



Canadian Mental
Health Association
Saskatoon
Mental health for all

CMHA Saskatoon

IMPACT

report **2022-2023**



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LAND ACKNOWLEDGEMENT

We acknowledge we are located on Treaty 6 Territory and the Homeland of the Metis. We pay our respect to all the Indigenous People of this place and reaffirm our relationship with one another.

MISSION

As a leader and champion of mental health, CMHA Saskatoon provides programming and facilitates access to the resources people require to maintain and improve mental health for all.

VISION

**Mental
Health
for All**

VALUES

Inclusion

Wellness

Trust

Collaboration

Empowerment

STATS

2022-2023

150
HOLIDAY HEALTH HAMPERS

804
PEOPLE TRAINED IN
MENTAL HEALTH
WORKSHOPS.

5
SUPPORT GROUPS
HOSTED AT CMHA
SASKATOON.

10
CORE PROGRAMS
DELIVERED.

782
PEOPLE WERE SUPPORTED
IN 2022 - 2023.

OUR STORY

2022-2023

Kelly Howey, Board President and
Faith Bodnar, Executive Director

Welcome to CMHA Saskatoon's 2022-2023 Impact Report where we are proud to highlight the work we do to build a healthy community.

The lingering impacts of the pandemic underscore the need for more robust mental health supports and services at every level in our community. For 2022-2023 this strengthened our call to action, and Mental Health for All is in our sights more than ever.

We knew we needed to respond to the growing housing crisis in Saskatoon and launched Coming Home, our first ever residential program. The scope of need is broad with Coming Home supporting single adults, people moving out of their family home for the first time, and families with children, all seeking a better home from which to build their lives. We are incredibly grateful for the partnership of the Saskatchewan Health Authority and the National Affordable Housing Corporation as we deliver and grow this much needed initiative.

Our online Wellness Hub features free, self-directed workshops you can utilize on your desktop or handheld device. Current workshops include family dynamics, workplace mental health, healthy relationships, mental health for seniors, COVID fatigue and podcasts from our Teenz Table Talk group. While we continue to provide in-person workshops, virtual learning is here to stay.

Our 3rd Annual Holiday Hamper program was a resounding success, with 150 people receiving hampers at a time when meaningful connection is so important. The Saskatchewan Government and Employees Union came on board as a sponsor once again and we initiated a matching program for people to provide a \$60 donation for a hamper. People stepped up and we were able to have all 150 hampers funded.

From funding provided by the Dube Family through the Saskatoon Community Foundation our Family Support Project grew. Cameco's Step Up for Mental Health now funds our Family Navigator, who works directly with families helping them navigate services and build their capacity to support their loved ones.

After 18 months of work, with funding provided by the RUH Foundation, the Saskatoon Community Foundation and Cameco's Step Up for Mental Health Fund, we launched 20 Mental Health Minutes and 40 Mental Health Bytes.

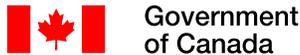
These intimate, personal stories and reflections about mental health from people across Saskatoon strike a chord with us all.

The Shoppers Drug Mart Run for Women fueled our work more than ever. What an amazing experience it was, with over 600 exuberant participants converging at Rotary Park on the banks of the South Saskatchewan River on a sunny and warm June morning. Our deep thanks to Shoppers Drug Mart Head Office, Flow Marketing and the local Shoppers Drug Mart owners and staff for raising the bar about women's mental health and generating much needed funds for CMHA Saskatoon. It's an honour to be part of this event.

Our deep thanks also go to our dedicated staff, volunteers, and Board of Directors, who steward CMHA Saskatoon. With this incredible team we can rise to meet the needs of our community and be part of building a Saskatoon community where everyone belongs and is included.

THANK YOU

to our supporters





Saskatchewan Parks
and Recreation
Association



COMMUNITY
FOUNDATIONS
OF CANADA



Saskatoon



CUPE / Canadian Union
of Public Employees

SPM_{LAW}

OREST'S STORY

Stigma regarding mental health continues to be a challenge, especially for men.

