



**CALGARY  
ASSOCIATION  
OF SELF HELP**  
Community Mental Health Centre

2010/2011  
ANNUAL REPORT

**WE'VE MADE MENTAL  
WELLNESS OUR PRIORITY  
FOR**

*38 years*

Calgary Association of Self Help  
1019 7 Avenue SW  
Calgary AB T2P 1A8  
[www.calgaryselfhelp.com](http://www.calgaryselfhelp.com)

# MESSAGE FROM THE CHAIRPERSON AND CHIEF EXECUTIVE OFFICER

One in four Calgarians will experience a mental illness; most will recover and go on with their lives. Others will not be so fortunate, their form of mental illness will require an intensive and broad range of supports to assist them in coping with the affects of their illness.

At Calgary Association of Self Help, one of Calgary's largest community mental health centers, we are dedicated to improving the lives of people living with an enduring mental illness. Here, through the support, programs and services we offer, we help people every day to find hope, to grow and to manage their mental health.

Throughout the year, we count on the compassion, skill and generosity of many caring people who help us to continue our important work.

We rely on our volunteers who donate their time, skills and good will to enhance and support all areas of the Association's operations. This year 138 individuals contributed over 10,000 hours of service to the Association and our programs. To all our volunteers, we extend our thanks and appreciation for their hard work and commitment.

Our dedicated and knowledgeable staff maintain an unwavering commitment to providing the best in compassionate care, practical support and restorative programs that help minimize the impact of mental illness for the people we serve. Last year, we had 1,199 people registered in our programs. Staff provided 9,091 counselling sessions, held 2,181 structured program sessions and had an overall attendance of 39,865 visits to our programs and services. To all our staff, well done and a big thank you for all you do.

I would also like to offer special recognition to three of our staff that reached service milestones this year, Linda Dolen, Instructor and Facilitator of the Life Skills/Initiatives Programs and Mental Health Support Group (30 years); Sharon Kolibar, Administration/Systems Analyst (15 years); and Sue Cairns, Recycling Coordinator (5 years). Congratulations!

We are also extremely fortunate to have many caring funders, corporations, service groups and concerned Calgarians who have demonstrated their support of our work through their donations in kind and financial contributions this year. We gratefully acknowledge and thank you for your generosity; every gift makes a difference and every donor is appreciated.

Whether it's helping people to get better after an episode of illness or helping them to stay healthy and live effectively with a mental illness, we are there. People working together, committed to ensuring our services do make a difference in the lives of the people we serve. Together we make Calgary a healthier community!

Hans den Boer  
Chairperson

Marion McGrath  
Chief Executive Officer

# WE MAKE MENTAL WELLNESS OUR PRIORITY

## BOARD OF DIRECTORS & OFFICERS

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## Administration

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## Resource/Activity Centre Team

*Program Director*  
T. Lynne Hodgins

*Coordinator of Volunteers*  
Beverly Wadsworth

*Recreation Coordinator*  
Brian Wilkinson

Franka Poitevin  
Joseph Currie

Julien LePage  
Kari Musgrove

Kelley Sallenbach  
Mark Spelitz

Meagan Rusnak  
Shelley Juss

Todd Cockrill

## Community Supports & Skill Development Team

Darlene Trudel  
Linda Dolen

Louise Walker  
Maria Ochitwa

Marlene Johnsrude  
Nora Lawson

Sue Cairns  
Jane Kubke\*

*\*resigned mid-term*

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# 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: therapeutic art and crafts, 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 which help participants develop their self esteem, interpersonal and coping skills to assist them in dealing with their stresses and life situations more effectively.

OPERATING 365 DAYS A YEAR. 78.5 HOURS A WEEK.  
HELPING EACH OTHER BRIDGE THE WAY TO MENTAL WELLNESS.

# WE ARE DEEPLY GRATEFUL FOR YOUR SUPPORT. THANK YOU.

A K Brown Refrigeration & Air Conditioning Ltd.

