



## Message from the President and Executive Director



*CMHA Vernon location*

### MISSION STATEMENT

CMHA Vernon is a voluntary association that exists to promote Mental Wellness in the Community of Vernon.

### PHILOSOPHY

We believe in enabling individuals, groups and communities to increase control over and to enhance their mental health.

### VALUES

- Individual & collective responsibility
- Access to appropriate and adequate resources/ supports
- Self-determination
- Maximum community integration
- Working in partnership
- Access to clean, decent, affordable housing
- Social Justice

The last year has brought about a lot of exciting changes. We have added to our housing offerings through our partnership with Interior Health in the acquisition of a house on 27th Street. This house has eight tenants all of whom were homeless or at risk of being homeless. We are also in process of acquiring the Melrose Apartment which is home to six individuals. The owner had been approached by a developer who was interested in purchasing it in order to create a parking lot. These individuals would then have become homeless.

We provided space and fulfilled the role of lead agency for a much needed Emergency Women's Shelter from January

to the end of April at our Club House location. The support from the community for this venture was overwhelming. The community committee for Homelessness & Poverty will continue to search for a permanent location for next winter.

Our Rehab programs continue to be well supported and our surveys show a high level of consumer satisfaction. It is important to insure that we are meeting the needs of those we serve.

We suffered a loss of revenue in our thrift store (the Georgette Shoppe) with the opening of Value Village last year, although it continues to do well considering all the other outlets for used clothing in Vernon.

We receive satisfaction in knowing our proceeds remain targeted to providing service to our community and we are Canadian and locally owned! Staff continue to focus on the promotion of sales and the donations of good used clothing.

It has been a busy but very productive year for the Vernon Branch of the CMHA and we would like to take this opportunity to thank all the Directors, Members, Staff, Volunteers and Donors who continue to make it possible to do the work we do.

Respectfully submitted,  
Harold Schaffner, President  
Sandy Rysen, Executive Director

## Working Towards Recovery

A 2006 Fact Sheet published by BC Partners for Mental Health and Addictions Information asserts that the hopelessness previously associated with mental illness is shifting toward hope for recovery.

Their list of **Activities that Support Recovery from Mental Illness** confirms the

value of CMHA's services:

- opportunities to express one's true feelings
- social interaction with friends and colleagues
- sports and leisure activities
- opportunities to resume education and learn new skills
- opportunities to join the workforce

- participation in community events and volunteer activities
- continued access to recovery programs, depending on need

Read on to see how CMHA Vernon helped provide activities that support recovery in the 2006-2007 year.

# HIGHLIGHTS of 2005-06

|               |  |
|---------------|--|
| MAY 1-7       | Mental Health Week                       |
| JUNE 19-23    | Camp Hurlburt                            |
| JUNE          | Health & Wellness Day                    |
| OCT. 5        | Depression and Anxiety Screening Day     |
| NOV.-<br>DEC. | Gift of Hope                             |
| DEC. 7        | Christmas Dinner & Dance for volunteers  |
| JAN.          | Opening of the temporary Women's Shelter |

"...over time I got so I didn't think of myself being so separate from other people—mentally and physically and definitely spiritually... CMHA is very, very helpful by just being here. A place to come to, feel welcome and be respected for who I am."



Consumer Art Show at Vernon & District Performing Arts Centre

## Consumer Art Show: Awakening the Spirit

This year's Art Show and Sale celebrated the creative achievements of people living with mental health issues.

Works on exhibit covered a wide range of media and styles, including painting, sculpture, photography, fibre, and poetry. Each artist also contributed a short statement providing in-

sight into their works and the important role of art in their experience of mental illness.

One of the artists, Keath Polehoyke, believes his work is not only therapeutic and meditative for himself, but also for others. Keath wrote, "I paint pictures to show how the world could be, not as it already is...When I

complete a piece of work, I try to invite the viewer into this world."

The diverse works of art exhibited in the show were tributes to the courage of individuals striving to live life in its creative fullness despite the challenges of their illnesses.

"The staff and the understanding they have for us, as consumers/volunteers, is overwhelming. The reason for coming [to CMHA] is not monetary, it is to help us feel better about ourselves and to help get our lives back together. Without the support, I would be unable to accomplish this."

## Mental Health Week: Take Care of Your Mind

The theme for Mental Health Week 2006—*Take control of your health, Take care of your mind*—encouraged people to expand their understanding of good health to include mental fitness.

In Vernon, CMHA kicked off the week with the opening reception of the Consumer Art

Show & Sale. Other events included displays at the Public Library and Village Green Mall as well as the Annual Appreciation Breakfast. The week ended with a Tea & Consumer Craft Sale at the Georgette Shoppe.

In addition to these events, CMHA Vernon sent out an

abundance of information about Mental Health to local businesses and the School District.

Through these efforts and local media coverage of them, we hope more Vernon residents are remembering to "take care of their minds."

## Educating the Public

Public understanding of mental illness is often inadequate and coloured by stereotypes and prejudice. In the 2006-07 year, CMHA Vernon sought to provide reliable information about mental health in several ways:

### Mental Illness First Aid

We offered three MIFA courses to various agencies this year, which were each very well received.

