

ANNUAL REPORT

2017-2018



**Canadian Mental
Health Association**
New Brunswick
Mental health for all

**Association canadienne
pour la santé mentale**
Nouveau-Brunswick
La santé mentale pour tous

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MISSION:

As the province-wide leader and champion for mental health. CMHA of NB facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

VISION:

Mentally healthy people in a healthy society.

Greetings from the Executive Director and the President of the Board of Directors

The 2017-18 year has been full of growth, change and quality service for mental health through the Canadian Mental Health Association of NB. We are proud of the work we do, and in reflecting on this past year, certain themes come to mind.

The Changing Minds Program and Working Minds Together Workshop reached hundreds of people in our communities, government, businesses and schools, and is now being sought on a National level. We were eager to move the mental health sports program, Talk Today, forward with the Moncton Wildcats, Saint John Sea Dogs and the Titan Acadie-Bathurst.

We have used our voice to speak out about mental health for advocacy, education to aid stigma reduction as well as policy work, including Opioid Policy work with National CMHA. Our programs and services continue to work towards ending the discrimination.

We cannot do this important work alone. Our accomplishments would not be possible without our dedicated staff, Board of Directors, volunteers and mental health champions. CMHA of NB is humbled to have been recognized this year with local and national nominations and awards. Thank you all for your commitment and effort toward the cause of improving the lives of all, with the goal of mental wellness.

We partner with many groups to ensure a strong reach and people in need of support are linked to the right resources. The support we have from sponsors and donors allows us to have a reach of over 60,000 people in our province in providing needed information and services. Together, we are making a difference!

We ask that all residents of NB consider your mental health just as you do your physical health. Our work is growing further this year in that our concentration on the 1 in 5 with a mental illness diagnosis is shifting to have a more proactive approach in focusing on the 5 in 5 who have mental health. We are all impacted by mental health and our work will incorporate that dimension further.

Help us make 2018-19 the year that truly transforms mental health in our province!

