

## **2009-2010 CMHA Board Chair Report -submitted by Pam Watt**

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This has been a year of change and adjustment within the organization. The staff has once again done an amazing job of providing excellent services on limited budgets. The dedication the staff has to the program is always evident in their energy, commitment to the clients, their knowledge and availability.

The National body of the Canadian Mental Health Association's slogan for 2010 is Building Your Mental Health...One Support at a Time, by developing positive relationships at work, good neighbors, ties to your community and caring relationships. This is consistent with the work this branch does on a daily basis. Our branch strives to meet the needs of the clients in the city but also provide programming in accord with the goals and priorities set by the National Standards.

One of the recent objectives of the Mental Health Commission of Canada, is to work with the schools to educate students on the topic of mental health with the goal of reducing stigma. This goal has been adopted by our local branch. Last year the staff developed an anti- stigma program. This year the staff have gone into the Saskatoon high schools and presented to students with the anti-stigma campaign to educate the students about mental health. These presentations have been well received and requests from the schools for presentations have increased.

While we, as an organization, have had some ups and downs throughout the year, overall it has been a positive experience. The staff has shown their commitment and resilience time and time again. Their efforts have been a great benefit to the clients that utilize our services as well as to the larger community.



## **Executive Director's Annual Report 2009-2010**

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**Our mission....CMHA Saskatoon branch exists to assist and support people with mental illness to maximize their potential and to achieve positive mental health in their lives as community members. The enhancement of mental health in the community is achieved through programs and services, public education and advocacy.**

If you were unfamiliar with the Canadian Mental Health Association Saskatoon Branch and you happened upon our mission statement, you may have had one or all of these thoughts:

**“Wow, a lot to accomplish”.**

**“How do they do it with only eight paid staff?”**

**“How much of a difference can they even make?”**

The Saskatoon Branch **staff of eight** strives to deliver quality service to individuals living with mental illness. The following details provide you with a brief picture of our past year of success.

### **Public Awareness**

The past year has provided us with many opportunities to educate the community about mental illness, aim to dispel myths relating to mental illness and provide information on how to support someone who may be experiencing problems with his/her mental health. Over the past twelve months I have delivered **34** presentations to the Saskatoon and area community reaching **1092** individuals. Topics included the following: Mental Health Matters – Let's Talk about It, Stress Management, Self-care for the Caregiver, Mental Health Matters in the Workplace and the Schizophrenia Society Partnership presentations.

Our goal is to encourage individuals to talk openly about mental health problems.

These comments energize those efforts:

*A thank you card received read, “Thank you for your presentation on mental health to my Life Transition 30 class. I know the students were really interested in the information and your presentation style using personal stories is very effective. Since your presentation I have had several students chat with me about personal, family or peer-related mental health issues that they previously would not have discussed”.*

### **Vocational Team**

The Life Skills program provides an opportunity for individuals to learn how to develop skills needed to cope with daily living situations, gain personal awareness and develop ways to attain realistic goals.

CMHA's existing vocational services include intake, assessment and support for an average of 120 clients per year who wish to be competitively employed or pursue higher education in order to improve vocational outcomes. This year it worked out to 418 monthly contacts with individuals to help them secure employment, return to school, maintain employment and develop vocational goals. Our Job Developer visited 127 new businesses, contacting

prospective employers a total of 607 times. Support is not time limited and is available for as long as the client requires and/or when clients require it during periods of ill health. This approach enhances long term success but limits the number of new clients who are able to access service.

## **Social Recreation**

People's health choices and practices are strongly influenced by the conditions of society and the environment where they live, learn, work and play - homes, schools, workplaces and community settings. CMHA aims to provide a positive, safe and welcoming environment to our clients. Engaging in a variety of social recreation activities promotes many health benefits physically, mentally, socially, intellectually and spiritually: physical endurance by walking in the field house, promoting flexibility and relaxation with yoga, learning a new skill such as photography or being part of a team bowling. Over the past year individuals participated in activities 3220 times!! A huge part of our success is due to the overwhelming number of volunteer's hours (**891 to be exact**); individuals dedicated to providing their time, talent and enthusiasm to assist with providing quality on-going programming.

## **Check out what's new at CMHA!**

***The gift of time and materials*** have been greatly valued and appreciated by CMHA staff and its members. As defined, a gift or a present is the transfer of something without the expectation of receiving something in return.

