

# CMHA EDMONTON REGION ANNUAL REPORT



**Canadian Mental  
Health Association**  
*Mental health for all*

22/23



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# About CMHA Edmonton

CMHA Edmonton has been the leading community mental health organization in the region since 1954 and has been delivering key services in the areas of mental health support, education and training, wayfinding, and collective action. We support individuals, families, communities, and the social sector through our services and programs, such as crisis services, navigation services, peer support services, family supports, training and education programs. We also host annual events, such as Evening to Remember and Life After Suicide Loss. With the help of over 100 employees and 200 volunteers, CMHA Edmonton is able to provide mental health support, educate and train, and promote mental health wellbeing. Everyday we get closer to achieving our mission, Mental Health for All.

**Our Mission:** To ensure that all people experience good mental health and well-being.

**Our Vision:** Stronger Communities. Smarter Systems. Simpler Journeys.

**Our Values:** We are: Inclusive, Proactive, Compassionate, Steadfast, and Collaborative.



**Inclusive:** We want all people to see themselves represented and served by CMHA Edmonton. We recognize a diverse range of mental health approaches.

**Proactive:** We are leaders. We value action over talk. We will innovate and think ahead to continue to address and improve mental health.

**Compassionate:** We lead with the heart. We are compassionate, empathetic, and caring. We approach our mission with love and kindness.

**Steadfast:** We have long fought to improve the state of mental health, but our work is not done. We are champions of social justice. We remain as committed as ever to our task.

**Collaborative:** We mobilize and marshal resources, partners, and people to come together to realize necessary changes in our communities and in the mental health system.



## Land Acknowledgement

CMHA Edmonton acknowledges that we are on the traditional land of Treaty 6 Territory and the Metis Homeland of Region 4. This place is the traditional meeting ground, gathering place, and travelling route of the nêhiyawak (Cree), Anishinaabe (Saulteaux), Niitsitapi (Blackfoot), Métis, Dene, and Nakota Sioux. We recognize their enduring connection to this land and their contributions to the community. We are committed to learning from and working in partnership with the Indigenous communities of this region as we continue to inhabit and care for this land together.

# Letter from the Board Chair and Executive Director

Over the past year, CMHA Edmonton has supported more than 100,000 people. That's 1 out of every 15 people in our region who reached out through calls or texts to our help and information lines, took a training course, or participated in a support program.

Our year began with the official integration of Prosper Place. Bringing this peer-led organization into the fold ensures better sustainability for peer support programs, and supports peers and their families through greater integration with other CMHA Edmonton programs. The Prosper Place Clubhouse in Edmonton's west end became our second office location, and also hosts other CMHA Edmonton program staff and activities. With the integration, Prosper Place's Peer Board of Directors became part of our organization, shaping peer programs and support. This leadership of persons with lived experience is important for ensuring successful program outcomes, and is consistent with the direction of our strategic plan to empower persons with lived experience to not just receive, but to shape and deliver services.

The last year also saw important program expansion, notably in the area of youth support. Thanks to funding from the Government of Alberta and the Stollery Charitable Foundation, we partnered with Kickstand to offer youth suicide grief support groups. The need for this dedicated space to grieve and talk with peers about their loss is something we heard directly from youth.

Significant steps have been realized towards building a true community mental health system. While the services we have make a difference, and many work well together, we as a community have ultimately fallen short of building a true system that works for everyone and makes sure they can access the support they need,

when they need it. Last year, we secured funding from the City of Edmonton to start work in collaboration with the United Way of the Alberta Capital Region on a new community strategy for mental health. This new strategy brings together different areas of mental health support, and empowers persons with lived experience to drive decisions about what services and supports are needed. We are encouraged by the community's response and buy-in, and believe this will lay the foundation for stronger community mental health supports and start to better help more people.

Looking forward, we are expanding and creating new programs to better meet people's mental health needs and to help them support not only their own mental health, but that of the people close to them. This including the launch of Stronger Communities – our new training program for businesses, organizations, and groups – and a significant expansion of our individual and family support programs. The launch of the new 988 suicide and crisis support line in November represents another significant step towards broader access and a simpler step towards getting support.

On behalf of the organization, we want to express our gratitude to our board and committee members, our staff, as well as our supporters, including donors and funders, our volunteers, and all our community partners without whom our work would not be possible. Together, we are getting closer every year towards a community mental health system that supports everyone in their time of need.



Emily Ruttan,  
President, Board of Directors



Giri Puligandla,  
Executive Director

## 2022-2023 Board of Directors

Emily Ruttan, *President*

Oluseyi Oladele, *Vice-President*

Kel Knutson, *Treasurer*

Nancy Reynolds, *Secretary*

Kathleen McCabe, *Strategy Committee Chair*

Anne Halldorson

Cherisse Killick-Dzenick

D'Arcy Kipp

Fiona Wilson

Joanne Berger

Kevin Wong

Layla Dumont

Matt Solberg

# Strategic Initiatives

Through partnerships and leadership, we help advance strategic initiatives in the community that improve mental health services and outcomes.

## Community Mental Health Strategy

With the support of the City of Edmonton and in partnership with the United Way of the Capital Region, we are pleased to have secured funds and begun work on a new community strategy for mental health. This will build on the work of key strategic initiatives like the Community Mental Health Action Plan and Living Hope, Edmonton's suicide prevention plan, and work towards a true community mental health system. This plan will also ensure that persons with lived experience are in a true decision-making position about services as they know best what is needed. Empowering persons with lived experience to be not just service users, but to also design and implement services, will lead to better outcomes for everyone.

## Living Hope Suicide Prevention Plan

The second iteration of Edmonton's suicide prevention plan is taking shape. Still under development, this plan includes steps to better support persons with lived experience, including the establishment of a Lived Experience Governance structure.

## South Asian Mental Health Network

Working with community partners including Covenant Health, this project will create a new culturally competent, interdisciplinary team to address addiction, mental health, family violence, and community support. A critical component of this is outreach and engagement with South Asian communities to ensure community members are aware of services that they can access for support.

