

Canadian Mental Health Association Nipissing Regional Branch Annual Report 2016/2017



Message from the Board President and Executive Director

The Canadian Mental Health Association (CMHA), Nipissing Regional Branch completed another successful year at the governance and service-delivery levels. The agency operated within its means from both a financial and human resource perspective, maintained services and took on creative initiatives bringing additional value to our community.

While the Board of Directors operates primarily as a “policy” board, focusing on the governance of CMHA Nipissing, this fiscal year they were tasked with recruiting a new executive director as Georges Kristolaitis announced his well-deserved retirement.

CMHA Nipissing participated in a pilot called Excellence through Quality Improvement Project (E-QIP) with CMHA Ontario Division, Addictions and Mental Health Ontario and Health Quality Ontario. E-QIP has empowered staff to rethink ways they provide quality service and how they apply the necessary tools to their improvement initiatives. The results of the pilot are reflected in the high quality, safe and accessible care we offer our clients. In fact, the pilot was so successful, one of the staff from our branch was seconded to the project as a quality coach.

With funding from the District of Nipissing Social Services Administration Board, the agency participated in the Mental Health Response Unit with the Ontario Provincial Police. We have paired a mental health worker with a police officer to attend to the mental health needs of citizens outside the North Bay city limits.

With support from the community, we celebrated our 40th anniversary on March 12, 2017. There was a party at the Centre of Friends with memorabilia from years past and, of course, lots of cake. It is our goal to have a celebratory event every month for the entire 2017 calendar year.

In closing we wish to thank all the staff, management and volunteers whose commitment makes CMHA Nipissing a creative and effective agency in this community. We especially would like to thank Georges Kristolaitis for his 25 years of service and wish him well in his retirement.



Lyne Way-White
Board President

Jenny Leblond
Executive Director

Mission and Values

Mission

CHMA, Nipissing Regional Branch is dedicated to building a community which accepts people with mental illness and promotes mental health.

Values

We value individuals and believe in a commitment to treating all persons with respect and dignity.

We value community. We believe that developing an educated community promotes understanding and acceptance of people with mental illness and removes access barriers for treatment and support. We encourage full participation by all Citizens and believe all persons are entitled to equal opportunities and the right to self-determination.

We value integrity. We believe in maintaining the highest possible standard of operation and we believe that our work must be guided by our values and beliefs.

We value individual and collective responsibility. We believe that individuals and society as a whole share in the responsibility of changing attitudes about mental illness and ensuring the best possible care for those affected by it. We also encourage individuals to take responsibility for their own mental health.

We value our accountability to our community. As a publicly funded charitable organization we are committed to using our funds as efficiently and effectively as possible and to be open to the highest standards of public scrutiny.

We value partnership, cooperation and accountability between all those concerned with mental health. Consumers, family, service providers and the community.

We value creativity and flexibility. We recognize the need to be open to change and continually assess the ability of our programs to meet the needs of our community and to ensure that we are working within our stated philosophy and values.

2016/2017 Board of Directors

- President: Lyne Way-White
- First Vice President: Patty Boudreau
- Second Vice President: Catharine Mayne-Hannah
- Treasurer: Monique Seguin-Russell
- Secretary: Huguette Pilon

Directors

- Marney Mazurski
- Kim McGinn
- Narry Paquette
- Christopher Barber
- Alan Tennyson

Our Services: Support Services

Social Rehabilitation

Two services Centre of Friends, North Bay and Powassan Drop-In Centre provide individuals with an opportunity to join in both structured and unstructured recreational/social activities to: improve life skills, learn coping techniques and develop community awareness and interpersonal skills in an informal environment.

Case Management and Outreach

Bridges Trusteeship Service

Voluntary Trusteeship and Daily Living Supports

Trusteeship services provides support to individuals with serious mental illness whose financial situation is impacting their mental health and recovery. The service is designed to complement and enhance other community supports.

Housing Outreach Services

The Housing Outreach supports individuals with a serious mental illness who are at risk of homelessness due to their mental illness. The program offers support to the landlord housing the individual, the individual's family members, and promotes community awareness of mental illness and the

related housing issues. The service is accessed through the Community Mental Health Support Services Common Referral process.

Developmental Disabilities Services

This service is operated jointly with CMHA Nipissing and the North Bay Regional Health Centre. It provides psychiatric consultation, treatment and referral services for adults with a diagnosis of both developmental and psychiatric disabilities.

