



Canadian Mental
Health Association
Saskatoon
Mental health for all

CMHA SASKATOON

2020 - 2021

ANNUAL REPORT

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to all of our dedicated volunteers
and partners who have supported
us throughout this challenging year.

You are truly
amazing people!



Canadian Mental
Health Association
Saskatoon
Mental health for all

**CANADIAN MENTAL HEALTH ASSOCIATION
SASKATOON BRANCH**

Annual General Meeting Agenda
Wednesday, June 30, 2021 at 1:00 p.m.
Meeting By ZOOM

<https://us02web.zoom.us/j/82989094611?pwd=ZGw2Vk1FWUw1NUM5RVVGM3hwTEJhdz09>

Meeting ID: 829 8909 4611

Passcode: 375903

1. Welcome and Call to Order
2. Introduction of Staff & Special Guests
3. Approval of Agenda – motion to accept
4. Approval of the AGM Minutes from Sept 17, 2020
5. Slate of Directors for 2021/2022
6. Auditor’s Report - Cheryl Woloschuk
 - a. Approval of 2020/2021 Audited Financial Statements – motion to accept
7. Appointment of Auditor for 2021/2022 – motion to accept
 - a. Cheque Signing Authority – two signatures required - motion to accept
 - b. Donation Receipts Signing Authority – one signature required – motion to accept
8. President’s Report
9. Executive Director’s Report
10. COVID Update
11. Website Tour
12. Moment of silence to remember & honour the members, friends & families lost this year.
13. Motion to adjourn.

Must have a 2021-2022 CMHA membership to be eligible to vote.

We are located on Treaty 6 Territory, the traditional territory of the Cree Peoples and the Homeland of the Metis Nation

**ANNUAL GENERAL MEETING
CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.
September 17, 2020, 1:06 p.m. – Meeting by ZOOM**

1. Call to order and welcome by Teri Schroeder, President.
2. Introduction of Staff and Special Guests.
3. **Motion: To approve the September 2020 Annual General Meeting agenda. Moved by Marilyn Elliot / Seconded by Bill Pringle. Carried.**
4. **Motion: To approve minutes of Annual General Meeting of June 20, 2019. Moved by Janet Ernst / Seconded by Amanda Neudorf. Carried.**
5. Presentation of the slate of directors.
Motion: To accept 2020-2021 Board of Directors as presented. Moved by Amanda Neudorf / Seconded by Jim Austin. Carried.

2020-2021 board members are: Teri Schroeder, Amanda Neudorf, Brenda Yuen, Dr. Sharon Acoose, Myles Montcalm, Mark Allberg, William (Bill) Pringle, Jim Austin, Kelly Howey, Lisa Kozmyk, Marilyn Irwin
6. **Motion: To accept audited 2019-2020 Auditor's Report/Financial Statement as presented by Cheryl Woloschuk, CPA (Chartered Professional Accountant). Moved by Myles Montcalm / Seconded by Marilyn Elliott . Carried.**
7. **Motion: To appoint Cheryl Woloschuk, CPA as Auditor for 2020-2021. Moved by Dr. Sharon Acoose / Seconded by Lisa Kozmyk. Carried.**
 - a) **Motion: To authorize cheque signees (President, Vice-President, Treasurer, Executive Director (ED), and two alternate staff members to sign cheques); two signatures required; one being a Board member/one being ED/staff. Moved by Brenda Yuen / Seconded by Amanda Neudorf. Carried.**
 - b) **Motion: To authorize the Executive Director and/or the President to sign donation receipts; one signature required. Moved by Marilyn Elliott / Seconded by Jim Austin. Carried.**
8. **Motion: To accept President's Report. Moved by Brenda Yuen / Seconded by Mark Allberg. Carried.**
9. **Motion: To accept Executive Directors Report. Moved by Dr. Sharon Acoose / Seconded by Kelly Howey. Carried.**
10. Members Input for 2020 – 2021 – Faith Bodnar
11. Moment of silence to remember and honor the members, friends and families lost this year.
12. **Motion to adjourn at 2:14 p.m. by Bill Pringle.**

