

CMHA Saskatoon Annual Report 2017 - 2018





2017 Mental Health 5 Day Camp – Blue Mountain Adventure Park



Team Saskatoon CMHA

CANADIAN MENTAL HEALTH ASSOCIATION

SASKATOON BRANCH INC.

Annual General Meeting

Thursday, June 21, 2018

1:00 p.m.

AGENDA

1. Call to order and Welcome.
2. Introduction of Staff & Special Guests
3. Motion to approve agenda
4. Motion to approve the minutes of June 29, 2017
5. Auditor Report/financial statement - Cheryl Woloschuk
Motion to accept audited financial statements
6. Motion to appoint auditor for 2018 - 2019.
7. a) Motion to authorize cheque signees; two signatures required.
b) Motion to authorize donation receipts; one signature required.
8. Presidents report. Motion to accept report.
9. Executive Directors report: Motion to accept report
10. Moment of silence to remember and honor the members, friends and families lost at CMHA and also the province wide loss of the Humboldt Bronco's and LaLoche tragedy.
11. Presentation of the slate of directors. Motion to accept 2018 - 2019 Board of Directors as presented.
12. Motion to adjourn.

**ANNUAL GENERAL MEETING
CANADIAN MENTAL HEALTH ASSOCIATION
SASKATOON BRANCH INC.**

June 29, 2017; 2:00 p.m. - CMHA Boardroom

1. Call to order and welcome by Teri Schroeder, President.
2. Introduction of Staff and Special Guests .
3. **Motion: To approve the June 29, 2017 Annual General Meeting agenda. Moved by Kathryn Hiller / Seconded by Judy du Chalard.**
4. **Motion: To approve minutes of Annual General Meeting of June 30, 2016. Moved by David Wake / Seconded by Rosalyn Kirkham. Carried.**
5. **Motion: To accept audited Auditor's Report/Financial Statement as presented by Cheryl Woloschuk, CPA (Chartered Professional Accountant). Moved by Kathryn Hiller / Seconded by Richard Packard. Carried.**
6. **Motion: To appoint Cheryl Woloschuk, CPA as Auditor for 2017-2018. Moved by Judy du Chalard / Seconded by David Wake. Carried.**
7. a) **Motion: To authorize cheque signees (President, Treasurer, Executive Director, and one alternate staff member to sign cheques); two signatures required. Moved by Kathryn Hiller / Seconded by Rosalyn Kirkham. Carried.**

b) **Motion: To authorize the Executive Director and/or the President to sign donation receipts; one signature required. Moved by Richard Packard / Seconded by David Wake. Carried.**
8. **Motion: To accept Board Chair/President's Report. Moved by Judy du Chalard / Seconded by Patricia Kessler. Carried.**
9. **Motion: To accept Executive Directors Report. Moved by Brenda Yuen / Seconded by Stephen Dunster. Carried.**
10. Moment of silence to remember and honour those members, friends and families lost this year and to for those who are ill.
11. Presentation of the slate of directors.
Motion: To accept 2017-2018 Board of Directors as presented. Moved by Rosalyn Kirkham / Seconded by Judy du Chalard. Carried.

2017-2018 board members are: Teri Schroeder (President-Elect), Kathryn Hiller, Debra Charuk, Amanda Neudorf, Joyce Meyer, Don Froese, Bill Pringle, Brenda Yuen, Dr. Sharon Acoose, Brian Digby, Myles Montcalm.
12. **Motion to adjourn by Richard Packard.**

CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.

FINANCIAL STATEMENTS

March 31, 2018



**Cheryl Woloschuk,
Chartered Professional Accountant,
Prof. Corp.**

439 Lashyn Cove
Saskatoon, SK
S7N 4S2
Tel: (306) 227-1972
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**Cheryl Woloschuk,
Chartered Professional Accountant, Prof. Corp.**

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INDEPENDENT AUDITOR'S REPORT

To the Members of Canadian Mental Health Association - Saskatoon Branch Inc.