## Integrated Call Evaluation and Dispatch

To make it easier for people to get the help they need quickly, we are working with Edmonton Police Service and the City of Edmonton to co-locate, and ensure seamless transfer between, essential community help and crisis lines. Eventually, this will lead to the co-location of 911, 311, 211, and the Distress Line.

## Social Sector Mobilization

We work regularly with other social agencies around collective advocacy, including joint-issue analysis and communication. This is an important step towards the sector speaking with one voice on issues of joint interest.

We are also a part of Health Cities' data warehouse project that will enable data sharing amongst a dozen agencies.

### Anti-Racism and Mental Health

With support from the City of Edmonton's Anti-Racism Community Safety grant, we are working with ShiftLab and the Multicultural Health Brokers Cooperative to develop protocols to better support callers to the Distress Line who are in crisis due to acts of racism, and building toolkits to support natural leaders in cultural communities who are called on to support community members struggling with their mental health.

### Children and Youth Services

Working with partners Kickstand, CASA Mental Health, and YESS, we are collaborating to develop social prescribing-type pathways between 211 and CASA Mental Health for Mental Health Classroom expansion. All partners are working together to also develop an integrated system of mental health care for children and youth.

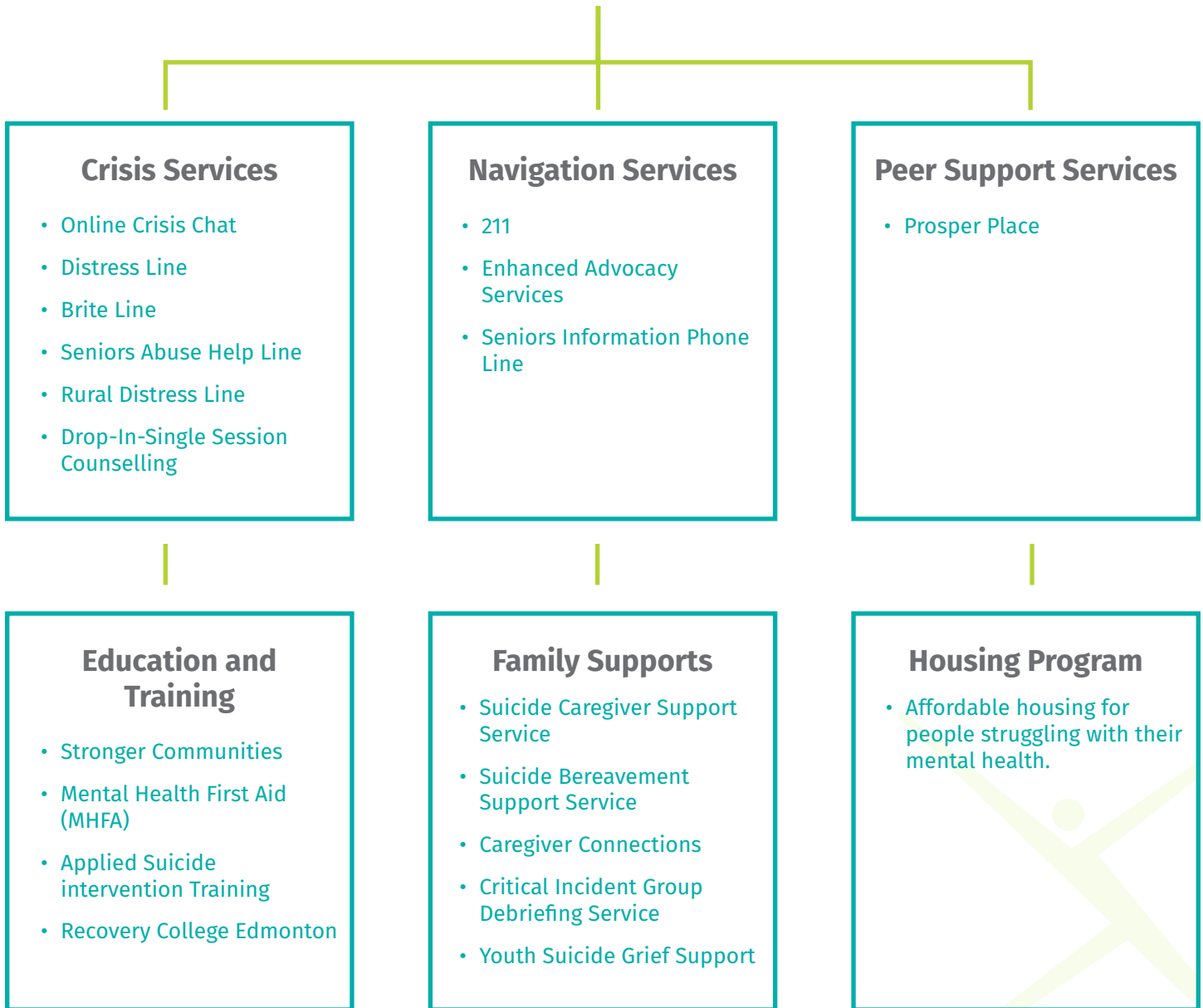
### Seniors Outreach

We are working with the Edmonton Seniors Coordinating Council to position 211 as a major entry point and coordinating service for the Council's new Seniors outreach system.





**Canadian Mental Health Association**  
*Mental health for all*





# Help Lines

Over the past year, our help and information lines responded to more than 90,000 contacts, supporting people in crisis or seeking information for essential services.

## Crisis Services:

**Distress Line:** The Distress Line is available 24/7 to help those experiencing crisis or distress, as well as those supporting someone in need. It provides confidential and non-judgmental short-term crisis intervention, emotional support, and access to resources. You can reach out if you're dealing with overwhelming emotional distress, require crisis intervention, or need emergency response. Additionally, we offer suicide and domestic violence risk assessments and follow-up calls to ensure improvement in the situation.

We believe that having a non-judgmental and supportive listening line available 24/7, 365 days a year, is crucial for supporting people during their moments of crisis. As we look ahead to the future, we recognize the importance of reducing barriers that clients face. To achieve this, we are working hard to enhance accessibility by introducing text support, creating collaborative pathways for client referrals, and strengthening our ties with the communities we serve.

