Canadian Mental Health Association
Saskatoon
Mental health for all

CMHA Saskatoon IMPACT REPORT

2023 2024



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LAND ACKNOWLEDGEMENT

We acknowledge we are located on Treaty 6 Territory and the Homeland of the Métis. 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 2023-2024

2,047 PEOPLE TRAINED IN MENTAL HEALTH WORKSHOPS

5 SUPPORT GROUPS HOSTED AT CMHA SASKATOON

150 HOLIDAY HEALTH HAMPERS

10 CORE PROGRAMS DELIVERED

2,952 PEOPLE SUPPORTED IN 2023-2024

our story 2023 - 2024

Kelly Howey, Board President and
Faith Bodnar, Executive Director

As we reflect on the past year, we are grateful for the progress made to advance mental health initiatives in our community and the opportunity to remember the people, events and programs that made this year significant.

Working closely with CMHA National, we contributed to building a strong and vibrant federation, uniting efforts nationwide to advocate for mental health awareness, support, and resources.

Hosting a province-wide mental health conference was a significant milestone, fostering collaboration and knowledge-sharing among organizations.

The conference highlighted best practices, emerging research, and innovative approaches to mental health care delivery. It also provided a connection to organizations after years of fragmented service delivery throughout the pandemic.

Our annual 'In the Spotlight' event focused on the impact mental health problems have on family. The event brought together community members, professionals, and families, emphasizing the crucial role of familial relationships in mental wellness.

Collaborating with Insightrix and Chess Club, we embarked on a strategic three-year Communications and Marketing Plan. This initiative aims to enhance our outreach efforts, attract more individuals to CMHA Saskatoon, and drive positive change in our community's perception of mental health.

Our partnership with the Shoppers Drug Mart Run for Women continued to grow. The funds raised have allowed us to launch the More than Mamas maternal mental health program.

The Push Up Challenge, introduced by CMHA National, was a resounding success! We were floored by the uptake of the challenge and look forward to incorporating it into our fundraising initiatives next year.

The demand for affordable, safe, and inclusive housing continues to rise, and our Coming Home program has expanded to meet this critical need, providing support to those in need of housing solutions.

Our collaboration with the Saskatoon Tribal Council's Emergency Wellness Centre addresses urgent mental health needs. We embrace diversity and welcome all individuals, ensuring our services are accessible and inclusive to everyone in our community. We are thankful for the opportunity to build this partnership.

While we are inspired to take on new projects, we remain committed to supporting individuals in their journey to meaningful employment, recognizing the significant impact it has on their mental well-being.

We extend our gratitude to our community partners, grantors, donors, supporters, the Saskatchewan Health Authority, and the Government of Saskatchewan, whose contributions enable us to continue our vital work in enabling access to mental health support for all.

Our dedicated and resilient staff are the backbone of our organization. Their commitment and passion continue to drive our mission forward.

We extend our appreciation to our Board of Directors for their guidance, leadership, and stewardship, ensuring the governance and strategic direction of our organization.

Last but not least, we are grateful for the countless volunteers who generously donate their time, skills, and energy to support our programs and initiatives.

As we look ahead, we remain committed to our mission of mental health for all and building a community where everyone has the opportunity to thrive.

thank you to our supporters

Saskatchewan Health Authority

Saskatchewan

STEP UP FOR MENTAL HEALTH Cameco

Saskatoon Community Foundation

RUH FOUNDATION

Community Initiatives Fund

United Way Saskatoon & Area

Government of Canada / Gouvernement du Canada

Canadian Mental Health Association Saskatchewan
Mental health for all

Cameco

City of Saskatoon

Saskatchewan Parks and Recreation Association

SGEU

CO-OP Saskatoon

SEIU WEST

CUPE Canadian Union of Public Employees

SPM LAW

novatex industrial screenprinters

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SASKATCHEWAN BLUE CROSS®

Cherie's STORY

Cherie has always been good at "putting on another face" when she is in public.

Upon meeting her you don't see or hear the mental health challenges she faces, unless she's comfortable with you knowing.

For Cherie, letting others know she has a mental illness has often meant being treated differently, talked down to, and left out of opportunities.

And so, she has learned to be one person in public and another in private.

Then came an unexpected challenge. A major event at a workplace pushed her to seek help. Cherie began experiencing symptoms of Post-Traumatic Stress Disorder (PTSD) and knew she needed more support than she had received in the past.

Eventually Cherie found herself walking through the doors of CMHA Saskatoon.

She recalls feeling scared initially, but soon knew she had found a safe place. She found answers to many questions about herself while attending the Life Skills course.

Through hardships, celebrations, setbacks, and achievements, CMHA Saskatoon has been lucky to walk alongside Cherie.

"It was just the right time for me," she says about discovering CMHA Saskatoon.



