



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

**Annual  
Report  
2021/2022**



# Message from the Chairperson

It is an honour to share the Elements Calgary Mental Health Centre's 2021/2022-year end message with the clients, staff, volunteers, key stakeholders, and the Board of Directors.

Our focus this year has been to continue providing exceptional mental health support and services to our client population within a safe environment for all. I am pleased to report that, Elements was able to provide essential services for the clients and community while also *navigating* the ever-changing restrictions and safety protocols.

We have provided our regular in house programming and as well, I am pleased to share, we have continued to expand and fine tune our provision of virtual services in a manner that best meets the needs of our clients.

It is important to mention that there is an overall increased demand for community mental health services within Calgary. We will keep this as a focus going forward, to ensure that Elements continues to maintain, to develop, and to shift to the changing needs of our clients and the community.

I would like to extend gratitude to our dedicated staff and management. They continue to rise to all challenges while providing excellent care to our clients and the community.

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

To our donors, on behalf of all of us at Elements Calgary Mental Health Centre, please accept our sincere and heartfelt appreciation for your generous donations. Every bit helps to support our programs and services and ensure we can continue to support the community.

Lastly, I would like to extend our gratitude to Alberta Health Services for their continuous support this year. 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 2022/2023.

Tavia Nazarko  
Chair, Board of Directors

# Our People, Our Strength

## Board of Directors

### Officers

Tavia Nazarko

*Chairperson*

Don Middleton

*Vice Chairperson*

Linda Duff

*Treasurer*

Steffany Welter

*Secretary*

### Directors

Cheryl Gardner

Asanga Gunatillaka

Karen Hayes

Inessa Korenfeld

Carrie Styczen

Richard Veldhoen

> Eric Davis

> Daniel James

> 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 Desalegn *Mental Health Worker*

Stephanie De Trempe *Intake Worker*

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*

Amy Redman *Mental Health Worker*

Kayla Reimer *Best of Me / Connections Instructor*

Kelley Sallenbach *Creative Arts / Decluttering Group Instructor*

Sabrina Sbarzella *Art Program Instructor*

Dana Seymour *Volunteer Coordinator*

Chris Spanswick *Mental Health Worker*

\* Alicja Swiatlon *Art Program Instructor*

\* 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

“Great programs, it has helped me stay out of hospital.”

“Everyone I've met is so nice and welcoming, it's an amazing place to volunteer.”

“I will forever appreciate the skills and lessons that I learned at Elements.”

“I don't feel so alone and the support is amazing!”

## 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.

“The online experience has been an important part of Decluttering Support Group.”

“Helps me survive a totally devastating illness.”

# 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 and 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.

***Beaumont Select Corporations  
Benevity Giving Platform  
Canada Helps Giving Program  
CIBC Bank - Wealth Management Division  
Friends & Neighbours Group  
Fairfield Watson Inc.  
PayPal Giving Fund  
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, 2022

	2022	2021
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 482,157	\$ 717,370
Term Deposits	400,000	-
Accounts receivable	10,603	9,033
Prepaid expenses	37,349	40,514
	<u>930,109</u>	<u>766,917</u>
<b>PROPERTY &amp; EQUIPMENT</b>	791,310	896,301
	<u>\$1,721,419</u>	<u>\$1,663,218</u>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Account Payable	\$ 69,271	\$ 9,001
DEFERRED REVENUE	164,231	139,231
DEFERRED LEASE INDUCEMENTS	1,019,622	1,154,095
	<u>1,253,124</u>	<u>1,302,327</u>
<b>NET ASSETS</b>		
Externally restricted	88,865	88,238
Internally restricted	379,430	272,653
	<u>468,295</u>	<u>360,891</u>
	<u>\$1,721,419</u>	<u>\$1,663,218</u>

## Statement of Operations Year Ended March 31, 2022

	2022	2021
<b>REVENUE</b>		
Alberta Health Services	\$2,070,709	\$2,070,709
Donations	95,716	8,327
Casino	54,393	42,091
Earned and other Revenue	3,106	126
Interest Revenue	1,272	308
Membership Revenue	57	78
	<u>\$2,225,253</u>	<u>\$2,121,639</u>
<b>EXPENSE</b>		
Human Resources	\$1,325,775	\$1,367,030
Facility	543,816	408,888
Amortization	104,991	105,432
Program Costs	87,968	107,075
Administration	54,942	64,654
Fundraising costs	357	539
	<u>\$2,117,849</u>	<u>\$2,053,618</u>
<b>EXCESS (DEFICIT) FROM OPERATIONS</b>	\$ 107,404	\$ 68,021

# 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.*

