



Canadian Mental Health Association
 Brant-Haldimand-Norfolk
Mental health for all

ANNUAL REPORT

2022 2023



CANADIAN MENTAL HEALTH ASSOCIATION
BRANT HALDIMAND NORFOLK

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Front cover artwork designed by members and staff of the Alternatives Social Recreation program to recognize *The Bridge Project*.



**Canadian Mental
Health Association**
Brant-Haldimand-Norfolk
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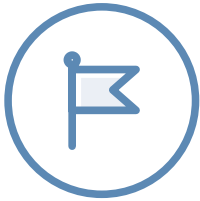


VISION, MISSION, VALUES



VISION

A society valuing human dignity, enhancing and embracing mental and emotional well-being for all.



MISSION

We help people living with mental health challenges on their path to recovery.



VALUES

Diversity and inclusion
Self-determination
Hope
Collaboration
Social Justice
Advocacy

BOARD OF DIRECTORS

Mark Solomon, President
Kevin McGilly, Vice President
Eric Harrop, Treasurer
Jayne Eysers, Secretary
Michael F. Benin, Ex-Officio

Directors:

Shannon Boakes
Laura Fretz
Brian Grice
Dana Maddock
Joseph Persia
Michelle Sartor
Todd Stepanuik

MESSAGE FROM BOARD PRESIDENT & ED

Thank you for allowing us to report on the past fiscal year. While the agency has largely returned to normal pre-pandemic activities, it is worth noting that 2022-23 was a very different year for us. We sadly witnessed the highest number of sudden deaths among service users in a 12-month period.

We use "sudden deaths" because their passing was often unexplainable, with no signs of their desire to end their lives and dying for no apparent reasons. Some employees also experienced sudden deaths in their families, along with serious health issues among staff members' family members. We are saddened by these scenarios and have done our very best to help the involved parties to provide support where we can.

Employee wellness is a primary strategic direction for our branch. Dealing with these challenges, especially the limited options for connecting service users with additional community services, has taken an emotional toll on all of us. It feels like hope is diminished when it comes to having a robust menu of community services available to clients. As we enter the new fiscal year, we look to a renewed sense of optimism, with a huge decrease in both client passings and health issues experienced by our staff and their families.

Despite challenges, fiscal 2022-23 had its highlights. Our branch hosted its first golf tournament in September, raising much-needed funds for our safe bed program. The event drew significant attendance from local emergency service providers, raising a substantial amount. Additionally, staff and board members gathered for an in-person event to celebrate employee years of service awards and lots of fun activities. It was fabulous to gather after being isolated for so very long.

We express deep gratitude to our dedicated board of directors, who remained actively involved throughout this unique year. We also want to bid farewell to departing members – Katheleen Ellis, Franciss Dykstra, Stephanie Dinsmore, Lynn Dale, and Jennifer Bard. On behalf of the entire agency, thank you for your governance support to our branch. We wish you great success in your various future pathways.

In closing, we thank our stakeholders; CMHA Ontario Division; colleagues on the two Ontario Health Teams, committee members, tenants, clients, volunteers, placement students, caregivers, and donors. Your involvement with CMHA Brant Haldimand Norfolk (BHN) Branch is instrumental as we work together to improve the lives of those living with mental health issues.



Mark Solomon
Board Chair



Michael Benin
Executive Director

QUALITY IMPROVEMENT COMMITTEE

Our Quality Improvement Committee developed a Quality Improvement Plan (QIP) in 2022-23 as is the usual practice. One of the focus areas in the plan was to improve the number of responses from clients in the annual feedback surveys. We are happy to report that this goal was achieved. Using the Ontario Perception of Care (OPOC) tool, we asked service users to give feedback to the various supports they received. Our target was to exceed 50 per cent. With the help of our amazing staff, we surpassed this target with a response rate exceeding 60 per cent. We received lots of valuable feedback that will help improve our services and supports in the coming year.

Other accomplishments included finalizing the updated terms of reference and the workplan for the committee. Both were achieved with full board approval. Additionally, the committee developed and gained board approval for annual documents, including a new QIP and balanced scorecard. Quarterly reports and updates are provided to the board, the committee and our employees.

We want to extend our gratitude to the members of the Quality Improvement Committee for their involvement and helpful input into the QIP operations over the last year and for the coming year 2023-24.

Lynn Dale, Committee Chairperson
Michael Benin, Executive Director



PROGRAMS AND SERVICES

CRISIS STABILIZATION BED PROGRAM AND BRANT SAFE BEDS PROGRAM

The Crisis Stabilization Bed (CSB) program is celebrating 15 years of providing residential support to persons experiencing a mental health crisis. Brant Safe Beds (BSB), on the other hand, is still developing in the 2.5 years since opening. We assist clients to work on their self-identified goals and offer post-discharge case management support.

