



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

**Annual
Report
2023/2024**



Message from the Chairperson

I am sincerely grateful to share this very special 50th Anniversary year end message for Elements Calgary Mental Health Centre with the clients, staff, volunteers, the Calgary community and the Board of Directors.

In 1973 a group of mental health professionals concerned about the lack of mental health services available in Calgary came together to look for ways to bridge the gaps in services for people being discharged from hospital. On December 5, 1973, Calgary Association of Self Help was incorporated. The first service offered was a small activity centre which served as social recreation with support services for people experiencing psycho-social issues. In the following years many more programs, services and supports were added.

Over the past 50 years this organization has operated on the belief that as the mental health landscape evolves and the needs of the Calgary community shift, the organization will change to ensure services are relevant, rooted in best practice and include a client centered approach. The past 50 years has held numerous innovative programs, including some that have come and gone. However, the spirit of supporting the mental health of our community has remained at the heart of the organization.

Our client community has been immensely fortunate to have had 50 years of dedicated, knowledgeable and caring mental health professionals who have made a difference through their exemplary and client oriented support and expertise.

I would like to thank all of our staff, volunteers and the Board of Directors, past and present; their dedication and commitment is greatly valued and appreciated.

I would like to extend our gratitude to Alberta Health Services for their continued support; it is through this support that we are able to continue to provide mental health services to the Calgary Community.

To our donors, for the past 50 years your generosity has allowed us to serve the community. For this we thank you.

On behalf of all of us at Elements Calgary Mental Health Centre, best wishes for a wonderful 2024/2025.

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

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*

Bethlehem Desaleign *Intake 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*

Dana Seymour *Volunteer Coordinator*

Sara Sibrian *Art Program Instructor*

Chris Spanswick *Mental Health Worker*

Our Programs

Art Program

In 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 increasing wellbeing.

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 great programs, that have helped me stay out of hospital.”

“At Elements the programs are plentiful while being equally diverse.”

“Volunteering makes me feel I am contributing to the betterment of Elements.”

“I've been in one form of therapy or another. Over the years the programs have helped me more than all of that combined.”

“Elements has a great range of services that they offer.”

“The programs have helped me to become more resilient in the face of adversity.”

“Without Elements, I wouldn't be able to be here improving upon my life.”

“I love this place. It helps me cope and be positive.”

Support Groups

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



Programs at Elements have taught me helpful strategies to cope with mental health issues.



My counsellor provided me with support for my mental health and a safe place to talk about my feelings.



I love the wide variety of recreation activities. All the activities are awesome and beneficial.

Support & Recreation Services

Support & Recreation Services (SRS) is an ongoing program where participants determine their 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 participants 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 for their generosity this past year, and extend our deepest gratitude for their contributions.

*Acera Insurance Services Ltd
Benevity Giving Platform
Calgary Foundation - The Rikobuc Family Fund
Canada Helps Giving Program
Charitable Impact
CIBC Bank - Wealth Management Division
Friends & Neighbours Group
PayPal Giving Fund
United Way of Calgary and Area*



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!

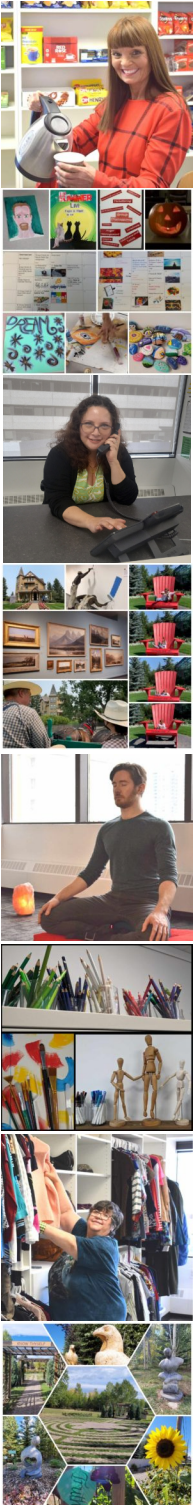
Financials

Statement of Financial Position March 31, 2024

	2024	2023
ASSETS		
CURRENT		
Cash	\$ 521,488	\$ 379,058
Term Deposits	400,000	400,000
Accounts receivable	20,561	12,698
Prepaid expenses	38,245	38,087
	<u>980,294</u>	<u>829,843</u>
PROPERTY & EQUIPMENT	<u>581,593</u>	<u>686,583</u>
	<u>\$1,561,887</u>	<u>\$1,516,426</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Account Payable	\$ 28,200	\$ 25,150
DEFERRED REVENUE	187,800	137,800
DEFERRED LEASE INDUCEMENTS	<u>750,675</u>	<u>885,148</u>
	<u>966,675</u>	<u>1,048,098</u>
NET ASSETS		
Externally restricted	121,827	118,646
Internally restricted	<u>473,385</u>	<u>349,682</u>
	<u>595,212</u>	<u>468,328</u>
	<u>\$1,561,887</u>	<u>\$1,516,426</u>

Statement of Operations Year Ended March 31, 2024

	2024	2023
REVENUE		
Alberta Health Services	\$ 2,167,049	\$2,114,194
Donations	90,983	52,530
Casino	34,820	28,431
Interest Revenue	14,432	1,456
Earned and other Revenue	12,177	11,325
CVITP Grant	1,875	-
Membership Revenue	66	69
	<u>\$ 2,321,402</u>	<u>\$2,208,005</u>
EXPENSE		
Human Resources	\$ 1,422,581	\$1,437,360
Facility	514,537	519,089
Amortization	104,990	104,727
Program Costs	99,674	97,277
Administration	49,639	49,174
Fundraising costs	3,097	346
	<u>\$ 2,194,518</u>	<u>\$2,207,973</u>
EXCESS (DEFICIT) FROM OPERATIONS	<u>\$ 126,884</u>	<u>\$ 32</u>



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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