



MESSAGE FROM THE CHAIR AND THE CEO

In 2018 the Canadian Mental Health Association (CMHA) celebrated its 100th anniversary. Founder, Dr. Clarence Hinks was ahead of his time when he correctly stated that mental health affects every household. Yet funding and services were inadequate to meet the need. He saw the injustice and inaction and set CMHA on a course to affect change.

Today we continue to face the same challenges; mental health affects every household yet funding and services struggle to meet the need. However, there has been progress made nationally, provincially and locally.

It was reassuring during the provincial election to have all three major political parties include mental health and addictions as part of their campaign platforms. In addition, the "Erase the Difference" petition developed by CMHA Ontario allowed 12,649 individuals to highlight the importance of mental health funding across the province.

At the Windsor-Essex County Branch we are fortunate to have celebrated many exciting milestones over the past year.

Working with community partners, we have been able to make significant progress on a number of initiatives with a shared goal of improving access and services for our clients.

Coordinated access was launched last January at the Transitional Stability Centre – Crisis & Mental Wellness Centre. By calling one phone number, or going through one door, individuals speak with a staff member who is able to direct them to the most appropriate mental health and addiction supports in the community. For years clients have been frustrated by the challenge of knowing how and where to access services. This is a significant change that has been positively received.

Construction is now underway to expand City Centre Health Care. This new space will allow us to expand our services and improve the flow and capacity of our primary care services. In addition, Team Care will soon be operating in partnership with the Windsor Family Health Team. The goal is to provide wrap-around, inter-disciplinary team care services to some of the most vulnerable individuals in this community in a shared care model with their primary care provider.

As the importance of mental health continues to be highlighted daily in the media, the work of the Sole Focus Project is vitally important. Launched last year, the campaign goal is to educate, engage and enlist the community about mental health. The campaign has been an overwhelming success. In addition, to providing thousands of individuals with education and information about mental health, the

campaign reached its 3-year fundraising goal in 10 months!! We are excited to see what can be accomplished over the next two years as we have set our goals even higher!

I continue to be proud of our dedicated staff at the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECB) who work tirelessly to deliver the best care to our clients. We appreciate the support of community volunteers, donors and advocates. Together we look forward to continued work on building and improving mental health and specialized primary care services to make Windsor-Essex a mentally and physically healthier community.



Claudia den Boer
CEO



Sharon Cooper
Board Chair

**CANADIAN MENTAL HEALTH ASSOCIATION,
WINDSOR-ESSEX COUNTY BRANCH**

Vision:
Mentally Healthy People in a Healthy Society

Mission
CMHA Windsor Essex is a lead provider and advocate of community mental health services. We achieve this through:

- Treatment
- Education
- Collaboration
- Community Engagement

Empowering transitions to wellness

Board of Directors 2017/2018

- | | | |
|---------------------------------------|-------------------------------------|---|
| Sharon Cooper
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A YEAR IN REVIEW

Coordinated Access in partnership with Hotel Dieu Grace Healthcare (HDGH) - As of January 2018, the CMHA intake and assessment services (phone and walk in) were transferred to the Transitional Stability Centre – Crisis & Mental Wellness Centre (TSC CMWC). The combined CMHA/HDGH team positioned at TSC CMWC meet in real time to help navigate the many mental health and addiction services ensuring linkages have been achieved for clients seeking service, as well as to arrange for follow up action for clients on waiting lists.

CMHA and community partners were successful in receiving a 2-year Ministry of Labour Grant to focus on Peer Support Training for First Responders and to address the effects of post-traumatic stress.

The Mental Health Roundtable - HDGH and CMHA are jointly facilitating a roundtable involving over 40 providers of mental health and addiction services in Windsor Essex with the goal of building a more coordinated system of care. Three key priorities have

been identified and are the focus of collective efforts: 1) Transitional Aged Youth, 2) Housing and Homelessness, and 3) Community Psychiatry linking to Primary Care.