### Bill MacPhee

We partnered with BCSS to

bring in Bill MacPhee, publisher of Schizophrenia Digest. He is a successful publisher and international speaker who speaks openly about his journey to recovery. He knows firsthand what it is like to be paranoid, have hallucinations, suffer from depression and contemplate suicide.

### Dr. Barry Hall

With the Community Suicide Prevention Committee, we were able to assist in bringing

to Vernon Dr. Barry Hall, an expert on seniors and suicide. He spoke in the afternoon to those individuals and agencies that are part of the Vernon Senior's Team and in the evening he gave a public presentation.

These educational opportunities for the public were complemented by the two Awareness Weeks and National Depression Screening Day.

*In 2006-2007, CMHA Vernon had 218 consumer and community volunteers contributing a whopping 68, 018 hours of service. At a conservative wage of \$10 per hour, volunteer hours augmented CMHA's finances by \$680,160! Thank you to all who have contributed their time and talent.*

## Summer Camps 2006

Each summer, the Social and Recreational Program staff organize three to four summer camps for consumers.

### Camp Hurlburt (June 19-23)

The thirty consumers who attended Camp Hurlburt enjoyed a full palette of tastes and activities in a beautiful natural setting. Cozy times playing

crib and sipping chai tea were contrasted with nature hikes and crafts.

The elaborate theme night—Toga Party—was complete with a Greek dinner, skits and a Toga Fashion Show with campers as the models.

Though Hurlburt was the largest camp, other camps in-

cluded Camp Fintry in July and Camp Mable Lake in August.

Summer camps CMHA-style give consumers a chance to have a real vacation, which many could not do otherwise. Staff members and volunteers are always striving to make the experience memorable in every way.

## Gift of Hope: Making Christmas Merrier

Christmas, with its rich connotations of celebration and fellowship, is difficult for some consumers to observe, cut off from extra income and family. CMHA Vernon strives to provide consumers with those elements that make Christmas special.

Through the Gift of Hope campaign we collect gifts to wrap and distribute to individuals who may not otherwise receive gifts, are hospitalized or are isolated over the Christmas season due to a mental health issue. This year we distributed gifts to approximately 200 people!

Gifts wouldn't be complete without a Christmas feast, however. This year's Christmas Dinner & Dance was a wonderful evening for all volunteers, complete with live music. We are grateful to Trinity United Church for providing the hall and servers from their men's group.

### PEOPLE KNOWN OR BELIEVED TO HAVE SUFFERED FROM DEPRESSIVE DISORDERS

Edwin 'Buzz' Aldrin

Alexander the Great

Hans Christian Anderson

Irving Berlin

Napoleon Bonaparte

Jim Carey

Winston Churchill

Barbara Bush

T.S. Eliot

Queen Elizabeth I

Dolly Parton

Margaret Trudeau

# QUICK FACTS *about our programs*



Three consumers involved in the recycling program.

## Supported Work Program

- Coordinator: Zane Klym
- 31 consumers found full or part-time employment
- Approximate 130 consumers were involved in volunteering
- Types of employment spanned recycling, janitorial, clerical, food service, retail and leadership.

## Clubhouse: Socialization and Recreation

- Coordinator: Susan Myhre, RT
- Activity Assistant: Rick Tompkins
- 240 people accessed Club programs this year.
- About 80 consumers experienced “real vacations” at one of our summer camps.
- Activities and events ranged from art and guitar classes to French lessons with a Katimavik participant to “Armchair traveler” evenings.

## The Recycling Program

- Coordinator: Ellen Meyer
- An average of 22 consumers volunteer almost 500 hours each month.
- Over 100 businesses serviced
- 10 tons of recycling paper sorted per month

## Janitorial & Building Maintenance Program

- Coordinator: Mark Lindgren
- On average, 35 consumers participate each month.
- This year saw our first Janitorial training program: Clean Works.

### LET'S GET SERIOUS

- Major depression is the second leading cause of disability in Canada next to heart disease.
- More hospital beds are occupied by people with schizophrenia than any other medical illness.
- World Health Organization estimated that 13% of all disease burden is caused by neuropsychiatric disorders
- In 1998, hospital care costs for mental disorders in Canada totalled \$2.7 billion, one and a half times more than hospital care costs for cancer
- Neuropsychiatric disorders are growing faster than cardiovascular disease as a percentage of the global burden of disease

## The Kitchen Program

- Coordinator: Pat Bibby
- 12 consumers form the backbone of the kitchen program and catering
- The Lunch program provides a well-balanced meal to consumers for only \$2.50.

## Sewing & Crafts Programs

- Coordinator: Pat Bibby
- Consumers work an average of 219 volunteer hours per month
- Volunteers partner with the Lavington Quilting Club to make quilts to sell
- Last year, 7 quilts were sold with orders stacking up for more.

# OTHER SERVICES

**“CMHA has been a big help in building my self-esteem and has helped me understand that I’m not alone in my mental illnesses.”**

## Education

In partnership with Okanagan University College, CMHA offers mini courses to meet specific needs of our clientele such as the Nutrition and Food Preparation Course and computer training. These courses give many the confidence to pursue their educational goals by entering mainstream college.