CSB operates four Crisis beds for self-referrals and two Safe beds for Haldimand-Norfolk OPP referrals. The program had 142 admissions last year, resulting in a total occupancy of 1,127 nights. BSB operates four Safe beds and two Crisis beds with the aim of opening a seventh bed in the coming year. BSB had 167 admissions and a total occupancy of 1,204 nights.

Both programs admired the resiliency of clients, the meaningful collaboration with service providers and the dedication of our team.



CRISIS STABILIZATION BEDS

142 admissions
1,127 nights total occupancy

BRANT SAFE BEDS

167 admissions
1,204 nights total occupancy



I came close to giving up before coming here. I no longer feel that way.



Team members presented a degree of professionalism that impressed me. Non-judgement, empath attitude made it easier for me to communicate my goal plan with minimal anxiety and stress feelings. It felt I was treated with respect and compassion by ALL BSB team members that I came into contact with."



COMMUNITY SUPPORT SERVICES PROGRAM

Despite the lingering effects of COVID-19, our Community Support Services (CSS) has continued to provide excellent service to the individuals we serve. Having passed through the other side of the pandemic, we have been re-establishing our outreach and in-person visits where appropriate.

The agency has expanded virtual supports for CSS workers which was vital during COVID-19 and has remained an excellent post-pandemic option for clients and staff. All CSS staff can operate remotely (i.e., Zoom meetings, phone appointments, remote access to databases, etc.). We are proud to say we've supported over 1,200 individuals by providing over 18,000 contacts. Staff continued providing a crucial safety net to isolated clients and wherever possible began normalizing routines and re-integrating people into the community. Staffing challenges at the Brant site, along with budgetary constraints, have led to a shortage of staff. This has resulted in a significant increase in the CSS wait list which currently is exceeding 100 with a wait time of 1.5 years. Efforts by staff, management and the Quality Improvement (QI) Working group to reduce the wait list are ongoing, but the demand far exceeds the supply of case managers.

Haldimand-Norfolk CSS partners with the region's Dialectical Behaviour Therapy program along with Community Addiction and Mental Health Services. Brant CSS has the weekly OASIS (Concurrent Disorders) group in partnership with St. Leonard's Community Services – and is now in-person. CMHA BHN introduced bridging services to individuals awaiting the start of formal services. These sessions helped 110 groups learn about stress management, assertive communications, coping with anxiety, and more.

Newer funding for Justice Housing case managers provided supports to the Brant Safe Bed Program and a beneficial link with Court Support Services.

Both Brant and Haldimand Norfolk CSS teams continue their formal participation with the Rapid Access to Addiction Medicine (RAAM) service in all three counties. Our team attends to RAAM (in person or virtually) every weekday with mental health case management services to users of RAAM.

Our CSS program continues to provide outreach presence at both the Norfolk Family Health Team, the Haldimand Family Health Team, the Haldimand Norfolk Women's Services and the Haldimand Abilities Centre in Hagersville. This is an excellent arrangement that allows for the formal and informal sharing of services to meet client needs.

CMHA formally developed a QI Working Group, comprised of managers and front-line staff from various programs (including CSS). The table is focussed on improving wait list management and the "continuum of care" model. It aims to streamline services and supports to increase our service capacity while continuing to provide the right amount of support needed by each individual client working towards their recovery.



110
group sessions held

MENTAL HEALTH COURT SERVICES

CMHA BHN Court Services serves individuals with self-identified or diagnosed mental illness facing legal issues. Case managers help navigate the justice system by accessing mental health resources and connecting individuals to services like counselling, housing, and medical professionals. The goal is to improve mental health and prevent future legal involvement.

Mental Health Court Services continued to adapt to changes in the Ontario Court of Justice. Referrals increased for the second consecutive year, reflecting the return of in-person court appearances. Mental Health Court Diversion offers a 6-month alternative to criminal sanctions for people with mental health concerns. It aims to redirect them into medical or community support systems, addressing minor offenses.

Courts in Brantford, Simcoe, and Cayuga operate under a hybrid model, with appearances in person and via Zoom video. The court services team provides support for both in-person and virtual proceedings.



Kerry, Shaelyn, and Amber (l to r) represent the Brant Court team, with Diane, Christy, Candace, and Brent absent from the photo.