Members in Attendance at AGM September 17, 2020 via Zoom

Teri Schroeder
Amanda Neudorf
Brenda Yuen
Myles Montcalm
Jim Austin
Kelly Howey
Dr. Sharon Acoose
Mark Allberg
Bill Pringle (Proxy for Joyce Meyer & John Davis)
Lisa Kosmyk
Rob Bagley
Marilyn Elliott
Gloria Goodman
Sadia Sharman
Day Zhang (Daycome)
Kim Pidskalny
Janet Ernst
Marilyn Irwin

Staff:

Faith Bodnar
Carolyn Burnett
Bart Voswinkel
Chalaine Senger
Morgan Wickett
Jenna Neufeld
David Wake
Brenda Beaudry
Margot Weiner

Guest

Robin Mitchell (Crocus)

September 1997
Amended June 27, 2002
Amended June 23, 2004
Amended June 21, 2006
Amended September 7, 2010
Amended June 20, 2013
New Bylaws June 20, 2019

BYLAWS OF

CANADIAN MENTAL HEALTH ASSOCIATION- SASKATOON BRANCH INC.

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1. Definitions

In these bylaws:

- 1.1 “Branch” means the Canadian Mental Health Association - Saskatoon Branch Inc.;
- 1.2 “Division” means the Canadian Mental Health Association in Saskatchewan Inc.;
- 1.3 “National Association” means the Canadian Mental Health Association national body;
- 1.4 “Association” means the members, volunteers, supporters and persons with lived experience who together constitute the Canadian Mental Health Association - Saskatoon Branch Inc.;
- 1.5 CMHA Saskatoon Branch means the same as the Canadian Mental Health Association-Saskatoon Branch Inc.
- 1.6 “Board” means the Board of Directors of the Branch.

2. Purpose and Objectives

Canadian Mental Health Association -Saskatoon Branch Inc. exists so that people in the Saskatoon Community have improved mental health. The majority of resources will be devoted to promoting the mental health of all people.

The objective of the Branch is that:

People with mental health needs will have a personally satisfying quality of life by having:

- meaningful work
- adequate financial resources
- satisfying relationships
- recreation and leisure opportunities through maximum feasible community inclusion.

3. Membership

- 3.1 CMHA Saskatoon Branch membership shall be granted to individuals, societies, partnerships or corporations, who pay the designated membership fee and support the vision and purpose of the organization. When a membership is purchased it is in the Branch, the Division and the Canadian Mental Health Association National.
- 3.2 All membership funds collected by the CMHA Saskatoon stays at the Branch.
- 3.3 Membership is effective from April 1 to March 31 during the year of purchase.

4. Financial

- 4.1 The Branch may enter into contracts with funders and suppliers.
- 4.2 The Branch accepts the principle of providing support to the Canadian Mental Health Association in Saskatchewan Division.
- 4.3 The Board makes decisions on capital expenditures.
- 4.4 Any member can view the Financial Statements of the Branch by making an appointment to do so.

5. Member Meetings

- 5.1 The Board of Directors will decide when and where Annual and Special General meetings are held. Notice of all such meetings shall be forwarded to the membership not less than 15 days prior to meetings.
- 5.2 A Special General Meeting of the members may be called at any time by the Board of Directors or upon written request of not less than 5% of the members in good standing. Notice of such meeting of not less than 15 days shall be given to the members.
- 5.3 At any Annual or Special General meetings, quorum is 15 members in good standing.
- 5.4 Each Branch member in good standing is entitled to one vote at Annual

and Special General meetings.

