



**Canadian Mental  
Health Association**  
Windsor-Essex County  
*Empowering transitions to wellness.*

## YOU HELP US MAKE A DIFFERENCE IN OUR COMMUNITY

### MESSAGE FROM THE CEO

Finally spring is here!!

Over the last several months, a lot of significant work has been taking place at CMHA-WECB. You only have to listen or read the media on any given day to know that this is a time of vast change for healthcare. In addition to the launch of Ontario Health

Teams, we have been doing extensive work with a goal to decrease wait times, streamline mental health services and ultimately better serve clients and their families. We continue to work closely with our partners on this important work to deliver the important changes that are necessary.



Last week the provincial government delivered their first budget and CMHA is delighted with the announcement of increased provincial mental health and addiction investments in the amount of \$174 million. This funding will specifically support mental health and justice services, supportive housing and acute mental health inpatient beds. The government also reiterated its \$3.8 million, 10-year funding commitment to our sector which will prioritize "building a mental health and addictions system focused on core services embedded in a stepped-care model, and a robust data and measurement framework."

We look forward to continuing our work with government to enhance funding to our sector and to see these investments translate into funding to support our community needs in particular!

Locally, we are busy preparing for many upcoming events and activities. May is Mental Health Month and CMHA-WECB has exciting activities planned throughout the month. On May 7, we are thrilled to welcome Steven Page, Canadian music icon and former lead singer of the Barenaked Ladies as our keynote speaker for **Breakfast of Champions**. This will be a memorable morning that you do not want to miss.

We are also looking forward to the **Detroit Tigers** game on June 5. CMHA-WECB is once again the selected charity for Canadian Fan Night. The ticket price includes a donation to the Sole Focus Project campaign and a special baseball hat. Also, watch for a special partnership announcement on April 23!

In addition, two of our signature events, the Go Green Golf Tournament and Ride Don't Hide are happening in June. Information about all of these events are provided in this newsletter and also on our website, [www.windsor-essex.cmha.ca](http://www.windsor-essex.cmha.ca).

Wishing you all a Happy Spring as we look forward to longer, sunnier and hopefully, healthier days!

All the best,

*Claudia den Boer*  
Chief Executive Officer

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## Taking a Stand for Mental Health



Mental health training, education and outreach has never been more important. Increasingly there is acknowledgement that we need to care for our mental health, the same way that we take care of our physical health. Like any disease, early identification and intervention are critical to treatment.

When it comes to mental illness, learning effective tools can be essential to leading a fulsome life. Since the launch of the Sole Focus Project in 2017, demand for CMHA-WECB education sessions, training and outreach has increased by over 100%. Thanks to the support of this community, we are able to be proactive in delivering education to schools, workplaces and organizations.

Last week Dan Gemus held the 3rd annual "Country at Heart" fundraiser. CMHA-WECB was fortunate to have been selected as the charitable recipient this year. Funds raised from this event will allow 150 people in Windsor-Essex to complete ASIST (Applied Suicide Intervention Skills Training) training. ASIST is a two-day, two-trainer, workshop designed for members of all caregiving groups. Family, friends and other community members may be the first to talk with a person at risk, but have little or no training. ASIST can also provide those in formal helping roles with professional development to ensure that they are prepared to provide suicide first aid help as part of the care they provide.

ASIST training is a program with evidence of effectiveness.

*"My mindset and perception of people who think about suicide has changed after this training. Now I understand and I now have the skills to help keep someone safe for now from suicide. I'm greatly appreciative for having taken this training,"* said one participant.

CMHA-WECB also offers safeTALK, a half-day alertness training that prepares anyone 15 years or older, regardless of prior experience or training, to become a suicide-alert helper; and

Suicide to Hope trainings, strengthen hope by aiding recovery and growth in persons with previous suicide experiences who are currently safe.

Visit the [Training page](#) of our website to find out information about these trainings, along with information about other mental health education sessions.

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## UPCOMING EVENTS



### Breakfast of Champions

Tuesday, May 7

Hear Canadian music icon Steven Page speak and sing about his own struggles with mental health.

[windsorsex.cmha.ca/events/breakfast-of-champions-2/](http://windsorsex.cmha.ca/events/breakfast-of-champions-2/)



### Mental Health Week

May 6 - 12, 2019

A variety of events and activities are planned throughout the week and month.

[windsorsex.cmha.ca/events/](http://windsorsex.cmha.ca/events/)

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**Detroit Tigers Canadian Fan Game Night**

**Wednesday, June 5**

Ticket price include game admission, commemorative baseball hat and a donation to CMHA-WECB.

[Tigers.com/Canadian](http://Tigers.com/Canadian)



**Go Green Golf Tournament**

**Monday, June 10**

Our annual charity tournament at the prestigious Essex Golf & Country Club.

[windsorsex.cmha.ca/events/2019-go-green-golf-tournament/](http://windsorsex.cmha.ca/events/2019-go-green-golf-tournament/)



**Ride Don't Hide**

**Sunday, June 23**

Join us for a 10k, 20k, 50k or 100k bicycle ride,



**Nine N Wine**

**Friday, July 12**

Join us for 9 holes of golf and wine samples at

entertainment, prizes and more!  
[www.ridedonthide.com](http://www.ridedonthide.com)

Roseland Golf Club!  
[windsorsex.cmha.ca/events/nine-n-wine/](http://windsorsex.cmha.ca/events/nine-n-wine/)

## Ways to Give

### May is Leave a Legacy Month!

Legacy giving is an opportunity to support mental health for future generations.

Contact  
[kwillis@cmha-wecb.on.ca](mailto:kwillis@cmha-wecb.on.ca)  
for more information.

### Monthly Giving

By making a monthly donation you are often able to increase the size of your gift with less impact on your pocket-book. This can easily be set-up by using your bank account or credit card.

Contact  
[khill@cmha-wecb.on.ca](mailto:khill@cmha-wecb.on.ca)  
to set this up today.

### Membership

Membership is an easy, annual way to support CMHA: mental health promotion, mental illness recovery and resilience, and mental illness prevention. And, membership always has its privileges.

[Become a member today!](#)

[Donate Now](#)

[Become a Member](#)

## Canadian Mental Health Association Windsor-Essex County Branch

Main Office:  
Monday - Friday: 8:30am - 4:30pm



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