Today, Cherie takes it one day at a time, working closely with counselors to create a vision for her future.

While maintaining a fulfilling job in her community, she has also completed a photography course and is developing her skills for a career as a photographer.

"There is more to you than a diagnosis", says Cherie.

She hopes that one day the stigma surrounding mental illness will lessen, helping individuals feel comfort in being their true selves without fear of judgment or being left out. "But this might take a long time," she says.

SHOPPERS DRUG MART | run for women



2,757
PARTICIPANTS

OVER $318,000 RAISED
from 2020 - 2023



SHOPPERS DRUG MART | run for women

RUN FOR WOMEN
2023 FUNDRAISER

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

Funds raised in 2023 helped us establish a community maternal mental health program called 'More than Mamas' that launched this May.

Did you know?

In SK, **58.4% of men** perceived their mental health to be excellent or very good, while **only 40.3% of their female counterparts** perceived the same.
-Statistics Canada

HOLIDAY HEALTH HAMPERS

We rolled out our Holiday Health Hampers again this year, and received an outstanding response from our community.

CNH Industrial lent their support as a sponsor, and by donating their time packing hampers, ensuring that we had every hamper ready to go on time.

For CMHA Saskatoon, this is one of our favourite initiatives.

We see the impact of the project on the faces of individuals and families who walk through our doors.

Our community shows up in a big way for this campaign.

From donations, to sponsorships and volunteers, there are so many people working behind the scenes to make this happen.

Thank you to the following sponsors for all of your support this year.

I hope this message finds you well. I wanted to take a moment to express our deepest gratitude for the incredible holiday hamper you provided to us. Your generosity and thoughtfulness truly touched our hearts in ways words can hardly capture.

It meant the world to us, especially given that we've been navigating a challenging year.

The joy you brought to our children's faces with the beautiful toys included in the hamper is beyond words. You made their holiday season incredibly special, and for that, we're immensely grateful.

Your act of kindness not only rescued our holiday but also reminded us of the incredible warmth and support within our new community. Your efforts have made a significant difference in our lives, and we cannot thank you enough.

- Holiday Hamper Recipient

our community FUNDRAISING CAMPAIGNS

Delisle Chiefs Movember Fundraiser

Since 2021, the Delisle Hockey Chiefs have raised funds in support of men's mental health and the Movember campaign with proceeds going to CMHA Saskatoon. To date, they have **raised over $3,700!**





Wakaw Women's Golf Tournament

In the wake of a tragic loss, Lizanne and her community came together to raise funds for much needed mental health resources.
To date, $30,000 has been raised through the golf tournament at Wakaw Golf Course.

All proceeds are invested in CMHA programs and services to support people facing mental health challenges.

Supreme Steel

Last February we received a call from Supreme Steel. Each employee contributed a small portion of their paycheque in collaboration with their union (Association of Steelworkers Local 838). This amount was matched by the union head office resulting in a total donation of **over $2,800** to CMHA Saskatoon!



Real Property Management

The partnership with Carla and her team at Real Property Management in Saskatoon is invaluable.

"Our partnership with CMHA reflects a shared commitment to community well-being. Real Property Management understands that a stable home environment is vital for mental health, and through CMHA, we extend that stability with resources and support to our tenants and property owners. **Together, we're building healthier communities.**"



IN THE SPOTLIGHT
FAMILY IN FOCUS

This year our ‘In the Spotlight’ event held a focus on families.

This event holds a special place in our heart as it is an opportunity to thank our funders, supporters and donors for the difference they make in our community.

Our Families Matter support group was highlighted by facilitator Lindsay Katz.

Mental illness doesn’t just have an impact on one individual. It impacts entire families and communities.



FAMILY NAVIGATOR SUPPORT ROLE

The Family Navigator role has been a new addition to our programs and services in recent years.

Mental health impacts entire families, not just the individual experiencing the crisis.

The role of Family Navigator is to guide, support, and provide counsel to family members as they navigate the mental health system alongside their loved ones.

This role also encompasses a virtual and in-person support group, where family members find validation in peer support and community.

> When I hang out with these people, I feel **heard, loved and supported.** I might be having a bad day and other people might be having a good day. It's uplifting when someone else is doing good. It gives me hope. **We all need hope.**

STC EMERGENCY WELLNESS CENTRE COLLABORATION

In 2023, CMHA Saskatoon and the STC (Saskatoon Tribal Council) Emergency Wellness Centre joined hands to offer services to those facing mental health challenges in times of crisis.

It all began with a simple outreach from the Center, seeking support for relatives staying under their care.

Understanding the importance of mental health support during critical times, CMHA Saskatoon was honored to partner with the STC. This partnership underscores a shared commitment to nurturing overall well-being and addressing the unique mental health needs of individuals in emergency situations.