Of the 4,000 suicide deaths in Canada each year, 75 % are men.

Orest, thankfully, is not one of those statistics.

Orest first experienced mental health challenges after his mother passed. He was working for the Canadian Coast Guard when he noticed he was depressed and worried by his thoughts. As a result, he returned to Saskatoon to live with his father, hoping that would help with his unease and anxiety.

“I didn’t understand what was going on with me,” he says. “I became scared and withdrawn, stressed. I felt paranoid and never had before. It didn’t occur to me to seek help, but I knew I needed family.”

For the next nine years, Orest spiralled in and out of stress and anxiety. Even with what he was experiencing, Orest didn’t believe he was “ill.” So, he didn’t talk to anyone about his thoughts.

“Those were the years with no help or medication,” he recalls. “It was a turbulent and unsettling time. I didn’t understand what was happening, and I didn’t seek medical help.”

When Orest's father died, he moved to BC for work.

“I knew something was terribly wrong with my perception,” he says. “I was experiencing certain psychotic episodes and found it increasingly difficult to relate to people. It was an eye opener.”

Because it was hard to explain what he was experiencing, reaching out for help was difficult. Orest tried to contact doctors but could only get so far. So, with the encouragement of his brother and sisters, Orest came home to Saskatoon to find help.

It was the most important decision I made in my life.

Once Orest found a psychiatrist, his life took a turn for the better. Though the side effects of the medication were difficult, he began to “feel normal.”

Orest also found support by coming to CMHA Saskatoon. He was connected to Brenda, a long time CMHA Saskatoon mental health worker, and an old friend from school. Brenda offered Orest options for courses and programs and Orest began working again.

When he was hospitalized, Brenda was there, ready to arrange appointments and care for his well-being.

When Orest could manage on his own again, he could always call her, and they would resolve any issues.

“When I look at my life, I’m very fortunate and very grateful for the things I have, for my family, and people I know,” he says.

“Ups and downs, times of despair, loss and gain. I try to stay positive with everything that’s been thrown at me.

Thanks to the help of my doctor and Brenda, I keep going.”



SHOPPERS
DRUG MART



run for
wo♥en

2,060
PARTICIPANTS

OVER
\$233,000
RAISED
from 2020 - 2022





17 Lessons

Healthy Relationships: Dating Violence

FREE

Enroll 

SHOPPERS
DRUG MART 

run for
wo♥en

RUN FOR WOMEN

2022 Fundraiser

The Shoppers Drug Mart Run for Women is the largest event series in Canada dedicated to women's mental health.

Funds raised in 2022 helped us establish innovative new programs to support women affected by mental health issues: including a vibrant online and face-to-face education and training program focused on Women and Girls and Domestic Violence.

DID YOU KNOW?

Saskatchewan has the highest provincial rate of intimate partner violence in Canada.
(Statistics Canada, 2021)

HOLIDAY HEALTH HAMPERS 2022 CAMPAIGN

150

Some of the best things we ever do start with the desire to show others we care. That's the case with our CMHA Saskatoon Holiday Hampers.

Three years ago, we spent our holidays in lockdown. For many of us the holidays are hard enough without the addition of a pandemic.

People struggle at this time of year, with depression, loneliness and isolation. In an effort to make others feel less alone, we embarked on a new project.

Holiday Hampers are open to anyone. You can request one for yourself or nominate someone you know to receive a hamper. There's no need to qualify, you simply need to ask.

The Holiday Hampers include 12 days worth of activities to tide you through the holidays.

That first year we made 50 hampers.
The next year we made 100.

And this year we made 150.

Please pass on my thanks to all involved with the hampers. It is so full of goodies. I already drank the Christmas punch and ate the chocolate. Such treats. I'm smiling for the first time this holiday season.