- 5.5 At meetings of the Members, motions shall be decided by a show of hands, except when a ballot is requested by the Chair of the meeting or demanded by a minimum of five Members. Such motions shall be decided by a majority of votes of the Members present, unless otherwise required by the Bylaws of the Branch or by the provisions of The Non-Profit Corporations Act.
- 5.6 The Chairperson will call the vote on a motion and the result shall be deemed the decision of the meeting. If a vote result in a tie, the Chairperson shall cast the deciding vote. At General Meetings the Chair declares the resolution or motion is approved or defeated by the number or proportion of votes.
- 5.7 At Annual or Special general meetings, a member in good standing may hold the proxy vote for up to 3 members if those members provide their written consent prior to the meetings.

6. Directors and Officers.

- 6.1 The affairs of the Branch are governed by a Board of Directors. The Board will consist of a maximum of 11 Directors.
- 6.2
 - a. The Directors of the Branch are elected at the Annual General Meeting.
 - b. The Board elects the President, Vice President, Treasurer and Secretary from its members at the first Board Meeting following the Annual General Meeting.
 - c. The President shall act as Chairperson at all Board and General Meetings, and in their absence, the Vice President shall so act.
- 6.3 Members of the Board are elected for a two-year term.
- 6.4 The Board may appoint advisors to the Board to act as consultants or assistants to the Board. These advisors do not vote on any Board business.
- 6.5 Board members can sit for a maximum of four, 2-year consecutive terms. A Board member who has completed their 8 years on the Board, may be elected back to the Board after a 1-year absence.
- 6.6 Any person who is employed by the Branch or is otherwise receiving

compensation or remuneration directly or indirectly is not eligible to be a member of the Board.

- 6.7 The Board shall meet at least six times each year.
- 6.8 Nominating Committee
- a. Every year the Board appoints a Nominating Committee that prepares a slate of nominees for election as directors. The Board of Directors approves the slate of nominees.
 - b. Additional nominations for election as directors may be made by the Membership, provided that the nomination:
 - i. is in writing and signed by the nominating Member;
 - ii. contains the written consent of the nominee; and
 - iii. it is received at the office of the CMHA Saskatoon Branch at least 3 weeks prior to the Annual General Meeting.
 - c. Additional nominations from the Members may be included in the slate of nominees prepared by the Nominating Committee.
 - d. The slate of nominees shall be sent to all Members, with the notice calling for the Annual General Meeting at least 15 days prior to the Annual General Meeting;
 - e. If there are more nominees than vacancies, then an election will take place at the Annual General Meeting.
 - f. The Chairperson will prepare ballots for the election. The Chairperson will appoint scrutineers.
 - g. Every Member present is entitled to one vote at election.
 - h. CMHA Saskatoon Branch does not accept nominations to the Board of Directors from the floor at Annual or Special General meetings.
- 6.9 The Board may fill any office or Director positions on the Board, that become vacated between Annual Meetings of the Branch.
- 6.10 The Standing Committees of CMHA Saskatoon Branch are the Executive Committee, and the Finance Committee. The Executive Committee shall be chaired by the President and the Finance Committee shall be chaired by the Treasurer. Both the Executive and Finance Committees shall be established at the first Board meeting following the Annual general Meeting.

The Board may also establish Special Committees as necessary.

- 6.11 Board Directors may only be removed by an Ordinary Resolution at a meeting of the members.
- 6.12 If a question or motion arises that requires a vote by the Board of Directors, a Director may send out the motion by email to all Directors. For the vote to be valid, an email moving and seconding the motion and a quorum of votes must be received by the President by email.

7. Borrowing Powers

7.1 The Branch can decide to borrow money. Borrowing funds requires the approval of the Board of Directors.

8. Financial Review

- 8.1 The Board of Directors shall ensure that a financial review is completed annually.
- 8.2 April 1- March 31 is the fiscal year of the Branch.
- 8.3 The Auditor shall submit the Financial Review at the Annual General Meeting.
- 8.4 The Branch submits a copy of the Financial Review to Division.

9. Symbol

The CMHA Saskatoon Branch uses the same symbol or logo as the National Association.

10. Amendments

Bylaw amendments are proposed in an extraordinary resolution and must be sent out to members at least 15 days prior to a general meeting.