Since then, CMHA Saskatoon has been providing tailored mental health services, guidance and support to those in need.

Together, we are making strides to ensure support is accessible when people need it.

YOUTH MENTAL HEALTH
Teenz Table Talk



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

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

Since then, the group has delivered community presentations on mental health as well as created a podcast highlighting their experience with mental health.

This year, the group was invited to host a booth at the Noah Kahan concert on behalf of the The Busyhead Project. The experience was topped off with tickets to the show!

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



PIPUNI'S STORY
INDEPENDENT SUPPORTIVE LIVING PROGRAM

I was living in a one-bedroom apartment as a single mom with my 3-year-old son and 4-year-old daughter. We were all sleeping in the same bed with no space for ourselves. The winter months were especially hard as we often couldn't go outside. My children's laughter was too often stifled by the worry of disturbing our neighbors.

My children only went to pre-school two days a week, for two hours at a time. With so little space, it was hard to carve out time for myself.

Looking back, it was an extremely challenging time for our family.

I learned of a new CMHA initiative offering supported housing and reached out. Through CMHA's partnership with the National Affordable Housing Corporation (NAHC), our lives took an extraordinary turn. A three-bedroom apartment in a fresh neighborhood became our new home.

"In the beginning it was hard to believe how much space we had.

The moment we stepped inside, it was as if the walls expanded. Everything changed for our family as I had my own room and the children each had their own space. In the beginning it was hard to believe how much space we had.

Navigating a new community without a car felt daunting, but with CMHA's support and the embrace of other caring souls, every hurdle became surmountable.

My children continued in their familiar preschool until new arrangements were made, ensuring stability in the transition.

As spring blooms around us, my children are looking forward to new adventures.

Come June my son is enrolled in a new subsidized day care and my daughter will take the school bus to kindergarten in the Fall. Both will be close to our new home.

I'm ready to embark on my own journey of growth through the WRAP (Wellness Recovery Action Plan) program, also offered at CMHA.

Our story isn't flashy, but it's real. It's about resilience and finding light in the darkest times, thanks to the support of CMHA and a community that cares.

MENTAL HEALTH CONFERENCE

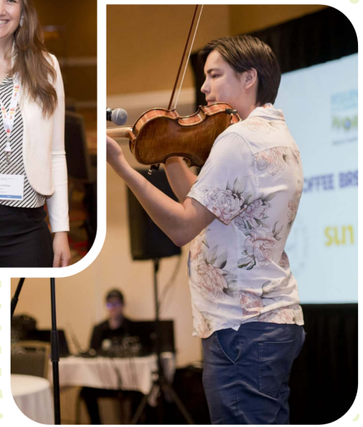
Last June, we proudly hosted a province wide Mental Health Conference, ‘Resilience in a Changing World’, bringing together experts, advocates, and community members in a dynamic exchange of ideas and support.

From sessions on MAiD (Medical Assistance in Dying) to Finding Joy in Grief, attendees engaged in discussions that have the power to reshape our approach to mental wellness.

Beyond the event, initiatives flourished, strengthening our community's support networks. We're committed to building on this success, prioritizing mental well-being for all.



Faith Bodnar, Executive Director of CMHA Saskatoon and Norah Whitfield, CMHA National



Tristen Durocher, Metis Fiddler and Mental Health Advocate



Staff of Crocus Co-op at Mental for All Conference, 2023

MENTAL HEALTH WEEK 2024

In a celebration of unity, our community came together in support of Mental Health Week 2024.

Stepping back in time to the funky beats of the ‘70s, we hosted 'The Groove' – a themed auction fundraiser that had everyone feeling groovy!

Attendees danced the night away while bidding on fantastic auction items, all in support of mental health. From retro décor to nostalgic tunes, it was a night of laughter, camaraderie, and giving back.

Over $13,000 was raised in one evening!





Over 300 individuals joined us for the 'Walk 4 Mental Health.'

Together, we made our way from City Hall to Kinsmen Park. The energy was contagious as participants walked side by side in solidarity and support for those affected by mental health challenges.

The walk culminated in a community BBQ. It was a time to connect, share stories, and reinforce the importance of access to mental health supports.

Here's to many more years of coming together, spreading awareness, and supporting each other on the journey to mental health for all.

Talk Today with the Saskatoon Blades

Canadian Mental Health Association TALK TODAY 10 SEASONS

Talk Today celebrated a major milestone this year – its 10th season of supporting junior hockey.

Since its launch in 2014, Talk Today has provided an important opportunity to address the mental health needs of hockey players and other athletes across Canada.

From 2014 until now nearly **8,600** individuals have received mental health and suicide awareness training through the program.

This year, CMHA Saskatoon celebrated an important milestone of our own.