A minor unfortunate event in the kitchen provided the opportunity for local businesses to play an active role in renovating our tired kitchen. Much thanks to SIIT Construction Careers Services Apprenticeship Program, Rona, HomeDepot, Ashley Furniture Homestore, J & H Builders Warehouse, Pristine Countertop Distributors Inc.

**United Way Day of Caring Agency Partnership** brought the opportunity to unite the skills and financial assistance needed to bring to life our project, **Three R's of Mental Health – Relax, Rest and Rejuvenate**. The team from Airline Hotels and Resorts tirelessly worked all day planting, building benches and transforming our flowerbeds. Undeniably, their enthusiasm and generosity was sincere and heartfelt.

*Respectfully submitted,*

*Carole Duhaime, Executive Director*

## **Administrative Generalist Report**

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From April 2009 to March 2010, 50 clients were provided with a tour of CMHA - Saskatoon Branch. At the time of the tour, potential participants are given a newsletter, a tour of CMHA and an explanation of the programs, along with a bowling letter if bowling is a program they are interested in attending. These clients are invited to participate in the programs of interest for a couple of months after which time we ask they contact CMHA for an intake. Once the intake is completed by the Soc/Rec Volunteer Coordinator, clients are given a courtesy card and added to the newsletter mailing list and sent a newsletter on a regular basis, keeping them up to date on the programs taking place at CMHA. In the previous year during the same time period we tracked 31 clients. Clients are often referred by the transition team, approved home operators, psychiatric home care nurses, mental health workers, other community agencies and friends. The courtesy cards holders are asked to renew each year so we can make sure our mailing list is kept current.

For the 2009-2010 membership year, we sold 80 Saskatoon Branch memberships compared to 92 last year. Those purchasing memberships are clients, families, associations & supporters of CMHA (Saskatoon Branch members are also members of the CMHA Provincial office). As of mid May 2010 we have sold 45 memberships. If you would like to show your support for CMHA, receive the *Transition* magazine published by the CMHA Provincial office, and be eligible to vote at our Annual General Meeting, purchase a membership. The membership card expires each year on March 31.

During 2009-2010, CMHA Saskatoon Branch staff drove 15,181 kilometres serving clients and the community. Our CVA van is used by the life skills program and the social/recreation program. Individual staff use their vehicles to visit clients in the community, employers and potential employers, purchasing supplies, attending meetings or doing presentations. This is a decrease of 3,000 kilometres from the previous year.

If you have any questions regarding the social recreation programs, life skills or vocational programs, please give us a call. Also if you are moving or have moved, please provide a current address if you are a provincial member or are on the newsletter mailing list. We would like to ensure you are receiving information in a timely manner.



**Life Skills  
Report -**

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**Program**  
*submitted by*

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Two Life Skills programs were delivered in the past year. A total of 24 people enrolled in the programs, and 19 participants completed them. The classroom segment of the program focused on helping the participants gain confidence and acquire more skills for everyday living situations. Some of the topics included problem solving, goal setting, assertiveness training, communication skills, and strategies for living a balanced life. Methods to address these topics included lectures, small and large group discussions, role playing, films, and guest speakers. We also went on a number of tours and outings. The Life Skills classes participated in the fitness and walking group offered through Mental Health and Addictions Services. The fall/winter class utilized the Field House for the fitness group and the spring/summer fitness class was held outdoors along the river.

In the community involvement portion of the program, the participants were out of the classroom and activities were tailored to meet the individual needs of the students. These activities were identified by the student, along with myself and the CMHA vocational staff. These activities included work placements, volunteer work, and fitness programs. On a weekly basis, all students returned to the classroom to debrief the week's events.

At the end of the program, the participants were asked to complete an evaluation regarding the Life Skills program. In response to the question, **“What are some new things you have learned in this class?”**, the students were able to identify some new skills and perspectives. The following are some quotes regarding this question:

*“I learned assertiveness, and that being alone is okay.”*

*“I learnt to stand up for myself and take more responsibility.”*

*“I learned to organize things in my brain.”*

*“I learnt about relationships and how to make them stronger.”*

*“I can put myself out there more.”*

To the question, **“What changes have happened in your life as a result of the Life Skills class?”** a few of the responses included:

*“I’m happier, patient, and able to solve problems.”*

*“I felt like I had succeeded in something.”*

*“I am more aware of my actions, consequences and outcomes of my choices.”*

*“I got a job.”*

*“I’ve become a bit more mature. I think about situations in a more understanding way than I used to.”*

After the programs were completed, all participants had the opportunity of working with a vocational counsellor to address further vocational plans. All participants should be commended for the effort they have shown to help in the recovery of their mental health!