It felt like everyone else had parties and partners and family, and I was totally alone. But then the package made me feel like people did care; people were kind enough to think of the idea, put it all together, and give it to me. It made me feel that people did care.

The holidays aren't always full of joy for persons who are socially isolated with few community connections; needless to say, the Christmas hamper brightened his day immensely! Thank you so much!

Again, thank you for remembering the forgotten and the lonely in the community.

OUR COMMUNITY

FUNDRAISING CAMPAIGNS

CMHA Saskatoon is generously supported by a strong community and it is important to highlight your contributions to CMHA. Whether volunteering your time, or raising money for CMHA through third party fundraising events, donors and supporters ensure CMHA Saskatoon provides direct support to those looking for help. Thank you for your confidence in our work and the people we serve. We are proud to highlight the many events that have brought our community together in the past year.



Art has the capacity to change our outlook.

The Art Sale and Auction, Back into the Light

offered quality art at bargain prices through the generosity of donors and local artists. The event raised \$10,000 in support of mental health programs at CMHA Saskatoon.

Once again, Toni Bryan of Hometown Designs brought the cont; nue campaign to life.

Toni notes that it's not just about raising funds for mental health, but about raising awareness and letting people know they aren't alone in the battle.

It's about ending the stigma that you're less of a person or a burden if you suffer from a mental health disease.

Toni has raised more than \$15,000 to date through this fundraiser!



Toni Bryan, Hometown Designs

A semi colon is used when an author could have chosen to end their sentence, but chose not to.

The author is you, and the sentence is your life.



The Show Some Love Virtual Online Auction, hosted by Chloe Meadows, was a huge success. Chloe brings together members of the art community in Saskatoon, each contributing unique pieces to the auction. To date, the auction has raised over \$10,000 for CMHA!

IN THE SPOTLIGHT

THE MENTAL HEALTH MINUTES PROJECT

This year we announced the premiere of our video series In the Spotlight: The Mental Health Minutes Project.

The series features stories of resilience and hope, told from the perspective of Saskatoon residents. The aim is to reduce the stigma surrounding mental health and mental illness and inspire others to seek support.

We hope that In the Spotlight will spark important conversations about mental health in our community. We want people to know they have a community of people cheering them on, even in the midst of their darkest moments.

The Mental Health Minutes Project is a collaborative funding effort between the Saskatoon Community Foundation, RUH Foundation and the Cameco Step up for Mental Health Fund.

The project aims to increase awareness and understanding of mental health issues and promote access to support and treatment.

Find the full length videos at:
cmhasaskatoon.ca/mental-health-minutes





YOUTH MENTAL HEALTH Teenz Table Talk

In the fall of 2021, CMHA Saskatoon launched a youth-led mental health initiative, Teenz Table Talk.

Since then, this initiative has grown into a core group of youth, called Teenz Table Talk. The group has made strides in youth mental health awareness, developing a podcast and community presentations on youth mental health, and what they need adults to know about their mental health.

Search Teenz Table Talk on Spotify, or head to our website at cmhasaskatoon.ca/podcast to listen.



Logo designed and illustrated by members of Teenz Table Talk, 2023

TeenzTableTalk

"Bringing Youth to the Mental Health Conversation."



EMPLOYMENT SPOTLIGHT

ADAM

Adam was eight years old when he began to struggle with his mental health. Since then, he's met challenges head on and is one of the most resilient people you will ever meet.

Adam was introduced to CMHA Saskatoon nine years ago when he took a Life Skills Class taught by Peter. It was the first offer of support he was provided in the community. He recalls taking part in the work portion of the program and feeling as though he was worthy of working in the community, that he had value.

It takes time to get well. It doesn't happen overnight, or in a matter of days. It can take a really long time.

Over the years Adam took part in many CMHA Saskatoon programs including the anxiety support group, the vocational counselling program and the one to one WRAP (Wellness Recovery Action Planning) program.