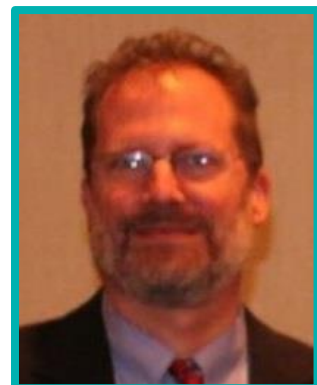
Christa Baldwin
Executive Director



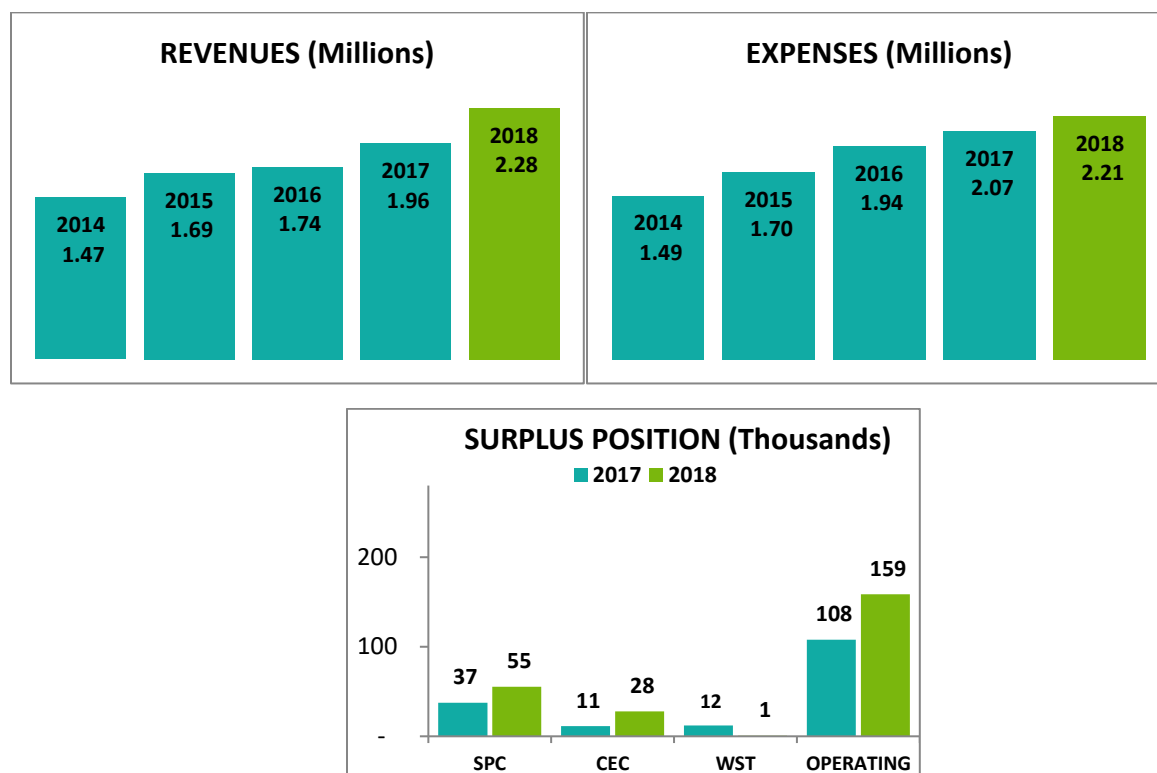
Roger Stoddard
President



Dr. Rice Fuller
Past President



Message from the Treasurer



The consolidated 2017/2018 results finished with a net profit of \$80K against a break-even budget. Revenues were off plan by 4% or \$83K, however this miss was more than offset by expenses coming in 7% or \$156K under plan.

Continuing the path of consistent year-over-year growth, 2018 represented a \$188K net income increase over 2017, with revenues up \$322K or 16%, partially offset by expenses up \$134 or 6%.

Overall, Canadian Mental Health Association of New Brunswick remains financially strong, with cash on hand to meet our obligations and serve our communities as we move forward. We have a healthy surplus going into the next operating year.

Every year, the performance of this organization exceeds expectations. Stigma against mental health is lower than ever before, and consistent gains of new partnerships, programs, and community support under our dedicated leadership allows us to help more New Brunswickers. I am very proud to be associated with CMHA of NB.

Respectfully submitted,

Angela Hickey, CPA, CGA
Treasurer

Director of Communications

Community Connections

- Women in Business networking monthly

In March, Lori Wheeler, Director of Communications received the Leadership Award from the Women's Business Network in recognition for Outstanding Leadership in the community.

The community is certainly embracing mental health and CMHA of NB more than ever before!

- Chamber of Commerce networking twice/month
- Paving the Way meetings in partnership with Saint John Family Plus
- 2017 saw CMHA of NB become a finalist in the Fredericton Chamber of Commerce Business Excellence Awards – Non-Profit of the Year
- CMHA was also a finalist for the Globe and Mail/Morneau Shepell in the Employee Recommended Workplace Award
- CMHA of NB in Fredericton was also nominated to pitch to 100 Women Who Care in September.
- Our fundraising comedy series O'Me Nerves launched in September 2017 and continues to be a successful fundraiser! To date raising over \$4500, plans are to continue into 2019. To be noted, all comedians donate their time, as does Grimross Brewery with their venue.



- CMHA of NB and The Chalmers Foundation partnered with The Fox Pay for Play which brought in \$1500!
- CMHA of NB Fredericton was the fundraising partner for FUSION Fredericton November 2017... raising \$7500 in one evening! FUSION has asked CMHA of NB to partner again in 2018 in Fredericton and Saint John!
- The Capital Winter Curling Club in Fredericton reached out and has named CMHA of NB as the beneficiary of a fundraising campaign.
- Chalmers Hospital Foundation Gift Wrapping - team building/community give back. CMHA (Fredericton) staff

