

PRESIDENT & EXECUTIVE DIRECTOR A MESSAGE FROM THE

(Distress Line and 211). who require information and referral services through our helplines support services, advocacy and 24/7 support to those in distress and and training, housing, suicide prevention, suicide grief and care giver provide under the CMHA banner; mental health promotion, education mission of CMHA Edmonton since 1954. We are proud of the services we Supporting recovery and building caring communities has been the

created and social isolation is eased. offer their wisdom to fellow travelers; in so doing community bonds are have long time dedicated peer leaders who facilitate this dialogue and and their family members to share their experience. We are privileged to community with lived experience and we create space for individuals of our service delivery; it means that we are a champion for those in our that leads to mental health. This culture of support infuses every aspect voice of lived experience is pivotal in our work. Recovery is a process been as incongruent. Creating a culture of support and valuing the long mental illness and mental health have been separated and have It is possible to have both mental illness and have mental health. For too and fruitfully, and is able to make a contribution to his or her community. potential, can cope with the normal stresses of life, can work productively wellbeing in which every individual realizes his or her own personal The World Health Organization defines mental health as a state of

and Living Hope: A Community Plan to Prevent Suicide in Edmonton. community initiatives such as the Community Mental Health Action Plan systemic change. CMHA Edmonton is proud to be a strong contributor to community collaborations are essential to achieving broad outcomes and end the stigma of mental illness and support mental health recovery; of brown of brown of the momentum builds in Edmonton and beyond to services are key to supporting mental health recovery for thousands and the ability to contribute to community life. CMHA Edmonton's safe and affordable housing, sufficient income to meet basic needs, timely treatment, supportive therapy, friendship, welcoming spaces, Many factors contribute to recovery; accurate diagnosis, effective and

stigma and supporting recovery. Thank you for offering hope along the way. creating a caring community, being a mental health advocate, calling out volunteers, board members, and staff. Thank you for being integral to possible by the confidence of our donors, funders, granting agency, This year's annual report chronicles our impact in the community made

Executive Director Ione Challborn Charlow ma

Karen Galenzoski

Terena Delaney

Vichael Chorley

John Cameron

Doug Ballou

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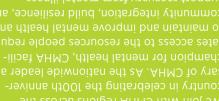
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CMHA. As the nationwide leader and
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Stephen B.	Kerstie D.	Christine O.
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Melissa F.	.V ev∃	Aaron L.

SASA VOLUNTEERS

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1,228,351	1,228,351	Endowment
447,357	۶ <u>۲</u> ۲۶۶	Internally restricted
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1,130,231	190'101'1	stəsze letiqes ni bətsəvn
		NET ASSETS
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1'823'110	051,187,1	Debt
4'132'628	969'670'7	Deferred contributions
282'280	526,262	Aldeyeq struoco
		S ELLITIBALI
10,390,353	10,425,610	letoT
6,556,822	૬!૨૧.૨	CAPITAL ASSETS
816,292,18	741,423,147	INVESMENTS
5,237,613	5,486,550	letoT
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168,141	802'IZI	Receivables
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292,015 \$	908'812 \$	Excess of Revenue Over Expenses
752,015 \$ 102,241	\$ 518'809 908'812	Excess of Revenue Over Expenses INVESMENT INCOME
142,301	61,635	FROM OPERATIOUS INVESMENT INCOME
102'371 293'012	529'l9 l/l'/Sl	INVESMENT INCOME FROM OPERATIONS EXCESS OF REVENUE OVER EXPENSES
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142'301 310'221 4'431'644 202'004 305'402	91'932 91'22 4'488'848 524'942 224'842	Consulting and professional fees All other expenditures EXCESS OF REVENUE OVER EXPENSES FROM OPERATIONS
J42'30J 2J0'223 4'43J'644 202'034 305'408	91'932 91'22'121 94'488'848 524'942 224'825 24'232 225'121	Office and administration Consulting and professional fees All other expenditures EXCESS OF REVENUE OVER EXPENSES FROM OPERATIONS
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<u>Bronze:</u>	Witten LLP	1,228,351	1,228,351	
Sarasota	Tag Developments	747,357	٤٤٤'٢٤٤	
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FourQue	Corporation Corporation	۲ 'ا٤٤'988	965'670'7	
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<u>Silver:</u>	<u>On-The-Green:</u>	092 080	JEO 363	
Jmark	Volvo of Edmonton			
<u>:bloð</u>	Presenting:	10,390,353	10,425,610	
	GOLF SPONSORS	6,556,822	દાર,4,913	
	Cameron Developments	816,362,1	741,428,1	
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		141,881	802'121	
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		142,301	91'932	
		230'222	LZL'ZSL	
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Family ar Support :	Vermilion and Area Crisis	4,431,644	848,884,4	
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U 94T IIS	The Family Centre of	840,241	262'ISI	səət
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211 Somo	Homeward Trust	227,959	274,731	
Support	Support Services	200'102	271,728	
Family an	City of Edmonton- Family and Community	⊅∠0'l6Σ	445'650	
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Tanya M Savage

