



**CALGARY
ASSOCIATION
OF SELF HELP**
Managing Mental Health Together

ANNUAL REPORT 2012/2013

1019 7 Avenue SW
Calgary Alberta T2P 1A8
www.calgaryselfhelp.com

Mission

Calgary Association of Self Help provides client-centered, flexible services promoting the abilities of adults with mental illness.

This is accomplished through skill development, support counselling, and social/recreational programs.

Our Dedicated Board of Directors

Officers

Dr. Hans den Boer, *Chairperson*
Peter Mackenzie, *Vice Chairperson*
Leanne Geale, *Secretary*
Edina Hurtic, *Treasurer*
Cheryl Rideout, *Assistant Treasurer/Secretary*
Murray Morrison, *Treasurer **

Directors

Katherine Chance
Beverley DeRusha
Jane Gray
Kathie Lewendowski
Irene MacEachern
Pauline MacLean

Directors *continued*

Pat Schneidmiller
Robert Taylor
Rosemary Bussi *
Deborah Delici *

and Personnel

Management/Administration

Marion McGrath,
Chief Executive Officer
Anneisa Lauchlan,
Chief Operating Officer
Maria Ochitwa, *Fund Development Assistant*
May Jin, *Bookkeeper*
Sharon Kolibar, *Administration/Systems Analyst*

Resource/Activity Centre Team

T. Lynne Hodgins, *Program Director*
Beverly Wadsworth, *Volunteer Program Coordinator*
Brian Wilkinson, *Recreation Coordinator*

Mental Health Workers

Todd Cockrill
Joseph Currie
Tina Garred
Shelley Juss
Franka Poitevin
Meagan Rusnak
Noelle Rees
Kelley Sallenbach
Mark Spelitz
Julien LePage *

Community Supports and Skills Development Team

Darlene Trudel
Linda Dolen
Louise Walker
Maria Ochitwa
Marlene Johnsrude
Nora Lawson
Sue Cairns

**resigned mid-term*

Message from the Chairperson and Chief Executive Officer

Another year has passed, that saw Calgary Association of Self Help provide exceptional services to adults with a mental illness, helping them to rebuild their lives and stay healthy.

Over the past 39 years, Calgary Association of Self Help has gained a solid reputation for service delivery, management and financial integrity. In our increasingly complex society, incidence of mental illness and mental instability is occurring with an alarming frequency. Therefore, the broad range of specialized programs and support services provided by the Association, is a crucial component of our community. This past year the Association provided services for 1,288 people that enabled them to achieve and maintain their mental wellness. The Association is assisted in its efforts by many caring people who provide time, talent and money and we are very grateful for their support.

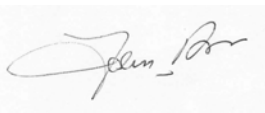
The Association is blessed with a knowledgeable and dedicated group of staff members who are totally committed to the objectives of the organization. We are truly grateful to them for what they do and for the way they do it. This year we are honoured that the Calgary Association of Self Help has been selected as a recipient of the CAOT Provincial/Territorial 2013 Citation Award by the Society of Alberta Occupational Therapists and the Canadian Association of Occupational Therapists, acknowledging our Association's rehabilitation contribution to the health and well-being of Canadians. We would like to offer our congratulations to the staff of the Association because it is due to their exceptional effort, knowledge and experience that we have received this award. This award reminds us that the staff are not only providing an outstanding level of service and support for our clients but also, to the many students who complete practicum placements with the Association. Their efforts not only make a difference now but are truly an investment in the future of rehabilitation services in our community.

Also, several of our staff have reached service milestones and we would like to thank them for their commitment. They are: Darlene Trudel, Creative Arts and Activities of Daily Living Instructor, for 25 years; Franka Poitevin, Mental Health Worker, for 10 years; Nora Lawson, Occupational and Leisure Skills Instructor, for 10 years; and Marlene Johnsrude, Art Program Instructor, for 5 years. Thank you to all our staff, for all you do so well!

The Association continues to rely heavily on the efforts of our volunteers in all areas of its operations. During the past year, 137 volunteers provided an astounding 10,693 hours of service to the Association. We would be hard pressed to maintain the high quality programs that we currently provide without their invaluable assistance.

We are blessed with a competent and dedicated volunteer Board of Directors, who individually and collectively, support and sustain the objectives of the Association. The increasing complexities of our society and the ever-changing sources of funding for the Association's programs, pose a special challenge to the Board of Directors in terms of the special skills and qualifications required in an increasingly competitive environment. The efforts of the Directors on behalf of the Association are greatly valued and deeply appreciated.

Last, but definitely not least, we want to express our deep-felt gratitude to those who help fund our operations, be they government, corporations, foundations, service clubs or the many individuals. Without their support, the Association would not be able to do what it does and the City of Calgary would not be the place we all know it to be.



Hans den Boer
Chairperson



Marion McGrath
Chief Executive Officer

Our Programs



Resource/Activity Centre

A social/recreational and counselling centre where participants feel accepted and can enjoy a variety of recreational activities, connections with others and where they can receive support and direction in times of need.