CMHA also offers in-house educational groups focusing on various topics relating to maintaining mental health.

## Consumer Support

This consumer-driven program provides a variety of services to our consumers including (but not limited to)

- Support and education
- One-on-one social activity through Peer Support
- Hospital visitation
- Advocacy
- Concurrent diagnosis support

## Depression Screening

National Depression Screening Day was held at the Schubert Center this year which enabled us to focus on seniors in providing screening and information. We are very grateful for the annual assistance from Mental Health & Addiction Services, the Crisis Line, BCSS, Peer Outreach and the community volunteers and staff who make this event possible each year.

## Practicum Experience and Katimavik

CMHA partners with OUC and Sprott Shaw to provide practicum experience for individuals pursuing careers in Mental Health.

CMHA’s involvement in the Katimavik program helps remove stigma by exposing young people from across Canada to the Mental Health consumer and services.

## The Georgette Shoppe

CMHA’s used clothing store has been servicing the community at large since 1966. The proceeds from sales support the programs we sponsor and the “business” is an invaluable training center for those wishing to re-enter the workplace in retail. CMHA employs one staff to coordinate the store and train consumers.

## Mental Illness First Aid (MIFA)

The MIFA course helps businesses, agencies and/or family members to increase their knowledge of mental illness and develop tools to deal with individuals who may have mental health problems in a productive, respectful way. We offered 3 courses this year and have two booked for early in the next fiscal year.

## Facility Care

CMHA, in partnership with Mental Health Services and Interior Health, operates two care facilities for individuals requiring more structured assistance at various stages of their recovery. The facility has 24 hour staff trained in psycho/social rehab as well as nursing staff. Education and life skills training are the key elements to these programs.

## Mental Health Works

Mental Health Works is a workshop for management teams in the business world to assist them in dealing with the complex issues of discussing mental illness with employees. The program separates performance issues from health issues and creates accommodation strategies that work.

## Light Therapy

A program to assist in or intervene in the treatment of depression. Individuals must have a referral from their doctor to access this program.

## Eating Disorder Program

This satellite program offers counseling and support groups for adults and youth suffering from an eating disorder.

## CELEBRITIES WITH BIPOLAR ILLNESS

**Ned Beatty, actor**

**Tim Burton, artist and movie director**

**Rosemary Clooney, singer**

**Francis Ford Coppola, director**

**John Daly, golfer**

**Robert Munsch, writer**

**Gordon Sumner (Sting)**

**Charley Pride, musician**

**Thomas Eagleton, former U.S. senator**

**Carrie Fisher, writer and actor**

**Robert Downey, Jr., actor**

**Darryl Strawberry, athlete (baseball)**



CANADIAN MENTAL  
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE  
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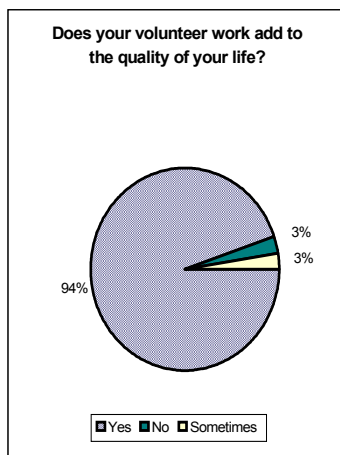
## Looking Forward: 2007-08 Goals

- Increase our number of support groups and educational opportunities, and expand these programs to also serve adjacent communities.
- Raise funds to replace our oldest van which would facilitate the expansion of our recycling/pre-employment program.
- Increase our communication with our donors.
- Continue to advocate for our community and the need for affordable housing.

### Board of Directors (06-07) Funders & Partners

|                  |                                  |
|------------------|----------------------------------|
| Harold Schaffner | Interior Health Authority        |
| Greg Mussenden   | B.C. Government—<br>Gaming       |
| Judy Thom        | B.C. Housing                     |
| Patricia Harding | Individual & Corporate<br>Donors |
| Marvin Friesen   |                                  |
| Glen Mitchell    |                                  |
| Mary Napier      |                                  |
| Robert Murphy    |                                  |

## How You Can Help



Consumers' responses to question posed in a recent survey.

### Become a Member

Sign up as a member and participate in the operation of the organization. The larger our membership, the stronger our advocacy voice.

### Support the Georgette Shoppe

Donate your good used clothing and/or shop in our thrift store. Encourage your friends and family to do the same! Since the Georgette Shoppe is operated by dedi-

cated volunteers, all proceeds support and enhance education, training and rehabilitation.

### Donate

Every donation, no matter how large or small, is always received with gratitude. All donations support the work we do and are not used to support staff wages. Ways to donate:

- One-time
- Monthly
- To a specific program

### Leave a Planned Gift

The most common type is a charitable bequest, but more and more Canadians are realizing the benefits of giving through gifts of publicly traded stocks/mutual funds and life insurance policies.

### Talk about Us!

Speak to a friend, neighbour or co-worker about the work we do. This helps to raise our profile in the Vernon community.