142 new referrals



177 individuals discharged



658 individuals served

5,542 direct supports to individuals and their families (face-to-face, phone, virtual)

47 new diversions started

42 others successfully completed



Haldimand-Norfolk Court team members: (L to R) Danielle and Lisa. Not shown is Tracie.

SUSTAINABLE EMPLOYMENT INITIATIVE

The Sustainable Employment Program assists people who are experiencing mental illness and are interested in seeking employment.

The program is funded by Employment Ontario and is governed by FedCap. Under this system we have access to funds for training costs and/or returning to the workplace.

The program had 31 new intakes last year with 14 individuals obtaining gainful employment. By staying involved with clients through their first year of working, the program offers retention bonuses as clients reach their milestones.

Not only does the SEI program provide resume assistance, cover letters, help with the job search, help applying, and coaching on how to answer interview questions, it also offers a personalized touch through one-to-one appointments. These appointments are conducted in person, via zoom, teams, or phone. It all depends on the clients' comfort level and need. Additionally, SEI covers coaching to maintain a healthy work/life balance, self-care, and building confidence. Comprehensive supports extend beyond employment assistance to being present and available throughout the quest for employment. As part of the overall service, the program also advocates with other agencies, income providers, and other individuals as needed.

“

Oddly enough I must thank myself first for if I have no faith in myself how can I possibly convince another to have faith in me? The CMHA is that extra push in the direction I'm contemplating, and encouragement in my potentials. Living with a disability, in my case numerous disabilities is like waking up to another Groundhog Day, day in day out. But for every dark day I have, I now know that the sun is on the horizon. If I give up those around me will give up too. Thank you, Sheila, for your faith in me and not giving up on me. One day at a time I will challenge myself to be the best I can be in hopes that I achieve my desired success story. Happy endings are not always absolute, but this evening is exactly that. Thank you CMHA for looking for my ability rather than my disability.

”



Pictured here is Sheila, Program Staff.

ALTERNATIVES SOCIAL RECREATION

Alternatives Social Recreation program provides a range of social and recreational activities. Daily programming promotes recovery and empowerment for individuals participating in the planning and delivery of activities. Alternatives offers monthly in and out of town trips, volunteer opportunities, guest speakers, crafts, games, meal opportunities and other activities decided on by the members. Referrals remain constant with new members joining all the time and we have maintained a quick pick up from intake.

The Alternatives members and staff also created and painted a design for “The Bridge” project. The beautiful artwork adorns the front cover of this annual report. Kudos to all for their outstanding work.



Program Staff Amy and Natalie (from left) engage in fitness fun.

RENT SUBSIDY HOUSING PROGRAM

Brant

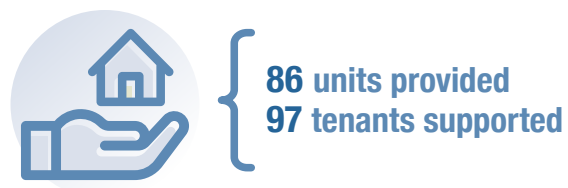
In Brant we supported 110 tenants through our rent subsidy programs working with 61 private landlords. However, workers in the housing programs are finding it increasingly challenging to support individuals, particularly in accessing and maintaining affordable housing. With the ongoing rise in rent, and significant decrease in available housing stock, it is difficult to provide the necessary support. Without this program, many people would have ended up being homeless.

Unfortunately, we continue to have slow turnover, with over 260 individuals on our waiting list, and an estimated waiting time of three to seven years before a possible housing option becomes available.



Haldimand-Norfolk

During the 22-23 fiscal year, a total of 86 housing units were provided and 97 tenants were supported.



WORKS FOR ME

The program served 37 individuals over the 2022-23 fiscal year with 519 contacts. As the effects of COVID-19 lessened, clients were better able to secure volunteer or paid employment. Educational goals were also supported with people working on achieving their high school or post-secondary goals. Visits moved from primarily virtual to a more even balance between face-to-face and virtual meetings.



37
individuals served



519
contacts engaged

PEER SUPPORT

Peer support workers seconded by Helping Ourselves through Peer support and Employment (HOPE) continues to provide invaluable assistance to case managers. Their lived experience, and knowledge gives a valuable perspective in supporting client care. They help to strengthen coping skills for anxiety and depression as well as provide other essential support in client recovery.



32 clients received supports

**1,000+ contacts were made
(340 face-to-face, 742 phone interactions)**

FAMILY SUPPORT PROGRAM

There was an increase in the number of contacts in the Family Support program last year with a total of 782 contacts engaged. This included participation in groups like the Families Caring, Families Sharing monthly support, the NAMI Family to Family Education program, and the Survivors of Suicide Loss Support group. Eighty-two contacts were made in the Families Caring, Families Sharing (eight groups with a total of 82 contacts), the NAMI Family to Family Education program (eight sessions with 115 contacts), and the Survivors of Suicide Loss Support group (11 sessions with 138 contacts).