I have audited the accompanying financial statements of Canadian Mental Health Association - Saskatoon Branch Inc., which comprise the statement of financial position as at March 31, 2018, and the statements of operations, changes in net assets, and cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

Management's Responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

My responsibility is to express an opinion on these financial statements based on my audit. I conducted my audit in accordance with Canadian generally accepted auditing standards. Those standards require that I comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my qualified audit opinion.

Basis for Qualified Opinion

In common with many charitable organizations Canadian Mental Health Association - Saskatoon Branch Inc. derives revenue in part, from donations, and fundraising events, the completeness of which is not susceptible to satisfactory audit verification. Accordingly, my verification of these revenues was limited to the amounts recorded in the records of the Canadian Mental Health Association - Saskatoon Branch Inc. and I was not able to determine whether any adjustments might be necessary to donation revenues, fundraising revenues, excess of income over expenses, assets and fund balances.

Qualified Opinion

In my opinion, except for the possible effects of the matter described in the Basis for Qualified Opinion paragraph, the financial statements present fairly, in all material respects, the financial position of Canadian Mental Health Association - Saskatoon Branch Inc. as at March 31, 2018, and its financial performance and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Saskatoon, SK
June 19, 2018

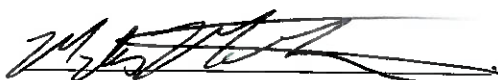
Cheryl Woloschuk, CPA, Prof. Corp.

Cheryl Woloschuk, CPA, Prof. Corp.
Chartered Professional Accountant

CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.
STATEMENT OF FINANCIAL POSITION
March 31, 2018

ASSETS		
	<u>2018</u>	<u>2017</u>
CURRENT		
Cash	\$ 157,542	\$ 151,738
Short-term investments (Note 3)	2,807	50,329
Accounts receivable	19,886	1,912
Prepaid expenses	2,573	8,838
Goods and services tax recoverable	<u>3,599</u>	<u>958</u>
	186,407	213,775
TANGIBLE CAPITAL ASSETS (Note 4)	203,940	104,978
INVESTMENTS RESTRICTED TO COVER RESERVES (Notes 3 and 7)	<u>137,887</u>	<u>172,318</u>
	<u><u>\$ 528,234</u></u>	<u><u>\$ 491,071</u></u>
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities	\$ 9,389	\$ 8,610
Deferred revenue	65,208	73,548
Accrued amounts due to employees	<u>19,819</u>	<u>19,206</u>
	<u>94,416</u>	<u>101,364</u>
NET ASSETS		
Net assets invested in capital assets (Note 2)	203,940	104,980
Internally restricted funds (Notes 2 and 7)	137,886	172,317
Externally restricted funds (Note 2)	65,815	73,398
Unrestricted net assets	<u>26,177</u>	<u>39,012</u>
	<u>433,818</u>	<u>389,707</u>
	<u><u>\$ 528,234</u></u>	<u><u>\$ 491,071</u></u>

Approved by the Directors:

 Director

 Director

CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.
STATEMENT OF OPERATIONS
For the year ended March 31, 2018

	<u>2018</u>	<u>2017</u>
REVENUE		
Provincial grants	\$ 519,191	\$ 492,107
Municipal grants	23,100	7,500
Other grants	18,529	10,000
Fundraising	93,569	39,882
Membership fees	565	857
Mental health first aid training	42,511	45,350
Other	8,245	14,786
SPRA funding	6,846	6,472
United Way funding	54,172	57,176
Interest income	<u>4,179</u>	<u>2,643</u>
	<u>770,907</u>	<u>676,773</u>
EXPENSES		
Amortization of tangible assets	10,904	8,662
Client programs	50,402	61,485
Fees and dues	2,665	2,530
GST	5,244	2,198
Occupancy	21,091	22,443
Office	24,278	29,323
Promotion and publicity	7,914	5,673
Purchase of tangible assets	641	0
Purchased services	11,625	10,094
Salaries and wages	481,003	493,350
Staff benefits	88,168	73,773
Staff recruitment and training	14,049	4,419
Staff travel	7,078	8,407
Volunteer expense	<u>1,734</u>	<u>1,464</u>
	<u>726,796</u>	<u>723,821</u>
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	<u>\$ 44,111</u>	<u>\$ (47,048)</u>

See accompanying Notes to Financial Statements

4.

CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.
STATEMENT OF CHANGES IN NET ASSETS
For the year ended March 31, 2018

NET ASSETS	Invested in capital assets	Internally Restricted (Note 7)	Externally Restricted	Unrestricted	Total 2018	Total 2017
Balance, beginning of year	\$ 104,980	\$ 172,317	73,398	\$ 39,012	\$ 389,707	\$ 436,756
Excess (deficiency) of revenues over expenses	0	(20,811)	(7,583)	72,505	44,111	(47,048)
Investment in capital assets	109,864	0	0	(109,864)	0	0
Interest earned on reserve funds	0	4,141	0	(4,141)	0	0
Amortization	(10,904)	0	0	10,904	0	0
Transfers between funds	0	(17,761)	0	17,761	0	0
Balance, end of year	<u>\$ 203,940</u>	<u>\$ 137,886</u>	<u>\$ 65,815</u>	<u>\$ 26,177</u>	<u>\$ 433,818</u>	<u>\$ 389,708</u>

The purpose of the transfers between funds is to replenish the internally restricted funds.

See accompanying Notes to Financial Statements

Cheryl Woloschuk, Chartered Professional Accountant, Prof. Corp.

CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.
CASH FLOW STATEMENT
For the year ended March 31, 2018

	<u>2018</u>	<u>2017</u>
OPERATING ACTIVITIES		
Excess (deficiency) of revenue over expenses	\$ 44,111	\$ (47,048)
Add (deduct):		
Charges to income not involving cash:		
Amortization	<u>10,904</u>	<u>8,662</u>
	55,015	(38,386)
Net change in non-cash working capital		
balances related to operations:		
Trade receivables	(17,974)	2,923
Prepaid expenses	6,265	(3,887)
Accounts payable and accrued liabilities	777	(365)
Deferred revenue	(8,340)	27,958
Goods and services tax recoverable	(2,641)	451
Accrued amounts due to employees	<u>613</u>	<u>(24,966)</u>
	<u>33,715</u>	<u>(36,272)</u>
 INVESTING ACTIVITIES		
Purchase of tangible capital assets	<u>(109,864)</u>	<u>(2,258)</u>
 DECREASE IN CASH AND CASH EQUIVALENTS	 (76,149)	 (38,530)
CASH AND CASH EQUIVALENTS, beginning of year	<u>374,385</u>	<u>412,915</u>
 CASH AND CASH EQUIVALENTS, end of year	 <u>\$ 298,236</u>	 <u>\$ 374,385</u>
 Cash and cash equivalents consist of:		
Cash	\$ 157,542	\$ 151,738
Term deposits	<u>140,694</u>	<u>222,647</u>
	<u>\$ 298,236</u>	<u>\$ 374,385</u>

See accompanying Notes to Financial Statements

CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.
NOTES TO FINANCIAL STATEMENTS
March 31, 2018

1. PURPOSE OF THE ORGANIZATION

The Canadian Mental Health Association - Saskatoon Branch Inc. was incorporated on September 24, 1997 under the Saskatchewan Non-Profit Corporations Act. The Association is a registered charity and is exempt from income taxes under section 149(1)(f) of the Income Tax Act. The Canadian Mental Health Association - Saskatoon Branch Inc. is an organization that assists and supports people with mental illness to maximize their potential and to achieve positive mental health in their lives as community members. The enhancement of mental health in the community is achieved through programs and services, public education and advocacy.

2. ACCOUNTING POLICIES

These financial statements were prepared in accordance with Canadian accounting standards for not-for-profit organizations and include the following significant accounting policies:

a) Fund Accounting

The Association maintains its accounts in accordance with the principles of fund accounting. For financial reporting purposes, accounts with similar characteristics have been combined into the following major funds:

The Capital Asset Fund reports the assets, liabilities, revenues and expenses related to the Association's capital assets.

