

IMPACT REPORT

2022/2023

DELIVERING IMPACT WITH TRUSTED PROGRAMS AND SERVICES

BounceBack® received 511 adult referrals to address mood and anxiety difficulties through a supported self-management program and 70 youth utilized the individualized BounceBack® coaching, Living Life to the Full™ groups and digital tools



Healthy Campus Manitoba Initiative reached over 1,724 post-secondary students to support mental wellness in the transition to both on-campus and virtual course learning



Talk Today, delivered a new curriculum called Team Up for amateur sport in Canada, reaching 321 Junior Hockey players, and 15 teams across Western Hockey and Manitoba JR Hockey Leagues

In the Well-Being Learning Centre, our Recovery College had 1,600 students, 900 net new students

Employment with Supports served over 159 participants to secure and maintain full and part-time employment



Service Navigation Hub assisted 2,558 individuals and over 20,000 new 24th edition Mental Health Resource Guides were produced and distributed, providing comprehensive information about supports to navigate the mental health and addiction system

Huddle Broadway had its official grand opening on May 4, 2022, and over the past year, engaged 394 youth and 20 parents/caregivers for a total of 1,657 in-person and virtual interventions, as well as more than 97 group sessions



Community Housing with Supports served 87 individuals to achieve a 92% housing tenure rate. This year also saw the program grow with the addition of two new staff and funding for culturally-based programs and supports

Turning Pages Partnership delivered CBTm and peer support reaching 21 older adults with evidence-based programming tailored to their unique needs and stage of life



Over 36, 853 children and teachers participated in Thrival Kits™, an evidence-based mental health promotion program in hundreds of classrooms across the province. Thrival Kits™ has seen an 11% increase over the past year.



Canadian Mental Health Association
Manitoba and Winnipeg
Mental health for all

Futures Forward reached over 314 youth transitioning out of the child welfare system to access mental health, addiction, and cultural supports, as well as finding housing and securing employment or pursuing post-secondary opportunities



Youth Mental Health Promotion is thriving with over 3,415 students and educators participating in diverse educational and skill-building sessions in middle and high schools

Family Resilience and Recovery Support reached 91 family and caregivers with the evidence-based Community Reinforcement and Family Training (CRAFT) in partnership with the Bruce Oake Recovery Centre



Rehabilitation and Recovery Program continues to thrive as a centre of excellence in psychosocial rehabilitation with a broader reach, serving over 265 individuals in the Winnipeg region and over 50 participants in the Interlake Eastern region to achieve success in areas of housing, social well-being, educational pursuits and employment

Wellness Skills Supports engaged over 60 students with an 83% enrollment and engagement rate at Learning on Lombard working in partnership with River East Transcona School Division





CULTURE AS INTERVENTION AND THE LEARNING JOURNEY

Ongoing commitment to cultural programs remains a priority. Over the year we have had increased capacity through the Federal Homelessness funding to enhance Indigenous cultural programming. Knowledge Keeper, Dee Thomas works with CMHA staff to support a range of cultural programs and teachings including, Sharing Circles, Crafting, Sweat Lodge ceremonies, teachings with Elders, Snowshoeing, Medicine Picking, and Medicine Walks.

A naming ceremony occurred to dedicate the cultural space at 930 Portage Avenue with Elder Margaret Lavalle. The space received the name **Aga-Miinoowayamin**, which is Anishinaabemowin for "We will heal." This name was brought to CMHA with teaching about hope, possibility, and creating space for healing, learning and patience.

We are forever grateful to Elder Margaret Lavalle for this gift and blessing.

CARE FOR ALL IN EDUCATION

Care For All in Education is in its second year of providing targeted mental health education and wellness support to the workforce of the K-12 education system throughout Manitoba. This past year we have provided workshops, training sessions and consultations to **377** schools across the province within **25** School Divisions. The Care For All in Education team has had over **2,200** in-person participants and an additional **1,828** outreach virtual contacts and **138** participants who attend virtual workshops on a variety of topics including **four** CBTm sessions for an overall total of **4,543** in-person and virtual interactions. The Care For All in Education website has had over **10,000** visitors.

The program is being evaluated by The University of Winnipeg Faculty of Education researchers, Dr. Laura Sokal and Dr. Lesley Eblie Trudel. They are studying the effects of the program by measuring recovery post-pandemic, organizational commitment, global resilience, and connectedness. This is an innovative project and, as we move into year three, a new strategic plan is being developed which will inform the service model and staffing requirements to have the greatest impact on supporting Manitoba's teachers, educational assistants, administrators and all the support staff who keep schools open and thriving.

