



**Care. Acceptance.
Respect. Advancement.**

**Annual
Report
2018/2019**



Message from the Chairperson

I am honoured to provide this message to the clients, staff, volunteers, key stakeholders, and Board of Elements Calgary Mental Health Centre. Congratulations to everyone involved with the Centre for another productive and successful year.

We started the year invigorated by the changes we made last year to our vision, core values and mission. This work will guide our decision-making and ensure we move the Centre in a forward direction.

Part of our forward direction involved a thoughtful comprehensive analysis of where we call home. With input from management, the Board of Directors evaluated many options and scenarios. Ultimately, we decided that although our current location has served us extremely well in the past, looking ahead, a new home will help us achieve our long-term goals.

As a result, Elements Calgary Mental Health Centre will be moving to our new home later this year.

One of the advantages of our new location is that it is built specifically for Elements. Our new landlord has generously provided Elements with an allowance to make this space our own. This means classrooms and recreation spaces that are designed specifically with our clients in mind, and space that is tailored to the needs of our staff.

The relocation has not come without some compromise. However, we know that our new home will meet our current needs and help us flourish moving forward.

As this year closes and I reflect on our many accomplishments, it is very clear that they are the result of the hard work by many people. It is inspiring to see people working together for mental health and living our core values.

Throughout the year, in all areas of the Centre, we rely on our caring, compassionate and dedicated staff to ensure that the Centre is a welcoming, respectful, inspiring and hopeful place. Thank you for all that you do!

This year I offer special recognition to one of our staff members who is celebrating a service milestone of 10 years. Congratulations to Meagan Rusnak and thank you for your dedication!

I would like to thank the Board of Directors for their time and expertise and to extend a special thanks to all of our volunteers for all their hard work and commitment.

We are deeply grateful and extend a big thank you to Alberta Health Services for their ongoing support. Thanks also to our individual donors for their generosity. Through them we can continue the important work we do.

Best wishes to all for 2019-2020.

Daniel Hershcovis
Chair, Board of Directors

Our People, Our Strength

Board of Directors

Officers

Daniel Hershcovis

Chairperson

Lisa Gerlach

Vice Chairperson

Dan James

Treasurer

Martin Harvie

Secretary

Directors

Eric Davis

Cheryl Gardner

Karen Hayes

Robin Klein

Kevin Murray

*Scott Bergen

*Chris Dennehy

Personnel

Management

Anneisa Lauchlan

Executive Director

Maria Ochitwa

Assistant Director

Franka Poitevin

Program Director

Personnel *continued*

Team Members

Harrison Asamoah *Mental Health Recreation Worker*

Karen Boyko *Mental Health Recreation Worker*

Todd Cockrill *Mental Health Worker*

Stephanie De Trempe *Connections Instructor*

Taya Dick *Recreation Team Lead*

Kirsten Doe *Mental Health Worker*

Linda Dolen *Life Skills/Initiatives Instructor/Mental Health Support Group Facilitator*

Katie Gielen *Recycling Coordinator*

Alysia Jansen *Mental Health Worker*

May Jin *Accounting Analyst*

Shelley Juss *Support Services Team Lead*

Sharon Kolibar *Office Administrator*

Nora Lawson *Connections Instructor*

Amy Redman *Mental Health Worker*

Meagan Rusnak *Mental Health Worker*

Kelley Sallenbach *Creative Arts /Activities of Daily Living/Decluttering Group Instructor*

Luke Saunders *Mental Health Recreation Worker*

Chris Spanswick *Mental Health Worker*

Alicja Swiatlon *Art Program Instructor*

Beverly Wadsworth *Volunteer Coordinator*

*Chad Bush *Mental Health Worker*

*Sue Cairns *Recycling Coordinator*

*T. Lynne Hodgins *Program Director*

*Noelle Rees *Recreation Coordinator*

*Brian Wilkinson *Recreation Coordinator*

Our Programs

Activities of Daily Living

Activities of Daily Living teaches healthy living options and daily living skills. Participants choose the areas most relevant to their needs and gain “hands-on” experience in: nutrition, meal preparation, money management and budgeting.

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.

Connections

Connections is a long-term, multi-activity program. The activities offered are a fun way to experience and personalize learning. Modules include: health and well-being, social skills development, art therapy, educational discussions, exploring the community and cultivating leisure interests.

Creative Arts

In Creative Arts, participants have fun with peers while nurturing their creativity. The focus is on arts, crafts and handiworks, which can turn into a positive pastime and enjoyable hobby.

Life Skills

Life Skills is a comprehensive self-development course that concentrates on enhancing coping skills, interpersonal skills and helps participants to cope more effectively in their daily lives. Skill areas include: communication, interpersonal relationships, self-esteem, assertiveness, stress management, problem solving and decision making.

Recycling Program

The Recycling Program provides skill development for participants and a service for the Centre's clientele and the community. Participants volunteer their time and work to prepare donated items for the sales and the Recycling Store.

Decluttering

Decluttering Program

Decluttering starts with an education component to help participants understand how clutter affects their health, safety, and self-esteem.

Decluttering Maintenance Group

Group sessions support ongoing efforts in each participant's decluttering journey and give a forum to share and celebrate successes.