**Brite Line:** Brite Line is Edmonton's first mental health and wellness helpline dedicated to supporting Edmonton's 2SLGBTQIA+ community. Created by members of the community for the community, Brite Line is a safe space where 2SLGBTQIA+ community members can receive support free of judgement or stigma. The line is operated by trained staff and volunteers who help callers connect with community organizations that address their specific needs. Brite Line, founded by community member Neil Salsbury, is operated in partnership between CMHA Edmonton and the Fyrefly Institute at the University of Alberta.

### Statistics:

Total Answered <b>Distress Line</b> Calls	<b>11,701</b>
Total Answered <b>Rural Distress Line</b> Calls	<b>532</b>
Total Answered <b>Seniors Abuse Help Line</b> Calls	<b>720</b>
Total Answered <b>Online Crisis</b> Chats	<b>282</b>
Total Answered <b>Brite Line</b> Calls	<b>54</b>
Total <b>Talk Suicide</b> Calls	<b>2,605</b>

## Volunteers and Hours



**168**  
Volunteers



**90**  
New Volunteers

## Training Hours



**92**

Hours of self-guided online, classroom, and on-the-job training



**15,955**

Volunteers Hours

## TOP 5 MAIN CONCERNS

1. Mental Health Concerns
2. Domestic/Senior Abuse
3. Loneliness/Alienation
4. Relationships
5. Basic Needs

“Thank you for being there for me and for caring. Everyone that I’ve encountered on the Distress Line has been so calming and knowledgeable. I feel so listened to and acknowledged. On a scale of 1 to 5, I would give you a 10 if I could!”

# Navigation Services:

**211:** 211 is a free confidential service that provides information and referrals to various social, health and government services in the community. It is available over the phone, through text messaging, and as an online chat 24/7 in over 170 languages to ensure people are supported in their community.

We are expanding the ways we support people in our community which includes the growth of follow-up programs exploring peer navigations and more support in accessing programs.

## Statistics:

Total 211 AB contacts (includes text and chat)	31,976
Total 211 Seniors contacts	8,655
Total CDT (crisis diversion team [the van]) contacts	29,049
<b>SUM TOTAL</b>	<b>69,680</b>



**1,735**  
Total Texts



**2,749**  
Total Chats

**“I really want to thank you for what you do, 211 has exceeded my expectations tonight, this will change my life, so thank you for that”**

## Enhanced Advocacy Support:

This service provides support and assistance people living with mental illness as well as their families and caregivers to find the services and support they need. Staff assist with identifying programs for mental health recovery, education, employment training, and more. Assistance is also provided for submitting forms, applications, and understanding appeal processes for financial assistance or landlord/tenant concerns.

Unique clients supported	456
Total interactions	2,542

### TOP 5 MAIN CONCERNS

1. Income Support/ Financial Assistance
2. Housing
3. Mental Health/ Substance Use Disorder
4. Health
5. Legal/Public Safety

## Individual Supports

This service provides support and assistance people living with mental illness as well as their families and caregivers to find the services and support they need. Staff assist with identifying programs for mental health recovery, education, employment training, and more. Assistance is also provided for submitting forms, applications, and understanding appeal processes for financial assistance or landlord/tenant concerns.

# Housing

Our housing program provides safe, secure, and affordable permanent housing for individuals and families living with mental health challenges and who are on a limited income. We work with tenants and their community support to help them achieve successful tenancies with the goal of maintaining long-term housing.

Community support enhanced our housing program over the past year. St. Paul’s Foundation contributed \$7,954.80 to improve safety and security at two properties. Cameras were installed at the front and back door of each building including the necessary monitoring equipment. The Royal Alexandra Hospital – Employees’ Charitable Funds provided \$2,5000 to prepare welcome baskets for new tenants moving into our properties.

Finally, we were the beneficiary of the Archdiocese of Edmonton’s annual No Room in the Inn campaign, which raises money for an affordable housing project throughout the holiday season. The \$40,000 raised by churches across the region will support upgrades to access control software and intercom panels at several buildings, increasing tenants’ safety and security.

## Statistics:

Number of Units	146
Number of Properties	7
New Tenants	16
Length of tenancy 10 years+	40%



**149**  
 (136 adults and 13 children)  
 Tenants served

## Testimonials (From Tenants):

“This program has saved me from chronic homelessness by providing me with a safe and affordable place of my own. The opportunity to access adequate housing has had a very powerful impact on my ability to make progress not only with my mental health issues but also with my physical and overall health. Becoming a part of the community of individuals in my building has shown me that I am not alone in my struggles and that I do not have to be ashamed of my diagnosis or any of the events in my past.”

## Prosper Place Peer Supports

Prosper Place is a peer-led program that provides a safe space for people with lived experience of mental illness, mental health challenges, and/or addictions. It offers people a place to come together, learn new things, meet new people, and support each other. The three pillars of focus at Prosper Place are Skills Building, Personal Growth, and Socialization.

With an emphasis on the importance of community, many events take place throughout the year. One highlight was this year's Friendship Feast, sponsored by a cash donation from the Riverview Rotary Club. 37 peer members attended the event where the Riverview Rotary Club came and served food buffet style.

Peer Directors also play an important role at Prosper Place. The team of talented individuals wrote a conference work plan consisting of 58 tasks. They also took on several pre-event and event day tasks. In addition to this, Peer Directors prepare an event budget for upcoming events, such as the Easter Luncheon & Concert and the First Anniversary of Integration Celebration. Through this committee, Peer Directors learn how to plan, organize, and engage in different events at Prosper Place. The greater involvement of the peer board is part of the program's shift from a sense of belonging amongst peers to sense of ownership.



# Prosper Place Peer Supports

## Statistics:

2022-2023	Year to Date
Number of Daily Attendance checks	4,609
Number of Classes / Workshops held	105
Number of Learner attendance checks	576
Number of Social Recreation activities	139
Number of Social Rec attendance checks	1,188
Number of Peer Training events	42
Number of Peer Training Attendance	119
Number of Low-Cost Meals served	4,454

“[My sister] now has something to live for and a source of pride. She became the most upbeat and functional version of herself that I or the rest of my family has seen in years! Prosper Place turned her life around at a pivotal time.” - Charity Ambs

## Family Supports

A mental health journey involves not only a person, but their family and loved ones. Family support, for both the individual, and family members themselves, is an essential part of mental health recovery. Through peer, caregiver, and bereavement programs, we supported 600 family members caregiving or grieving the loss of a loved one due to mental health.

