Message from the President and the CEO

This past February, the Canadian Mental Health Association (CMHA) and the Hamilton branches celebrated an important milestone – we reached our 50th anniversary. Exceptional service has been delivered by CMHA Hamilton since it opened its doors in 1966.

Throughout the years, CMHA Hamilton Branch continued to provide a leadership role in the community and expand high-quality services. In order to create a strong and sustainable future for our work and services, we must continually look to the future with hope and inspiration.

We are proud of our newest program, Mental Health Promotion & Resilience, which began this past year and focuses on increasing mental health awareness and resilience. Through the efforts of volunteers and staff, programs and services are offered to reach the needs of the various mentally ill. During 2015/2016 over 6,000 individuals were provided with avenues in areas of prevention, intervention, hospital, court, support, mental health promotion, primary health care, and social/recreation.

We held our 50th anniversary celebration event in January 2016. The goal of this community ride is to raise awareness and help break the stigma surrounding mental illness while raising essential funds to support mental health programs. We hope to see you there on June 26th.

In closing, CMHA Hamilton is grateful to all of its funders and supporters as well as our volunteer board of directors who would like to achieve and maintain their optimum level of functioning in their preferred living environment.

Values:
We believe that the following values are critical to mental health and a personally satisfying quality of life: Social Justice, Open and Honest Communication, Respect, Self-Determination, Appropriately Adequate Resources/ Support and Openness to having a Community Integrated.

Mission Statement:
As individuals, we strive to ensure that all Canadians, particularly those who are mentally ill, are provided with opportunities to enhance their social skills and community integration.

Vision:
Mentally healthy people in a healthy society.

Board of Directors 2015/2016

President: Roger Trull
Vice-President: Tobi Osi-Imasi
Treasurer: Marilyn Jewell
Secretary: Erin Dunham

Director: Bill Curran, Peter Donica, Chris Rogers, Tony Hoek, Jason Anderson, Rick Durrell, Erin Dunham, Chris Phillips

Annual Report 2015/2016

Canadian Mental Health Association
Hamilton Branch

Programs and Services

Baldwin Housing and Community Support Program: Supports individuals in need of support to improve their mental health by providing a supported living environment. Recipients have access to services and supports to assist in their ongoing care and housing needs.

Community Enrichment Services (CES) Program: Provides long-term intensive case management services to individuals with serious mental illness. CES also provides services to clients with a concurrent disorder (mental illness and co-occurring addiction issue).

Community Outreach and Crisis Intervention Program: Provides services to individuals with a severe mental illness who have come into conflict with the law, are provided with services including: court assistance, diversion, intensive case management, release from custody, and consultation services.

Enduring Social Remission: Rehabilitation Program: Helps to build a community of volunteers and provides opportunities for individuals to enhance their social skills and well-being through a range of group activities.

Mental Health Promotion & Resilience: Supports and coordinates mental health education and training initiatives in Hamilton and the region.

Transitional Case Management (in partnership with St. Joseph’s Healthcare Hamilton): This program assists individuals with transitioning back into the community and provides support for their continued recovery.

Values:

Balanced, culturally competent and accessible services.

Mission Statement:

Mentally healthy people in a healthy society.

Vision:

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Strategic Overview

10,474 individuals served through our programs
317 hours responding to inquiries from the general public
3,021 new referrals
98% would recommend CMHA Hamilton to others

Statistical Overview

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In September 2015, the Hamilton Bulldogs of the Ontario Hockey League (OHL) and CMHA Hamilton partnered to host a Talk Today Awareness Game. The Bulldogs are the junior hockey team of Hamilton, Ontario, and play in the Western Conference of the OHL. The event was held to increase awareness among young people about suicide and mental health issues.

The training helps make players aware of the supports available to Hamilton and their teammates should they require support relating to suicide and other issues that may arise. The CMHA Mental Health Coach and Hamilton Bulldogs Mental Health Champion act as a resource on mental health wellness.

In February 2016, the Hamilton Bulldogs hosted Hamilton’s first Talk Today awareness game. The Bulldogs participated in video announcements which were shown on the arena video boards during the stoppage in play. Other announcements which was shown on the arena game. The Bulldogs participated in video announcements which were shown on the arena video boards during the stoppage in play. Other announcements which was shown on the arena game.

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Balanced Scorecard 2015/2016

CMHA Hamilton’s Quality Improvement Plan provides a framework for the delivery of safe, quality care. The plan describes strategic initiatives between different subdomains that are critical to patient satisfaction.

We measure our success on achieving good outcomes by focusing on the eight elements of quality endorsed by Accreditation Canada. These elements include: Accessibility, Continuity of Services, Client-Centred Services, Financial Health, Safety, Population Focus, Worklife, and Quality Improvement.

The organizational scorecard incorporates the quality improvement plan and integrates it with the organizational Strategic Plan. The scorecard uses Balanced Scorecard principles for the purpose of reporting to the public.

Accreditation

We are proud to have achieved the Accreditation Canada Accreditation primer award from Accreditation Canada including:

• Appropriateness  • Efficiency  • Client-Centred Services • Continuity of Services  • Safety • Worklife  • Population Focus • Accessibility

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Financial Report

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<th>Revenue</th>
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<td>$2,099,409</td>
<td>$1,162,714</td>
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9 new players
4 staff participate in safeTalk
3,311 individuals trained
44 TAMI sessions
14 Mental Health First Aid sessions
6 safeTALK trainings
3 ASIST trainings

#GETLOUD

Getting loud means speaking up to stop the discrimination and the stigma that usually go hand in hand with mental illness. It means using your voice to raise awareness and build support. For someone at work. For someone at home. For yourself. Because the louder we all get, the bigger difference we will make. And there’s a lot of difference to be made.

Contact Us
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Twitter: @CMHAHamilton
Facebook: facebook.com/CMHA.Hamilton

Supported by

Hamilton Branch, Ontario Hospitals Foundation
Hamm plus
AnxietyCanada

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44 TAMI sessions
14 Mental Health First Aid sessions
6 safeTALK trainings
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