



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

ANNUAL REPORT 2011/2012



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OF SELF HELP**
Managing Mental Health Together

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



Message from the Chairperson and Chief Executive Officer

Calgary Association of Self Help is a place that welcomes and supports people with a mental illness. It is a place where people really do matter and where the seeds of hope are planted and nurtured every day. We believe that each person who experiences mental illness has the capacity to move forward, to learn and grow.

Calgary Association of Self Help, a community mental health centre, provides a broad range of specialized programs and support services for people with a mental illness to help them to stay healthy and when needed after an episode of illness, help them to recover and rebuild their lives. Last year, our programs and services made it possible for the over 1,200 people registered in our programs to achieve and maintain their mental wellness and to lead more meaningful and productive lives.

As an organization, we thrive because of the support and the commitment of many caring people, each having a vital role in helping us to continue our important work.

We rely upon our volunteers; the tasks they fulfill enhance all areas of the Association's operations. This year volunteers contributed over 10,000 hours of service to the Association. We extend to all our volunteers, our thanks and appreciation for their hard work and commitment.

The Association, as always, relies upon the invaluable contributions of our dedicated, knowledgeable staff who are committed to ensuring that our programs promote resilience and recovery and that hope becomes a reality for the people we serve. We thank and commend our staff for all they do - so very well!

We would like to offer special recognition to six of our staff who have reached service milestones this year. They are Marion McGrath, Chief Executive Officer (35 years), Bev Wadsworth, Volunteer Program Coordinator (30 years), Brian Wilkinson, Recreation Coordinator (25 years), Todd Cockrill, Mental Health Worker (10 years), Anneisa Lauchlan, Chief Operating Officer (10 years), Joseph Currie, Mental Health Worker (5 years) and May Jin, Bookkeeper (5 years).

We also gratefully acknowledge the support of our funders and the foundations, corporations, service groups and individuals who have demonstrated their support of our work through their financial and in kind contributions this year. Thank you for your generosity.

To our Board of Directors, volunteers, staff and our community support, thank you for helping to make Calgary Association of Self Help the caring place it is and for helping to ensure that hope for recovery becomes a reality for the people we serve.

Hans den Boer
Chairperson

Marion McGrath
Chief Executive Officer

We are deeply grateful for your support THANK YOU

580582 Alberta Inc.	Harry & Martha Cohen Foundation
A K Brown Refrigeration & Air Conditioning Ltd.	Imperial Oil Foundation
ATB Financial	JSS Barristers
Alberta Culture and Community Services	JTI-MacDonald Corporation
Alberta Health Services	Knox United Church
August Electronics Inc.	Marvel Beauty College
Bearspaw Benevolent Foundation	"Mental Health Fund at The Calgary Foundation"
Calgary Drop-In & Rehab Centre	Newdog Inc.
Calgary Inter-Faith Food Bank	Nose Creek Sport Physical Therapy Inc.
CanadaHelps	Old Timers' Hockey Challenge Classic
CIBC Employee Private Wealth Management Division	Organization for Bipolar Affective Disorders Society
Clearview Plumbing & Heating Ltd.	Our Lady of the Prairie Foundation
Coffee Concept	Price Enterprises (1995) Ltd.
Cross Bridge Medicine Centre Pharmacy	Private Giving Foundation
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Dr. R.B. Farnalls Professional Corporation	Richard W. Bourassa Professional Corporation
EnCana Corporation	Royal Canadian Legion (Alberta No 1)
Equity Funding Corporation	Second Cup Kensington
FirstEnergy Capital Corp.	Shell Canada Limited Employees
Gamblers Anonymous	TELUS Communications
Glenbriar Technologies Inc.	Tech Soup Stock Consumer Service
Grand & Toy	United Way of Calgary and Area Donor Choice

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 and Community Services for the Community Spirit Donation Program which leveraged individual donations with a grant of \$8,100 .



Calgary Association of Self Help
1019 7 Avenue SW Calgary, AB T2P 1A8

P: 403.266.8711 F: 403.266.2478
www.calgaryselfhelp.com

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 Association 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 a stronger appreciation for the literary arts.

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.

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.

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.

We make mental wellness our priority.