782
contacts engaged



MENTAL HEALTH PROMOTION REPORT

In addition to the numerous presentations offered, and information fairs attended by the Mental Health Promotion team, several other events were marked throughout the year.

BREAKING BARRIERS – THE SYMPOSIUM

The highlight of the 2022-23 year in Mental Health Promotion was without a doubt, the “Breaking Barriers”, Equity, Inclusion and Diversity Conference held in October 2022. The event was made possible through a generous donation from Imperial Oil Canada. The conference was held in a hybrid format, with a combined attendance of 200 participants. Special thanks to all involved in the event, including the fantastic speakers, the conference planning committee comprised of several service providers in Brant, Haldimand and Norfolk Counties, Pynx Productions who handled all the technical details of delivering the event in a hybrid format and the kind folks of the Caledonia Lions Club Community Centre. The success of this event was a collaborative effort involving an incredible team.

BREAKING BARRIERS:

A SYMPOSIUM ON CULTURE, DIVERSITY, EQUITY AND INCLUSION PRACTICES IN SERVICE DELIVERY

Presenters:

Allison Graham
Keynote Speaker
Coping Fatigue: What to Do When You're Exhausted From Having to Be Resilient



Dr. Georgette Zinaty
Executive Vice President, Corporate Class Inc.



Mia Laronde
Manager, Health Equity & Strategic Initiatives, Greater Hamilton Health Network



Wed, October 5, 2022
8:30 a.m. – 3:00 p.m.

In person location:
Caledonia Lions Community Centre, 100 Haddington St. Caledonia, ON

or Virtual by Zoom

Symposium Theme

BIPOC (Black, Indigenous and People of Colour) and members of the LGBTQ+ populations can face significant challenges in both navigating and accessing community services. As providers, employers and community members, we have a responsibility to help support our diverse and marginalized populations in a manner which respects their identity.

This symposium will provide the opportunity for participants to have a progressive conversation regarding the importance of culture, diversity, equity and inclusion in service delivery, thereby creating an equitable environment where all persons can be heard, seen and respected, leading to more positive outcomes.

Allison Graham, Keynote Speaker

Allison Graham works in the health care and social services industry and is a frequent speaker at various events. She has a passion for helping people with mental health issues and is currently working on a book about coping with stress. She has a Master's degree in Health Services Administration from the University of Waterloo and is currently working on her PhD in Health Services Administration from the University of Waterloo.

Dr. Georgette Zinaty, MBA, MSc, DBA Executive VP at Corporate Class Inc.

Dr. Georgette Zinaty is a business leader and executive with over 20 years of experience in the corporate world. She is currently the Executive Vice President of Corporate Class Inc. She has a PhD in Business Administration from the University of Waterloo and is currently working on her second PhD in Business Administration from the University of Waterloo.

Mia Laronde, Manager of Health Equity and Strategic Initiatives, Greater Hamilton Health Network

Mia Laronde works in the health care and social services industry and is a frequent speaker at various events. She has a passion for helping people with mental health issues and is currently working on a book about coping with stress. She has a Master's degree in Health Services Administration from the University of Waterloo and is currently working on her PhD in Health Services Administration from the University of Waterloo.

Register on Eventbrite

SYMPOSIUM AGENDA

(see session descriptions below)

- 8:30 a.m. - 9:00 a.m. Check-in and light refreshments
- 9:00 a.m. - 9:15 a.m. Land Acknowledgement
- 9:15 a.m. - 10:15 a.m. Opening Remarks / Housekeeping
Allison Graham, Keynote Speaker, "Coping Fatigue: What to Do When You're Exhausted From Having to Be Resilient"
- 10:15 a.m. - 10:30 a.m. Coffee Break
- 10:30 a.m. - 12 noon Panel Presentation: "A Conversation on Inclusionary Best Practices in Service Delivery: Addressing the Challenges for Marginalized Communities"
- 12 noon - 12:45 p.m. Lunch (provided) Networking & Agency Displays
- 12:45 p.m. - 2:00 p.m. Diversity, Equity and Inclusion: Culturally Competent Conversations.
Dr. Georgette Zinaty, Corporate Class Inc.
- 2:00 p.m. - 2:10 p.m. Quick Stretch Break
- 2:10 p.m. - 3:00 p.m. Incorporating Diversity, Equity and Inclusion into Program Delivery.
Mia Laronde, Manager of Health Equity and Strategic Initiatives, Greater Hamilton Health Network

Session Information:

Keynote Speaker, Allison Graham

"Coping Fatigue: What to Do When You're Exhausted From Having to Be Resilient"

This keynote speaker will explore the challenges of coping with stress and how to manage it. She will share her own experiences and offer practical tips for managing stress. She will also discuss the importance of self-care and how it can help us to cope with stress.

