



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

**Annual
Report
2020/2021**



Message from the Chairperson

It is my pleasure and honour to share this message with the clients, staff, volunteers, key stakeholders and the Board of Directors of Elements Calgary Mental Health Centre. It has been a year to remember and since the pandemic began, Elements has continued to provide essential services for our clients and the community. Initially, in order to keep our clients, staff and the community safe, we temporarily suspended our onsite services and focused our efforts and expertise on providing telephone counselling and support services. We received thousands of calls from clients and the community requesting mental health support and continued to serve our clients as best we could despite the ever-changing environment, restrictions and subsequent lockdowns.

In July, we were able to re-open some of our onsite programs and services as well as continued our telephone counselling and support. Since then, our Centre's goal was to expand our services to include the provision of virtual care and online programming. I am happy to announce that this goal has been achieved. The virtual addition to our services will assist in increasing our capacity, accessibility and has the added benefit of keeping our clients, staff and the community safe during these Covid times.

This year, I would like to offer special recognition to our incredible staff and management. Although it has been a challenging year, they've continued to provide compassionate care to our clients; given the challenges they faced through the global pandemic, their dedication has been nothing short of heroic.

I would like to thank all of our volunteers and the Board of Directors; their time and expertise throughout the past year is greatly valued and appreciated.

Lastly, I would like to extend our gratitude to Alberta Health Services for their monumental support this year, and to all our individual donors. Thank you for helping when it is needed the most.

On behalf of all of us at Elements Calgary Mental Health Centre, best wishes to all for 2021/2022.

Tavia Nazarko
Chair, Board of Directors

Our People, Our Strength

Board of Directors

Officers

Tavia Nazarko

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Don Middleton

Vice Chairperson

Daniel James

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Secretary

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Cheryl Gardner

Asanga Gunatillaka

Karen Hayes

Inessa Korenfeld

Carrie Styczen

Richard Veldhoen

>Daniel Hershcovis

>Robin Klein

>Martin Harvie

>Completed term

Personnel

Management

Anneisa Lauchlan

Executive Director

Maria Ochitwa

Assistant Director

Franka Poitevin

Program Director

Personnel *continued*

Team Members

Kazeem Badrudeen *Recreation Worker*

Karen Boyko *Recreation Worker*

Todd Cockrill *Mental Health Worker*

Bethlehem Desaleign *Mental Health Worker*

Stephanie De Trempe *Connections Instructor*

Taya Dick *Recreation Team Lead*

Kirsten Doe *Mental Health Worker*

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

Alysia Jansen *Mental Health Worker*

May Jin *Accounting Analyst*

Shelley Juss *Support Services Team Lead*

Sharon Kolibar *Office Administrator*

Nora Lawson *Connections Instructor*

Christian Nuttall *Recreation Worker*

Amy Redman *Mental Health Worker*

Kayla Reimer *Connections Instructor*

Kelley Sallenbach *Creative Arts /Best of Me/ Decluttering
Group Instructor*

Dana Seymour *Volunteer Coordinator*

Chris Spanswick *Mental Health Worker*

Alicja Swiatlon *Art Program Instructor*

*Misan Amorighoye *Recreation Worker*

*Harrison Asamoah *Recreation Worker*

*Jordan Zarvie *Mental Health Worker*

* Resigned mid-term

Our Programs

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.

Best of Me

Best of Me teaches healthy living options fundamental to a healthier lifestyle, an improved quality of life, and maintaining mental health in the community.

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.

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

"I hope Elements opens up like before."

"In this difficult time of pandemic, Elements is the most efficient and professional team of healers."

"I believe Elements has done a fantastic job adapting to the necessities of the pandemic."

"It has been a blessing to be able to utilize this program during the pandemic. Thank you for being here for us."

"I took time away for safety reasons relative to COVID-19."

"I appreciate that Elements is operating and providing in person services."

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

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

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).

Support & Recreation Services

Support & Recreation Services (SRS) program offers mental health support and 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 - Helps participants manage symptoms and build coping skills.

Relaxation Group - A 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.

I am so grateful to have help and support through this pandemic, the stress has been lowered because of Elements.

Now that I have my shot, I will be coming around more.

Elements is doing well with programs and services despite COVID.

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.

***1683015 Alberta Inc.
Benevity Giving Platform
Canada Helps Partner Giving Program
Canada Helps Giving Program
CDN online Giving
CIBC Bank - Wealth Management Division
CIBC Friends & Neighbours Group
Fairfield Watson Inc.
Horsley Consulting Ltd.
PayPal Giving Fund
UFA Co-operative Limited
United Way of Calgary
Westside King's Church***



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, 2021

	2021	2020
ASSETS		
CURRENT		
Cash	\$ 717,370	\$ 644,799
Accounts receivable	9,033	2,680
Prepaid expenses	40,514	40,285
	<u>766,917</u>	<u>687,764</u>
PROPERTY & EQUIPMENT	896,301	1,001,732
	<u>\$1,663,218</u>	<u>\$1,689,496</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Account Payable	\$ 9,002	\$ 15,936
DEFERRED REVENUE	139,231	92,122
DEFERRED LEASE INDUCEMENTS	1,154,095	1,288,569
	<u>1,302,328</u>	<u>1,396,627</u>
NET ASSETS		
Unrestricted	83,382	54,558
Restricted	277,508	238,311
	<u>360,890</u>	<u>292,869</u>
	<u>\$1,663,218</u>	<u>\$1,689,496</u>

Statement of Operations Year Ended March 31, 2021

	2021	2020
REVENUE		
Alberta Health Services	\$2,070,709	\$2,070,709
Casino	42,091	25,000
Donations	8,327	45,372
Interest Revenue	308	53,162
Earned and other Revenue	126	21,204
Membership Revenue	78	165
Alberta Job Grant		10,584
	<u>\$2,121,638</u>	<u>\$2,226,196</u>
EXPENSE		
Human Resources	\$1,367,030	\$1,345,543
Facility	408,888	631,549
Program Costs	107,075	102,549
Amortization	105,432	45,215
Administration	64,654	82,512
Fundraising costs	539	1,229
	<u>\$2,053,617</u>	<u>\$2,208,597</u>
EXCESS (DEFICIT) FROM OPERATIONS	\$ 68,021	\$ 17,599

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.



400 1035-7 AVE SW, Calgary, AB T2P 3E9 • www.elementscmh.ca • 403.266.8711 • info@elementscmh.ca

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