The addition of Kyle Anderson, a professional in the field of mental health and performance psychology, joined our team as the Mental Health Coach for the Talk Today Program.

> **It can be easy to lose sight of the unique stressors these players face, such as living away from home for the first time and the pressure to perform on the ice, which can have a significant impact on one's mental wellbeing.**
>
> - Kyle Anderson

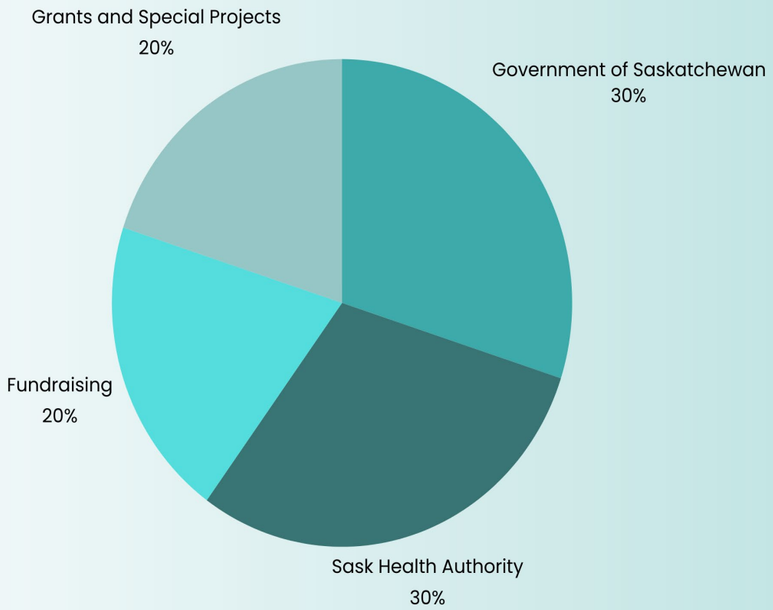


The Blades dropping off stuffed animals from the annual 'Teddy Bear Toss' game.

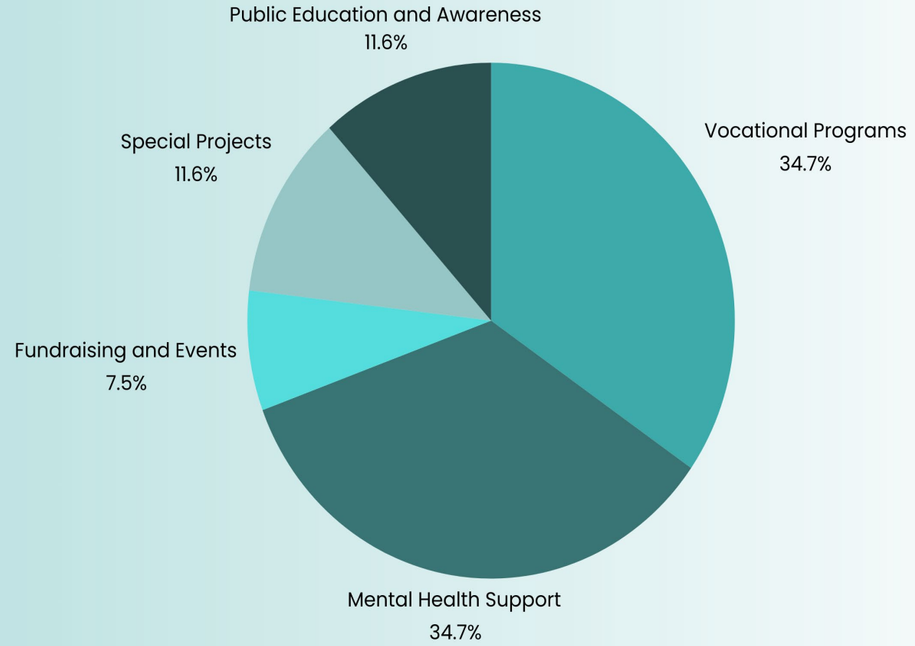
The stuffed animals are used in our holiday health hampers!

BUDGET BREAKDOWN

FUNDING SOURCES



OUR PROGRAMS



CMHA SASKATOON
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Bart Voswinkel - Supportive Independent Living Coordinator

Carolyn Burnett - Manager of Accounting and Administration

Chalaine Senger - Mental Health Worker

Dave Wake - Supportive Independent Living Coordinator

Daniel Ong - Vocational Counselor

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Lindsay Katz - Family Navigator

Margot Weiner - Director of Development

Morgan Wickett - Director of Programs

Peter Warkentin - Life Skills Coach

Tara Arcand - Job Developer

Taylor Jensen - Executive Assistant

Canadian Mental Health Association
Saskatoon
Mental health for all

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VISIT CMHASASKATOON.CA/DONATE TO MAKE A DONATION TODAY!

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