- CMHA of NB partnered with Project Alive, a fellowship of military veterans and active members with a fundraising concert "Holidays and Heroes" at Grimross Brewing.
- The law students at UNB/Law Society did a fundraiser and named CMHA of NB as the beneficiary, raising \$5000!
- Live Stand Up Comedy at the Crowne invited CMHA of NB to fundraise at their comedy show in January raising \$750!
- CMHA of NB management volunteered as waiters at the State of the Province and wore "No More Stigma" and "How's Your Mental Health Today" buttons, in partnership with the Fredericton Chamber of Commerce for the second year! (The Chamber invited CMHA of NB back to volunteer, as they said they heard such great things about us the previous year!)
- #TalkToday with the Moncton Wildcats and Saint John Seadogs hockey teams... ED Christa Baldwin was interviewed by the Play by Play announcers at both games, and CMHA of NB dropped the puck along with Minister of Health Benoit Bourque.



- Continue to build community partnerships with local business and other non-profits to work and collaborate on awareness and fundraising projects.
- Funeral homes – engagement for donations
- Continue to seek, partner and engage with programming facilitators.

- MOVING FORWARD.... Executive Director and Director of Communications to develop a strategy to enhance engagement with businesses and corporations to learn of their community giving/donation/engagement practices.
- A mantra of the Director of Communications ... "you never know who you'll meet and where a conversation will take you, always be your best" ... stay tuned for exciting things on the horizon!

Lori Wheeler
Director of Communications

Peer Support Program

This has been a significant year for the ever-growing Peer Support Program. In March 2017, there were a further nine graduates recognized at an official graduation ceremony, making a total of 13 Certified Peer Supports in the Province. The Peer Support program also completed the tour of the province, training managers and staff about the role and expectations of a Certified Peer Support staff on their respective Flexible Assertive Community Treatment (F.A.C.T.) teams.

In June 2017, our first and second Certified Peer Support staff was hired to work on the F.A.C.T. team in Moncton and one on the F.A.C.T. team in Richibucto. Things were certainly beginning to take shape for Peer Support in New Brunswick.



A third Specialized Peer Support Training was offered in English in September 2017 which resulted in 11 more Certified Peer Supports graduating, making a total of 24 potential candidates in the province, meeting the requirements to apply for positions on F.A.C.T. teams. Since January 2018, we have hired 7 additional Certified Peer Support staff to work on F.A.C.T. teams for a total of 9 Certified Peer Supports filling

positions throughout the province out of a potential 15 vacancies!

As a point of interest, not all graduates of the program choose to pursue F.A.C.T. team positions. One graduate chose to accept a position with the RCMP as their Atlantic Peer Support Co-ordinator; a new and valued position available to first responders in Atlantic Canada.

As we embark on a new fiscal year, we will see another Specialized Peer Support training offered in French in Bathurst in September with potentially 12 more Certified Peer Supports. As well, we will see an additional CMHA of NB Peer Support Consultant working out of the Moncton office. The Peer Support consultants will collaborate and work on a community-based peer support initiative that will take shape over the next year.

On a more personal note, I am so grateful to the Department of Health, the University of Moncton, MINDCARE and New Brunswick Association of Social Workers who provide valuable funding to help make training more accessible to applicants, and finally to CMHA of NB, who works and supports peer support initiatives throughout New Brunswick.

Lori Young
Provincial Peer Support Consultant

Fredericton Office

The Fredericton Office has undergone a significant change during the 2017-2018 fiscal year. We undertook several new projects, including the development of a new program designed to support family members of those living with mental illness entitled Engaging Families in Recovery, intended to be offered provincially. This program is due to be piloted in the fall of 2018. We also shifted gears toward a more service driven role in the community. For the first time the Fredericton Office was the recipient of funding to run psychoeducational programs for free in the community. This meant that a large amount of groundwork needed to be laid to build the systems and relationships which would allow us to grow our identity in the community as a service provider. A new program coordinator started in Fredericton in October of 2017 and began the process of building community connections to facilitate our growth in the service sector. This included many meetings with community service providers and partners to discuss the services to be offered and build mutually beneficial relationships. A hiring process for qualified facilitators was successful in identifying multiple professionals on whom the Fredericton Office can rely on for quality program support. Client registration systems and processes were also put in place, building on a similar structure to that offered in our Moncton Office. The Fredericton Office offered its first psychoeducational program, free of charge to the community, starting in February of 2018. Open programs have been in the planning and coordination phases, with both Wellness and the Family & Friends program scheduled to begin sessions starting in April 2018. While it will take time to build a reputation and identity in this community as a new service provider, much progress has been made and work continues through relationship building and service promotion.