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William McLean

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Tree of Hope Charitable

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Your Way

Jacob Gamb

James Kidd

Jeff Murdoch

It's Cool to Know

J. Paul and Ilona Scott

Janet-Sue Hamiltor

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Alberta Seniors

Edmonton Community

CMHA Alberta Division

Support Services a Area Crisis Family and Community nial Ynot2 to nwoT [[S Central Alberta 71 The United Way of The Town of Banff 211 Some Other Solutions Z]] Parkland County Support Services ViinummoD bne Vlime VinuoC subel [[S Support Services YinummoD bne ylime 211 City of Spruce Grove

211 Yellowhead County

St. Paul Foundation

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Henrietta J Naqv

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••• LUNDERS

La Capital anet Marowitc Marian Centre Kathy Wright Mood Disorders Society Kelly Hartle of Canada Shermar Smoky Lake Agricultural Society Laury Stewart Logan Begalke Mary Beth Jankovid \$1,000 to \$4,999 McDougall United Church Meaghan Conroy Alberta Justice Andrew Ellis Michael Fiorino Millwoods United Church Andromeda Inv odlebox Ventures ATCO Epic Averie McNary Bethel Lutheran Church Brian Olafson AB Inc P Jane Halford Patricia Kiel Penny Omell Cameron Nagy Catholic Parish of Holy Family Catholic Parish of Peter Daly Riverbend United Church Robert Half Canada Rolanda Patton St. Alphonsus Ron Johnson Rosalie Russnak Delaney-Chapple Fund pirit West United Church Edmonton Catholie St. Albert Public School Teachers Local #54 District No. 5565 Edmonton Public Teachers Stephen and Lynn Mandell Local No. 37 Susan Hsu Edmonton Strathcon Lions Club Epcor Water Golf Synod of The Diocese , of Edmontor erena Delaney Tournament for Jay Baraniecki Tony Gnanasihamany Fatima Esmail Fort Garry Social Club William Hupalo Yvonne Prokop Gayatiree Ramsoonda \$250 to \$499 Good New Moraviar Church Alberta Brenna Chalifoux Grace United Churcl Andrew M Ross Henry Fenwick Anne Marie J Decore Jen Ashton Training John Cameron Apex Geoscience Ltd Benefity Giving Johanna Poultney Benevity Community Joseph and Gloria Impact Fund Beverly United Church Openorth Lucas Chaisson Black Gold Regional Division #18 Brian Trendel Martha Taylor Masonic Foundation of Alberta Buchkowsky Family Melcor Developments Charitable Fund Millwoods Presbyteriar Carlo Caputo Church Catholic Parish of Muninder Lotay St. John Evangelist Catholic Parish of St. Joseph Cathedral Muriel Hole Nicole Imgrund Pamela Turner Patricia Metcalfe Colin MacIntyre Daphne Kuehn **RBC** Foundation . Daria Luciw Richard Young Robertson Wesley David and Joan Laurie Derek V Thomas United Church Douglas W. Glawicki Rod Wilson Memoria Epcor Running Room Sam Chapple Garneau United Church Glenn E Mudryk Hardisty Schoo Sandra Andersor Sherwood Park United Church Janis & David Neilson Jeffrev Hovem Joanne Watt Kathleen Hendersor Southminster-Steinhaue United Church St. Albert United Church St.Paul United Church Kris Dworschak Marilyn Thurston McCalder MW Foundation Strathearn United Church Timothy Coghlan Trinity United Church Tyrell Johnman Michael Gaian Natalie Lunch Northland Utilities United on Whyte (NWT) Ltd. United Church Wayne & Glenda Sartore Ottewell United Church of Edmontor Westmount Presbyerian Peter & Joan Wright Church Rae Anderson Randy Heaps \$500 to \$999 Red Willow Veterinar PIPSC - Prairie & NW1 Hospital Richard Boulet 523204 Alberta Ltd/ Richard Marc Houle Rod Perkins & Peggy O'Neil-Perkins Roger W. Schilf Ryan Thorsen Aminmuhammad Rawi Sandra Anne MacPhai Anne Marie Laginski ATCO Power Brenda Heffernan Sorrell Private Trust Company St. Albert Catholic Parish Cameron Jacksor St. Andrew's United Capital Power Catholic Archdioscese Church St. John Bosco CWL of Edmonton St. Patrick's Anglicar Catholic Parish of Church Stanley Plaisier St. Joseph's