My second year as a Vocational Counsellor has been full of excitement, new challenges and experiences and incredible success stories. I have thoroughly enjoyed working with each and every one of my clients. Over the past year, I have worked with 49 different clients as their Vocational Counsellor. The following outlines the success of these clients throughout the 2009-2010 year. Of the 49 different clients that I have worked with, 32 people were seeking employment or a volunteer position or were interested in further education. I am proud to report that 28 were successful in achieving this goal! Of these people, 5 are volunteering, 8 are employed full-time, 9 are employed part-time, 3 are employed on a casual basis and 3 are enrolled in an educational course.

In addition to securing meaningful employment, my job as a Vocational Counsellor is to apply for funding for individuals to attend educational courses that will help individuals secure employment, as well as funding for training on the job, work assessments and vocational evaluations. Out of the 49 clients that I have worked with, 8 people received funding through EAPD and 5 people received funding through the Workforce Development Agreement.

It has been a great pleasure assisting my clients to achieve their goals and observing their success over the past year. I wish all of the clients continued success and look forward to another successful year at CMHA.

## **TOJ Final Report**

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I am very happy to have joined CMHA as a vocational counsellor in June of 2009. Since that time I have had the pleasure of working with 36 clients on a regular basis and many others along the way when someone needed assistance.

The best part of my job is getting to know so many different and interesting people. I am always inspired by my clients' resilient attitude and the effort that they put into their goals. Every person I work with comes with a new skill set, a different area of vocational interest, and many ideas on how to work towards success. My job is to put together realistic options that suit their needs and abilities and provide ongoing support for their decisions.

<b>39% of Clients Obtained or Improved Paid Work</b>		
Full-time	Part-time	Casual
3 people	7 people	4 people

Some clients needed to take a break from work to address mental health or personal issues. Through working with both clients and employers to reach solutions I am pleased to report that 100% of those clients who obtained or improved employment are still employed.

<b>25% of Clients Volunteered or Obtained Training</b>	
Volunteering	Further Training
5 people	4 people

All clients had access to a wide variety of vocational services that increase readiness to work such as:

- Resume creation and interview skills
- Assistance with budgeting
- Goal setting and scheduling abilities
- Work and psychological assessments
- Information on maintaining their mental health
- Involvement with structured community activities

I feel fortunate to have worked with so many individuals on their life goals. I wish all of my clients continued success in the future!

## **Routes To Work Report**

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In the past fiscal year 2009/10 I have had 26 new participants enrolled in Routes to Work Project. This project is funded by CMHA National Office. Besides the new participants in the program, I also worked with 20 past participants to set up new vocational goals, and assist them in pursuing them. Participants change jobs, pursue education to make themselves more employable within the job market. Working on strategies to sustain employment, housing, problem solving both on the job and within their personal lives also are present and have to be dealt with.

Out of the 26 new participants, 3 have returned to school, and more than 18 jobs were found. Also some participants have gone through the Life Skills course offered at CMHA. This program develops skills in which people need to personally grow.

I also was involved in the 3<sup>rd</sup> annual Job Fair for Persons with Disabilities. I sat on the planning committee along with 5 other agencies. This job fair was held on March 12, 2010. From the job fair valuable contacts were made both for participants and employers. Feedback on this event was positive.

I am working with many participants, seeing successes, and overcoming challenges that provide personal growth within all of us. It has been a very enjoyable and prosperous year for all.

## **Job Development Report**

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This report is an overview of the activities and successes for our clients that I have experienced as Job Developer over the period between April 1, 2009 and March 31, 2010.

Over the course of this 12 month contract I visited 127 businesses that had not yet been approached and, in my regular work efforts on behalf of clients, I visited prospective employers a total of 607 times. These were either people I've previously encountered or new business that have not had an opportunity to consider partnering with us in the past. At times I approached the same business more than once in an effort to achieve a successful interview or offer of employment.

As Job Developer, I have continued to enjoy rich partnerships with several Saskatoon businesses who have employed clients in the past and who continue to prove themselves to be invaluable in providing a sense of acceptance, growth and potential for many.

During the 2009 – 2010 contract CMHA has assisted a total of 41 people living with mental health diagnoses in Saskatoon to obtain meaningful employment. Another 26 clients were assisted to begin volunteer or work placements. The unique aspect of our ongoing support has been viewed as very admirable by many employers. They truly rely on our skilled staff to drop everything at a moment's notice to go out and encourage or support an employed client who is struggling.