Another primary focus of the Fredericton Office has been on education and community workshops. Several fruitful working partnerships have been developed such as with the Department of Justice and Public Safety in the program Working Minds TOGETHER. The office has also provided educational opportunities to multiple conferences (NBASSE, First Nations Mental Wellness Gathering, etc.), wellness days, symposiums and community partners, and kiosks to a broad range of events allowing us to better connect with our community and potential partners. Demand for educational services (including both presentations and workshops) continues into the new fiscal year and we look forward to the opportunities these partnerships create for our organization.



Adult Programs

- Anxiety & Depression
- Art of Friendship
- Art of Recovery
- Bipolar
- Kids Have Stress Too!
- Living Life to the Full
- Depression: Help can make a difference
- Understanding Anxiety & Panic Disorders

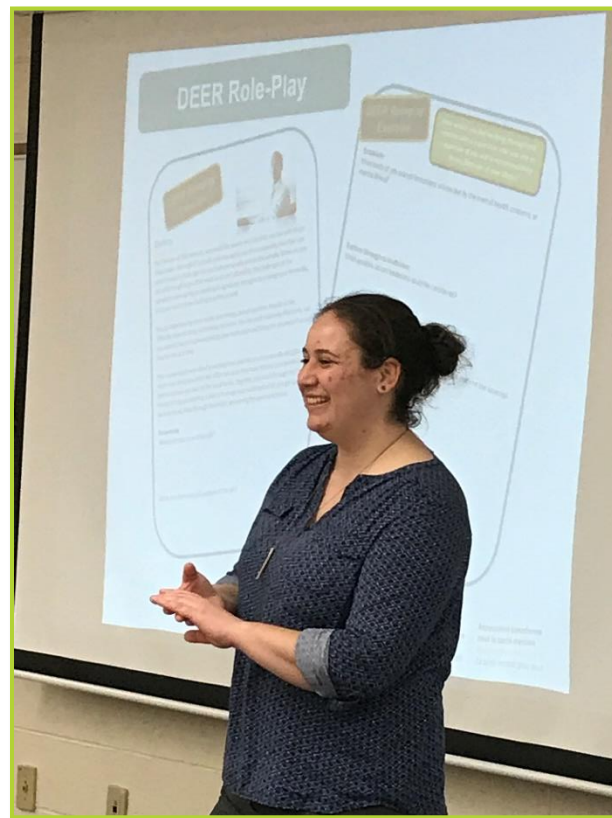
- Hope & Healing: Coping with the Suicide of a Loved One
- Wellness (Open)
- Family & Friends (Open)

Youth Programs:

- Learning to Cope
- Healthy Relationships Plus
- Self-Empowerment

Workshops:

- Working Minds TOGETHER
- Changing Minds
- Mental Health Works



Moncton Office

The Moncton Office has had an exciting year! The 2017-2018 fiscal year has proven full of challenges, new opportunities and a view toward what the future of community-based services can look like. We continued with our efforts to create a variety of opportunities to engage with our community during CMHA's Mental Health Week 2017, including physical activities, education events, and exciting partnerships to continue the growth of Kindness Day! We continued to offer a range of services to the community and confirmed an ambitious



programming schedule for the Fall of 2017. In October, our current program coordinator transitioned to a role in our Fredericton office, and we welcomed a new Program Coordinator to the office here in Moncton. In February, Women & Wellness saw an evolution of its own. The event was held at the Cocoa Room in Riverview. It was a wonderful intimate evening bringing it back to the grass roots of when it first started. We had 185 people in attendance. Our Guest Speaker was Cathy

Donaldson and were entertained by singer songwriter Brittney McQuinn. Our Family Fun Day in August was another great success. We had a dunk tank, a BBQ, face painting, balloon animals and loads of games for the children that attended. We had a lot of volunteers that helped make this event a success and raised approximately \$1,500.

