



**Canadian Mental
Health Association**
North and West Vancouver
Mental health for all

Annual Report 2014-2015

We Have Moved!

The Canadian Mental Health Association is proud to welcome you to our brand new office located at #300 – 1835 Lonsdale Ave in North Vancouver, BC! Our new building has been custom built to accommodate our existing programs with room to grow. Our space has 2 rentable offices, 2 generous training rooms and plenty of light! Come by and visit us! We hope you enjoy it as much as we do.

The Kelty Dennehy Resource Centre

Located in the HOpe Centre on the Lions Gate Hospital campus and operated by The Canadian Mental Health Association, North and West Vancouver Branch, the resource centre is a place where family, friends and those affected by mental health challenges can feel comfortable to seek support and get trusted information. By providing the resources, the centre is integral to developing community and addressing barriers and stigma surrounding mental health issues.

In partnership with the City of North Vancouver Public Library, the centre offers book resources, educational opportunities and on-the-ground support and problem solving provided by people with lived-experience. The resource centre has a brand new website to support clients and their families in their navigation of the mental health system. Visit: www.hopementalhealth.ca

The Kelty Dennehy Mental Health Resource Centre is located next to the HOpe Café, a social enterprise partnership between CMHA, Vancouver Coastal Health and Blenz Coffee Co. which provides employment for those dealing with mental health challenges.



Our Programs

**The Kelty Dennehy
Mental Health Resource
Centre**

The HOpe Café

**Bounce Back Telephone
Coaching**

**Living Life To The Full
(LLTTF) and LLTTF -Youth**

**STEPS and North Shore
Youth 4 Mental Health**

Supportive Housing

**Brief and Chronic Disease
Counselling**

WorkBC

Outreach

**Support – BRIDGES,
Hearing Voices, WRAP**

The HOpe Café – a social enterprise empowerment project



The HOpe Café has opened in the The Greta and Robert H. N. Ho Centre for Psychiatry and Education at Lions Gate Hospital this past December. This Café is a partnership between the Canadian Mental Health Association, Vancouver Coastal Health, and Blenz Coffee, and is a social enterprise that employs

people with “lived experience” of mental illness. The Café currently employs 6 baristas, 1 Part-Time Manager and 1 Full-Time Manager. The HOpe Café also provides catering services so please think of them for your next meeting or workshop!

Mental Health For All

Supportive Residential Housing

Together with Community Psychiatric Services, our 3 houses provide 21 hours of care for 19 individuals living with chronic but managed mental illness. Our Supportive Housing program employs 24 staff including 3 full time coordinators.

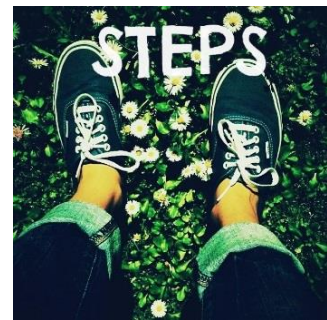


Harold House

STEPS and North Shore Youth 4 Mental Health

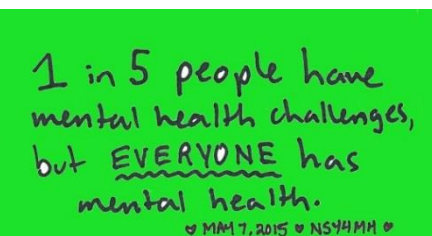
STEPS Supports young people between grades 8 -12 dealing with issues such as depression and anxiety.

Through fusion of recreational Activities, "STEPS" encourages youth to interact in a nurturing and non-judgmental environment while promoting healthy living habits. Activities like hiking, yoga and laser tag build self-confidence and strengthen both social and personal fitness goals.



The program touches on all aspects of wellness aiming to equip participants with understanding, skills and strategies for living and maintaining a mentally healthy lifestyle.

The STEPS Program runs September to June. STEPS youth meet weekly. In 2015, the STEPS youth group had 18 youth members with groups meeting in North and West Vancouver.



North Shore Youth 4 Mental Health (NSY4MH) designed slogans, stickers and pins to distribute to youth in various high schools in North and West Vancouver

NSY4MH encourages youth in our communities from Deep Cove to Whistler, to talk about and promote their mental wellness through free events like 'Talk at The Top'. Visit www.nsy4mh.com for more information.

