



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

**Annual  
Report  
2022/2023**



# Message from the Chairperson

I am extremely honoured to share the Elements Calgary Mental Health Centre's 2022/2023 year-end message with the clients, staff, volunteers, Board of Directors, and the community.

Elements operates on the belief that, with access to adequate supports, every person experiencing a mental illness has the capacity to learn, grow and enhance their lives. 1 in 4 Calgarians will develop a mental illness at some point in their lives and for the past 50 years Elements has provided essential mental health services and programming to the Calgary community. The focus of the past year has been to continue to meet the demand for integrated mental health services to inspire, build, and advance the abilities of adults with mental illness.

Our knowledgeable and caring staff have made a difference through exemplary and goal oriented mental health and support services. We have expanded our in-house programming throughout the year while adapting to the changing needs of our clientele and I would like to extend a sincere and heartfelt thanks to our dedicated staff and administration.

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

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.

To our donors, for the past 50 years your generosity has allowed us to serve the community and on behalf of all of us at Elements Calgary Mental Health Centre, thank-you. Lastly, I am very excited to announce that Elements Calgary Mental Health Centre is entering into its 50<sup>th</sup> year of providing services to the Calgary community. We ask that you stay tuned for information about upcoming events as we continue to celebrate our 50th Anniversary.

On behalf of all of us at Elements Calgary Mental Health Centre, best wishes for a wonderful 2023/2024.

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

Hasith Andrahennadi

Cheryl Gardner

Emmanuel Paty

Carrie Styczen

Richard Veldhoen

> Asanga Gunatillaka

> Karen Hayes

> Inessa Korenfeld

> Completed term

## Personnel

### Management

Anneisa Lauchlan  
*Executive Director*

Maria Ochitwa  
*Assistant Director*

Franka Poitevin  
*Program Director*

## Personnel *continued*

### Team Members

Kazeem Badrudeen *Recreation Worker*

Alyssa Bennett *Mental Health Worker*

Todd Cockrill *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*

Grace Geddes *Mental Health Worker*

May Jin *Accounting Analyst*

Shelley Juss *Support Services Team Lead*

Sharon Kolibar *Office Administrator*

Nora Lawson *Connections Instructor*

Janet Lee *Recreation Worker*

Wai Lie *Mental Health Worker*

Kelley Sallenbach *Creative Arts / Decluttering Group Instructor*

Sabrina Sbarzella *Art Program Instructor*

Dana Seymour *Volunteer Coordinator*

Chris Spanswick *Mental Health Worker*

\* Karen Boyko *Recreation Worker*

\* Bethlehem Desaleign *Mental Health Worker*

\* Alysia Jansen *Mental Health Worker*

\* Amy Redman *Mental Health Worker*

\* Kayla Reimer *Best of Me / Connections Instructor*

\* Resigned mid-term

# Our Programs

## Art Program

This fine arts program, participants find a safe and nurturing environment with a focus on personal development.

## 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 with three focus areas: connecting with self, building social networks, and exploring the community

## 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.

## Embracing Change

Embracing Change is available to participants that complete the Initiatives Program, and helps continue to enhance and maintain the skills learned.

## In Their Own Words

“Elements has been a very positive experience and I would recommend it to anyone struggling with mental health issues.”

“I'm grateful for being referred to Elements.”

“Loved participating in all the activities. Best of all, I felt like I belonged!!”

“I always looked forward to going to the program. Got to interact with so many different people! Learned that I was not alone.”

“Coming to the support group is a vital part of my mental health maintenance plan. I am certain it has kept me out of hospital and taught me many useful coping skills.”

“Talking with my Mental Health Worker has helped guide me.”

“I have gained so much from the resources they've connected me to.”

“It's the best place in the whole world.”

## Support Groups

Elements Support Groups provide a safe place to share thoughts and feelings about personal issues and feel supported.

### 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).

“This has been the most helpful 'treatment' I've had in years.

“Elements has really helped me with understanding my mental health problems.

“I found the program boosted my self-esteem, confidence, and it helped me practice what I learned.

“The groups and teacher were phenomenal! I will remember the lessons forever.

## Support & Recreation Services

Support & Recreation Services (SRS) is an ongoing program where you determine your level of involvement, from accessing support and counselling, to an array of social and recreational activities.

### 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.

### Recreation Services

Recreation Services provides many ways for you to have fun and de-stress in a welcoming, safe, supportive environment that's informal and flexible.

### 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 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.

***Benevity Giving Platform  
Calgary Foundation - The Rikobuc Family Fund  
Canada Helps Giving Program  
Charitable Impact  
CIBC Bank - Wealth Management Division  
Friends & Neighbours Group  
Fairfield Watson Inc.  
Guyana Cana Cultural Association (Calgary)  
PayPal Giving Fund  
United Way of Calgary and Area  
Vogel LLP***



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!

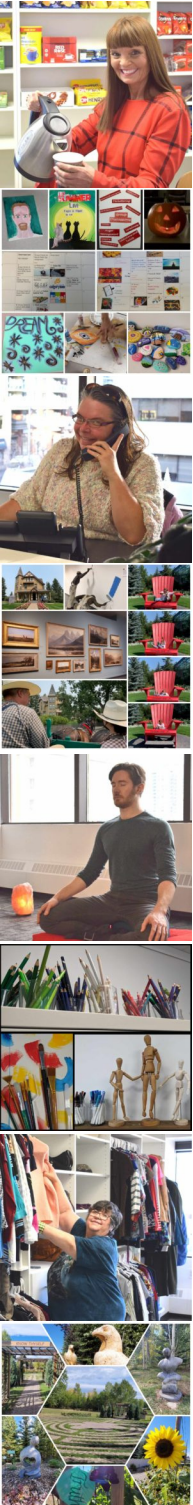
# Financials

## Statement of Financial Position March 31, 2023

	2023	2022
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 379,058	\$ 482,157
Term Deposits	400,000	400,000
Accounts receivable	12,698	10,603
Prepaid expenses	38,087	37,349
	<u>829,843</u>	<u>930,109</u>
<b>PROPERTY &amp; EQUIPMENT</b>	<u>686,583</u>	<u>791,310</u>
	<u>\$1,516,426</u>	<u>\$1,721,419</u>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Account Payable	\$ 25,150	\$ 69,271
DEFERRED REVENUE	137,800	164,231
DEFERRED LEASE INDUCEMENTS	885,148	1,019,622
	<u>1,048,098</u>	<u>1,253,124</u>
<b>NET ASSETS</b>		
Externally restricted	118,646	88,865
Internally restricted	349,682	379,430
	<u>468,328</u>	<u>468,295</u>
	<u>\$1,516,426</u>	<u>\$1,721,419</u>

## Statement of Operations Year Ended March 31, 2023

	2023	2022
<b>REVENUE</b>		
Alberta Health Services	\$2,114,194	\$2,070,709
Donations	52,530	95,716
Casino	28,431	54,393
Earned and other Revenue	11,325	3,106
Interest Revenue	1,456	1,272
Membership Revenue	69	57
	<u>\$2,208,005</u>	<u>\$2,225,253</u>
<b>EXPENSE</b>		
Human Resources	\$1,437,360	\$ 1,325,775
Facility	519,089	543,816
Amortization	104,727	104,991
Program Costs	97,277	87,968
Administration	49,174	54,942
Fundraising costs	346	357
	<u>\$2,207,973</u>	<u>\$2,117,849</u>
<b>EXCESS (DEFICIT) FROM OPERATIONS</b>	\$ 32	\$ 107,404



## Our Vision

*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.*



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