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

Our Dedicated Board of Directors and Staff

BOARD OF DIRECTORS & OFFICERS

Dr. Hans den Boer, *Chairperson*
Peter Mackenzie, *Vice Chairperson*
Scott Phillips, *Secretary*
Murray Morrison, *Treasurer*
Wolfgang Rochow, *Assistant Treasurer**
Alane Smith
Angela Tompson
Candace Day
Irene MacEachern
Leanne Geale
Pauline MacLean
Serey Sinn
Rebecca Hoglund
Robert Taylor
Rosemary Bussi

Administration

Chief Executive Officer
Marion McGrath

Chief Operating Officer
Anneisa Lauchlan

Fund Development/Communications Officer
Maria Kadatz*

Bookkeeper
May Jin

Administration/Systems Analyst
Sharon Kolibar

Resource/Activity Centre Team

Program Director
T. Lynne Hodgins

Volunteer Program Coordinator
Beverly Wadsworth

Recreation Coordinator
Brian Wilkinson

Franka Poitevin
Joseph Currie

Julien LePage
Kelley Sallenbach

Mark Spelitz
Meagan Rusnak

Noelle Rees
Shelley Juss

Todd Cockrill
Kari Musgrove*

Community Supports & Skill Development Team

Darlene Trudel
Linda Dolen

Louise Walker
Maria Ochitwa

Marlene Johnsrude
Nora Lawson

Sue Cairns

**resigned mid-term*

In our eleven specialized programs we had 1,233 people register for services

we provided 8,190 formal counselling and support sessions,

2,080 classroom sessions, and 1,520 structured recreational opportunities.

The overall annual centre attendance was 40,461.

Calgary Association of Self Help Statement of Financial Position Year Ended March 31, 2012

	2012	2011
ASSETS		
Current		
Cash and term deposits	\$ 325,067	\$ 387,036
Accounts receivable	9,421	9,154
Interest receivable	1,215	1,496
Prepaid expenses	25,483	25,604
	<hr/>	<hr/>
	361,186	423,290
Property and Equipment	1,943	2,591
	<hr/>	<hr/>
	\$ 363,129	\$ 425,881
 LIABILITIES		
Current		
Accounts payable and accrued liabilities	\$ 638	\$ 1,754
Deferred Revenue	239,144	243,479
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	239,782	245,233
Net Assets	123,347	180,648
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	\$ 363,129	\$ 425,881

Statement of Operations and Net Assets Year Ended March 31, 2012

	2012	2011
REVENUE		
Alberta Health Services	\$1,907,132	\$1,837,314
Donations	82,167	54,257
Fundraising	74,752	16,698
Earned Revenue	37,301	36,842
Alberta Culture and Community Services	11,622	86,729
Interest	1,455	1,640
Membership	252	318
Anonymous Grant	-	39,920
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	\$2,114,681	\$2,073,718
 EXPENSES		
Human resources	\$1,385,420	\$1,354,596
Facility	565,320	559,226
Program materials	144,837	140,936
Administration	51,349	52,684
Fundraising costs	28,743	31,624
Amortization	648	864
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	\$2,176,317	\$2,139,930
 (Deficit) From Operations	 (61,636)	 (66,212)
Other Revenue/Transfers		
Revenue transferred from Deferred Revenue	4,335	75,126
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Net Excess (Deficit)	(57,301)	8,914
Net Assets – Beginning of Year	180,648	171,734
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Net Assets – End of Year	\$ 123,347	\$ 180,648

Misson

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.

Symptoms

*Disturbances of voices with no evidence of their existence
Making accusatory comments
Like demons invading the soul from the secular world*

*Panic is when the heart palpitates
Delusion is when the mind instigates*

*The bed of anxiousness awaits the impending but unknown dangers
From beyond perimeters of many realities*

*Deathly fearing for one's life
Pretending to sleep
Knowing the predators are nearby
Dressed like everyday people
Holding a notebook in one hand a stethoscope in the other*

*The subconscious mind plays tricks
Seeing and hearing things that are not of this world but beyond the normality of life*

*Some memories are painful
Others inflame the heart
Penetrating deep into the core of one's being
The distortion of reality like one's own reflection in a shattered mirror*

*The mind can be clear
The mind can be cured
With new technology on the rise there is hope
Hope to be free from mental anguish
Hope to feel empowered to make a difference in the lives of people inflicted with the same condition*

- Lien Trieu

Managing Mental Health Together