Volunteer Program

A variety of meaningful volunteer opportunities assisting in the day-to-day operations are available for both the Association's clientele and interested community members.

Art Program

Participants in the Art Program are given the opportunity to explore the visual arts in classes that encourage artistic expression through a variety of media and are offered at introductory to advanced levels.

Writers' Club

Participants in the Writers Club are encouraged to explore their creativity through the written word. Classes provide participants with an opportunity to develop writing skills and explore their creativity through written expression.

Recycling Project

The Recycling Project provides skill development for participants and a valuable service for the clientele and community. Participants volunteer their time and work with staff to prepare donated items which are then priced and displayed for sale in the Association's Recycling Store. Garage Sales are held twice a month for the Association's clientele and twice a year for the general public.



Managing Mental Health Together



Mental Health Support Groups

Drop-in groups facilitated by staff, provide a place where participants can share their thoughts and feelings about personal issues in a safe, supportive environment.

Creative Arts

Creative Arts provides creative activities in a social environment. Participants develop skills in crafts media and have opportunities to develop connections with others through a variety of social activities.

Occupational and Leisure Skills

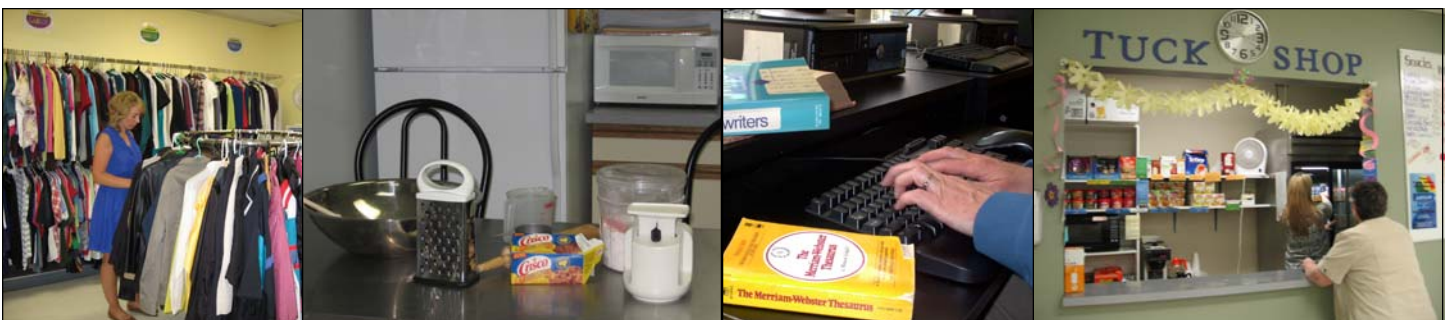
Occupational and Leisure Skills is a multi-activity program that promotes skill development, creative expression and connections with others through activities that focus on: leisure pursuits, healthy lifestyles, daily living and connecting with the community.

Activities of Daily Living

Activities of Daily Living teaches healthy living options and daily living skills that are fundamental to a healthier lifestyle and successful community living. Participants gain skills in: nutrition, cooking, budgeting and money management.

Life Skills/Initiatives

The Life Skills and Initiatives programs are self development courses that help participants develop their self esteem, interpersonal and coping skills which can assist them to deal with stresses and life situations more effectively.



Our doors are open 7 days a week, 78.5 hours a week

Financial

Calgary Association of Self Help Statement of Financial Position Year Ended March 31, 2013

	March 31 2013	March 31 2012
ASSETS		
CURRENT		
Cash	\$ 451,308	\$ 325,067
Accounts receivable	10,450	9,421
Interest receivable	-	1,215
Prepaid expenses	20,578	25,483
	<u>482,336</u>	<u>361,186</u>
Property and Equipment	529	1,943
	<u>\$ 482,865</u>	<u>\$ 363,129</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable	\$ 2,474	\$ 638
DEFERRED REVENUE	<u>279,202</u>	<u>239,144</u>
	<u>281,676</u>	<u>239,782</u>
NET ASSETS		
Restricted Net Assets	170,924	90,486
Unrestricted Net Assets	30,265	32,861
	<u>201,189</u>	<u>123,347</u>
	<u>\$ 482,865</u>	<u>\$ 363,129</u>

Statement of Operations and Net Assets Year Ended March 31, 2013

	2013	2012
REVENUE		
Alberta Health Services	\$1,907,132	\$1,907,132
Donations	188,605	82,167
Fundraising	118,444	74,752
Earned Revenue	32,757	37,301
Alberta Culture	8,100	11,622
Interest	2,187	1,455
Membership	321	252
	<u>\$2,257,546</u>	<u>\$2,114,681</u>
EXPENSES		
Human resources	\$1,359,241	\$1,385,420
Facility	576,346	565,320
Program materials	126,937	144,837
Administration	46,873	51,349
Fundraising costs	28,835	28,743
Amortization	1,414	648
	<u>\$2,139,646</u>	<u>\$2,176,317</u>
Excess (Deficit) From Operations	117,900	(61,636)
Other Revenue/Transfers		
Revenue transferred (to) from Deferred Revenue	(40,058)	4,335
Net Excess (Deficit)	<u>77,842</u>	<u>(57,301)</u>