## Caregiver Connections

Caregiver Connections is a peer support group that helps parents, partners, and caregivers of those with a mental health concern and/ or addiction to support one another. Each support group connects individuals with peers in the community who can come together and share their experiences, challenges, and successes in a supportive environment.

### 2022-23 Program Stats:

Group peer support sessions	45
Group participants	296
1:1 client sessions	64
Respondents Feeling Supported as a Caregiver	90%

## Group Feedback:

“It is really hard to speak about this with our friends and family the way we can with the people who share similar realities. Caregiver Connections provide us with that outlet. The openness and acceptance we receive gives us a voice. We are heard. We are not alone. There is no judgment.”



## Suicide Grief Support Services

Our suicide grief support services provide free group supports for community members who have lost someone to suicide. They are a safe place for community members to share their stories, learn from others, and receive guidance from trained professionals. Additionally, we provide support for those taking care of someone who has attempted suicide or is at risk of suicide.

This year, we launched support groups for youth, in cohorts of ages 12-14, 15-17, and 18-25. This is in response to youth identifying the need for their own space to talk about their grief and loss with peers. This partnership with Kickstand will better support young people struggling with a significant loss.

### Statistics:

Number of Adult Suicide Bereavement Support	<b>147</b>
Total Number of Clients Served	<b>310</b>



# Training and Education

More than 3500 people gained skills and knowledge to better support their mental health and that of people close to them through CMHA Edmonton training.

## Recovery College

Recovery College provides free courses led by facilitators who are experts through lived experience. The educational-based approach focuses on helping people recognize and develop their own resourcefulness in order to support their recovery journey. There is a variety of free courses offered so that any student can feel empowered to develop their strengths and be optimistic about the future.

We started a partnership with the University of Alberta’s Faculty of Nursing, modifying our Building Better Boundaries course specifically for third-year nursing students. This course was offered 16 times between September 2022 and March 2023 and had 250 students participate. We also continued our partnership with APEGA (The Association of Professional Engineers and Geologists of Alberta), offering regular courses to their members around the province, and had the opportunity to present at the Family Medicine Summit in Banff, Alberta, for the Alberta College of Family Physicians.

### Statistics:

Number of Courses	106
Number of Course Attendees	2167

## ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two-day intensive, practice-dominated course designed to help caregivers recognize situations and intervene to prevent the immediate risk of suicide. It is by far the most widely used, acclaimed and researched suicide intervention training workshop in the world.

Group size restrictions during the COVID-19 pandemic created a waitlist of more than 300 individuals, most of whom require this training for work. We were thrilled to be able to clear up the waitlist over the past year. An additional 25 people took ASIST Tuneup, a half-day refresher that renews their training for two years.

Total Course Attendees	990
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## Mental Health First Aid

The Mental Health First Aid (MHFA) course was developed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis. The philosophy behind MHFA is that mental health crises, such as suicidal and self-harming actions, may be avoided through early intervention. If a crisis does arise, then members of the public can take action that may reduce the harm that could result. MHFA moved online during the pandemic and has stayed online, allowing more individuals within our region to participate in it.

**516** Total Course Attendees

## LEAP

LEAP® (Listen-Empathize-Agree-Partner) courses are for family members or caregivers of someone who is experiencing psychosis (hallucinations and/or delusions) and isn't aware of having a mental illness. This is an evidence-based course that aims to improve or repair relationships and help individuals get their loved ones to recognize the signs of their condition and accept treatment. LEAP was developed by Dr. Xavier Amador, a renowned clinical psychologist with first-hand experience caring for family members with serious mental illness.

The LEAP-certified trainer, a family member like you, was taught by Dr. Amador and has helped hundreds of other Albertans over the past five years. The interactive course includes opportunities to practice new ways to communicate with – and relate to – someone with a psychotic illness. LEAP was originally a new program to CMHA Edmonton and is now gaining great traction in the community.

**46** Total Course Attendees



## Community and Volunteer Recognition Awards

**Community Supporter of the Year:** The “Community Supporter of the Year” accolade has been awarded to Val Morelli for their commendable efforts through “The Captain’s Ride.”

**Volunteer of the Year:** The “Volunteer of the Year” honor has been bestowed upon Chris Sikkenga, acknowledging his selfless contributions and unwavering commitment which significantly benefited the community.

**Prosper Place and Programs Volunteer of the Year:** The accolade for “Prosper Place and Programs Volunteer of the Year” has been awarded to Jason Napachee, in recognition of his outstanding volunteerism and the positive impact he has made within Prosper Place and its various programs.

# Volunteers

Volunteers are the lifeblood of our organization, providing everything from crisis support on the Distress Line, to event planning and fundraising assistance, to helping with office tasks. We are grateful to the more than 200 people who volunteered their time and skills last year to support our work.

Aaron S.

Abbigale M.

Abhishek B.

Ahad S.

Akorfa M.

Alex B.

Amanda D.

Amber A.

Ana A.

Ana S.

Anastasia B.

Angel Y.

Anne W.

Arsh J.

Ashley H.

Ashley J.

Ashley W.

Barb J.

Barbra W.

Bev S.

Bik (Bikalpa) K.

Billy W.

Blayne T.

Brian C.

Brie S.

Brittany S.

Brooke M.

Caleb O.

Cameron D.

Carmin L.

Carrie W.

Cathy M.

Catie H.

Cecilia K.

Chris A.

Chris L.

Chris S.

Christine M.

Clare G.

Colin B.

Colleen C.

Crystal K.

Dalal A.

Daniel A.

Daniel E.

Daniel S.

Daniel So.

Daniella H.

Danny K.

Daria A.

Darryl W.

Darryl W.

Delfina G.

Donna C.

Drayton H.

Elena Z.

Ella D.

Ellen S.

Em B.

Emily B.

Emily W.

Erica B.

Fiore S.

Gabby B.

Gabrielle H.

Gabrielle W.

Geraldine B.

Greg S.

Griff N.

Gurjeet G.

Hang H.