IMROC CANADA

CMHA Manitoba's partnership with ImROC, a UK-based organization leader in Recovery Colleges, peer support and co-design. This past year we offered the pilot ImROC Peer Support Training with **11** graduates who received certification. This internationally recognized training supports the development of a growing peer support workforce for the Mental Health and Addiction sector in Manitoba and beyond.

IN COMMUNITY FOR COMMUNITY

CMHA Across Manitoba continues to have an ever-growing footprint in the communities we serve. Our current presence includes offices in multiple sites including:

- Community Housing with Supports at a new location at 180 Henry Avenue in the Salvation Army Centre of Hope
- Wellness Skills Support at Adult Learning at 111 Lombard Avenue
- Huddle Broadway at 533 Broadway Avenue
- CMHA Manitoba Division and Winnipeg Branch at 930 Portage Avenue
- CMHA Interlake Eastern office at 435 Main Street, Selkirk
- CMHA Central Branch at 1st Street NW Portage la Prairie
- CMHA Swan Valley Branch with locations in Swan River, Dauphin, and The Pas
- CMHA Thompson Branch



GLOBE TROTTING

This year, several members of the CMHA team had the opportunity to participate and present at several international and national knowledge exchange events both in person and virtually. CMHA Manitoba and Winnipeg contributed in a significant way through leadership and profile of innovative CMHA programs and services in the following events:

- International OCD Foundation Conference – Denver, CO
- Pan-Canadian Summit on K-12 Workplace Well-Being – Edmonton, AB
- National Council for Youth in Care Advocates – Montreal, QC
- International Initiative for Mental Health Leadership – Washington, DC
- Integrated Youth Service National Forum – Vancouver, BC
- Psychosocial Rehabilitation Conference – Vancouver, BC

INFLUENCING POLICY AND SYSTEM TRANSFORMATION

CMHA Manitoba and Winnipeg's public policy actions strengthen, support, engage and champion the work of CMHA across the province and the broader community of mental health and addictions (MHA) sector. We work to raise awareness of key evidence in MHA and strategically advance systemic issues impacting people with lived experience. Opportunities to have a voice in shaping policies and practices are an important pillar of who we are.

This year our policy, system planning, and advocacy efforts included:

- Manitoba Education Council Meeting
- Huddle Leadership Team and Clinical Innovation Group
- Ministers Advisory Council on Inclusive Education in Manitoba
- Shared Health's Advisory Committee on Access, Intake, Assessment and Coordination
- City of Brandon Sobering Centre Program Development Initiative
- Federal Budget campaign
- Prevention Advisory Council with a mandate to give advice to the Workers Compensation Board of Manitoba
- K-12 Physical Education/Health Education Curriculum Leadership Committee
- Manitoba Education and Early Childhood Learning External Review Committee
- CMHA Nationwide day on the Hill Lobbying event



CMHA ACROSS MANITOBA STRATEGIC PLAN

Throughout 2022, the entire team of staff and volunteers throughout Manitoba have been engaged in operationalizing the new *CMHA Across Manitoba Strategic Plan*. Numerous retreats occurred, engaging all staff in each of the branches and offices and then a provincial all-staff retreat in was held in November.

This province-wide retreat was an opportunity to reflect on activities and key actions for the next five years. This plan has brought forward renewed energy, commitment, and focus as each service area and community identifies specific priorities and key performance indicators aligned with the Strategic Plan. Partners and government stakeholders have affirmed the relevance of the plan and staff and board are striving to live out the values every day.

VISION

A Manitoba where mental health is honoured as a universal human right.

MISSION

To advance mental health, well-being, and recovery across Manitoba.

VALUES

- Work hard to listen
- Support one another
- Create strong connections
- Be curious
- Discover better ways
- Focus on impact
- Serve with passion
- Embrace IDEA – Inclusion, Diversity, Equity, and Accessibility
- Honour lived experience
- Believe it's possible

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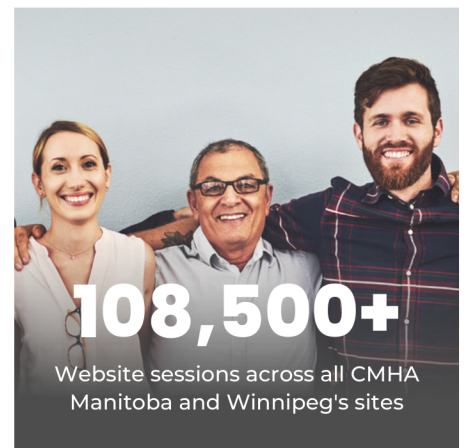
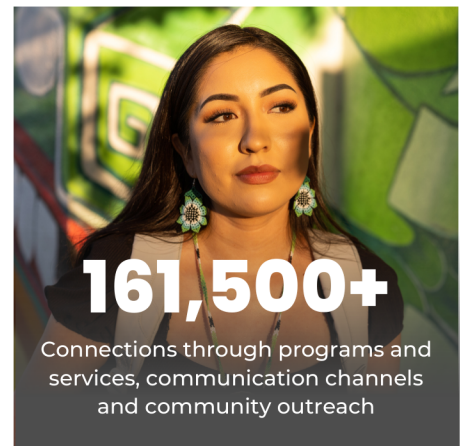
Louis Sorin
Director