The Internally Restricted Funds report amounts allocated for future projects and have been grouped according to function.

The Externally Restricted Fund reports restricted operating grants allocated to be used on specific projects based on the funders' requirements.

The Unrestricted Fund accounts for the organization's program delivery and administrative activities. The Association maintains categories within this fund in its internal accounts to assist in program delivery.

b) Use of Estimates

The preparation of financial statements in conformity with Canadian generally accepted accounting principles for non-profit organizations requires management to make estimates that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the date of the financial statements, as well as reported amounts of revenues and expenses during the reporting period. Estimates are used when accounting for certain items, such as useful lives of tangible capital assets, impairment of long-lived assets, and allowance for doubtful accounts. These estimates are subject to measurement uncertainty, and the effect on the financial statement of changes in such estimates could be significant.

CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.
NOTES TO FINANCIAL STATEMENTS
March 31, 2018

2. ACCOUNTING POLICIES - continued

c) Recognition of Revenue and Expenses

The Organization follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when they are received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Grants and funding are recognized as revenue proportionately over the time period to which they relate.

Mental health first aid training seminar fees are recognized as revenue when the seminars are held.

Fundraising, donations and interest are recognized as revenue when received.

Other income is recognized as revenue when receivable.

Memberships fees are recognized as revenue in the fiscal year to which they relate.

d) Tangible Capital Assets

Purchased tangible capital assets are recorded at cost. Contributed tangible capital assets are recorded at fair value at the date of contribution. Normal maintenance and repairs are expensed as incurred. Additions during the current year are amortized at one-half their normal rates, and no amortization is taken in the year of disposition. Amortization is recorded at the following rates, which have been established by estimates of useful lives.

Building	4% straight-line method
Computer hardware	20% straight-line method
Furniture and equipment	10% straight-line method
Software	100% straight-line method

e) Donated Services

The Association receives a significant amount of donated services from its directors.

The value of donated services is not reflected in these financial statements because their fair value can not be reasonably estimated.

f) Income Taxes

Due to the nature of the activities as a charitable organization, the Association is exempt from income tax.

g) Cash and Cash Equivalents

Cash and cash equivalents include amounts on deposit with financial institutions and term deposits that mature within three months or less from the date of acquisition. Term deposits that the organization cannot use for current transactions because they are held to fund reserves are excluded from cash and cash equivalents.

CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.
NOTES TO FINANCIAL STATEMENTS
March 31, 2018

3. INVESTMENTS

Investments consist of GIC's and term deposits held at Affinity Credit Union bearing interest between .6% to 4.75% maturing between July 23, 2018 and September 15, 2020. Interest earned on the investments is added to the general reserve annually.

4. TANGIBLE CAPITAL ASSETS

	<u>Cost</u>	<u>Accumulated Amortization</u>	<u>Net Book Value</u>	
			<u>2018</u>	<u>2017</u>
Computer hardware	\$ 15,105	\$ 14,046	\$ 1,059	\$ 2,509
Furniture and equipment	41,516	32,650	8,866	10,067
Building	235,628	79,587	156,041	54,428
Land	37,974	0	37,974	37,974
Software	<u>1,144</u>	<u>1,144</u>	<u>0</u>	<u>0</u>
	<u>\$ 331,367</u>	<u>\$ 127,427</u>	<u>\$ 203,940</u>	<u>\$ 104,978</u>

5. FINANCIAL INSTRUMENTS

The Association's financial instruments consist of accounts receivable and accounts payable. Unless otherwise noted, it is management's opinion that the Association is not exposed to significant credit, interest rate, liquidity, or market (other price) risks arising from these financial instruments. Market risks result from changes in interest rates, exchange rates or foreign currencies and market prices of financial instruments.

The Association is exposed to financial risk that arises from the fluctuations in interest rates and in the credit quality of supporters.

The following describes the exposures to those risks, how they arise, any changes in risk exposures from the previous period, and any concentrations of risk.