Hannah S.

Harriet K.

Holly B.

Holly H.

Jade P.

Jaime M.

Jakia J.

Jan F.

Jarrett A.

Jashan M.

Jasmine S.  
Jason Y.  
Jenn W.  
Jennifer F.S  
Jerry G.  
Jessica J  
Jessica R.  
Jing H.  
Joanna P.  
Jody D.  
John R.  
Jon K.  
Jordan W.  
Julia S.  
Julie O.  
Julieta D.  
Justine B.  
Kailyn N.  
Kaitlyn D.  
Kara S.  
Karen C.  
KarinaT.  
Katherine L.  
Kelsey S.  
Kelsey SM.  
KeltyRose  
Keshia M.  
Kuldeep D.  
Kyla M.  
Larissa O.  
Laura P.  
Lauren S.  
Leah G.  
Leah M.

Leah S.  
Lidia T.  
Lindsay W.  
Linnea V.  
Lorelie H.  
Lula A.  
Mackenzie J.  
Madison A.  
Maks T.  
Manpreet D.  
Maria D.  
Marion R.  
Marissa M.  
Marynek H.  
Marysia S.  
Meaghan O.  
Megan N.  
Mia V.  
Michael F.  
Michala K.  
Michelle B.  
Michelle G.  
Mo A.  
Mona T.  
Morgan D.  
Muzi T.  
Nadia D.  
Nakida D.  
Nancy R.  
Nancy RD.  
Natasha L.  
Nathan K.  
Neely S.  
Nicole H.

Nicole R.  
Nike F.  
Nishaka W.  
Noelle R.  
Nolan T.  
Noor B.  
Oana H.  
Owen A.  
Pamela W.  
Pari K.  
Parsa E.  
Patrick K.  
Paw S.  
Priya P.  
Rachael K.  
Rachel C.  
Rae B.  
Rahim M.  
Raphael E.  
Raymond P.  
Rehana M.  
Reza A.  
Rose S.  
Roxanne L.  
Russell C.  
Saad A.  
Sadia A.  
Saliha R.  
Salman K.  
Sam B.  
Samantha L.  
Samara H.  
Samu N.  
Sana B.

Sana B.  
Sanj B.  
Sara V.  
Sarah S.  
Sarah Sq.  
Saymon T.  
Serena B.  
Shaina C.  
Shan M.  
Shannon R.  
Sharon S.  
Shayleen G.  
Shelaine F.  
Shivani S.  
Shivgeet S.  
Sirat A.  
Smantha L.  
Socrates T.  
Sophia L.  
Steve W.  
Sumudu I.  
Sunny (Sunpreet) D.  
Tania E.  
Tanner R.  
Tanushka A.  
Tanvir K.  
Tanya D.  
Tara R.  
Taylor S.  
Teddi T.  
Teresa N.  
Thomas T.  
Tianyu Z.  
Toqa A.  
Trang N.  
Trina M.  
Tulsa O.  
Victoria M.  
Walter W.  
William D.  
Willow C.  
Ximena V.  
Yeshu D.  
Yi G.  
Yomna E.  
Zach K.  
Zhengqi Z.



## Ione Challborn Youth Volunteer Bursary

The board created this award to honour Ione upon her retirement in 2020 after 13 years as Executive Director. The bursary provides a one-time award of \$500 to 'give a lift' to a youth volunteer ages 18-30 and currently studying at a post-secondary institution. The 2022 award went to Natasha Larsen, a second year Neuroscience student at the University of Alberta. Natasha has volunteered with the Distress Line since 2021, and is the first in her family to attend university.



# CMHA Edmonton Events:

## Evening to Remember

Evening to Remember is a free annual event that invites people of all ages to come together in a safe and supportive environment to commemorate lives lost to suicide. The event provides a safe and welcoming environment for community members to heal. The 11th annual event brought 200 people together to honour their loved ones and lives lost to suicide.

## Life After Suicide Loss (LASL)

Initiated by community members with lived experience of suicide loss, Life After Suicide Loss (LASL) is an one-day workshop that provides a safe space for those who have lost someone to suicide. During this event, individuals join with others in a safe and supportive space to share, learn and further understand how to integrate the suicide loss experience into their lives. This was the second annual Edmonton event, and more than 60 people participated throughout the day.

## Ride Don't Hide

Edmonton's second annual Ride Don't Hide campaign, anchored by a kickoff event at Kinsmen Park on June 4, encouraged Edmontonians to get active throughout June by riding their bikes, running, and doing other activities that make them feel good. More than 100 participants raised \$18,000 towards mental health programs in the region.

### Sponsors

Bell Let's Talk  
CashCo Financial  
DiveThru  
FitSet Ninja  
Local Environmental Services  
Park Power  
Primoris Canada  
The Gud Box

### Our Fitness Partners and Supporters

2G Fitness  
Bliss Yoga  
F45 Riverbend  
Movati Athletic  
NML Wellness  
Prana Yoga  
Sweet Kula Yoga  
TheProject  
Training with Floriane  
Wellness Within (St. Albert)



## Ride Don't Hide

“Ride Don't Hide” is a community event aimed at bringing mental health into the open, supporting mental health programs, and promoting mental health care before crises occur. Through riding together, the event fosters community and connection, ensuring that individuals do not face mental health struggles alone.



## Mental Health Classic

The annual Mental Health Classic golf tournament at the Edmonton Country Club saw 90 golfers come together to raise \$38,000.

### Sponsors:

Presenting – Volvo of Edmonton

On the Green – WCL

Lunch – Witten LLP

Breakfast – Cameron Corporation

Hole – Alberta Beef Producers

Printing – Pioneer Press

Birdie – Bell Let's Talk, MNP, Universal Dental Laboratories, WillScott.

## Beautiful Minds

The inaugural Beautiful Minds – an evening of connect – brought 125 people came together at The Banquet IceHouse in downtown Edmonton to raise \$25,000 towards essential mental health programs.