His most recent accomplishment includes a floral design course that he took in Calgary. Thanks to funding from the Ministry of Immigration and Career Training, we were able to provide funding to cover the costs of the course.

Adam and his family headed to Calgary last fall where he immersed himself in the floral design course.

Upon returning to Saskatoon, Adam worked with Bart, our Job Developer at CMHA. Together they worked on a resume and at the first flower shop they stopped in to, Adam felt at ease and at home.

Since then, he has been creating floral designs and spending time learning and honing his craft.



I didn't know that I would be here when I was 8 years old.

Looking back over the years, Adam remembers many lonely struggles. At some points, he couldn't see past the day in front of him. At eight years old, he couldn't imagine that his life would turn out to be this full of love and connection.



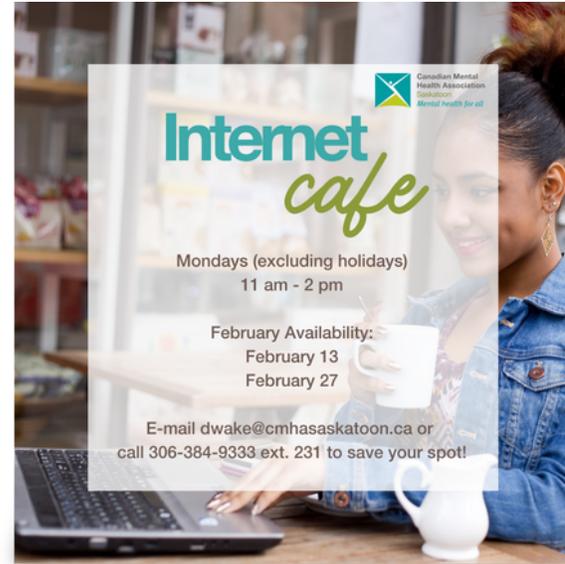
Floral Design by Adam Buchko, 2022

BRIDGING THE GAP Technology

Technology is becoming an important area of focus in our supportive employment program.

According to the Survey of Employers on Workers' Skills (Statistics Canada, 2021), 66% of employers state that gaps in information and communication technology is the top factor affecting skills requirement in employees.

Using a computer and navigating technology has become so commonplace we forget that not everyone has access. CMHA Saskatoon has been working to close the gap by providing internet access to our clients and the general public.



The image shows a woman in a blue denim jacket sitting at a desk with a laptop and a white coffee cup. A semi-transparent sign is overlaid on the image, providing information about the Internet Café. The sign includes the CMHA logo, the title 'Internet cafe', the operating hours, the February availability dates, and contact information.

 Canadian Mental Health Association
Saskatoon
Mental health for all

Internet cafe

Mondays (excluding holidays)
11 am - 2 pm

February Availability:
February 13
February 27

E-mail dwake@cmhasaskatoon.ca or
call 306-384-9333 ext. 231 to save your spot!

The coffee is always on when you drop by our internet café. We have vocational counsellors to help with resume development, online job search and finding your way around the virtual world. We know many people feel daunted trying to access online employment opportunities. By offering free access and support, we can support people to re-enter the workforce.

VIRTUAL REALITY

work experience



Virtual reality (VR) is an immersive experience, perfect for those wanting to explore several career paths.

VR provides opportunities to dip your toes in the water, before jumping in.

It's fun, cutting edge and allows the job seeker a real time experience.

VR is an excellent supplement for employment support that helps build knowledge and confidence in a safe environment.



After 2 years of collaboration with the Saskatchewan Health Authority and the National Affordable Housing Corporation and their property management company Real Life Rentals, CMHA Saskatoon launched Coming Home. This new supported independent living program assists people and families, with mental health needs to live in inclusive, affordable quality rental housing.