Credit risk:

Credit risk is the risk that one party to a financial instrument will cause a financial loss for the other party by failing to discharge an obligation. The Association's credit risk consists principally of cash and cash equivalents and accounts receivable. Credit risk associated with cash is minimized substantially by ensuring that reputable and major financial institutions are used. It performs regular credit assessments and provides allowance for potentially uncollectible accounts.

Currency risk:

Currency risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in foreign exchange rates. Currency risk is not considered significant because the Association does not regularly have transactions based in foreign currency and does not maintain a balance in foreign bank accounts.

CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.
NOTES TO FINANCIAL STATEMENTS
March 31, 2018

5. FINANCIAL INSTRUMENTS - continued

Interest rate risk:

Interest rate risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in market interest rates. The Association is exposed to interest rate risk due to fluctuations in the market interest rates it earns on cash held in its bank accounts and investments. The Association does not use financial instruments to reduce its interest rate risk exposure.

Liquidity risk:

Liquidity risk is the risk that an entity will encounter difficulty in meeting obligations associated with financial liabilities. The Association enters into transactions to purchase goods and services on credit for which repayment is required at various maturity dates. Liquidity is measured by reviewing the Association's future net cash flows for the possibility of a negative cash flow. The Association is exposed to this risk mainly from its and accounts payable.

Market risk:

Market risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in market prices. Market risk comprises three types of risk: currency risk, interest rate risk and other price risk. The Association is mainly exposed to interest rate risk, as described above.

6. ECONOMIC DEPENDENCE

The Association received a significant amount of its revenue from government sources (2018 - 71%, 2017 - 75%), and is therefore dependent on continued funding from governments for its ongoing operations.

7. INTERNALLY RESTRICTED FUNDS

Canadian Mental Health Association - Saskatoon Branch Inc. uses reserves as a means of stabilizing operations. The amounts allocated from operations are recorded as reserves for future costs. When actual expenditures occur, they are deducted from the respective reserve accounts. The total reserves for future costs on the balance sheet represent the cumulative unexpended amounts of allocations from operations and appropriations by the Board of Directors to the following reserves:

	<u>2018</u>	<u>2017</u>
Building maintenance reserve	\$ 27,525	\$ 38,048
Cash flow reserve	80,000	80,000
General reserve	21,172	14,438
Sick time/staffing time	<u>9,189</u>	<u>41,417</u>
	<u>\$ 137,886</u>	<u>\$ 173,903</u>

Board President Report

June 2018

Welcome once again to the annual meeting of the Canadian Mental Health Association (CMHA) Saskatoon Branch. The purpose of the CMHA Saskatoon Board of Directors is to support, guide and direct the organization forward in fulfilling its mission and vision. Those of you who follow our activities and attend our annual meeting will have read the above statement yearly. Well what does it really mean and how does the Saskatoon Board achieve it. This has been a year of change, more than we would like and not as much as we need.

We have experienced the leaving of Susan Saville, our valued Executive director in June 2017. We have and do wish her the best in her new adventures. Due to funding restrictions we had to make some difficult decisions including losing two very important staff: Rosalyn Kirkham was with us for a short and much appreciated time. What we learned and experienced from Rosalyn's skills will assist us meaningfully in the future. Chelsea Guest worked with CMHA for three years as the Social Recreation Volunteer Coordinator. We wish them both the best in their futures.

Rhonda Gough assisted us as interim Executive Director (ED) until January 2018. We were privileged to have Lynda Brazeau as ED, if even for a short time, from January until June 4, 2018. Wow a flurry of activity. We are excited and eagerly anticipate our new ED Faith Bodnar who will be with us on July 8 2018.

Our branch has been experiencing all of the above while undergoing renovations. Our building space was in critical need of at least safety changes to contribute to the welfare of staff implementing programs in the short term and the ability to deliver programs in a safe healthy space. Our Branch staff have worked and lived through the above changes while maintaining programming with as little compromise as possible. All change is stress producing whether positive or challenging and we are appreciative of their tolerance, humor and pro active approach.

On behalf of Saskatoon Branch Board I would like to extend our deepest appreciation to our passionate and dedicated staff for their continued work and commitment during this past year.