### Sponsors:

Media – Global Edmonton

Photo Booth – Primoris Canada

Silver – Homeward Trust

Bronze – Altitude Communications, CIBC: The Miller Wealth Group, Dentons, Pacesetter Equipment

Community Partners – Edify Edmonton, The Edmonton Downtown Business Association

# Community Events

Every year, we are the beneficiary of community fundraising events, from motorcycle rides to golf tournaments. Community events raised more than \$100,000 in total last year. Thank you to the organizers who hosted fundraisers for us last year:

- |                                  |                                          |
|----------------------------------|------------------------------------------|
| ARTFullness and Londonderry Mall | Ring It on for Mental Health             |
| ATB Classic – PGA Tour Canada    | Rock Jungle Charity Climb                |
| Boulders Climbing                | St. Albert Pottery Guild                 |
| Budget Blinds of South Edmonton  | The Captain’s Ride                       |
| Drive for Your Mind              | The Underground Tap & Grill              |
| Evolution Wonderlounge           | University of Alberta CMHA Student Group |
| Factory Climbing                 | Waiward Industrial LP Golf Tournament    |
| IG Wealth                        | West Edmonton Mall                       |
| No Room in the Inn               |                                          |
| Phi Gamma Delta Run to Red Deer  |                                          |



# Financial Support

## Funders and Grants

Alberta Childrens Services

Alberta Health Services

Alberta Social Housing Corporation

ATB

Bell Let's Talk

Butler Family Foundation

Canada Mortgage and Housing Corporation

Canada Summer Jobs

City of Edmonton-Family and Community Support Services

City of Edmonton-Living Hope

Civida

CMHA Alberta Division

CMHA National

Crisis Services Canada

Dianne & Irving Kipnes Foundation

Edmonton Community Foundation

Foundation for Advancing Family Medicine

Homeward Trust

No Room in the Inn

Public Health Agency of Canada

Quickcard Charitable Foundation

REACH Edmonton Council

Servus Credit Union

St. Paul's Foundation (Edmonton)

The Family Centre of Northern

Alberta

The Stollery Charitable Foundation

United Way Alberta Capital Region

United Way Centraide

## Donors

### \$5,000+

ATCO Employees  
Participating in  
Communities (EPIC)  
Byram Family Foundation  
Delaney-Chapple Fund  
Fairway Legacy Foundation  
Gertrude Cormier  
Imperial Sovereign Court  
of the Wild Rose Social  
Association  
Kathy Lukas  
Motorsports Supplies Inc.  
Neil McBain  
The Provincial Chapter of  
Alberta, IODE  
Waiward Industrial LP

### \$1,000 to \$4,999

5E3, Pulmonary Unit,  
University of Alberta  
Hospital, Edmonton  
AB & B Holdings Ltd.  
Adrian van Dolder  
Alex & James M  
Alex Abboud  
Because I Love You Parent  
And Youth Support Society  
Belron Canada  
Bobby Ammar  
Brett Smyl  
Brian Cleland  
Cable Family Community  
Endowment Fund - ECF  
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CES Corporation  
College of Licensed  
Practical Nurses  
Curt & Eleanore Goulet  
Darren Rawson  
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Elizabeth Roberts  
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Melcor Developments Ltd.  
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Rock Jungle Climbing  
Rona Fraser  
Ryan Berget  
Samuel Yau  
Strathcona Bottle Depot  
T FEST 7  
Tony Gnanasihamany  
United Way Designated  
Giving  
Val Morelli  
West Edmonton Mall  
Yi Li  
**\$500 to \$999**  
Aaron Good  
Alberta School Employee  
Benefit Plan  
Allen's Transport Ltd.  
Angela Cardinal  
Angela Endres  
Barry Walker  
Berger Family Fund  
Bill and Linda McLean  
Brandan Hebert  
Brenty Lydiatt  
Brian Countryman  
Brion Brady  
Brittany Visscher (Hennig)  
Calvin Carpenter  
Catherine McConnell

Christopher Lavin  
Colin Simpson  
Dale Giebelhaus  
Dan Hoskins  
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David Burroughs  
Degner Construction Inc.  
Dere Babysh  
Devon Mason  
Dynalife Microbiology  
Epsilon Alpha FIJI  
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Fred Patton  
Gallant Family Fund  
Giri Puligandla  
Greg Eberhart  
Greg Saksida  
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ALASTAIR MCKENZIE  
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Foundation  
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Sand  
Prima Tattoo Collective  
Ranno Hui  
Richard Boulet  
Sonny Mirth  
Tanis Stamatelakis  
Thanh Cao  
The Adams Agency  
Thejus Swamy  
Thomas Haines  
Tim Battle  
Wesley Manson  
Wilco Contractors  
Northwest Inc.  
**\$250 to \$499**  
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Anita Nawrocki  
BLive Music  
Bob Bachand  
Bryce Dzenick  
Capital Power Corporation  
Caroline Land  
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Clarence Reimer  
Costco Wholesale Canada  
LTD 156  
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Diane Zinyk  
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Donna Potter  
Epsilon Chemicals LTD.  
Frederick Lynch  
Gibson Hanna  
Glenda Mckee  
Greg McPhee  
Harvey Ford  
Ian MacDonald  
Institute of Corporate  
Directors  
Institute of Corporate  
Directors  
Insurance Institute of  
Northern Alberta  
Jadeene Wheaton  
James Wachowich