Dr. Georgette Zinaty, Corporate Class Inc.

"Diversity, Equity and Inclusion: Culturally Competent Conversations"

This panel presentation will explore the importance of incorporating inclusion practices in programming and service delivery. It will feature speakers from various organizations who will share their experiences and offer practical tips for incorporating inclusion practices.

Mia Laronde, Manager of Health Equity and Strategic Initiatives, Greater Hamilton Health Network

Mia will be wrapping up the symposium with a presentation on the importance of incorporating inclusion practices in programming and service delivery. She will share her experiences and offer practical tips for incorporating inclusion practices.

Meet our Panelists:

Christina Aboumatar, MSW, MSW, is an Accessibility Consultant, Educator, York University. Through her work as a child and family therapist and as an accessibility consultant, Christina supports clients through a lens which understands the accessibility barriers and experiences they face in their lives. Through her work, she helps people to understand their own experiences and to find ways to overcome them.

Amia Memon, Amia is a proud Indian-Canadian, born in India and grew up in Brant, now a Canadian Citizen. Amia holds a Bachelor's Degree of Science (B.Sc.) and a Doctor of Law (LL.B.) and worked as a lawyer for several years in one of the top courts in India before immigrating to Canada.


Over the years, she has been involved in various community organizations and has been a frequent speaker at various events. She has a passion for helping people with mental health issues and is currently working on a book about coping with stress.

Theresa Vidal has worked in the children's mental health field for over 21 years and has dedicated her career to supporting and advocating for youth and their families. Theresa believes in equity, diversity and inclusion (EDI) concepts at Woodsworth Mental Health and Autism Services, recognizing staff and families where their goal is to bring more awareness and support to the diverse population in our community. Theresa believes in giving a voice to all individuals, and her goal is to continue to advocate to remove systemic barriers for the under-represented groups in our community.

This event was made possible through the generous donation of the Imperial Oil "Fuel What Matters Campaign" Special Thanks to the Symposium Planning Committee: Canadian Mental Health Association, Brant Haldimand Norfolk, Community Legal Clinic - Brant, Haldimand, Norfolk Haldimand Norfolk REACH, True Experience Dunville


MENTAL HEALTH WEEK 2023


Mental Health Week 2023 was another great success. Thank you to the very creative members of the Mental Health Week Planning Committee, who, for 18 years, have been collectively planning events and activities to mark this special week. A heartfelt thanks goes out to our funders and donors for their help and support!





Mental Health Week 2023

Click Here for more information about events!