As well I would like to extend my personal appreciation to our volunteer board. We have had many meetings, dialogues, much planning and the need to be ready at short notice. We will be saying goodbye and thanks to two board members this Year. Kathryn Hiller and Don Froese during their term with us has provided invaluable support and knowledge. Bill Pringle has served two eight year terms and will be acting in a position of advisor to the board as a person with lived experience. As well, Bill is a member of the National Board for CMHA. Debra Charuk is a member of Saskatchewan CMHA Division Board. Our future brings significant representation from our branch

The ED report outlines and highlights our programming and service achievements for 2017/2018.

Most important to all of us involved with CMHA Saskatoon branch is the critical value of our dedicated financial and volunteer support. We would not exist, and present programming could not happen, without the ongoing resources and support we are privileged to receive. Many thanks to those volunteers who have assisted with programming raised funds individually, as a group or worked to support our visibility in the community.

As well we eagerly vision the future and will be striving to meet the continued needs that become identified in our community.

There is much work ahead for us all in supporting the mission and visioning of this organization and we take this on with responsibility and passion. I look forward to working with all of you in visioning the future for CMHA Saskatoon branch



Jade's Ride for Mental Health



CMHA Saskatoon has been a year of transitions. We have changed Executive Director Leadership, completed a total make over at our facility and are embarking on strategic planning to ensure CMHA is continuing our 'up stream' journey. Our newly renovated building now has beautiful open spaces to effectively deliver programs and has created potential to increase our ability to meet the growing needs in the Saskatoon area.

The CMHA Vocational team consists of three vocational counsellors: Brenda Beaudry, Morgan Wickett and Jenna Neufeld; one Marketing Coordinator, Bart Voswinkel; and one Labor Consultant, Dave Wake. There has been a marketable increase in Employers contacting us to assist employees with job retention, accommodations and greater enquiries around better mental health within their businesses. CMHA experiences a high numbers of clients coming in to receive vocational counselling, as this continues to be an important need for anyone experiencing mental health issues. We also experience a high number of calls and walk ins that require mental health support through: needing someone to talk about their mental health, looking for assistance on how to support someone else with a mental health issue, getting connected to other resources in the city, etc.

The vocational counsellors support and assist individuals to identify and pursue their individual goals. These goals include: maintaining and improving upon their mental health, attending secondary or postsecondary classes, finding full or part-time work, volunteering, and maintaining employment. Vocational Counselors also provide support in making sure that each client's basic necessities are met (eg. housing, finances, food, etc.) so that they are in the best possible place to begin working on employment skills.

The labour consultant role focuses on a preventative/upstream approach in trying to address the potential challenges in the workplace. A few areas where mental health education is currently being provided include: community-based organizations, employers, and schools (elementary, high schools, universities). This role also includes providing vocational counselling and intakes for any referrals to our programming.

In the last few years there has been a significant increase in people who are already part of the work place, but need additional support maintaining employment and career growth. The vocational team has worked hard to be able to advocate for people in the work place by approaching employers and starting a dialogue about creating psychologically healthy workplaces in addition to specific individual advocacy in the work place.

With this new development also comes opportunity. A renewed conversation about mental health in the work place has opened up the door to us to approach employers with our educational programs which in turn leads the way to a sustainable relationship with the job market.

Despite the fact our branch works with clients with various barriers to the work place we have been very successful in helping people fulfilling their potential and creating opportunities in the job market. We feel optimistic about employers reaching out and wanting to work collaboratively with our office. We are well positioned to continue to be a voice for mental health in the work place and we hope the community will continue to support us in our work.

CMHA Saskatoon offers two Life Skills programs per year. They are 18 weeks long and include classroom and community components. The program is intended to enhance participants' skills in coping with daily living situations and work toward personal wellness and recovery. Participants often use this program as a step toward further vocational plans such as volunteering, employment, or education.