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Susan Rockwood

Jeremy Willis \$100 to \$249 Jesika Lefebyre ssica Ba A. Chevalier Jill Kelland Albert or Jean Birr Alec Korbut Jill Stewart lim Busch Alfred & Elvira Kemp loann Murphy Aliette Mau Amanda Clemont Jocelyne Spilal Amy Park John McMurchy John Mille Andrea Kraft John Rocky or Andrew Kowalchyk Antonella Van Niekerk Donna Thompso oyce Purdy Ariana Whitlov Judy Demarino AUPE Local 38 NAIT Barbara Burton Barry Kaiser Julia Hamlyn Julie Rice Karen & Frederick Jones Bijan Mannani Bob McNally Karen Bolstlei Bonnie Molstad Brenda Miles Karen Ferguson Karen Huddy Kari Sorenen Brian Shkrobot Brightview Elem Kathy Hansor Kayla Kennedy Kelsey Ford Joljar Brittani Adamsor Bruce Baergen Bryce & Clara Dzenick Ken LeLacheur Kenneth & Grace Craig Kenneth Hutch Inglis Kennith Abernathy Calvin Carpente Carey Bennett Carol Robertson Bake Kentia Naud Kerry C. Day Kevin Shaigec Kim and Dan Nickel Carolynne McCaughey Cecile Phan Cenovus Charles & Yolanda Kimberly-Clark Kirk United Church Kristin Walsh Campbell Chet & Patricia Brothers Lana Gregoire Laura Byrtus Laura Jean Campbel Christine Marie Kelemer Christopher Tang Colin Simpson Leslie Rivet Craig Ryan Lia Cutraro Lin Newton Darlene Wright Linda Davies David Duggan David Monilaw Linda Mymko David Risling Dayton Marit Lindsay Dodd Lindy Davis Denis & Deborah Rowley Londonderry School Denise McBain Dennis Olsen Lorraine Brooks ouis & Marie Forcade Derek Deibert _uke Horclca Diane Bacon Margaret Unsworth Marianne Scott Marie Lucille Belzi Don Adams & family Donald Galenzoski Dormition Ukrainiar Mark Solikowski Catholic Church Douglas Ballou Mark Wiesner Martin Soetart Marvin Toy Ed Killin Edm Chapter of CPA's Maureen Collins & Ione Challborn Maureen Earle Edmonton Archdiocesiar Council Edmonton Monthly Michael Anderson Meeting Religiou Michael Batemar Michael Chorley Michael Gillis Society Edward Leach Eileen Lloyd Elizabeth Horcica Muriel Skwarok Nancy Defer Nancy Reynolds Erika Moore Eugene Kit Nathan Eriksson Eva Schultz First Presbyterian Church Neil and Elaine Flemin Neill Thompson Francis Kohler Nhung Tran-Davies & Francis or Jean Greenough Grant Davies Norma Lesick Park Realty & Gail Faulkner Garv & Lilly Byrtus Investments Ltd George & Gisele Dear George Lidgett Patricia L. Schuster Patricia Swenson Patrick & Morag Georgette Cyr Gerda Pade van Loewenste Gillian Colquhou Paul & Lori Marten Petrea Chamney Gladys Hokanson Glen Dobranski Pierre Pitre Glenda/Kelly Klauti Glynnis Lieb Rachel and David Ross Randy Toronchuk Richard Kolodziej Gord Cruikshank Gordon Evans Robert Chevalier Robert M Heron Robert McKeon Gordon Stewart Gordon Syme Graham Quast Robert Robinsor Gregory Caldwel Harvey Ford Robert Roddick Robert Shaughnessy & Heather McMillan Margaret Paproski Heather Peden Rod Cannor Heather Zub Henry Mota Roque & Aida Kees Rosemarie Ivanovi Hilary Payne Rov and Trudy Nickerso Holt Renfrew & Co lan Evans Ryan E Ross Ryan Eidick Ineke MacDouglas Salvatore N Amelic