	MONDAY MAY 1ST	TUESDAY MAY 2ND	WEDNESDAY MAY 3RD	THURSDAY MAY 4TH	FRIDAY MAY 5TH
	GEDSB 5 WAYS TO WELLBEING CMHA "OPEN DOORS FOR MENTAL HEALTH" HALDIMAND NORFOLK	CMHA "OPEN DOORS FOR MENTAL HEALTH" HALDIMAND NORFOLK	CMHA "OPEN DOORS FOR MENTAL HEALTH" HALDIMAND NORFOLK	CMHA "OPEN DOORS FOR MENTAL HEALTH" HALDIMAND NORFOLK	CMHA "OPEN DOORS FOR MENTAL HEALTH" HALDIMAND NORFOLK
	BHNCDSB FAITH AND WELLNESS 10:00 - 11:30 PRIMA CARE COMMUNITY FHT "ANXIETY IN OLDER ADULTS"	10:00 - 11:30 GRCHC "NALOXONE TRAINING"		100 ST LEONARDS ART N WALK POP UP @TRIBE BRIDGE 1:30 - 5:00 ST LEONARDS "OASIS ADDICTIONS SUPPORT GROUP" 1/4 KING STREET	10:00 - 12:00 PARKERS PROJECT "PARENTS DAY OUT" @ WOODVIEW'S DUNDSDON UNIT
	3:00 - 4:00 GRCHC SNACKS & BOARD GAMES	1:00 - 2:00 MARGOT'S PLACE "MOM 2 MOM GROUP" (29YRS OR YOUNGER) 1:00 - 2:30 MOM'S WELLNESS WALK	6:30 - 8:00 ST LEONARDS S.M.A.R.T. FAMILIES SUPPORT GROUP 225 FAIRVIEW STREET	2:00 - 4:00 WILLOWBRIDGE @ TB COSTAIN 2:00 - 3:00 - LINE DANCING 3:00 - 3:30 - SPEAKER 3:30 - 4:00 MINDFULNESS	1:30 - 4:00 ST LEONARDS "CLOSING CEREMONIES" @ MOHAWK PARK PAVILLION
	5:00 - 7:00 WOODVIEW KICK OFF EVENT @ DOUG SNOOKS EAGLE PLACE COMMUNITY CENTRE	3:30 - 4:30 PRIMA CARE COMMUNITY FHT "MIND MASTERS" (4-11YRS)	6:30 - 8:00 WOODVIEW & BRANT ENGAGEMENT'S "SELF CARE WORKSHOP (16+)"	3:30 - 4:30 PRIMA CARE COMMUNITY FHT "MIND MASTERS" (12-YRS)	2:30 - 3:00 ST LEONARDS "HOPEFUL JOURNEY'S PEER SUPPORT GROUP FOR ADDICTIONS AND MENTAL HEALTH"
	STRIVE AWARDS @ WOODVIEW KICK OFF EVENT	5:00 - 7:00 BCHU "PAINT WITH JADE" @ WOODVIEW IN THE SQUARE (12-18YRS)	6:00 - 7:00 PRIMA CARE COMMUNITY FHT "TOOLS FOR MENTAL RESILIENCE"	5:00 - 7:00 SIX NATIONS CHILDREN'S MENTAL HEALTH FAIR 15 SUNRISE COURT 5:00 - 7:00 ST LEONARDS "ARTISTIC EXPRESSIONS" (16+)	6:00 - 7:00 PRIMA CARE COMMUNITY FHT "PARENT DROP IN"

#MyStory

@BHN MentalHealthWeek | Thank You to our title sponsor!


TALK TODAY

The Mental Health Promotion team was thrilled to add the Talk Today program to its repertoire this year. Talk Today is one of the most comprehensive mental health programs for amateur sports in Canada. Its aim is to promote the mental health of young athletes and to spread awareness about the benefits of positive mental health throughout communities across the country. We were fortunate to have one of the program staff trained as a Mental Health Coach and are looking forward to an ongoing partnership with the Brantford Bulldogs.



BUDDY UP CHALLENGE

Several staff at our branch participated in the Buddy Up Challenge in June. This communications campaign launched by the Centre for Suicide Prevention focuses on men's suicide prevention. The winning team was awarded with a pizza party! We thank all the staff who participated in the month-long challenge.



PTSD AWARENESS DAY

A flag raising ceremony was held on June 27th to mark Post-Traumatic Stress Disorder (PTSD) Awareness Day. A delegation of politicians, staff of CMHA BHN, representatives from community agencies, and those impacted were in attendance at the event.



RIDE TO THRIVE ANNUAL CHARITY MOTORCYCLE RIDE

August 13, 2023, started off with a torrential thunderstorm, however, participants waited patiently for the clearing. Their patience paid off, as the sun eventually came out. This annual event, held in partnership with Participation Support Services Brant, was once again a great success. Special thanks to Doug Hunt, the Ride To Thrive Planning Committee, Starbucks and all the businesses at the ride stops, The Brant Naval Veterans Association, all the donors and others too numerous to mention. Last, but certainly not least, thank you to all the riders who came out to support the event. See you next year!




WORLD SUICIDE PREVENTION DAY, SEPTEMBER 10

The Suicide Prevention Brant Committee held a number of community events throughout the week leading up to World Suicide Prevention Day. This group meets quarterly to address suicide prevention in Brantford, Brant County, Six Nations and New Credit of the Mississaugas.



WORLD SUICIDE PREVENTION DAY



MEET ME AT THE POLE

BRANTFORD FLAG RAISING

Thursday, September 7, 2023 at 10:00 a.m.
HARMONY SQUARE - 89 Dalhousie St., Brantford

BRANT COUNTY FLAG RAISING

Friday, September 8, 2023 at 11:30 a.m.
COUNCIL BUILDING - 7 Broadway St. W., Paris

BCHU FLAG RAISING

Friday, September 8, 2023 at 1:00 p.m.
BRANT COUNTY HEALTH UNIT
194 Terrace Hill St., Brantford

LET'S STAND TOGETHER TO RAISE AWARENESS AND INSPIRE HOPE IN OUR COMMUNITY

JOIN US IN THE WIDESPREAD COMMITMENT AND ACTION TO PREVENT SUICIDES!