Bylaw amendments require a simple majority of members present to be approved or defeated.

11. Liquidation of dissolution

11.1 The liability of Branch Board members is limited.

- 11.2 The payment of a dividend or any other distribution of the Branch assets (either during the Branch's existence or upon its dissolution), to its members or other persons who exercise control over it is forbidden.
- 11.3 In the event of the winding up of the Branch, all its assets shall be transferred to the Division.

12. Relationship with Canadian Mental Health Association in Saskatchewan

- 12.1 All bylaws and operations of CMHA Saskatoon Branch accurately reflect the **Memorandum of Agreement** between the Canadian Mental Health Association in Saskatchewan Inc. (Division) and The Canadian Mental Health Association - Saskatoon Branch Inc.

If the Memorandum of Agreement changes prior to an update of these bylaws, the Memorandum of Agreement will take precedence until bylaws are updated.

Report from the President and Executive Director

It has been quite a year! And that is an understatement for sure. It's hard to even begin to capture all the changes, adjustments and issues we have been confronted with. The emerging impacts of the pandemic expose and exacerbate gender, racial and economic inequities and gaps in programs and compel us to develop new approaches and more and different services. The good that has come from this devastating pandemic can be embracing the fact that all of us need support to maintain and restore our mental health and create hope for the future. In many significant ways, it has taken a pandemic to bring mental health out of the shadows and into the mainstream of everyday life, not for some but for us all.

As pandemic restrictions were put in place, the ways we connect with each other and our families, friends, neighbours, and colleagues shifted drastically. At times, the speed of change made it difficult just to keep up. But in all of what has happened since March 2020 we have demonstrated our adaptability and strength as people, communities, and agencies.

What stands out for all of us at CMHA Saskatoon, is the resilience of our city, those we support and our Board and staff. We have been called to respond quickly, adjust, pivot, change and then do it all over, again and again. And we have risen to the challenges, as difficult as it has been. We looked at everything we do, changing to meet the needs in new ways. So, we cannot talk about what we do, without first considering how the pandemic has changed us.

At CMHA Saskatoon, the pandemic resulted in a wholesale shift to virtual services and a three-fold increase in our contact with our clients since last March 2020. In addition, our partnership with CMHA Saskatchewan Division on the Wellness Support Line has brought many new people to us, seeking support, a listening ear, connection, and assistance in navigating COVID, while maintaining mental wellness. All this while making sure people received timely, relevant, and meaningful support. While we adjusted and readjusted to new ways of delivering our programs and services, we have been mindful that many of the changes we are making will become a permanent part of what we will do into the future. In fundamental ways CMHA Saskatoon has been transformed by COVID.

Even with the pandemic, at CMHA Saskatoon our work remains focused on:

1. **Employment Services, Life Skills, Mental Health Supports and Labour Consulting**
2. **Education and Awareness**
3. **System Navigation and Advocacy**
4. **Partnerships and Special Initiatives:**
 - a. **Riding the Wave** – partnering with Bridgepoint Center for Eating Disorders, our new interactive, online mental health awareness program for high school students is up and running, providing anytime, free access to any student as well as a new Teachers Guide.
 - b. **Connect Up** – we developed this inclusive social recreation pilot project and are now partnering with Crocus Coop who we are supporting to deliver it.

- c. **World Suicide Prevention Day** – every year we hold a special event marking this day and creating a platform to destigmatize suicide and what community prevention supports can look like.
- d. **Cont;inue Project** – with the support of Hometown Designs we launched this new initiative to raise awareness about suicide prevention.
- e. **Families Matters Support Group** – new in 2020, now meeting virtually and facilitated by CMHA staff, this group has grown and become an important place for families to connect, learn, support each other, and come together to create awareness about how important families are, however they are defined, in making positive change.
- f. **Rêveurs de Vie** – a new partnership in 2021 with this Saskatoon based, online clothing company, that will see CMHA Saskatoon receive a percentage of sales as well as an opportunity to work with an amazing local company that integrates its brand with mental health awareness.