DEWEY'S STORY

In the fall of 2022, Dewey was paying \$1,245 a month in rent, plus utilities. While he lived in an apartment he loved, the financial pressures weighed on him. He could barely afford to keep up with his rent payments and when grocery prices sky-rocketed, his depression worsened as thoughts of worthlessness consumed him. He worried about his rent increase in January, knowing he would no longer be able to make the payments.

Then Dewey called Ken, his support worker throughout the past decade, and inquired about the housing program that Ken had spoken to him about. The next day they viewed a townhouse style home in Aspen Heights, and Dewey was told the unit was his if he wanted it.

In January, Dewey moved in. His rent decreased from \$1,245 to \$970 with utilities included. Dewey welcomes us into his home, offering coffee or water. He describes how the past few months have transformed him. He recalls wondering what he would be able to eat for the last few days of each month. Now, Dewey is excited to set up his new bbq and socialize with his neighbors over the summer.

Dewey recalls that he has lived with depression for much of his life, even if he didn't know it at the time. There were many days that he wished he were no longer here.

In the past few months, with the relief from financial pressure, Dewey has the capacity to think about the future.

For the first time in a long time, I feel optimistic, rather than numb or questioning what am I doing here?

When Dewey talks about his home, his eyes light up. He's excited to decorate, put art and photos on his walls. He has plans to make the place reflect who he is.

Being able to afford a safe and welcoming place to live doesn't magically solve all of his problems, but it gives Dewey space to breathe.

Ken, Dewey's support worker and friend, talks about how much it means to him to hear Dewey express his excitement for the future. These are the words he's been hoping to hear for years.

The feeling is mutual, as Dewey states "I wouldn't be here if it weren't for Ken."

Thanks to the partnership with Real Life Rentals and the NAHC, there are seven more stories like this that we can't fit on these pages.

This is a life changing partnership, and we are thrilled to be a witness to the impact it has made.



Saskatchewan
Health Authority



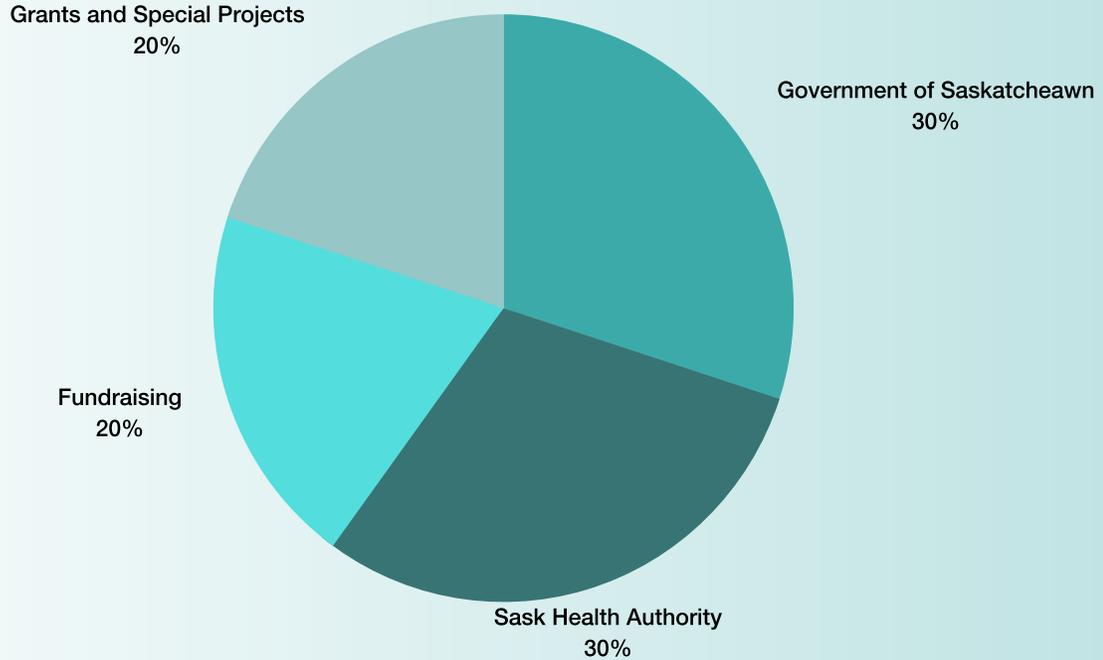
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Real Life
RENTALS

