



**Canadian Mental
Health Association**
Windsor-Essex County

Community well-being is our sole focus.



MESSAGE FROM THE CEO

Spring is undoubtedly upon us! The weather has certainly shifted over the past week and folks seem as if they are awakening from hibernation. As the days are getting longer and the weather gets ever so warmer, I am reminded that spring is all about growth and renewal.

I started my tenure as CEO on March 11 and feel incredibly privileged to play a role in guiding CMHA-WECEB's way forward.



Over the past five weeks, I've seen a blossoming of new funding, quality improvement discussions and systemic conversations that have and will continue to advance the Mental Health and Addictions system in alignment with the quintuple aim: Improve Provider Wellness, Improve Population Health, Improve Sustainability, Enhance Client Experience and Advance Health Equity.

We were extremely delighted to learn that our Expression of Interest submission to Ontario Health was successful and are receiving \$1.9 million in funding to connect more people to primary care teams in Windsor-Essex. More details will be shared in the

coming weeks on the utilization and operationalization of these dollars for our agency and through our partnerships with Mobile Medical Support (MMS), Shelter Health and the Primary Care Sector. The good news is that more individuals in our community will be connected to primary healthcare providers.

Volunteer Appreciation Week is April 14-20 – I want to extend my sincerest thank you to all the volunteers who support various programs/events at CMHA-WECEB including the Bereavement Program, Youth Wellness Hub, Wellness & Recovery College, Mental Health Promotion and fundraising, to name a few. Your contributions and time are so valued and we are grateful for all you do.

With May quickly approaching, we are gearing up for several events and activities for **Mental Health Month** with a national theme of Compassion Connects. We are looking forward to several upcoming events including the Glow Ride, Detroit Tigers Canadian Heritage Game, a Cornhole Tournament, the Drumathon, the Go Green Golf Tournament and Ride Don't Hide. We appreciate everyone who sponsors, participates, volunteers and donates in these events which support our Bereavement program, Mental Health education/training, the Client Assistance Fund and the Wellness & Recovery College. More details about these events are included below and also on [our website](#).

I hope everyone has a great weekend ahead and is as excited as I am for the start of spring and the return of the Detroit Tigers. I look forward to meeting those of you that attend the May 23rd game.

Until next time,

Nicole Sbrocca
Chief Executive Officer



STRATEGIC PLAN 2023-2028

In February, CMHA-WECB officially launched a new Strategic Plan for 2023-2028.

The strategic plan serves as a comprehensive roadmap, designed to synchronize goals, priorities, and outcomes, propelling CMHA-WECB toward unparalleled excellence in community-based mental health services.

Crafted through extensive collaboration with stakeholders including staff, clients, community partners, volunteers, and donors, the plan reflects a mosaic of voices and aspirations, ensuring inclusivity and relevance. By harnessing collective wisdom and insights, CMHA-WECB has crystallized a strategy that is not only robust but also deeply resonant with its core values of compassion and

excellence.

SCHIZOPHRENIA PROJECT

Hôtel-Dieu Grace Healthcare (HDGH) along with the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA WECB) have been selected as one of four national sites to advance standards in Schizophrenia Care.



For CMHA-WECB and HDGH Mental Health and Addictions professionals this project aims to coach, train, and educate inter-professional teams on implementing quality "statements" to meet the Standards of Schizophrenia Care.

The focus areas of the project include:

- Treatment with Long-Acting Injectable Antipsychotics (LAIs)
- Treatment with Clozapine
- Cognitive Behavioral Therapy for Psychosis (CBTp)
- Family Intervention Therapy (FIT)

Expected Changes:

The introduction of new screening tools and physician orders are anticipated outcomes of the project. Furthermore, we anticipate seeing improved patient outcomes shortly as a result of these initiatives.

This opportunity is significant for our organization and underscores our commitment to delivering high-quality care to our patients and community. Your dedication and contributions to this project are invaluable.

UPCOMING EVENTS



Canadian Heritage Game Night
Thursday, May 23, 2024



Glow Ride
Friday, May 10, 2024

Comerica Park, Detroit, MI
[Purchase Tickets Here!](#)



Caboto Club Pasta Night
May 1, 2024
G. Caboto Club
[View details here!](#)

Malden Park Pavilion
[Registration Open!](#)



Ride Don't Hide
Sunday, June 23, 2024
NEW Location - Ciociaro Club
[Registration Open!](#)

BECOME A MEMBER!

Membership has its benefits! As a member of CMHA-WECB, you will receive:

- An invitation to attend our Annual General Meeting held each fall in September, with voting privileges for non-staff,
- Our quarterly e-newsletter,
- A printed copy of our annual report,
- The right to be elected to our Board of Governors,
- A 10% discount on Sole Focus Project merchandise and selected CMHA-WECB hosted events, and
- Recognition in our annual report and on our social media sites (*optional*).

Additionally, your membership:

- Provides financial support of our Bereavement Programs, Client Assistance Fund, Mental Health Promotion Portfolio and Youth Wellness Hub,
- Allows our branch to have a voice at the Provincial and National levels, and
- Gives you the opportunity to connect with CMHA in the community

Become a member today by [clicking here!](#)

[Donate Now](#)

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**Canadian Mental Health Association
Windsor-Essex County Branch**

Main Office:

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



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