As has been the case all along, my position of job developer sometimes blends into a more supportive role for clients who have developed a trust in me. I am always happy to speak to people who just need a little encouragement and advice. I am always careful to inform them that I am not a councilor but I am certainly happy to listen with compassion and interest.

Spring is arriving and people are beginning to feel the lightness and energy that arrives with it! I recognize how much our clients are like the beautiful and hardy crocuses that push their bright heads up out of the snow. Every person's potential is present but sometimes it is hidden under a cold layer of fear and self-doubt. But with the help of ongoing efforts by the Canadian Mental Health Association – Saskatoon Branch that encourages resiliency and renewal, every single person can fulfill the dreams they hold dear. I continue to believe that genuine interest, patience and encouragement are the strongest and most important accommodations that most people require when they are living with a mental health diagnoses. After all, spring will always follow winter and each dark night can anticipate the coming dawn of hope for a more fulfilling future.

**Social**



**Recreation**

## **Program Report**

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As always, the social recreation program has had an exciting and fun year. We have had three volunteer training sessions and trained a total of 14 new volunteers, bringing our total number of volunteers over the year to 35.

This year we invited high school and university students to volunteer with us to fulfill class requirements. This has been called the student experience and we have been fortunate enough to have 7 students to date participate. These students do not run the programs, instead they are encouraged to participate and assist where needed. This program is intended to dispel myths that people may have regarding mental illness and how it affects people's lives. The students were asked to meet with me to discuss what they learned about people who live with mental illness and were also given an opportunity to go back to their classrooms to present to their peers what they learned. All students did meet with me and each of them took something different away from their experience, but what was consistent was that each student felt that they learned that even though they thought they had no preconceived ideas regarding mental illnesses and those who live with the disease, they realized that many of our participants could easily be their friends or family members. As one student stated "the group I was involved with reminded me a lot of my friends at school, the interaction between the clients is no different than you'd find in any group of people of similar age with similar interests, and I thought this was really cool".

As a result of our increase in volunteer numbers, we were able to introduce some new programs such as scrapbooking, photography club, a sports night and a hip-hop dance class. Our partnership has continued the McKerracher Center for the recovery quilt program. A total of 27 programs and events were offered this year. With combined numbers of the drop in area, social recreation programs, volunteer hours and summer programs, the social recreation program's annual numbers totaled 3,220.

I cannot thank the volunteers who deliver these programs enough. This year, our volunteers provided an incredible 634 hours of their time in our recreation program. We really would not have these programs without our volunteers, many of whom who have been with us for many years, week after week giving their time to give meaning to others lives.

### **Memorable Quote by Thomas Jefferson**

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.

**Thanks to the following volunteers who gave their time,  
talent and wisdom to CMHA this past year:**

Robin Backer	Regan Gee	Jeff Park
Laurel Bay	Adam Hagel	Darlene Payne
Michelle Beherns	Mallory Hamre	Mike Petty
Archer Bell	Kristen Herman	Carley Phinney
Ashley Berns	Kate Kading	Jennie Plotzki
Cory Boulding	Patricia Kessler	Brian Priest
Dona Buchberger	Shirley Kloeble	Bill Pringle
Cassandra Byblow	Tom Koechl	Betty Lou Rennie
Donaldo Canales	Warren Kreger	Vanessa Rininsland
Theresa Dauvin	Lisa Kozmyk	Cara Ritchie
Kerry Davis	Daisy Mangat	Leah Robinson
Edward Deptuck	Michelle Martfeld	Sam Robinson
Patricia Deptuck	Constance May	Darryl Schultz
Cameron Derrow	Sarah MacDonald	Chrisandra Simonson
Rochelle Dobni	John McGrath	Helen Tang
Alan Dreysko	Don McIver	Pam Watt
Heather Ellis	Dean Monseler	Marion Wolter
Karen Fung	Heather Morrow	Paula Yablonski
Dwayne Gamble	Janet Olson	Brenda Yuen
		Peter (Tianyu) Zheng

**Special thanks to Volunteer Saskatoon**

## **2010 - 2011 Slate of Nominees**

### **PAM WATT - President Elect**

**Occupation:** Registered Psychiatric Nurse working with children and youth

**Interest in Mental Health:** has been an advocate for those with mental illness for many years, professionally and personally

**Board Experience:**

- Member of CMHA board 6 years
- 5 years as president, past president, RPNAS
- On various boards related to children's activities

**Related Skills:** Strong knowledge of mental health issues, working with families and youth and evaluation. Good communication skills, community development. Excellent knowledge of formal health system and community based organizations.