Stephen Sawchuk Sue Chevalier Susan Heinz Susan M Taylor Suzanne Kos T &g Biddscombe Teresa Horobec Teresa Vano Thomas Pomerlea Thor Quaranta Tim Battle Tim Osborne Timothy & Lynne Latham Timothy Brewster Timothy Markle Tina Guifolyle Todd Tougas Trevor Lucky United Nurses of Alberta Local 85 Valerie Berger Vanessa Stack Vaughn Laibida virginia Sharek W. W. Rocholl William Bagshov William Murtha PC Yatin Sood Yolande Campbe Yue Yu up to \$99 Adolf and Myra Raugust Alexis & Ed Cranna Alfred & Lillian Raugust Alice Bilodeau Alison Baird Alison Morin Alison Turner Amber Craig Amelia Mauricio Anastasia Jodoin Andre & Louise Guay Andrew Knack Anita Lehmann Anna-Maria Ouelle Antonio & Zenaida Acosta Ariel E Lekas Ariel Sniderman Armella Plaunt Arnold Look Ashleigh Daniel Barbara Chenier Barbara Hillacre Barbara Smith Belinda Camerson Belle & Bliss Boutique Beth Coery Beverly Zeiner Bonnie & Bruce Irving Boris Or Sandra Luciv renna Lewis Brenna Strilchuk Brent Doberstei Brent Short Brian & Andrea Boyd Brian Kjenner Caleb Lam Cameron Leddy Candace Tomlinso Carlye A Jakubec Carmen Schmidt Carole Zubick Catholic Parish of Ou Lady of Victory Chamir Khiel Phen Chervl Stepanko Christie Roy Irving Christopher Batdor Christopher Berry Christopher Way Christy Middletor Cindy Lee Frank Cody James Colette Balen Creag Vogel Darren Cunninghar Dave Tonsaker David Robinson Debbie South Denise A Roualul Dennis Hoffman Diane Christie Diane Komarnisky Diane Motkoski Dianne Walker

2018

Sandra L Robertsor

Shannon & Doreer

Shane Asbell

Blumhagen

Sheila Boretsk

Shelly Stevens

Shirley Gifford

Shirley Tsang

St. Albert Public School

Sherry Honey

Sharon Bitzer

Marilyn Rutherford Elsie and Will Schaffric Marjorie Pylypow Mark Chri 1artin & Bernice Erven or Dorthy Rendflest Montpetit Erwin and Melitta Witzke Martin & Carol McRae Matt Driedger Maureen Gibbons Fern Budzak Frank & Patricia Josey Megan J Kneong Megan Schellenber Fred & Barb Malott Merlene Nagel Fritz & Renate Lenk Mervin Gallan Michael Fowlie Michael Kerr Gary & Shiela Boyd Michael Schafer Michelle Chung Michelle Harvey Hans & Delphine Plesmar Michelle Horda Hans or Loretta Shneppe Harold & Sharon Schmid Mike & Florence Lamb Monica Franklin Harry Ainley High Schoo Mr. & Mrs. John Buma Murray Dean Reeve Hendriks Construction Myrna O'Neil Herbert and Yvette Hetze Nadine Rank Howard Sniderman Nancy and Andrew Whistance-Smith Natalka Dreichel Neety Gakhar J.A. Yaskowich Jacqueline Whitsor Nora Parker or Glen Argan Nordahl Flakstad Olga Grimes Pamela Coulsor Paola Alampi Pat Larsen Patricia Newton Patricia Stransky Paula Whittle Janet & Stuart Blair Pauline Boman Pauline & John Jame Turne Janice Patterson Krysko Peter Childs Jean Lawson Jeannette Blumentrath Philip Bodeux Philip Zyp Jessica Musslewhite Phyllis Brown Phyllis Fenrich Priscilla Ramer Raymond & Lenora Pinkoski John & Chrisine Melo Rebecca Cardhid Richard Lucid Richard Veldhoer Rick MacSwan John or Pauline Delwe **Rick Millican** Rita Fleury Robert & Michelle Duffy Robert & Rita Parent Robert Lilja Roffey Construction Ltd. Ruth Caza Ruth Steeves S.M. Tomlinso Samantha Alexande Samantha Pekh Sandra Ponich Sanjana Ahmed Scott C Baerg Scott Cowan Scott Miller Kathleen & Roy Parker Sean Sedgwick hantilan Dodia Sheila Deswarte Sheila Kelcher Sherrill Hoare Shirley Tomlinsor Kevin & Leanne Sept St. Theresa Middle Schoo Stella Mayer Stephanie Hache Steven Ottoni isan Garne Kyle and Tammy Eros Kyrsten Child Susan McGee Tabitha Doerkser Tammy Hough The Catholic Parish o St. Andrew Tien Tran Tony Nguyen Tricia Haryett Tristan Pattersor Lori Assheton-Smith Tyson T Joyce Vincent Gregory Waltraud Klein Wilda Lemardo Madeline Smith Madisen Osborn-Layton Willow Frissel Yolande Kubash Zabrina Sace