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Director

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STAFF TESTIMONIALS

"CMHA has been a very safe place for me, as a Black woman, to be part of an organization that feels very safe. I haven't always felt this way in previous workplaces, but at CMHA I truly feel comfortable being in my own skin with the values and culture supporting me to be authentic in my work. I've also learned so much over the years at CMHA as I am surrounded by mental health, which then also equips me to bring the skills and knowledge I have gained into my personal life and community in which I live."

– Tracy-Ann Campbell, Team Lead since 2016

"I started out as a practicum student and was encouraged to stay and become an employee of the CMHA program, Community Housing with Supports. I was drawn to the team spirit. The level of passion and commitment to the service and community is special. I have chosen to stay at CMHA because of how welcoming it is. I also have found the pace and culture in the day-to-day work to support participants informed by a person-centred approach admirable. CMHA is unique because it creates spaces around important discussions and priorities that help us grow the organization around topics like truth and reconciliation and really committing to inclusive practices."

– Shorsh Palani, Community Housing with Supports since 2021

"I really appreciate the inclusiveness and I always feel like my voice is heard and respected. Being part of CMHA for the past three years has felt like I found my home. My co-workers are always very helpful, and I easily found my place. I can use my gifts and I even feel safe to try new things and maybe even to fail and then learn and keep going. I feel proud to be part of Community Housing with Supports, a strong, empathic team doing such great things for our communities."

– Leanne Wilton, Program Manager, and Indigenous Cultural Coordinator since 2019

"Upon arrival from Ukraine, I am grateful for an opportunity to join CMHA this year and promote its values while working with Ukrainian newcomers. I work alongside dedicated colleagues who are driven by a shared passion for making a profound difference in the lives of participants. The team is hard-working, intelligent, and person-centred highlighting the individuals' personal strengths. CMHA carries and implements its' values through community engagement and by personal example. It's a privilege to work with community members, bringing hope, change and success to their lives."

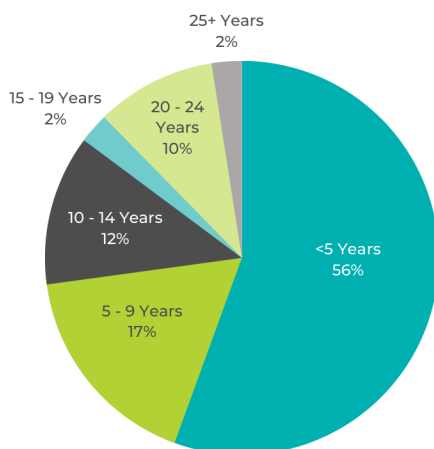
– Nataliia Panko, Rehabilitation and Recovery Worker since 2023

"My journey at CMHA began when I completed my field placement, after which I began a rewarding career with the organization, which has been more meaningful than what I could have imagined. Over two decades later, I continue to be a part of the CMHA team, as the work culture is filled with passion and dedication, and where respect and compassion are evident for each participant. I have the privilege of working for an organization which strongly parallels many of my own values (e.g., hope, person-centred, strengths-focused, and connection-oriented). I am humbled by my experiences and am privileged to continue working alongside our participants."

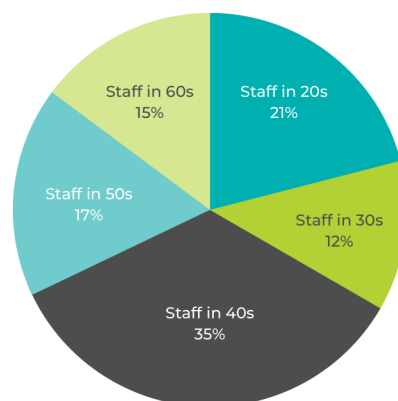
– Curtis Brandt, Rehabilitation Worker since 2001