Moncton's office has once again prospered because of strong commitment to community-based service provision by our partners. We would like to recognize the continual work that partners such as the Anglophone East School District, BreeLove Counselling Services, Coverdale Counselling & Consulting, Department of Health, Francophone South School District, Horizon Health Network, Vitalite Health Network and many more. We also continue to benefit capacity building support offered by programs as the Youth Employment Fund and SEED Program. Our staff have also worked diligently over the past year to organize several brand-new initiatives which will continue to strive toward our goal of meeting community needs to support the mental health of all



residents of New Brunswick. Initiatives like an Anti-Stigma Conference Tour and a Mental Health Walk-In Service promise to change the landscape of services in our region!

CMHA of NB's Moncton Office depends heavily on contributions and on-going support from community stakeholders, without whom our services, support and efforts in the community would not be possible. Primary funders for our programs and services this year include; Three Mountain Relay, Horizon Health Network, Mindcare, City of Moncton, Town of Riverview, as well as numerous other public and private donations. Without you we could not have impacted lives, improved mental health literacy, reduced stigma and strengthened our bonds not only to our communities but the individuals who make these communities unique and beautiful. To our valued community stakeholders, partners, invaluable program facilitators, passionate volunteers and community members alike, you continue to make us stronger than ever!

Adult Programs / Services

The Moncton office remains committed to offering direct programming and services to clients and community partners while removing barriers such as cost, referral process or diagnosis. We are working toward additional opportunities to offer individual counselling (short term) through counselling student placements supported by clinical supervision through BreeLove services. Growth of the AtWork program has been an absolute success, and just before year end we were proud to announce the opening of a weekly Walk-In Mental Health Service made possible through the voluntary hours provided by Coverdale Counselling and Consulting.

Adult Programs:

- Anxiety & Depression
- Bipolar
- Grief & Loss Recovery
- Kids Have Stress Too!
- Living Life to the Full
- Living Life to the Full (50+)
- Anger Management/Emotional Regulation
- Parenting Children with ADHD
- Strengthening Families Together
- Trauma
- Your Recovery Journey
- Mindfulness
- Mind Over Mood (50+)
- Family and Friends
- Wellness

Workshops:

- Changing Minds
- Working Minds Together

Services:

- Advocacy / Service Navigation
- Individual Counselling (short term)
- Employment Counselling

Youth Programs / Services

The resiliency of the youth in our community remains a top priority for our office. The 'Learning to Cope' program remains a core component of our youth services at the high school, middle school, and elementary levels thanks in large part to our wonderfully adaptable facilitators, who always work to meet the individual needs of each school they enter.

The Moncton Office continues to mobilize youth empowerment, mental health and resiliency through Youth Mental Health Summits thanks to the commitment of the Anglophone East and Francophone South School Districts and the Anglophone East Mental Health Symposium. Students initiatives and projects sprouting from these events continue to evolve, impact their school communities over the academic year and amaze us both as proud funders and organizers.

Youth Programs:

- Learning to Cope
- Grief & Loss Recovery
- Self-Empowerment

Initiatives:

- Youth Mental Health Summits (Anglophone & Francophone)
- Mental Health Symposium

The CMHA of NB Moncton Office is proud of its progress, and eager to tackle its new opportunities. We will continue our work to educate about mental health, reduce stigma around mental illness, support those living with mental health problems, and strengthen the mental health of all those in our communities with the incredible support of our partners, funders, facilitators and volunteers. Thank You!