BRANT COUNTY HEALTH UNIT




@SuicidePreventionBrant

BRANCH NEWS

STAFF YEARS OF SERVICE AWARDS JUNE 2023

Congratulations to the following staff members who received their Years of Service Awards. We thank you for your dedication, commitment and passion for the work you've done in community mental health and addiction care in Brant, Haldimand and Norfolk counties. We celebrate you!



25 Years

Donna Pankiw

20 Years

Lill Petrella

15 Years

Amy Stevenson
Maureen Acuna-Harrison
Danielle Hogeterp
Bridget Gagan-Harriott

10 Years

Linda Ball
Gerald Spelier
Vani Pather
Jamie Haycock
Elyse Rigglesford
Brandy Weaver
Karl Allan

5 Years

Mel Scott
Lisa Kowalsky
Karen Valetta



Brant site: (L to R) Dave Armstrong, Brent Campbell, Kim Dillon, Donna Pankiw, Elyse Rigglesford, Karen Valetta, Amy Stephenson, Bridget Gagon-Harriott, Maureen Acuna-Harrison, Mike Benin, Richard Long, and Gerald Spelier (back row). Note: not all recipients are in the photo.



Haldimand-Norfolk Site: (L to R) Mike Benin, Danielle Hogeterp, Lisa Kowalsky, and Brandy Weaver. Note: Not all recipients are in the photo.

2023 WINNERS FOR BEST NON PROFIT

Our branch was delighted to receive the 2023 Community Votes Brantford Silver Award for best non profit. Persons were able to vote for their choice on the Community Votes Brantford website. It was an honour to be recognized by our community for the great work staff do every day!



CMHA CLIENT CHRISTMAS PARTY

The client Christmas party planners went all out once again this year to hold a very successful event. Thanks to all of you who went above and beyond the call of duty to make the party lots of fun for clients and their families! Special thanks to Santa and Mrs. Claus, who took time from their busy lives at the North Pole to make a surprise visit, much to the delight of everyone.

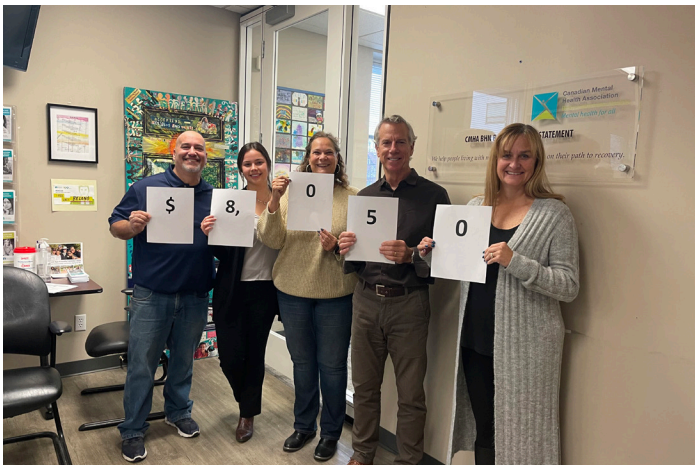


THANK YOU TO OUR GENEROUS DONORS!



Tread Forward Apparel

Margot and Paul Williamson Foundation



Brant Emergency Responders Golf Tournament



Ron Wreaks (Client Christmas Party)



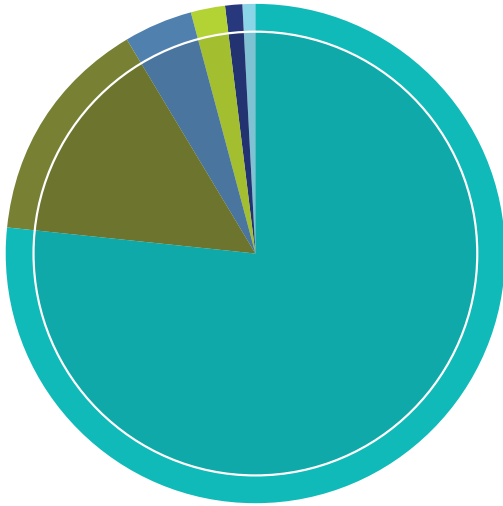
Your Neighborhood Credit Union (YNCU)