CMHA TEAM & DIVERSITY

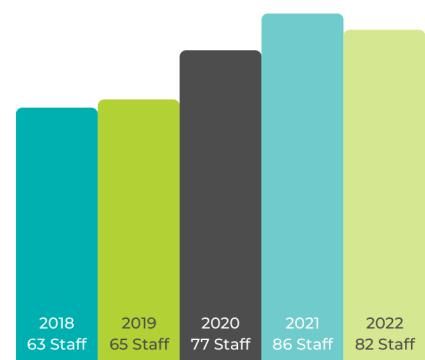
533 YEARS OF COMBINED EXPERIENCE



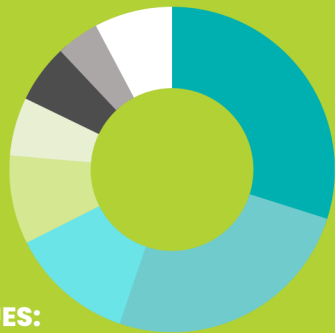
Years of Service



Average Age



Organizational Growth

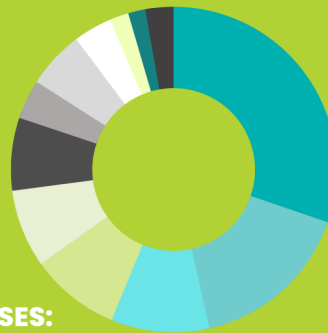


REVENUES:

- Province of Manitoba – 30%
- WRHA – 26%
- United Way of Winnipeg – 12%
- Program Revenue/Fees for Service – 9%
- Fundraising and Donations – 6%
- Grants - Special Projects – 5%
- IERHA – 4%
- Other Revenue – 8%

TOTAL REVENUES: \$7,454,676

TOTAL EXPENSES: \$7,377,517



EXPENSES:

- Rehabilitation and Recovery – 30%
- Agency and Divisional Affairs – 16%
- Youth Mental Health Programs – 10%
- Community Housing with Support – 9%
- Education Sector Partnership – 8%
- BounceBack@ – 7%
- CMHA Projects – 4%
- Employment with Supports – 6%
- Wellness Skills Support – 4%
- Indigenous Cultural Programming – 2%
- Well-Being Learning Centre – 2%
- Other Programs – 2%

CMHA DONORS, FUNDERS AND SUPPORTERS

CMHA is grateful for the many donors, supporters, and funders of our programs and services. This has been another year of growth and innovation and was made possible by many special grants and generous donors.



CMHA Manitoba and Winnipeg acknowledges we are on Treaty 1 territory, the original lands of the Cree, Ojibway, Dene, and Dakota peoples and the homeland and birthplace of the Red River Métis. The water we drink comes from the Treaty 3 territory of Shoal Lake 40 First Nation. Our electricity comes from Treaty 5 territory. We acknowledge the harms and mistakes of the past and dedicate ourselves to moving forward in partnership with Indigenous communities in a spirit of truth, reconciliation, and collaboration.

OBSESSIVE COMPULSIVE DISORDER CENTRE MANITOBA

The OCD Centre Manitoba approached the CMHA Manitoba and Winnipeg for support and assistance to sustain their very small organization in 2020. Over the last two years, significant effort has been made to strengthen the programming of the OCD Centre for people with OCD or Hoarding Disorder. In 2023 the OCD Centre will be fully amalgamated with the CMHA to become a comprehensive and supportive program for individuals with OCD or Hoarding Disorder and their families, as well as professionals in the mental health system.

The program offers support groups, service navigation, an in-home hoarding support service, educational courses, and annual training for professionals. Approximately 150 people were provided service and support through the OCD Centre in the 2022-2023 fiscal year. Eight support groups meet regularly every month, five courses are available and offered continuously throughout the year, an online Clean Up Crew meets weekly to support individuals to declutter through peer support in real-time, several book clubs focusing on mental health and well-being approaches are offered each year with all books being provided at no cost to the participant, and 18 volunteers receive comprehensive training and support program delivery annually.

Spenser Martin, the Hoarding Wellness Specialist, received the Volunteer Manitoba Award for Excellence in Volunteer Management in June 2022 and also received the Recreation Manitoba Health and Well-being Award in March 2023.

CMHA is thrilled to have the OCD Centre as part of its vital program offerings and is committed to continuing to support an OCD advisory committee to ensure experts with lived experience, family experience and treatment expertise continue to inform the programming and strategic priorities of OCD and Hoarding Disorder.



OCD Centre Manitoba, Inc.

Family focused, Client Centered, Knowledge Based

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Interim Executive Director

Spenser Martin
Hoarding Wellness Specialist

Leslie Schroeder
OCD/Hoarding Support Coordinator

OCD CENTRE MANITOBA FUNDERS

OCD Centre Manitoba is grateful for the funders of our program. This has been another year of growth and innovation.