Saint John Office

We promote mental wellness in our schools, businesses and the community at large by means of wellness fairs, community presentations, education programs and events within the greater Saint



John area. Special events such as **A Day in Her Shoes**, **Tee Off for Mental Health** and **Curl for Mental Health** could not have been possible without strong community partnerships which are integral to the ongoing success of these events.

66th Annual CMHA Mental Health Week

A Day in Her Shoes

On May 3rd, we welcomed special guest Jennifer Gendron and more than 330 people to enjoy spring fashions, a silent auction, hors d'oeuvres

and wine from the shops and restaurants of Market Square.

Tee Off for Mental Health

On September 29th members of the community participated in the 2nd annual Tee Off for Mental Health in support of CMHA of NB Saint John office and the Saint John Police Force Total Balance Wellness Committee.

The Jim Sullivan Curling Classic

We continue to be a key partner in the Jim Sullivan Curling Classic. During this annual event we accept donations for the Sullivan Wristband and raise awareness for those affected by mental illness.

Curl for Mental Health

Thistle St. Andrews Curling Club generously hosted the 28th Curl for Mental Health a key fundraiser of the Saint John office. Together, we are raising awareness of mental health, and providing funds necessary to continue our mandate. We sincerely thank our sponsors, donors, volunteers and community partners. As the Canadian Mental Health Association of New Brunswick continues to grow your dedication and support is needed to continue to make positive impacts in the coming year.

Saint John Education Programs:

- Understanding Anxiety & Panic Disorder
- Building Assertiveness Skills
- Depression: Help Can Make A Difference
- Mindfulness
- Hope & Healing: Coping with the Suicide of a Loved One
- Living Life to the Full

CEC Annual Report 2017-2018

The Community Education Coordinator (CEC) Program serves every rural community of New Brunswick, through education, trainings, workshops, public awareness, special events, networking and committee work, self-help/education support groups, as well as information, advocacy and referrals.



Presentations & Workshops:

Workshop/Presentation	Presentations	Participants
Total	223	4607
Anxiety	16	460
Depression	9	177
Mental Health in the Workplace	3	39
Other / Miscellaneous	34	597
Overview of Mental Health	12	192
Positive Attitude	41	810
Question & Answer	12	523
Self-Esteem	35	588
Stress Management	27	472
Suicide Awareness	8	161
Work-Life Balance	4	91

CMHA of NB offers interactive and impactful presentations on a wide range of topics related to mental health, wellness, and mental illness. These workshops are delivered free of charge, and include activities, discussions, and participant handouts.

Seniors Presentations:

Workshop/Presentation	Presentations	Participants
Total	14	305
Overview of Mental Health	7	213
Other / Miscellaneous	2	26
Positive Attitude	1	13
Stress Management	3	42
Work-Life Balance	1	10

CMHA of NB delivers presentations and workshops to professionals that work in NB Special Care homes as well as Nursing Homes.

Changing Minds

CMHA of NB CEC's have delivered Changing Minds, a two-day workshop on mental health/illness to individual across the province including professionals, clients, and the general public.

Trainings	Presentations
20	398

Kids Have Stress Too! (KHST)

KHST Groups	Trainings	Participants
Total	7	53
Parenting	5	34
Professionals & T4T's	2	19

KHST is a program developed by the Psychology Foundation of Canada that develops knowledge and skills related to understanding and supporting kids through developing skills to manage stress.

Suicide Prevention

Programs	Trainings	Participants
Total	15	242
ASIST	9	129
safeTALK	6	113

Assistive Suicide Intervention Skills Training and safeTALK are training programs related to enhancing abilities to identify, respond, and connect someone who may be at risk of suicide to the help or provide resources that can assist them on their recovery journey.

Living Life to the Full (LLTTF)

LLTTF	Groups	Participants
Total	7	89
Youth	2	36
Adult	5	53

LLTTF is a Cognitive Behavioural Therapy (CBT) based program that is delivered over 8 sessions to help participants who may be experiencing symptoms of anxiety, depression, stress, or who are overwhelmed.