ATB Financial

Alberta Culture and Community Spirit

Alberta Health Services

Anonymous Donor

August Electronics

Bearspaw Benevolent Foundation

Calgary Drop-In & Rehab Centre

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Organization for Bipolar Affective Disorders Society

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Past Matrons, OES Chinook Chapter #133

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Tech Soup Stock Consumer Service

United Way of Calgary and Area Donor Choice

We wish to extend a heartfelt thank you to our tremendous 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 Spirit for the Community Spirit Donation Program which leveraged your individual donations with a \$11,622 grant to Calgary Association of Self Help and a grant of \$73,251 from the Community Initiatives Program.

MEMBER OF  
MEMBRE D' Imagine Canada

# MANAGING MENTAL HEALTH TOGETHER

**Calgary Association of Self Help Statement of Financial Position  
Year Ended March 31, 2011**

	2011	2010
<b>Assets</b>		
Current		
Cash and Term Deposits	\$ 387,036	\$455,723
Accounts Receivable	9,154	12,059
Interest Receivable	1,496	212
Prepaid Expenses	25,604	24,348
	<hr/>	<hr/>
	423,290	492,342
Property and Equipment	2,591	3,455
	<hr/>	<hr/>
	\$ 425,881	\$495,797
<b>Liabilities</b>		
Current		
Accounts Payable and Accrued Liabilities	\$ 1,754	\$ 5,458
Deferred Revenue	243,479	318,605
	<hr/>	<hr/>
	245,233	324,063
Net Assets	180,648	171,734
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	\$ 425,881	\$495,797

**Statement of Operations and Net Assets  
Year Ended March 31, 2011**

	2011	2010
<b>Revenue</b>		
Alberta Health Services	\$1,837,314	\$1,766,648
Alberta Culture and Community Spirit	86,729	25,000
Donations	54,257	58,808
Anonymous Grant	39,920	35,855
Earned Revenue	36,842	35,860
Fundraising Revenue	16,698	87,852
Interest Income	1,640	1,606
Membership Revenue	318	252
Bequest	-	10,000
	<hr/>	<hr/>
	\$2,073,718	\$2,021,881
<b>Expenses</b>		
Human Resources	\$1,376,224	\$1,315,873
Facility	559,226	561,541
Program Expenses	140,936	154,542
Administration	52,684	50,338
Fundraising Projects	9,996	14,229
Amortization	864	3,200
	<hr/>	<hr/>
	\$2,139,930	\$2,099,723
<b>Excess (Deficit) From Operations</b>	(66,212)	(77,842)
Other Revenue/Transfers		
Revenue transferred from Deferred Revenue	75,126	57,202
	<hr/>	<hr/>
<b>Net Excess (Deficit)</b>	8,914	(20,640)
Net Assets – Beginning of Year	171,734	192,374
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<b>Net Assets – End of Year</b>	\$ 180,648	\$ 171,734

# 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.

1,199 individuals registered for programs and services

Total number of support/counselling sessions was 9,091

Overall attendance in our eleven specialized programs was 39,865



### Listen

*Midnight rings echoes follow  
It's too late – the voices call  
Footsteps echo sounding hollow  
As we walk a darkened hall*

*Pictures silent; staring calling  
The past is gone – forever yet  
Thoughts are stirring, dreams are falling  
Caught in memories' spiders net*

*The time is now today tomorrow  
Your hour is gone the voices say  
We still have time, we cry in sorrow  
The past is just a breath away*

*Morning comes the dawn has broken  
The sun has chased the dark away  
Flowers open bells have spoken,  
Who is held in past's dark sway*

*Summer's calling too soon September  
Come let's play -the voices call  
No time to listen or remember  
Those who walk a darken hall*

Elke Bittmann



### Cover

*"Thank You for the Donation "*  
by Jesus Nuñez