### **MIKE PETTY – Vice-president Elect**

**Occupation:** retired from the police service (41 years)

**Interest in Mental Health:** Having seen and dealt with people in crisis situations Mike realizes how neglected the area of mental health is in resources and understanding

**Board Experience:**

- 4 years on CMHA board
- Board member and treasurer of Community Living and Board member of
- Elmwood Lodge

**Related Skills:** Assisted in developing integrated play schools for people with mental challenges. Well-known in the community.

Many community volunteer experiences including Mental Health Week committee for 4 years, volunteer for Joy of Jammin.

### **BETTY LOU RENNIE**

**Occupation:** Retired from SaskTel

**Interest in Mental Health:** Family members

**Board Experience:**

- 2 years on CMHA Board
- Has been on the board of Crocus Coop 3 years
- Secretary for Tops Incorporated, past president

**Related Skills:** All types of secretarial skills, computers, committees  
Knowledge of the Saskatoon community

## **LISA KOZMYK**

**Occupation:** Office Administrator, specializing in accounting and human resource management

**Interest in Mental Health:** Family members with mental health issues have made me realize the importance of this issue.

**Board Experience:**

- 1 year on the CMHA Board
- Regularly attended board meetings at the Core Neighbourhood Youth Coop, a charity I provide bookkeeping services for.

**Related Skills:** Strong interpersonal skills and excellent verbal and written communication skills.

## **DARRYL SCHULTZ**

**Occupation:** Former Work Coordinator, Transitional Employment for Crocus Coop

**Interest in Mental Health:** My own health and seeing Crocus members getting ill and over medicated.

**Board Experience:**

- Worked for and reported to Board of Crocus for 5 years and 2 years on CMHA board

**Related Skills:** Volunteer running CMHA recreation programs; Strong understanding of consumer needs and issues.

## **DON MCIVER**

**Occupation:** Lawyer

**Interest in Mental Health:** Desire to be involved as a volunteer in a valuable Saskatoon non-profit organization

**Board Experience:**

- Member of CMHA board for six years. Board member, past vice president and past president for Saskatoon Community Mediation Services, chairperson and board member of Meewasin Foundation.

**Related Skills:** Mediation and facilitation training

## **MARION WOLTER**

**Occupation:** Pharmacy Technician at Shoppers Drug Mart.

**Interest in Mental Health:** I believe that people should be informed about mental health issues and all people needing help should be able to get it.

**Board Experience:**

- Vice president of Saskatoon Pet Loss Support Group, 2 years on CMHA board

**Related Skills:** Serving patients with mental illness at work.

## **BILL PRINGLE**

**Occupation:** Retired- Public Events Management and Public Relations

**Interest in Mental Health:** Personal and family experiences. Volunteer at RUH Psychiatry

**Board Experience:**

- Seven years as CMHA Board member
- Served on over 25 boards and task forces

**Related Skills:** Media relations, technology applications, technical writing skills; strong conference planning and public speaking skills

## **SHIRLEY KLOEBLE**

**Occupation:** Certified Management Accountant with Autism Services.

**Interest in Mental Health:** Close family members.

**Board Experience:**

- Presenting financial reports to board and committees of YWCA,
- strategic planning and policy governance
- Staff rep for Saskatoon Community Service Village board
- Treasurer of Autism Services Board, Condo Corporation
- 2 years on CMHA Board as Treasurer

**Related Skills:** Strong communication skills; Christopher Leadership

## **ROCHELLE DOBNI**

**Occupation:** Independent Advisor and Consultant

**Interest in Mental Health:** Personally, friends experiencing mental health problems. Sees the challenges and honours their strength and perseverance. Believes educating the public is key to demystifying mental health issues.

**Board Experience:**

- 3 years CMHA Board member and participated on numerous committees

**Related Skills:** Strong administrative skills, financial expertise and effective communicator

Nominated to CMHA Board 2010-2011

**The Canadian Mental Health Association – Saskatoon Branch is thankful for the financial support of the following:**

 Human Resources and Skills Development Canada / Ressources humaines et Développement des compétences Canada  
Human Resources & Skill Development Canada



Advanced Education, Employment & Labour  
Employability Assistance for People with Disabilities (EAPD)



Advanced Education, Employment & Labour, Career and Employment Services



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