Self-Help, Support, Education Groups

Group Topic	Participants
Total	492
Alzheimer's Group	5
Anger Management	13
Being the Best Me	63
Caregiver's Support Group	19
Coping with Sexual Abuse	3
Depression/Anxiety Group	81
Emotions Anonymous	61
Families Group	38
Learning to Cope	9
Mental Health Group	22
Recovery Group	35
Self-Esteem Group	138

CEC's delivered group programs throughout their regions in New Brunswick. Group services are delivered in open and closed group formats, based on the needs of their communities. Groups provided assist participants in developing coping skills, forming peer relationships, growing their support networks, understanding mental health/mental illness, and building the strategies needed to maintain positive mental health and wellness.

Public Awareness

Public Awareness		
Type of Reach	Initiatives	Individuals Reached
Direct	46	8,915
Community	57	Immeasurable

Public Awareness is crucial for engaging the community in mental health/illness education, stigma reduction, and wellness promotion. The CEC's offer public awareness to the rural communities of NB through hosting kiosks, poster campaigns, media initiatives, social media blasts, networking, and through countless other creative means. Public Awareness initiatives are facilitated to reach individuals directly, or to the community with a broad reach that is immeasurable for direct impact (television segment, radio interviews/ads, newspaper, etc....)

Special Events	
Events	Participants
66	7,585

Special Events hosted are open to the public which promotes a wide range of awareness/education related to mental health, mental illness, and wellness. Some themes have included: Mental Health Week initiatives, Suicide Prevention, Wellness, Linking Physical Health

to Mental Health, Kindness Day, Dinners, Breakfasts, Awareness Walks, Physical Wellness Classes (Zumba, Dance, Yoga), Testimonial Evenings, Art Displays, among many others.

Connecting Community to Support

Service	Participants
Total	2,448
Information Requests	1,798
Referrals	490
Advocacy	160

CMHA of NB provides information, advocacy, and referral to individuals seeking help or support. Through this service, CEC's assist individuals in understanding mental health/illness, navigation of the mental health services available in New Brunswick, connecting individuals to resources/services, advocating for the rights of the person should they be facing barriers or challenges related to mental health, and raising awareness on where to seek help.

The CEC program is a unique service not only to New Brunswick but also to Canada. The services offered through the various rural regions ensure that New Brunswickers have access to consistent education, resources, and services related to mental health, mental illness, and wellness, no matter where they live. During the 2017-2018 year, the CEC program reached a total of **24,652** New Brunswickers. On behalf of the CEC team, thank you to all our volunteers, sponsors/donors, community partners, supporters, and local communities for helping us work towards our vision of mental health for all.



At Work New Brunswick

The At Work Program provides supported employment related services to individuals who have complex service needs related to a mental health illness and who want to find competitive employment in their local area.

Our Mission: The At Work Program is aligned with the values of the Canadian Human Rights Commission and supports the right of individuals to choose and access competitive employment.

The At Work Program is unique in that clients will not be excluded for:

- Not taking medication
- Limited or no connection to primary care
- Limited or no history of service engagement
- Continued use of substances
- Chronic illness
- Absence of a formal mental illness diagnosis
- Involvement in the Criminal Justice System

Program Information

The At Work Program currently has open and active participants. Out of the 101 clients, 77 are employed, and 24 are actively seeking employment.



Working Stronger Together

Jennifer and Michelle continue to work with clients in Charlotte County.

Working: Stronger Together is a program that provides employment related services, at no cost, for qualifying individuals in Charlotte County having difficulty finding meaningful and sustainable employment.

Jennifer and Michelle have served 360 clients this fiscal year with 60 clients closed as employed, self-employed or entered post-secondary education.

Achieved Results

Michelle and Jennifer have worked tirelessly to ensure that the goals set out by the Department of Post-Secondary Education, Training and Labour are met. Jennifer and Michelle provided career search strategies to determine career goals, educational referrals to accommodate vocational goals, teach resume and cover-letter writing, interviewing techniques, job search skills, accessing the hidden job market, as well as, follow up regarding work, providing on-the-job supports, as needed, to empower them to set and achieve their personal career and/or employment goals successfully, to ensure that the client and the employer are pleased by the job performance of the individual.