We know that supporting people to get and maintain work, begins with helping people believe they have skills, important things to contribute and that with the right support they can work. The journey to work is very much unique to each person and can include mental health supports, workplace accommodation, assessing skills and goals, additional training and education and work-based life skills. Working with employers is key in this process, in supporting them to understand they can accommodate people with mental health needs.



Prior to COVID, we provided vital, in person education and training to over 4500 people/year. This included in workplaces and for community and sports groups, professionals, students, educators, post secondary institutions, and members of the public. Knowing how important this work is and given the impacts of the pandemic, we quickly moved to online education, realizing early on that we need a more systematic and effective way of virtual delivery. We were able to secure a grant and our online **CMHA Saskatoon Wellness Hub** launches the end of June 2021 and we encourage you to explore this resource. With the shift to online learning, we are excited to launch what will be a growing catalogue of workshops and learning opportunities that ensure easy access and anytime learning. This allows us to further expand and customize our content, accessing experts in different fields, linking to other courses as well as delivering our own interactive sessions. We have also installed a state-of-the-art e classroom that provides high quality, live broadcasting and pre-recorded sessions, lots of resources, optimal experiences for learners and better user tracking.

The old saying “one thing always leads to another”, certainly holds true for CMHA Saskatoon this past year more than ever. With the new **CMHA Saskatoon Wellness Hub** and the shift to online social connections, our website became an urgent priority. We had known for a while we needed to update it and the pandemic made it an imperative. If anything, the pandemic has underscored the need for us to be on top of the ways people connect with each other and CMHA Saskatoon. Our new modern, website is a true new, from the ground up initiative. We started by looking at who our primary users are, what they need to know and then beginning the process of updating and creating new content and ensuring navigation is streamlined. Working with Blair Habitch, owner of Jellycode Web Designs, months of complex work has really made the difference in how we reach out and connect with people. While people will always have the option to donate to us through Canada Helps, our new website also provides donors with the ability to give directly to us.

We have always been a central hub for people searching for mental health services for themselves and their loved ones. Our focus is to be there when people need us to listen and help them access what they require. Navigating services are a challenge at the best of times but when you are struggling it can feel impossible. We field inquiries from families, professionals and government with the goal to help people advocate for what they need and connect them to best resources.

A December 2020 highlight was our first ever **Holiday Hamper** project. We knew that the holidays were going to be challenging and wanted to reach out and offer a hamper full of activities and ways to stay healthy at a time when many struggle. The pandemic made it even more important than ever that



people knew someone cared. With a theme of the 12 days of Christmas, we delivered 75 wellness hampers to people across Saskatoon. It was first come, first serve, no conditions gift. Each hamper included self care products and projects, indoor and outdoor activities and gifts. With the overwhelming response, we are already planning next year’s Holiday Hamper.

Partnerships and special initiatives are how we test new programs and approaches and raise awareness about mental health. By bringing

attention to issues like domestic violence, poverty, lack of affordable housing, maternal mental health, the need for more mental health services, isolation and loneliness, suicide prevention and working with our community partners, we build strength, hope for the future and momentum for lasting progress.

The pandemic created tremendous fiscal uncertainty for all non-profits. Yet, we have had more people than ever step up to raise funds for us. Our fundraising initiatives have also demonstrated the willingness of donors to support us in difficult times. Next year we are planning to start our first **Ride Don’t Hide** partnership with CMHA National.

We received grants, from the Saskatoon Community Foundation, United Way of Saskatoon and the Government of Canada. We are grateful for the ongoing support of the Saskatchewan Health Authority and Ministry of Immigration and Career Training for their long-term support of our work. We also extend our sincere appreciation to CMHA Saskatchewan Division for funding employment initiatives and for assisting us with the replacement costs of our furnaces and heating systems. CMHA Division is always there to support our work, collaborate, provide advice and information and stand with us as advocate for better mental health services in Saskatchewan.