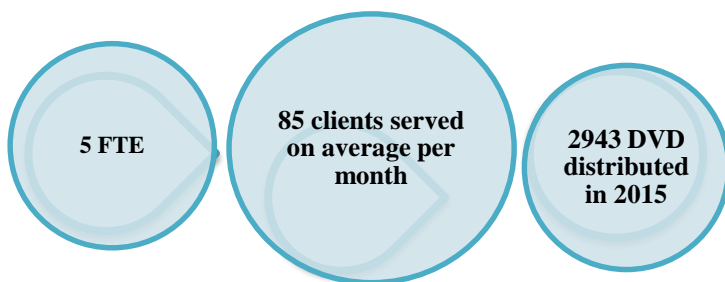
All Staff Training Opportunities

This year our staff had the opportunity to grow their skills in the following areas;

- Mindfulness
- Mental Health First Aid

Bounce Back – Reclaim Your Health

Program highlights at a glance



Our Bounce Back program continues to offer free and innovative evidence-based supported self-help for adults experiencing mild to moderate depression, low mood, stress, and/or anxiety. Bounce Back is enhanced by a DVD available in English, Mandarin and Cantonese.

Bounce Back provides phone coaching support to clients from the Vancouver Coastal Health region including; the North Shore, Vancouver, Richmond and to Powell River.

Living Life To The Full and Living Life To The Full For Youth

This year Living Life to the Full introduced a youth-focused program alongside the adult orientated program. The Living Life to the Full for Youth ran three programs just for youth participants from the North Shore. Living Life to the Full is an eight week course which teaches participants how to deal with their feelings when fed up, worried or feeling hopeless.



Support Groups

Low Barrier. Peer Support.
Everyone Welcome

Our office supports three peer support groups that work directly with people facing mental health challenges on the North Shore. All groups are peer-led.

BRIDGES and WRAP Support Groups

Self-paced, recovery orientated support groups for people living with a mental health condition. This is a place to share hopes, struggles, insight and coping strategies in a supportive and confidential atmosphere. No referral required.

Hearing Voices

Open group for anyone who hears or has heard voices – and who would like to talk about it in a non-judgmental, supportive and confidential environment.

Counselling Program

Integrated Primary Care and Counselling Program and Brief Counselling (2014-2015)

IPCC Clients (per month)	40 client appointments
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	11 new intakes
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Brief Counselling (per month)	32 client appointments
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	7 new intakes
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WorkBC Employment
Services Centre

As a partner in the North Shore's WorkBC site, CMHA provides case management (adults and youth), counselling and job development support to those with barriers to employment including mental health challenges and disabilities. Recognizing that employment is an important social determinant of mental health, staff work with employers to create job opportunities for those who might not be able to work full-time but who do seek opportunities for meaningful part-time employment. The office of WorkBC has also moved to a new location this year. They are now located at 106-980 West 1st Street in North Vancouver, BC.

Homeless Outreach

With financial assistance from BC Housing, our Outreach Coordinator supports people who are homeless or at risk of homelessness. Our worker connects individuals without a source of income with supports provided by the Ministry of Social Development (MSD) as well as connecting individuals to other community resources including housing, transportation, health care (through the Health Connections Clinic) and food security.



Let's look at the numbers

- **1020** unique clients (2014 - 2015)
- **16** clients each Drop In day (average)
- **96** clients connected to income assistance
- **74** clients safely housed
- **58** prevented evictions
- **\$1200- \$1400** in rental assistance per month



Canadian Mental Health Association

North and West Vancouver

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Revenue

BC Housing	88,690
CMHA BC Division	405,583
Donations	55,138
Fundraising	31,735
Grants	83,334
Interest	1,298
Memberships	880
Ministry of Housing/Social Development	169,794
VCH- Kelty Dennehy MH Resource Centre	28,743
Other	24,054
Residential Rental (clients)	47,564
Vancouver Coastal Health	648,115
YWCA (Work BC)	363,390

Total Revenue	\$1,948,318
Total Expenditures	\$1,917,796
Net Revenue	\$30,522





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