ВЕУЕИ∪Е

YEAR ENDED MARCH 31

(3) FINANCIALS

Magdelene Tworek

Margaret Mitchell

Margret Chisholn

Marie Blanchette

Marie Therese Cyr

Marie-Therese Fleury

Marilyn and Wes Doyle

Marie Foster

Mandi A Deren-Dube Marcel & Jeannette Blais

Marial & Lorraine Berube

Donald and Barbara

Donna Southworth

Edgar & Muriel Toop Edmonton Country Club

Gardnei

Dustin Jussila

Dwight Leste

Edward Swaka

Edwin Chanc

laine Marko

Elizabeth Zutte

Emma Mendez

Evelyn Dobersteir

Eric Hermann

Fave Riddell

Gail Jennings Gale O'Hara

Gary Zeitner

Helen Bailey

Ida & Bob Baer

llene Nessel

James Easton

James Jones

Weisner

Jamie Robin

Jamie Ruryk

Jan Vermega

Janet Goodwin

Jean Dalton

Jianlei Wong

Joan Zubko Jocelyn Belley

Joe Hoffman

John Dowds

John McIsaad

John Pare

Jopy Haagsma

Joseph Ylagan

Joyce Bryden Judith Florence

Julie Nelson Julie Seroy June Charrois

K. Peterson

Karalee Bowles

Karen Scott Karim Kennedy

Karleigh Stevensor

Karlene Lynch Katherine Pescod

Katheryn Jackson

Kelsey Lauder

Kenneth Munro

Kimberly Lefebvre

Kristy Holdis

Larry Brownoff

Laurel Kirchne

Len Jacobs

Leanna Banack Leanne Marchenko

Les Filles de Jesus Lil Filewych

Lorrie McFadder

Louise Biblow

LTD Heating

Lvnda Talviste

Madison Laibida

Kent Lindsay

Kevin Mark

Kim Graf

Kim Tom

Ken Zinyk

Janet Snydmille

ames or Therese

Gilbert O'Brien

Eleanor Cyr

Annual Report 2017-2018



ADVOCACY & WAYFINDING

with mental health issues **NEED HELP** accessing services

You are great, you gave me the information I needed and got me moving in the right direction. I really appreciate it.
- CLIENT TESTIMONIAL

8 16,240 24/7 Crisis Diversion Team

1 3,773 Seniors Information Phone Line

Q 755 Family Violence Information Line

80+ CLIENTS PER MONTH ACCESS SERVICES

4,229 offered follow up calls

5,060 advocacy actions

SUPPORT SERVICE

361 Bullying Helpline



19 INDIVIDUALS received suicide caregiver support

216 INDIVIDUALS received bereavement support in **486 SESSIONS**

0,616

CALLS AND CHATS

An EVENING TO REMEMBER November 3, 2017 had 134 ATTENDEES





Chis service saved my life. The Distress Line helped me feel more normal, that I was not alone.

- CLIENT TESTIMONIAL





Canadian Mental Health Association Edmonton *Mental health for all* 2017-2018

PEER

SUPPORT

PEER CONNECTIONS PROGRAM

individuals attend Activity programs on a weekly basis Groups

rity to Ips attend

FREE

social isolation and loneliness

PRACTICAL 2020 SUPPORT WORKERS provided approximately **250 HOURS** of service per month

I liked that I could talk with someone with a shared understanding of what I was going through. It made feel part of the group right away.

- CLIENT TESTIMONIAL





687

newsletter

subscribers



227 presentations







13,923 Local906 Seniors Abuse Help Line958 Rural

Top **5** Calls Concerns

- 1 Mental Health Concerns
- 2 Domestic or Senior Abuse3 Loneliness or Isolation
- Health or Medical concerns
- 5 Relationships



ONLINE crisis chats

Control The more time I've spent on the lines, the more time I feel like there are a lot of people out there who just need someone to hear them out and the fact that so many people get help daily makes me want to continue my work here.

- VOLUNTEER TESTIMONIAL

HOUSING SERVICES

2,475

présentation

participants



28 Applicants were placed in housing H Tenancy 152 of 6+ years **Tenants**

Over the years a great deal of the improvement in my mental health can be attributed to CMHA-Edmonton's Housing and Advocacy Services. I am very grateful to live in a safe and supportive environment.
- TENANT

MENTAL HEALTH AND WELLBEING EDUCATION



FREE COMMUNITY PROGRAMS AND WORKSHOPS:

9,985 Help For Me youth resources cards distributed to young people329 Light Up Your Mind presentations in schools

56 Adult Community Education presentations

- **32** Applied Suicide Interventions Skills Training workshops with **672 participants**
- 8 mental Health First Aid workshops with 120 participants