Initiatives

Initiatives is a comprehensive self-development course that promotes interpersonal growth and self-confidence. It combines counseling and education with lots of opportunities for participants to practice and apply what they learn.

Embracing Change

This ongoing group provides a supportive environment where participants who have completed Initiatives can continue to develop and practice effective coping skills for day-to-day situations.

In Their Own Words



Personal awareness, acceptance that I have a hoarding problem, empathy, and personal progress.



Life changing programs.



This program really changed my life, it gave me hope, helped me find friends and a support system.



The staff give great support.

Support Groups

Elements Support Groups provide a safe place to share thoughts and feelings about personal issues and feel supported. Skilled and experienced facilitators lead all support groups.

Mental Health Support Group (weekly drop-in)

This group meets in a supportive atmosphere where participants can connect with peers and explore issues that affect mental health.

In addition to peer support, participants learn skills for healthy relationships, effective problem-solving, and improving self-confidence.

Reach for Recovery (weekly drop-in)

Reach for Recovery offers individuals struggling with addiction and mental health concerns a safe setting to discuss concerns, explore issues and strategies to prevent relapse and help stay on track to be sober and drug-free.

The staff facilitators also provide learning and discussion topics related to addictions and recovery, such as relapse prevention, self-care in sobriety, and exploring post-acute withdrawal syndrome (PAWS).



This program has introduced me to a person I never knew and that person is myself. I am doing things for myself I never did before.



Volunteering and friendly people.



In my element at Elements.



I will be forever grateful for this program. It has changed my life.

Support & Recreation Services

Support & Recreation Services (SRS) program offers support/counselling services and a variety of recreational opportunities. The programming is consistent with recovery based principles where participants can choose the length of their involvement and have the opportunity to continue to benefit from ongoing participation.

Recreation Services

Knowing how to use leisure time and taking part in recreational activities are very important for mental health and overall well being. Recreation Services provides a range of social and structured recreational activities and many ways for participants to de-stress and have fun.

Support Services

Support Services offers support and counselling services as well as, group sessions and psychoeducational programs, such as:

Mindfulness Program - A weekly program which can help participants manage symptoms and build coping skills.

Relaxation Group - A weekly restorative yoga practice which includes targeted poses to assist with relaxation, deep breathing and meditation.

Rewired - Rewired teaches basic CBT (Cognitive Behaviour Therapy) principles to help manage depression and/or anxiety. Trained staff help participants apply a practical approach throughout the program.

Volunteer Program

A variety of volunteer opportunities are available for the Centre's clients, as well as members of the community. All volunteers receive training, ongoing support and recognition.

Made possible by generous people... like you!

Whenever you make a donation to Elements Calgary Mental Health Centre you do a wonderful thing! Your most thoughtful gift helps us to strengthen our programs to continue providing essential support, learning and hope for people who have a mental illness. We recognize the following people and organizations for their generosity this past year, and extend our deepest gratitude for their contributions.

*Benevity Community Impact Fund
Canada Helps
Enterprise Holdings - Enterprise Rent a Car
Fairfield Watson
Gift Funds Canada
John & Betty Holmes -Neighbours and Friends Group
Newdog Inc.
PayPal Giving Fund Canada
United Way of Calgary
Uniserve Communications Corporation*



We also 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!

Financials

Statement of Financial Position March 31, 2019

	2019	2018
ASSETS		
CURRENT		
Cash	\$325,137	\$364,638
Accounts receivable	11,847	9,246
Prepaid expenses	47,972	22,068
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	384,956	395,952
PROPERTY & EQUIPMENT	7,632	10,177
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	\$392,588	\$406,129
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts Payable	\$15,818	\$15,566
DEFERRED CONTRIBUTIONS	177,432	185,932
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	193,250	201,498
NET ASSETS		
Unrestricted Net Assets	63,475	38,754
Restricted Net Assets	135,863	165,877
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	199,338	204,631
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	\$392,588	\$406,129

Statement of Operations Year Ended March 31, 2019

	2019	2018
REVENUE		
Alberta Health Services	\$2,070,709	\$2,030,107
Casino Proceeds	71,465	68,621
Donations	64,740	69,500
Earned and other Revenue	33,751	35,341
Interest Revenue	1,797	1,495
Membership Revenue	186	252
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	\$2,242,648	\$2,205,316
EXPENSES		
Human resources	\$1,396,476	\$1,356,371
Facility	645,164	635,027
Program costs	122,240	110,583
Administration	89,002	52,560
Amortization	2,545	3,392
Fundraising costs	1,011	1,966
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	\$2,256,438	\$2,159,899
EXCESS (DEFICIT) FROM OPERATIONS	(13,790)	45,417
Deferral of Externally Restricted Contributions	8,500	(37,000)
Deferred Contributions Recognized as Revenue		
NET EXCESS (DEFICIT)	<hr/>	<hr/>
	(5,290)	8,417

Our Vision

Calgary's courage and energy, working together for mental health.

Our Mission

Elements Calgary Mental Health Centre provides a range of integrated mental health services to inspire, build, and advance the abilities of adults with mental illness.



Photos by Jason Dziver