Through a partnership with the City of Windsor (Community Housing Corporation) and Housing Information Services, CMHA has provided training to mental health services staff on the use of a standardized set of housing vulnerability assessment tools (Service Prioritization Decision Assistance Tool-SPDAT) to better assist clients who are in need of housing. Community Support Workers are able to assess housing needs and assist clients in securing a priority status based on their assessment score.

Hoofin' It was introduced as an extension of the Early Intervention Mood Walks program. In partnership with the Windsor Essex Therapeutic Riding Association, the combined benefits of Mood Walks and interaction with animals in a therapeutic manner have been enjoyed by clients.

CMHA and Windsor collaborated to develop a local "Situation Table" which is co-chaired by a member of the CMHA Release from Custody team and a staff member from New Beginnings. The Situation Table provides a forum to review high-risk cases and to develop plans with local organizations to support the individual with a goal of reducing the risk of hospitalization or incarceration.

In partnership with the Windsor Family Health Team, a Team Care Centre is being established in Windsor. This team will provide inter-disciplinary support; particularly mental health and addiction care to some of the community's most vulnerable individuals. This care will be offered in a shared care model with their primary care provider. The funding for the Centre is provided by the Ministry of Health and Long-Term Care as part of a strategy to increase access to inter-disciplinary team-based care.

Construction is currently underway to expand City Centre Health Care. Delivery of patient health care services.

Working with Windsor City Centre Health Care is now receiving daily discharge information for patients accessing the Emergency Department and in-patient services to assist with seamless transitions of care.

Clinical data dashboards have been created to assist and drive quality client service decisions. These are also useful for benchmarking exercises and analysis.

For the eighth consecutive year, CMHA-WECB received the Diamond level Gord Smith Healthy Workplace Award from the Windsor Essex County Health Unit demonstrating a commitment to the health and well-being of our employees.

The agency adopted the LEADS leadership framework facilitated by the Canadian College of Health Care Leaders. These leadership capabilities have been embedded into leadership training, workshop and evaluation tools.



STATISTICS



SOLE FOCUS PROJECT

The community response to the Sole Focus Project has continued to be amazing. The three-year fundraising goal of \$500,000 was achieved in just 10 months! With the growing prevalence and conversations about mental health, donors want to offer support.

Last October, Rock Your Sole became the single-largest fundraiser in this branch's history. \$125,000 was raised in one evening. Over 300 guests showed their soles at Water's Edge. A special thank you to Ambassador Jasmine Jasey and her extraordinary team of volunteers.

A few months later the Solcz Family Foundation made a significant donation in support of the campaign.

The year was filled with countless highlights including the inaugural Breakfast of Champions event with special guest speaker Sue Klebold and a \$50,000 donation from Cypher Systems Group in support of the Bereavement program. This branch was the recipient of a Bell Let's Talk grant to provide outreach about Bounce Back. CMHA-WECB was also presented with the Health Promotion award by Bulimia Anorexia Nervosa Association (BANA).

Most importantly, the campaign is making a difference in this community. Funds raised have allowed CMHA-WECB to provide proactive outreach to vulnerable populations.

Thank you to everyone who has taken a stand for mental health!! #showyoursole



THANK YOU TO CMHA-WECB MEMBERS

Membership is an easy way to support CMHA. By becoming a member, you demonstrate your support for our organization, its mission and the services we provide to the community. In doing so, you show our community that you support mental health promotion, mental illness recovery and resilience and mental illness prevention.

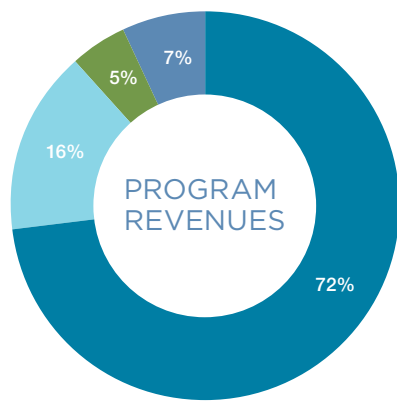
*Please note that some CMHA-WECB members prefer to remain anonymous.