Woodhouse United Church

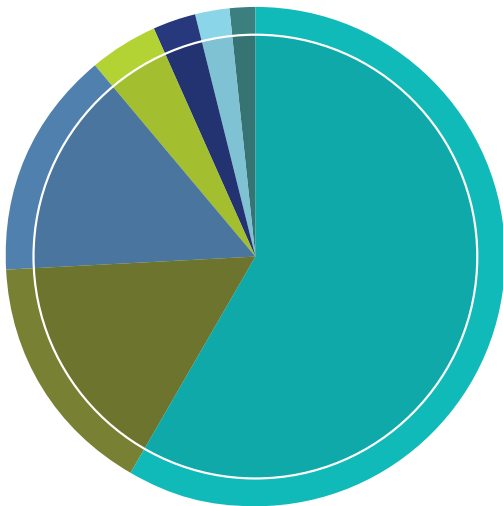
FINANCIAL STATEMENTS

Statement of Operations For the Year Ended March 31, 2023



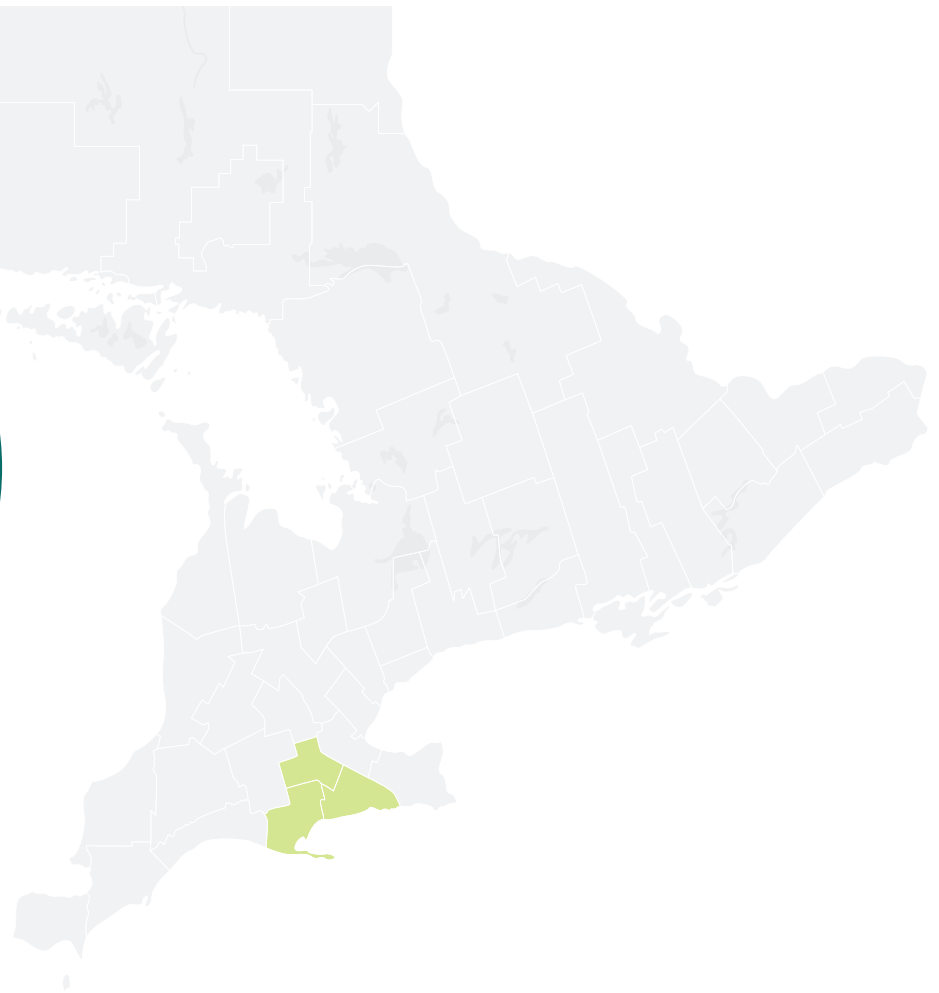
REVENUE total: \$ 8,591,950

Ontario Health (CMHA BHN + HOPE)	6,598,716
Ministry of Health Housing (Rent Supplements)	1,269,034
Fund Type 3 - all others	367,141
Ministry of Health Housing (RGI / PnP)	199,504
Cost Recoveries (CMHA + HOPE)	105,888
Other Revenue - HOPE + Quicklean	51,667



EXPENSES total: \$ 8,591,950

Salaries & Benefits - CMHA BHN	5,034,492
Operating Expenses - CMHA BHN	1,351,112
Ministry of Health - Rent Supplements	1,269,034
Fund Type 3 - all others	367,141
Salaries & Benefits - HOPE + Quicklean	244,310
Ministry of Health Housing (RGI / PnP)	199,504
Operating Expenses - HOPE + Quicklean	126,357



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CANADIAN MENTAL HEALTH ASSOCIATION BRANT HALDIMAND NORFOLK



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Mental health for all

Charitable Number: 11883 4191 RR0001