winnipeg	11%
	Grants	4%
	Fee for Service	6%
	Government of Canada	7%
	IERHA	3%
	Fundraising/Donations	3%

Expenses

	Rehabilitation and Recovery	23%
	Service Navigation and Community Education ...	20%
	Housing and Community Supports	15%
	Organizational Administration	9%
	BounceBack	9%
	Employment with Supports	8%
	Futures Forward	5%
	Wellness Skills Support	5%
	Divisional Supports Policy and Communication ..	3%
	Indigenous MH Projects	3%

CMHA is grateful for the many donors, supporters and funders of our programs and services. We continue to receive diverse funding and special grants that help us to innovate and enhance our reach across the province.

Our Board

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2019 and 2020 CMHA Team

Afsana Nodrat, Peer
Outreach Worker

Andrea Caron, Housing
Coordinator

Andrea Kohn,
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Angela Myran,
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Arlene Porritt,
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Carissa Quiring,
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Coralee Dennis,
Rehabilitation Worker

Curtis Brandt, Senior
Rehabilitation Worker

Darren Dobchuk,
Rehabilitation Worker

Deborah Kasner,
Recovery Navigation
Specialist

Ela Partyka, Director

Eva Enyia, Wellness
Facilitator

Fabia Frazao,
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Gabriela Avendano-
Gonzalez, BounceBack
Coach

Gavin Patterson, Mental
Health Clinician

Gerilyn Galinato,
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Glenna Last, Partnership
for Recovery Coordinator

Gloria Koop, Finance
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Grace Weinfortner,
Recovery Navigation
Specialist

Hailey Zayik, Recovery
Navigation Specialist

Heidi Ruchotzke,
Rehabilitation Worker

Huruy Michael,
Rehabilitation
Worker

John Finkbeiner,
Rehabilitation Worker

Jynene Stevenson,
Wellness Facilitator

Kellie Williams, Peer
Support Facilitator

Kristyn Hancock,
Indigenous Youth
Services Navigator

Larry Brass, Indigenous
Mental Health and
Wellness Specialist

Laura Malmquist, Peer
Support Facilitator

Laurie McPherson,
Research and Evaluation
Specialist

Leanne Wilton, Manager

Lee-Ann Young,
Rehabilitation Worker

Lenora Moerland,
Occupational Therapist

Lisa Schaubroeck,
Receptionist

Lynn Russell, Executive
Assistant

Marion Cooper,
Chief Executive Officer

Mohammad Ullah,
Information Technology
Services Coordinator

Nancy Broza,
Rehabilitation Worker
(retired March 26, 2020)

Natalie Rich, Manager

Orianne Donig-Harder,
Employment Specialist

Pam Porth,
Office Manager

Paige Zaporzan,
BounceBack Coach

Rianne Still, BounceBack
Coach

Rose Tan, Receptionist

Ryan Rutherford,
Receptionist

Samantha Licandro,
Rehabilitation Worker

Samara Enns,
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Samuel Kamara,
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Navigation Specialist

Sarah Wiebe,
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Sebastian Migwi,
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Sherriann Dexter,
Manager

Sheryl Giesbrecht,
Manager

Stacey Krueger,
Community Educator

Stan Kipling, Director,
Indigenous Partnerships
and Services

Stephanie Johnson,
Youth Services
Navigator

Stephanie Skakun,
Senior Director
Operations and
Programs

Stephen Sutherland,
Director

Tammy Dueck, Student
Services Coordinator

Taylor Demetrioff,
Youth Mental Health
Promotion Coordinator

Terri Tucker, Recovery
Navigation Specialist

Tracy-Ann Campbell,
Rehabilitation Worker



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