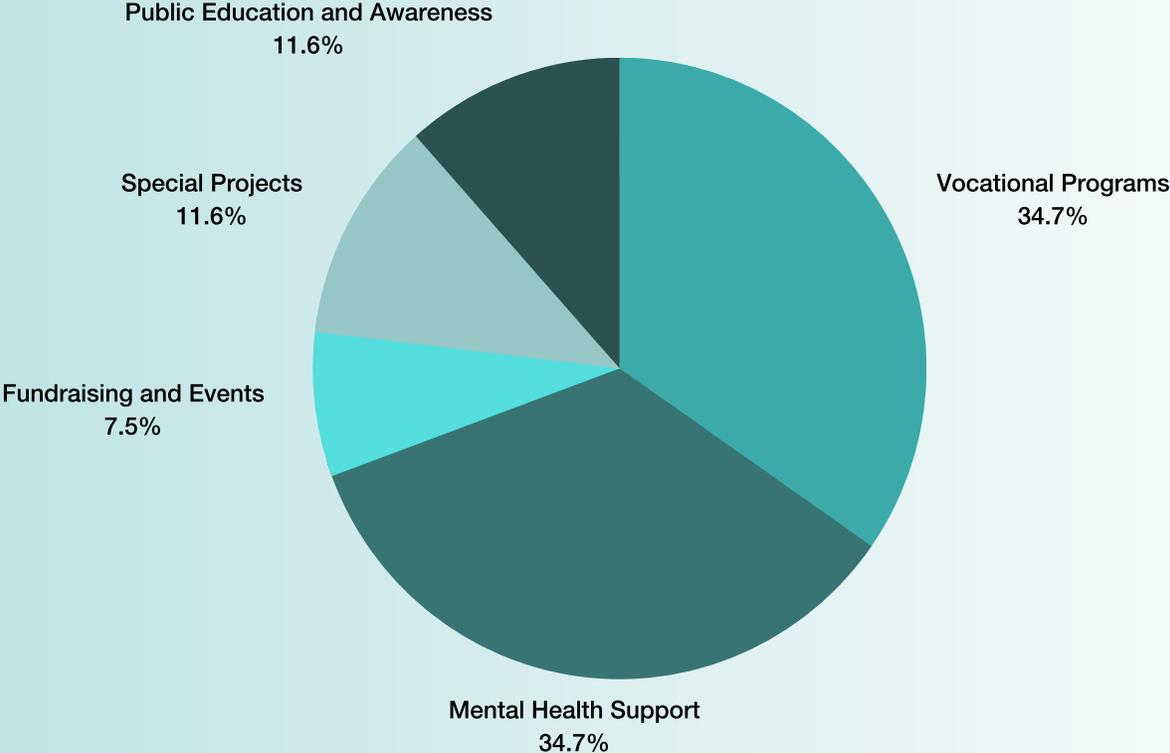

nahc snla
NATIONAL AFFORDABLE HOUSING CORPORATION
SOCIÉTÉ NATIONALE POUR
L'HABITAGE ABORDABLE

BUDGET BREAKDOWN

FUNDING SOURCES



OUR PROGRAMS



CMHA SASKATOON

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DREAMS FOR 2023-2024

While we are proud of what we have accomplished together in the past year, our minds are already on next year.

What can you expect from us?

Our goals include hosting more community events, expanding our education program and we are already working on a new project we're not ready to share the details of yet!

Above all, we'll continue to provide individualized service and support to everyone who walks through our door.

Thank you

for supporting mental health and CMHA Saskatoon!



Canadian Mental
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Mental health for all

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to make a donation today!**