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Janet Frohlich	Baldwin Reichwein	Donald R. O'Brien	John W. Coffin
Janis Neilson	Barbara Rud	Donalyn Boyd	Jon Pucci
JENO Fitness Ltd O/A	Barrie Bridgeman	Donna Shelley	Jonathan M. Ryer
Cyclebar	Bill Stadel	Dorothy O'Gorman	Jordan Harding
Joan Wright	Bliss YogaSpa	Dustin Kliss	Joseph Rotella
Jocelyne Spilak	Bonavista Energy	Ecole Beau Meadow School	Juliette Bradley
John Dowds	Corporation	Staff	Justin Naicken
John Whissell	Bonnie Abel	Ed Dehoog	Justin Petryle
Karen Galenzoski	Bonnie Holte	Edith Sinnema	Karen Bolstler
Karim Kennedy	Bonnie Lakusta	Elise Cox	Karen Gray
Kathy Strobl	Bonnie Molstad	Ellen Nygaard	Karen Jones
Kyle Murray	Bosch Investment Group	Ellie Heath	Karlen Kada
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Linda Smith	Brenda Brindle	Erna Luger	Keith Stevenson
Lindsay Daniller	Brett & Patricia	Erna Lugere	Kelly Dennis
Marcy Anderson	Hammerlindl	Eugénie McCallan	Kim Herbert
Marvin and Valerie	Brian Hartman	Evan Mazur	Lana Bertsch
Schneider	CAC U15AAA Canadians.	Fadi Borhot	Landon Leclair
Mary Pattullo	Cameron Martin	Fogolar Furlan D'Edmonton	Leanin' Heeler Design Co
Matco Moving Solutions	Canadian Tire 467	Genevieve Balkan	Leanna Rilling
Michelle Bitz	Carmen Claydon	Gerald Froese	Lee Mulvey
Monica Comba	Carol Schmidt	Gordon Halliday	Leroy Batt
Nancy Reynolds	Caron Bishop	Grace Bokenfohr	Lesley Melton
Neil Gower	Catherine Mercier	Grant Lovig	Leslie
Nicole Nawrot Photography	Catherine Simpson	Greg Klak	Linda Harmata
Northern Alberta Women's	Chad Langager	Gregory D. Bird	Lindsey Cowan
Ringette Association	Cherisse Killick	Ian Belliveau	Lorelli Barbutza
Oasis Orthodontics	Chris & Andrea Farhall	Ian Munro	Lori Charlebois
Paul Manaire	Chris Henderson	Jacqueline Czaja	Louise Swift
Richard Rutherford	Chris Wiebe	Jane Samson	Majestic Chapter 126 Order
Salim Abboud	Chris Woods	Janet Berezowsky	of the Eastern Star
Sara Williamson	Cohan McMartin	Jason Cooper	Malini Murthy
The Underground Tap &	Colin MacIntyre	Jason Goldsmith	Mara Cairo
Grill	Craig & Alyssa Ryan	Jasper Place High School	Margaret Brown
Tom Sides	Crystal Ellett	Key Club	Marion Donald
<b>\$100 to \$249</b>	Cynthia Berg	Jayden Bearchell	Martin Wong
Agnes Mendes	Dana M. Belmore	Jean and Wayne Howe	Mary Horvath
Aisling O'Gorman	Danesh Zoonobi	Jeanette Fung	Mary M. Morgan
Alanna (&Gerry Hertz) Koch	Daniel Demeule	Jeff Fetter	Mary-Beth Jankovic
Alberta Oil Tool Employee	Darcy Mercier	Jeff Hanevich	Matthew Spetter
Goodwill Fund	Dave Majeski	Jim Sikora	Maureen Kular
Alex Mirtle	David Davidson	Joan Marshall	Maxwell Garver
Amy Poelzer	David Duggan	Jody Lynn Twele	MEAT
Anne Packer	Denise Charbonneau	Joe Rosselli	Michael Lansing
Anthony Plamondon	Diane Kinnear	John & Siobhan Carroll	Morgan Gagnon
Arlene Speers	Diane Marsh	John Humphrey Centre for	Nazir Namji
Ashley Roy	Don Galenzoski	Peace and Human Rights	Neil Salisbury