Mental Health First Aid (MHFA) is a course provided by two facilitators at CMHA (Brenda Beaudry and Jenna Neufeld). This course provides participants with basic knowledge around mental health issues, along with how to work through a mental health crisis when someone is experiencing one. We run closed (when requested) and open (approx. every 2 months) MHFA courses. These courses are provided by Brenda Beaudry and Jenna Neufeld.

CMHA Saskatoon has also been partnering with Bedford Road Collegiate and the nursing students from Saskatchewan Polytechnic to provide mental health education to students in grades nine and twelve. The program has been entitled RISE, and stands for resilience, information, support and empathy.

Along with 5 other Mental Health related Community Based Organizations; CMHA hosted a 5 day camping experience from June 26 – June 30, 2017. Forty individuals eighteen years and older with mental illness, spent Monday through Friday at Blue Mountain Adventure Park enjoying the great outdoors. A large chartered bus provided transportation to and from Blue Mountain. Campers participated in many outdoor activities; zip line, volleyball, canoeing, kayaking, paddle boards, trail rides, hikes, archery, horseshoes, rest and relaxation on the beach and swimming in the lake. The week was wrapped up by a fireworks display.

Most important to all of us involved with CMHA Saskatoon branch is the critical value of our dedicated financial and volunteer support. We would not exist, and present programming could not happen, without the ongoing resources and support we are privileged to receive. Many thanks to those volunteers who have assisted with programming raised funds individually, as a group or worked to support our visibility in the community.

As well we eagerly vision the future and will be striving to meet the continued needs that become identified in our community.

There is much work ahead for us all in supporting the mission and visioning of this organization and we take this on with responsibility and passion. I look forward to working with all of you in visioning the future for CMHA Saskatoon branch

**CANADIAN MENTAL HEALTH ASSOCIATION – SASKATOON BRANCH INC.
2018 – 2019 MEMBERS SERVING**

Teri-Anne Schroeder

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

Brenda Yuen

Occupation: Lawyer at CLASSIC

Joyce Meyer

Occupation: Financial Manager

Amanda Neudorf

Occupation: Lawyer – Associate Council with SGI

Debra K. Charuk

Occupation: Social Worker

Dr Sharon Acoose

Occupation: Associate Professor, Social Work, First Nations University of Canada

Myles Montcalm

Occupation: Senior Credit Solutions Manager, Scotia Bank

Nominations for 2018 – 2019 Saskatoon Branch Board of Directors

Mark W Allberg

Occupation: Local business owner that runs Allspace Office Solutions. He has forty years of management and sales experience. He was also the CEO of his previous company that had a staff of forty in Saskatoon and Regina. He has a passion for Mental Health that comes from having family members with mental health issues and he has also experienced struggles with mental health in his youth.

Lesley Washington

Occupation: Counseling and educator to the U of S students at the campus Student Wellness Centre. She has significant experience in the CBO sector so has good knowledge of that domain (funding challenges, fundraising, strategic planning, HR) She also has professional training and experience in mental health. In so far as lived experience, she lives with bipolar disorder and has lots of life experience growing up with family members with severe mental illness and addictions. More than anything she is passionate about making sure there are adequate, culturally appropriate supports and meaningful opportunities for all people across the mental health spectrum.

CMHA Saskatoon Branch Inc. - Volunteers 2017 - 2018

Megan Dereski	Chelsea Nickel	Brenda Yuen
Michelle Martfeld	Gail Nordstrom	Christopher Brabant
Paula Yablonski	Judy du Chalard	Kathryn Hiller
Randy Flack	Brenda Francis	Sharon Acoose
Roberta Lafontaine	Teri Smith Schroeder	Diane Higgins
Sam Robinson	Amanda Neudorf	Jeff Park
Monica Williams	Joyce Meyer	Myles Montcalm
Lorelei Walmsley	Don Froese	Brian Digby
Brittany Suderman	Bill Pringle	Debra Charuk
Claire Murchison	Shelby Dunnigan	Jacob Joslin
Eli Gana		



Mental Health Rally

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



**Saskatchewan
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Economy**



**Saskatchewan
Health Authority**



**United Way
Saskatoon & Area**



**Saskatchewan
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Association**

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