We are deeply grateful for your support

THANK YOU

A K Brown Refrigeration & Air Conditioning Ltd.	Duart Technologies Limited	Pembina Pipeline Corporation
Access Pipeline	Eden Salon	The Pig and Duke Pub
Alberta Culture	Encana	Primitive Culture
Alberta Health Services	Equity Funding Corporation	Private Giving Foundation
Anne Paterson's Flowers	First on Colour Printing	Pro-Graphics Caldraft Art & Drafting
ATB Financial	Foothills Creamery	Pure Potential Wellness
Atco Blue Flame Kitchen	G. Turner Consulting	Quoc Bao Nails and Spa
August Electronics Inc.	Gamblers Anonymous	Royal Liquor Merchants
Bears paw Benevolent Foundation	Gibson Energy	Scotiabank
Berbaum Architect Ltd.	Glassware Creations by Laurie	Scrapbook Sally
The Bow Valley Club	Glenbow Museum	Second Cup Kensington
Buchanan's Chop House	The Glencoe Club	Serena Fashions
CadCan Marketing and Sales Inc.	Glenbriar Technologies Inc.	Seven Seas Restaurant
Calgary Drop-In & Rehab Centre	Great Western Painting	Shear Attitude
Calgary Hitman Hockey Club	Green Shield Canada	Shell Canada Limited
Calgary Inter-Faith Food Bank	Gypsy Bistro Wine Bar	Shell Canada Limited Employees
Calgary Winter Club	Harry & Martha Cohen Foundation	Shot for Shot for Charity
The Calgary Zoo	Heritage Park Historical Village	Sizeland Evans Interior Design Inc.
CanadaHelps	Imperial Oil Foundation	SMP Consulting Electrical Engineers
Canadian Managing Partner, Audit KPMG	Janet Horbacio Photography	something2wear
Canadian Online Giving Foundation	JSS Barristers	Spa Europa
Canadian Progress Club Calgary	Kingland Farmer's Market	Spartan Controls Ltd.
Casa Corazon	La Galeria II	Steeling Home
Cenovus Employee Foundation	Lia Sophia	Stephanie Raynor Hohol
Chinook Centre	Lunchbox Theatre	T. Dawe Holdings
CIBC Employee Private Wealth Management Division	Marvel Beauty College	Tech Soup Stock Consumer Service
City of Calgary	Mental Health Fund at The Calgary Foundation	TELUS Communications
Cochrane Animal Clinic	Mipstick	Trans-Alta Retirees
Coffee Concept	Mocana Club	Trotter & Morton
Condominium Building Services	Napa Auto Parts	Under the Bridge Fashions
Conoco Phillips	Nose Creek Sport Physical Therapy and Massage Inc.	United Way of Calgary and Area Donor Choice Program
Conroy Ross Partners Employee's	The Nutman Company	Velvet Jane
Cross Bridge Medicine Centre Pharmacy	Oilmen's Squash Tournament Committee	Westside Recreation Centre
CRS Merrill Insurance	Old Timers' Hockey Challenge Classic	The Wine Shop
Dakota Deli	Orange National Retail (Prairies) Inc.	Wintergreen Golf & Country Club
Dr. Nowak & Associates	Organization for Bipolar Affective Disorders Society	
Dr. R.B. Farnalls Professional Corporation		

We wish to extend a heartfelt thank you to our many individual donors for their contributions over the past year.

We are able to continue the work we do because of the generosity of people like you!
Thank you also, to the many individuals and volunteers who bring awareness to our mission
and share their voice, time and recycled goods.

Thank you to Alberta Culture for the Community Spirit Donation Program
which leveraged individual donations with a grant of 11,066.



Mental Health Facts

- **One in five** Calgarians will develop a mental illness in their lifetime; the others will know someone personally affected by the illness.
- Mental illness is the leading cause of workplace disability accounting for **30% of disability claims**.
- **\$51 billion** is the estimated cost to the Canadian economy for health care costs and productivity loss.
- Two in three people affected with the illness do not seek help due to the **stigma** associated with mental illness.
- Recent reports indicate that in 2012 - 2013, mental health issues spiked for veterans, soldiers and police officers with **16,000** on disability.
- According to the World Health Organization, depression will be the **single biggest medical burden** on health by 2020.



Where Calgary Association Of Self Help Makes a Difference

- Calgary Association of Self Help's **focus** is to help Calgarians who are challenged with mental illnesses, such as depression, anxiety, bi-polar affective disorder, schizophrenia, personality disorder and other mental illnesses.
- These illnesses often make it **difficult or impossible** for those affected to secure gainful employment, socialize, take part in full-time studies or have a safe and stable family life.
- Calgary Association of Self Help **offers an approach** that understands mental illness and provides learning and recreational opportunities in a climate of acceptance and a spirit of hope.
- The **flexible, innovative programs** help Calgarians build self-esteem and confidence, reduce social isolation and introduce new skills which increases their mental wellness and improves their quality of life.