

Annual Report 2008 - 2009



Calgary Association of Self Help Your Community Mental Health Centre

Helping Each Other to Bridge the Way to Wellness for 35 years

1973 - 2008

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and Officers**

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Chief Executive Officer
Marion McGrath

Chief Operating Officer
Anneisa Lauchlan

Fund Development/Communications Officer
Cory Wilson

Bookkeeper
May Jin

Administration/Systems Analyst
Sharon Kolibar

Resource/Activity Centre Team

Program Director
T. Lynne Hodgins

Coordinator of Volunteers
Beverly Wadsworth

Recreation Coordinator
Brian Wilkinson

Desiree Kopp
Franka Poitevin
Joseph Currie
Mark Spelitz
Megan Rusnak
Paula Borrowman
Shelley Juss
Terrance Jackson
Todd Cockrill
Chrystal Szabo-Tucker*
Kelly Westhaver*

**Community Supports &
Skill Development Team**

Darlene Trudel
Linda Dolen
Nora Lawson
Maria Ochitwa
Marlene Johnsrude
Melissa Parsons
Sue Cairns

*resigned mid-term

*Our mission is to promote the abilities
of adults with a mental illness*

**Calgarians with a mental illness require a
community mental health centre that
provides them with programs and
services to bridge the way to mental wellness.**

**We provide support counselling, skill development,
social/recreational programs and crisis intervention and
prevention throughout a person's illness and recovery.**

**Calgary Association of Self Help's
overall attendance in 2008/2009 was 38,238.**

**That's 38,238 reasons why we stay open
7 days a week, 78 hours a week
364 days a year.**



A Message from our Chair & Chief Executive Officer

Congratulations to all as we celebrate our 35th year of providing essential services to Calgarians with a mental illness. Since 1973, your commitment has strengthened our client-centered programs that were developed to align with our mission. Calgary Association of Self Help promotes the abilities of adults with mental illness through support counselling, skill development and social/recreational programs 78 hours a week, 7 days a week, 364 days a year. **We couldn't do it without you.**

Charging these innovative programs with creativity, hope and significant support from our community lessens the stigma, isolation and anxiety felt by the individuals we serve. Together, we make recovery from mental illness, and the promotion of mental wellness, a priority in our community. Together, we ensure our programs are effective and responsive to the needs of our clientele.

- We are grateful to the Calgary Health Region for financially supporting essential services for Calgarians with a mental illness. In addition, we would like to thank an anonymous donor and the many individuals, corporations and foundations for their continued support and the reminder that we live in a caring community.
- In 2008, our lifeline of 123 volunteers shared 10,245 hours of their time, skill and friendship, bringing balance to all areas of the Associations' operations. Volunteers, we salute your generosity, perseverance and enthusiasm.
- Our gratitude goes out to our dedicated Board of Directors as leaders in the mental health community ready to encourage, strengthen and guide our capacity for growth and excellence.
- The Association, as always, relies on the invaluable contributions of our committed staff team who through their skill, compassion and tireless dedication ensure that our programs are effective and responsive to the needs of the people we serve.
- Our Resource Activity Centre Program Director, T. Lynne Hodgins, reached her 20 year milestone as a valued staff member at Calgary Association of Self Help. Thank you Lynne, for your commitment to the individuals we serve, and for sharing your skills and compassion with Calgary's mental health community.

What happens next?

We, as Calgary's largest, most versatile Community Mental Health Centre, will continue to provide an environment which is safe and accepting; where living, learning, working and socializing in the community is possible; and where people with mental illness can receive the help they need to get and stay well through the quality programs and support that we are so well known for.

Please accept this invitation to visit us and tour our facilities. Come see for yourself what a difference you can make and have made.

Dr. Hans den Boer
Chair, Board of Directors

Marion McGrath
Chief Executive Officer

We welcome, anchor and connect people in search of mental wellness

Healthy connections with 888 people

The **Resource Activity Centre** provides a meeting place where participants enjoy a variety of activities, support, direction in times of need and connection with others.

Services and activities include:

- * social and recreational activities
- * support counselling, crisis intervention, resources and referrals
- * special events: community outings and holiday celebrations
- * a free clothing bank for our clientele

Gifts of time, skill and friendship from 123 folks brought balance to all with 10,245 volunteer hours

The **Volunteer Program** offers clients and interested community members who have empathy, understanding and a genuine interest in working with people who have a mental illness, a variety of volunteer opportunities tailored to meet their skills and interests. All our volunteers receive orientation and training, and then ongoing support and recognition.

83 individuals learned more about and maintained their mental wellness through sharing

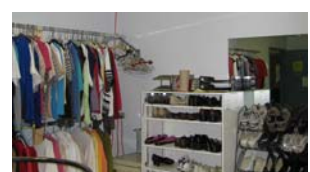
Mental Health Support Groups are “drop-in” groups facilitated by staff, providing a forum where participants can share their thoughts and feelings about personal issues in a safe, supportive environment.

44 brave souls tackled life’s questions and found hope together

Life Skills / Initiatives are self-development courses which utilize a behaviour change approach that concentrates on the development of interpersonal skills to help individuals cope more effectively in their daily lives. Skill areas include communication, interpersonal relationships, self-esteem, assertiveness, stress-management, anger-management, problem-solving and decision-making.

12 people experienced life to the fullest

Creative Arts focuses on creative activities in a social environment where participants learn and develop skills in various arts and crafts media and have opportunities to develop connections with others through a variety of social activities.