Nicholas Burak	Wendy Skinner	Chris Bowie	Ernest Zesko
Noodlebox Ventures AB Inc	Wendy Wells	Christ The King School	Esther Tran
Nora P. Panchbaya	Yogalife Inc.	Christina Black	Ethan Hunter
Northern Platforms Ltd.	Yolanda Campbell	Christina Bruce	Everett Horner
Patricia Stevenson	Zachary Pollard	Christine Seibel	Frank Mumford
Paul V. Greenwood	<b>Up to \$99</b>	Christy Middleton	Frankie Engelbert
PC Corp Inc.	Adele Birkley	Cindy Bustamante	Franziska Jacobsen
Peter Daly	Adele Cole	Clinton Nash	Gail Chippin
Peter Smith	Adele M Cole	Cody Hillier	Gail Dumas
Phil Neufeld	Alastair Mckenzie	Colleen Kolibaba	Garnet Belik
Przemysla W. Skiba	Alexandra Carson	Colleen Turkington	Gary Nelson
Ramona Whyte	Alice Sawyer	Connor Ritchie	Gary Shudra
Randy Rawson	Allison Lupia	Constance Ratelle	George W. Rocholl
Regnant Strength and Performance	Amanda Bouck	Corey Kudrowich	Gina Kneller
Rhonda Johnson	Amy Wowk	Corrine Cheng	Gisela Wittmann
Richard Girard	Ana Castro Orita	Cory Leflar	Gisele Levy
Richard Tuss	Andrea Malina	Cory Lynn Moisan	Gloria and Neil Weir
Rob Letendre	Andrew Gelasco	Courtney Andrews-Peckford	Glynis Buchanan
Ronald Ursan	Arturo Acorda	Courtney Dunn	Gord Oaks
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Ryan M. Osbak	Ashley Wiart	Cydney Croome	Harvey G. Heinz
Sandra Symboluk	Ashlyna Heffley	Dan Hague	Hayat Sultan Mohammed
Scott McLean	Ayman Al Dali	Danielle Frey	Heather Cunningham
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Shaun Fleger	Barbara Halabj	David Keppler	Holly Berg
Shaun Mellen	Barry Benkendorf	Dean Thorp Burton	Holly Smith
Shelley Grace G. Thompson	Becca Myhre	Debbie Smith	Hope Roberts
Shelley Sabourin-Harrison	Benjamin Peters	Deborah Hayduk	Irene Olson
Sherri Fricker	Beth Watkins	Dennis Whitcomb	Irv Zemrau
Sherri Jansen	Betty-Lou Munro	Desirae de Jong	Jackie Gallon
Shirley Denkhous	Beverly Blixrud Nash	Devinder Vashishat	James Bazak
Soheil Sharifi	Bill Spence	Diana Morimanno	Jamie Spivak
St. Albert Place Visual Arts Council	Brenda Mucz	Diane Sepa-Kishi	Jane Vanderbleek
Stella Punko	Brenda Ottenbreit-Appleton	Dionne Machado	Jason Wong
Tara Dika	Brenna Willette	Donna Fraser	Jeanine Au
Terry Hoy	Brian and Joan Ferguson	Donna Jessome	Jececa Islam
The Grief and Trauma Healing Centre	Brian Hodson	Donna Zimmerman	Jeff Whissell
Tim Spelliscy	Cameron Rutten	Driving Force	Jen Woods
Unifor Local 52A	Candice Miller	Duanne Kustaski	Jenna Swift
Urla Meckling	Cara McCargar	Earl Bible	Jennifer Blunt
Valerie Braiden	Carol Ulliac	Ed & Michelle Andrews	Jennifer Langley
Verna Greening	Carolyn Williamson	Eileen La Framboise	Jennifer Ovelson
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John Kernahan	Margaret Belec	Raymond Munro	Sue Lyons
John Maland High School	Margaret Russell	Rebecca Schamehorn	Susan G Haas
Jordan Stinn	Marilou Catalan Jamandron	Rebekah Coleman	Susan O'Reilly
Josie Raines	Marilyn and Wes Doyle	Red Sox Minor Baseball	Talya Steele
Joy A Steele	Marilyn M. Cornish	Red Sox	Tanner Mergle
Joy Steele	Mark Seville	Rian Wall	Tanya Crump
Joyce Plaxton	Marla Smith	Richard Jacobi	Tara Schneider
Joyce Van Essen	Mary-Alice and Jay Harvey	Riley Egan	Terena Delaney
Julie Cabana	Matt Hayduk	Robert Gillard	Teresa Potvin
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Justin Chichak	Megan Giajnorio	Robert Marshall	Terry Routledge
Kalie Sutherland	Megan Scott	Robert Willmott	Theresa Forest
Karen Eastlake	Melanie Murray	Robin Varughese	Theresia Fennema
Karen Mills	Melanie Murray	Rory Brady	Tim Elhatton
Karen Velasco	Melissa Peeler	Rory Erickson	Tim Lau
Karin Bassani	Michael Kummer	Rose Keiller	Travis Yeske
Katherine Ko	Michael Young	Ruth McConnell	Trevor Melin
Katie Thompson	Michele Markham	Ryan Boogmans-Smutt	Trina Gopher
Keith Driver	Michelle Koch	Ryan Chan	Trisha Raemer
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Kenneth Porter	Michelle Wynnychuk	Ryan Vloet	Valerie Crossman
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Kim Carroll	Miles Schiller	S Rowe	Wayne Lysons
Kim Smits	Miranda Solomon	Samantha Reetun	Will Schaffrick
Kimberly Baumle	Mohammad Iqbal	Sandra Wagner	Willie Renema
Korinne Weima	Murray Crossman	Sarah Kowalevsky	Yolande Stark
Kristy Kam	Nancy and Andrew	Sarah Shelast	Zack Jansen
Krystal LaQuant	Whistance-Smith	Scott Kusalik	
L. B. Froese	Nell Sadee	Scott Southworth	
Lana Fenemor	Nelson Odian	Semion Sinyavsky	
Laraib Syeda	Nick Balkan	Seth Mutch	
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Leith Alkhatib	Pamela Griffiths	Shaunna Boychuk	
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Li Cole	Patricia Fries	Sherri-Lyn Shaw	
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Lindsay Woolvett	Paul Dumont	Shirley Randall	
Lori Henderson	Paula Denton	Shirley Randall	
Lorraine Assheton-Smith	Pav Auijla	Sondra Dunbar Goplen	
Lynda Adams	Peter Gogich	St. Albert Bereavement	
Lynda Snider	Rachelle Lee	Fellowship	
Mackenzie Strabel	Rae Madge	Stephanie Chia	

# Financial Statement:

STATEMENT OF FINANCIAL POSITION	2023	2022
<b>CURRENT ASSETS</b>	\$	\$
CASH	3,821,919	3,586,929
RECEIVABLES	135,094	241,861
PREPAID EXPENSES	74,783	72,177
<b>TOTAL CURRENT ASSETS</b>	<b>4,031,796</b>	<b>3,900,967</b>
INVESTMENTS	1,449,526	1,708,166
CAPITAL ASSETS	5,467,834	5,657,099
<b>TOTAL ASSETS</b>	<b>10,949,156</b>	<b>11,266,232</b>
<b>LIABILITIES</b>		
ACCOUNTS PAYABLE	368,231	1,220,958
DEFERRED CONTRIBUTIONS	4,272,147	3,714,002
DEBT	1,498,270	1,555,615
<b>TOTAL LIABILITIES</b>	<b>6,138,648</b>	<b>6,490,575</b>
<b>NET ASSETS</b>		
INVESTED IN CAPITAL ASSETS	1,129,928	1,149,635
UNRESTRICTED	1,465,075	1,410,517
INTERNALLY RESTRICTED	987,154	987,154
ENDOWMENT	1,228,351	1,228,351
<b>TOTAL NET ASSETS</b>	<b>4,810,508</b>	<b>4,775,657</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>10,949,156</b>	<b>11,266,232</b>

Statement of Operations (Year ended March 31)		2023		2022
<b>REVENUE</b>		\$		\$
GRANTS	73%	5,443,168	74%	4,578,303
FUNDRAISING		805,104		596,837
RENT		749,997		517,711
FEES FOR SERVICE		457,728		398,103
MANAGEMENT FEES		-		98,606
		7,455,997		6,189,560
<b>EXPENSES</b>				
SALARIES AND BENEFITS	69%	5,221,276	71%	4,476,898
BUILDING OCCUPANCY	12%	889,965	9%	584,525
PROGRAM AND EDUCATIONAL		599,244		337,449
OFFICE AND ADMINISTRATION		403,631		409,967
AMORTIZATION		197,932		193,518
CONSULTING AND PROFESSIONAL FEES		74,009		113,128
INTEREST ON DEBT		46,791		48,378
ALL OTHER EXPENDITURES		156,539		147,207
		7,589,387		6,311,070
<b>DEFICIENCY OF REVENUE OVER EXPENSES FROM OPERATIONS</b>		(133,390)		(121,510)
INVESTMENT INCOME (LOSS)		(47,189)		295,108
<b>EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES</b>		(180,579)		173,598