Justice Services

- Court Support
- Mental Health Diversion
- Case Management
- Housing Outreach
- Release from Custody Supports
- Transitional Case Management
- Youth Mental Health Diversion

Specialized Court Support case managers offer support to people with mental illness who have come into contact with the law. This help might come in the form of court diversion plans, pre-charge diversion, release from custody, as well as support and consultations with criminal justice system staff.

Our Services: Housing Services

High Support Residence, 501 Morris

This service is a transitional, high-support group living environment for eight individuals with serious mental illness who need significant 24 hour supports to prepare for successful community living. Residents improve life skills, learn symptom management, coping techniques, interpersonal skills and community awareness.

Rent Supplement Housing

This service helps individuals find, and remain stable in, private market housing by bridging the gap between the shelter portion of Ontario Works or Ontario Disability Support income and market rent. The Rent Supplement is accessed through a joint Selection Committee process and Community Mental Health Support Programs.

416 Lakeshore

416 Lakeshore offers 20 individualized, self-contained units. It provides communal areas and activities to create social opportunities and to lessen the potential for isolation and loneliness. This housing model acknowledges that some people prefer to live with others while having space of their own.

Transitional Rehabilitation Housing Program (TRHP)

This housing is provided in Partnership with the North Bay Regional Health Centre and is for individuals transitioning from the forensic system back into the community. The housing is accessed through the forensic ward of the North Bay Regional Health Centre.



Canadian Mental Health Association - Nipissing Regional Branch

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Nipissing Regional Branch

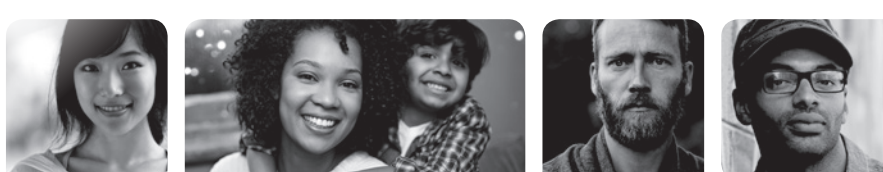
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Thank you to the CMHA, Nipissing Regional Branch Supporters

North East Local Health Integration Network
Ministry Children and Youth Services

Ministry of Municipal Affairs and Housing
Ontario Non-Profit Housing Association

Supported by:



Mental Health Response Unit

The Ontario Provincial Police (OPP) and CMHA Nipissing created a partnership on April 1, 2016 called the Mental Health Response Unit. This pilot project paired a justice mental health worker with an OPP police officer. The purpose of this partnership is to increase the OPP's ability to respond to complex mental health and addiction situations, ensuring that the residents residing in the communities served by the North Bay OPP have access to the most appropriate and beneficial community based mental health and addiction services and specialized crisis services.

North Bay is one of a few OPP detachments in the province to benefit from a full-time, in-house, Mental Health Response Unit with mobile response capabilities. Between April 1, 2016 and March 31, 2017, 125 unique individuals received timely access to care and service.



501 Morris

501 Morris residents and staff celebrated 26 years since joining the CMHA-Nipissing family of services. This 24 hour high support housing program is available for clients leaving hospital who require support on their journey to more independent living in the community. Residents at 501 Morris improve life skills, learn symptom management, coping techniques, interpersonal skills and community awareness.

After 28 years with CMHA, Marg McGlynn will be retiring in the spring. Marg was hired in 1989 to coordinate the land purchase, supervise construction and set up the eight bed residential service. Marg would like to take this opportunity to thank all of the residents, staff, and board members who have contributed to the success of this home and enriched her life as part of her CMHA experience.



Mental Health Promotion, Information and Education Services

Mental Health Promotion, Information and Education Services had a very busy and successful 2016!

In June, the North Bay Interlink Choir held its 27th annual concert to a standing room only audience. The musical ensemble of singers included 45 adults and 40 students proving the choir's tagline that 'Together there is Harmony'.

CMHA Nipissing was proud to once again participate in the Talk Today program with the North Bay Battalion. The year's activities included safeTALK training in November 2016 and a very successful Game Day in February 2017.

Performances took place in November 2016 at the North Bay Regional Health Centre, Canadore College and Nipissing University. In March 2017, Robb Nash returned for four presentations at the North Bay Capitol Centre for area high schools.



"I can't think of a better way to communicate messages of hope than through song," said Jenny Leblond, Executive Director of CMHA Nipissing Branch. "The Robb Nash Project is breaking down the stigma of mental health by helping youth talk about serious issues, one musical note at a time."