Thank you from those who rely on your support throughout their illness and recovery



30 people explored healthy living options

Activities of Daily Living teaches healthy living options and daily living skills where participants gain “hands-on” experience in areas of nutrition, meal preparation, budgeting and money management and household management.

31 people connected with others through creativity and leisure activities for their mental wellness

Occupational & Leisure Skills is a multi-activity program that promotes skill development, creative expression and connections with others through activities that focus on: therapeutic arts and crafts, healthy lifestyles, daily living skills and community outings.

46 folks saved the environment, addressed poverty and learned skills with others

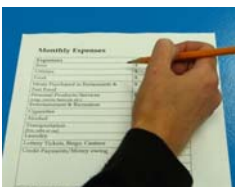
The **Recycling Project** provides skill development for participants and a valuable service for the clientele of the Association. Participants volunteer their time and work with staff to prepare donated items for our Garage Sales, where clients of the Association and members of the community can make their homes more comfortable by acquiring much-needed items at modest prices.

66 writers re-discovered and shared their strengthened voices

Writer's Club participants are given opportunities to explore their creativity through the written word. Through a variety of classes, participants develop writing skills and an appreciation for the literary arts.


66 artists found well-being and meaning through creativity

The **Art Program** participants are given the opportunity to explore the visual arts in classes that encourage artistic expression through a variety of media.



*We promote the abilities of adults with a mental illness
We couldn't do that without you*

Anonymous Donor	Fortis Alberta
ARC Resources	Global Television
Audea Systems	Glue Solutions
August Electronics	Grand & Toy
Bantrel Co.	Human Resources Association of Calgary
Bearspaw Benevolent Foundation	Husky Energy Inc.
Calgary Health Region	IHS Energy (Canada) Ltd.
Calgary Herald Christmas Fund	Imperial Oil/Exxon Mobil
Calgary Motor Dealer Association	Kerby Centre
Canada Helps Foundation	La Perle Et Ses Citadelles Ltd.
Canadian Natural Resources Limited	Newdog Inc.
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Centrepont Non-Profit Management	Past Matrons, OES Chinook Chapter #133
Champagne Holdings Ltd.	Pepsi Bottling Group
CIBC Private Wealth Mgt. Employees	Private Giving Foundation
Code Hunter LLP	Shaw Cable
CRS Insurance	Shell Canada Limited Employees
Dakota Deli	St. Martins Church
EnCana Cares Foundation	Talisman Energy Inc.
EnCana Corporation	TD Canada Trust, Chinook Centre
Equity Funding Corporation	Tech Soup Stock Consumer Service
Exxon/Mobil Canada Ltd.	United Way of Calgary and Area Donor Choice
FirstEnergy Capital Corp.	U. of C., Psychology Undergraduate Society
Gamblers Anonymous	William Aberhart High School Music Students
Cheryl and Bill Gardner	



We would also like to acknowledge all the individuals who bring awareness to our mission and generously share their time, funds and recycled goods in support of the folks we serve.

We are pleased to announce that the Community Spirit Donation Program leveraged your 2007/2008 donations with a \$25,000 grant to Calgary Association of Self Help.

**Calgary Association of Self Help
Statement of Financial Position
Year Ended March 31, 2009**

	2009	2008
Assets		
Current		
Cash and Term Deposits	\$539,978	\$549,849
Accounts Receivable	8,290	8,754
Interest Receivable	4,262	6,311
Prepaid Expenses	24,592	23,080
	577,122	587,994
Property and Equipment	6,655	8,873
	\$583,777	\$596,867
Liabilities		
Current		
Accounts Payable and Accrued Liabilities	\$ 15,595	\$ 15,798
Prepaid Program Funding	375,808	384,788
	391,403	400,586
Net Assets	192,374	196,281
	\$583,777	\$596,867

**Statement of Operations and Net Assets
Year Ended March 31, 2009**

	2009	2008
Revenue		
CHR Contract	\$1,698,700	\$1,633,391
Anonymous Grant/Pledge	109,762	85,516
Earned Revenue	39,302	51,565
Donations	13,192	36,350
Fundraising Revenue	12,785	33,523
Interest Income	14,427	15,968
Membership Revenue	249	252
	\$1,888,417	\$1,856,565
Expenses		
Human Resources	\$1,270,240	\$1,220,536
Program Expenses	127,880	123,038
Facility	616,821	518,538
Administration	30,817	54,099
Equipment Expense	6,208	9,853
Fundraising	12,031	10,695
Amortization	2,218	2,958
	\$2,066,215	\$1,939,717
Excess (Deficit) from operations	(177,798)	(83,152)
Other Revenue/Transfers		
Revenue transferred from Deferred Revenue	173,891	124,317
	(3,907)	41,165
Net Excess (Deficit)	(3,907)	41,165
Net Assets – Beginning of Year	196,281	155,116
	\$ 192,374	\$ 196,281
Net Assets – End of Year		

Mental Health Facts

- Mental illness includes a wide range of illnesses ranging from mild to severe that affect a person's thoughts, feelings, perceptions and functioning. Examples include depression, anxiety disorder, schizophrenia and bipolar disorder.
- Mental illness strikes more Albertans than breast cancer, diabetes or Alzheimer's disease.
- The suicide rate in Alberta is higher than the Canadian average. In Alberta, more people die by suicide than in motor vehicle collisions.
- Depression has surpassed heart disease as the leading cause of disability in Canada.
- It is expected that by 2020, depression will be the leading cause of disability in the world.
- Mental illness is caused by a complex interplay of genetic, biological, personality and environmental factors.

Calgary Association of Self Help
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Charitable Registration Number 10683 0078 RR0001