- | | |
|-----------------------------|-------------------------------|
| Deborah Ayotte | Lisa Jones |
| Larry Bannon | Laura Liebrock |
| Annette Bridgeman | Andrea Lukos-Bradt |
| Joanne Brown | Tom & Patricia McMahon |
| Luciano Carlone | Lori McQuaid |
| Dr. Rajen Chetty Cardiology | Media Street Productions Inc. |
| Barb Davis | Nancy Nosanchuk |
| Claudia den Boer | Pandya Association |
| Michelle Drouillard | Bruce Rand |
| Meliha Ferhatovic | Sandala Family |
| Laura Gavin | Sheikh Shamsher |
| Francesca Gazdig | Jody Simone |
| Karen Gignac | WFCU Credit Union |
| Emily Gu | |

2017 Proud SPONSORS

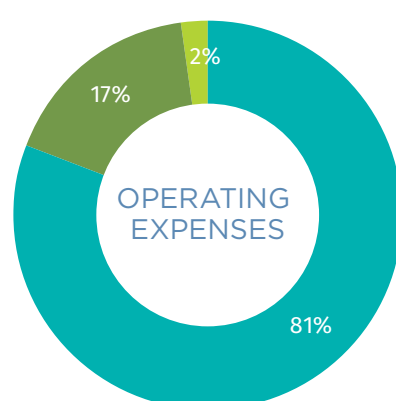
- Rock Star \$10,000**
ARC Advanced Rehabilitation Centres • Dr. Greg Jasey
Cypher Systems Group • Moir-Crane & Moir-Ferriss
Sunset Produce • Thunder Road Harley-Davidson • Troup Group
- The Band \$8,000**
Tilbury Concrete • Lanoue Chevrolet
- Talent Agent \$5,000**
Atlas Tube • Dominos Pizza • Gulf Restorations Inc. • IDA Sunshine Drugs
KMJ Machinery Movers/LSI Lift Services Inc. • Lauzon Veterinary Hospital
The Job Shoppe • WFCU Credit Union • WLEI
- Roadie \$3,000**
APW Custom Home Theatres • Double Diamond Farms • Ground Effects
Mucci Farms • Savvy Boutique • St. Clair College Alumni Association
- Groupie \$1,000**
Factory Auto Sound Plus • Dave & Camille Cecchin
Coscarella Family Dentistry • First Class Valet Inc.
Forest Glade & Tecumseh Animal Hospitals • Joe Montaleone - Remax
John & Michelle Rauti • Craig Mahon • Rafih Auto Group
The Lawrenson's of W.A.M.V.L. (Windsor Adult Mixed Volleyball League)
Valente Development Corporation • VLC Custom Homes • ZDS Farms
- Fan: In-kind**
AEP Specialized Lighting & Events • Elegance By Design • DJ Urban Kris
Greatest Hits Live • Koolini • Modish Lounge Rentals • Naples Pizza
Shelby's Sweet Shoppe • Steve Pomerleau Photography
Water's Edge Event Centre

FINANCIALS



- Mental Health Program Revenues \$10,739,910
- Community Health Centre including Nurse Practitioner Revenues \$2,389,969
- Revenue Generating Programs \$754,025
- Housing Programs \$1,039,326

Total \$ 14,923,230



- Compensation including purchased service \$12,106,237
- Supplies and Other Operating Expense \$2,549,242
- Equipment and Capital Expense \$315,645

Total \$ 14,971,124

THANK YOU TO THE 2018 RIDE DON'T HIDE SPONSORS

Presenting



Advocate



Champion



Community



Canadian Mental Health Association Windsor-Essex County Branch

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