We are also privileged to be able to have some fun. Whether that be an online give away, contests to engage people in mental health, special events like the Shoppers Drug Mart Run for Women or the Workplace Excellence Awards, creating awareness also means celebrating accomplishments and having fun while staying healthy.



CMHA Saskatoon’s Board and staff have stepped up so much in the past year, drawing on our vision and resilience to support our clients and community in new ways. They have guided, lead and pivoted and changed direction so often and in ways we couldn’t have ever imagined. We have experienced a year like no other and it will continue to impact us in fundamental ways going forward. It has been a year of transition and transformation.

As a member of CMHA Saskatchewan Division and along with over 300 other local branches across Canada, our connections with other communities and provincial and national leadership, adds tremendous value and capacity to what we do. As part of a movement for human rights and full citizenship for people with mental health needs, we join together as a force for change that has shaped Canadian society for more than 100 years, helping build a country where everyone belongs and is welcomed and supported for who they are.

On behalf of the board of CMHA Saskatoon, it has been our honor, challenge and privilege to journey with this branch and our community during this transitional time. We congratulate and appreciate the responsiveness of our staff. We have seen the concern of staff in how to best respond to clients and community needs. As well, we have seen joy when a creative response has been effective and well received. The resilience and creativity of our branch, clients, volunteers, supporters and community has been monumental. Our response has truly been a team approach and transformational.



Teri Schroeder – CMHA Saskatoon President



Faith Bodnar – CMHA Saskatoon Executive Director



CANADIAN MENTAL HEALTH ASSOCIATION – SASKATOON BRANCH

SLATE OF DIRECTORS

2021 – 2022 BOARD DIRECTORS

- **Kelly Howey**
Occupation: retired Coach/Human Resources and Leadership Consultant
- **Brenda Yuen**
Occupation: Lawyer, student University of Saskatchewan- Master of Laws
- **Amanda Neudorf**
Occupation: Lawyer – Government of Canada
- **Dr Sharon Acoose**
Occupation: Professor, School of Indigenous Social Work, First Nations University of Canada
- **Jim Austin**
Occupation: Collections Enforcement Officer, Revenue Canada
- **Willian (Bill) Pringle**
Occupation: Retired
- **Mark Allberg**
Occupation: Owner, ALLSPACE Office Furnishings
- **Lisa Kozmyk**
Occupation: Ministry of Finance, Government of Saskatchewan
- **Marilyn Irwin**
Occupation: Benefits Officer Saskatchewan Employees International Union

Consultant to the Board

- **Teri Schroeder**

Occupation: RPN, RN, BScN and Instructor Trainer/First Aid Instructor with Nursing Faculty Saskatchewan Collaborative Bachelor of Nursing Program, Sask Polytechnic

New Board Members

- **Alex Brown**

Alex was born and raised in Regina, Saskatchewan. She moved with her family to Toronto, Ontario in 2004. She attended Ryerson University for Radio and Television Arts and worked on numerous Toronto-based productions. In 2014, she headed back west to Saskatchewan where she worked as an Anchor/Reporter/Producer for CTV Regina. In 2018, Alex joined CTV Winnipeg where she served as Traffic Reporter for CTV Morning Live and as a Video Journalist. She returned to Saskatchewan in 2020, where she took on the role of Co-Anchor at CTV Morning Live in Saskatoon.

- **Andrea Landstad**

Andrea Landstad is a Senior Accountant with MNP Saskatoon that provides assurance services to clients. Andrea has experience with not-for-profit, private sector and public sector organizations. Andrea obtained her Bachelor of Commerce degree with great distinction from the University of Saskatchewan in 2019. Andrea obtained her Bachelor of Commerce degree with great distinction from the University of Saskatchewan in 2019. She is currently working to obtain her CPA designation and has over 3 years' experience in public practice.

We are located on Treaty 6 Territory, the traditional territory of the Cree Peoples and the Homeland of the Metis Nation

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