22 safeTALK

Individuals connected to the Battalion trained in safeTALK

The culmination of over a year's work with our co-sponsor, Nipissing First Nation and multiple community partners, saw the successful presentation by the Robb Nash Project to over 3,000 students, teachers, supports and community members. The band's music and storytelling help at-risk youth who struggle with depression, bullying, self-harm, addiction and suicide.

Happy 40th anniversary CMHA Nipissing Regional Branch!

This year marks a significant milestone in the history of CMHA Nipissing Regional Branch.

We know that achievement and success aren't by accident. Breakthroughs come after spending what seem like hours of hard work and trying new ideas. We applaud our members past and present and we look forward to even more success in the future.

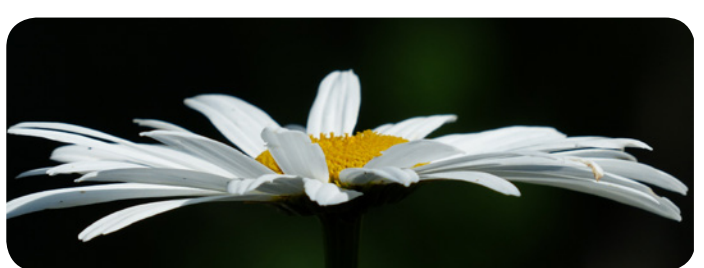


And in the end, it's not the years in your life that count. It's the life in your years. – Abraham Lincoln



Help Raise Awareness: Become a Member, a Volunteer, Donate

A wide range of plants make up the daisy family, the largest family of flowering plants in the world. Some are hardy, while others are tender. Just like us. Some of us can withstand life's stresses and strains more readily than others, but none of us is immune to them. 1 in 5 Canadians will experience a mental illness in their lifetime. The daisy is a symbol of peace and hope, a visible reminder that like daisies, mental health can be found everywhere and grow strong against all odds.



Adapted with permission from the CMHA Moncton Branch.

Become a member

- Show your support for mental health by becoming a member.
- Becoming a member helps us keep you up-to-date on CMHA activities.

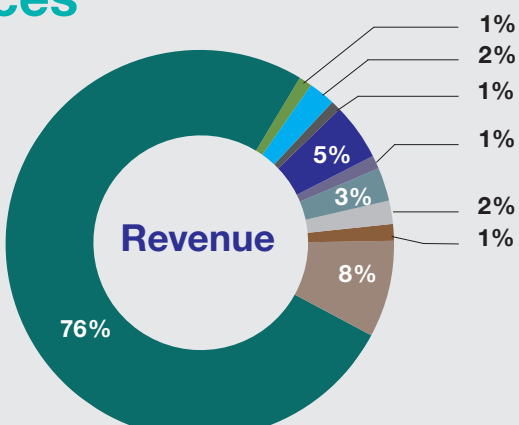
Volunteer

- Help us help others while gaining valuable skill and experience.
- We need help in many different areas, such as working at special events, participating in educational events, and serving on committees and the board of directors.

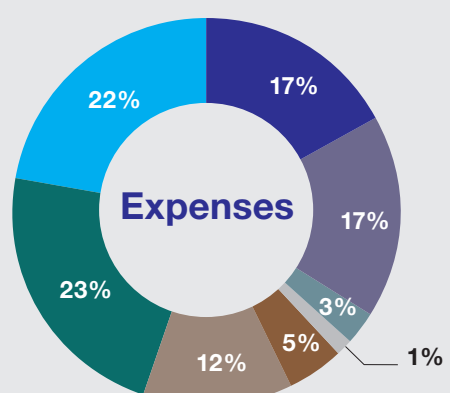
Donate

Your support helps us continue to support all the exciting and much needed activities in our community. These activities would not be possible without your financial support.

Finances



Interest & Other Income	\$74,571
Fundraising, Donation, Membership	\$27,930
Amortization	\$149,802
North Bay Regional Health Centre	\$86,500
Ministry of Municipal Affairs & Housing	\$65,000
Ministry of Children & Youth Services	\$44,100
Ministry of Health & Long-Term Care	\$250,664
North East LHIN	\$2,377,021
District of Nipissing Social Services Administration Board	\$30,000
Total Revenue	\$3,133,848



Brick & Mortar & Rent Supplement	\$521,182
Administration & Physical Plant	\$522,953
Health Promotion	\$83,477
Youth Case Management	\$44,100
Court Diversion & Court Support	\$148,380
Social Rehabilitation/Recreation	\$379,081
Supportive Housing	\$697,324
Case Management	\$674,764
Total Expenses:	\$3,071,261