Community Events

ANBL Community Donation:

ANBL did a Prompt-at-Cash during CMHA Mental Health Week May 2017 through 43 stores in the province. ANBL staff wore CMHA of NB “No More Stigma” round buttons. \$37,886.21 was raised during those three days. Building on this community relationship with ANBL, CMHA of NB continues to invite ANBL to special events planned by CMHA and offer seats in programs offered by CMHA, ie., Changing Minds, Working Minds Together, and CMHA of NB is invited to the ANBL Annual General Meeting.

The Runway Run

CMHA of NB’s partnership with the YFC Fredericton International Airport and the Capital City Road Runners Club resulted in raising \$28,332.71 (total amount raised after expenses) during the Runway Run on May 28, 2017. The 5km run was sold out months before the actual event with 400 runners. Some 600 people came out to enjoy the run and the Family Fun Expo.

Women & Wellness 2018

The annual CMHA of NB’s annual Fundraiser event Women & Wellness was held on February 19, 2018. This year we brought W&W back to its roots in Moncton and restructured it to be a more intimate and engaging event. Tickets sold out in 3 days! The evening, targets women, and is designed to embrace mental health while dispelling the myths that prevent those affected from reaching out for help. This evening is also a fun night out with refreshments, appetizers and prizes. The guest speaker, author of Caging the Anxiety Monster, Cathy Donaldson and musician Brittany McQuinn performed songs from her first CD "Bold", which all songs are about her journey through and recover of a mental illness. A sold-out crowd of 175 women attended the event and at net profit of \$5570.93 was raised to help CMHA of NB deliver programs and offer services in the Moncton area.



Mindscales New Brunswick 2017



CMHA of NB's annual provincial art exhibit, celebrates the talents of persons with lived experience of mental illness. The works of art can offer insight into life's small moments and victories. They can reflect the importance of expressing life's challenges and finding peace in the face of adversity. The exhibit can be seen as a road map through mental health. The talent is amazing.

Mindscales NB 2017 was held in at the Moncton Public Library for the

month of October. The venue was chosen based on already existing foot traffic with thousands of people using the facility throughout the month.

The exhibit was once again very successful with 40 artists with lived experience of mental illness taking part. There were 40 pieces of art displayed!

New to Mindscales 2017, and value added to the artists, creator of FUSION, Matt LeBlanc, an established visual artist gave a presentation to the Mindscales Artists on tips of how to become a successful selling artist!

Mindscales New Brunswick is a well-deserved celebration of abilities and talents. It is about making connections and helping to rid society of the myths and stigma surrounding mental illness. CMHA of NB will be restructuring Mindscales for 2019 to be more inclusive of the different genres of artists throughout NB. Plans are being developed for a songwriters' contest then commissioning a New Brunswick musician to record the winning entry to be sold on iTunes.

CMHA of NB Employees 2017-2018

PROVINCIAL OFFICE:

403 Regent St, Suite 202
Fredericton, NB E3B 3X6
Tel: (506) 455-5231

WORKING STRONGER TOGETHER:

Employment Counsellor: Jennifer Price

Employment Counsellor: Michelle Gayton

SAINT JOHN OFFICE:

560 Main St, Suite A315
Saint John, NB E2K 1J5

Program Coordinator: Dawn O'Dell

Office and Project Administrator: Nicole McLean

Executive Director: Christa Baldwin

Director of Finance and Human Resources: Kimberly Somerville

Employment Coordinator: Cheryl Edwards

Job Coach: Becky Arseneault

Provincial Peer Support: Lori Young

Director of Operations: Kristen Barnes

Executive Assistant: Sam Sinnott

Director of Communications: Lori Wheeler

Program Coordinator: Corey Ferguson

MONCTON OFFICE:

22 Church St. Suite 370
Moncton, NB E1C 0P7

Senior Community Relations Coordinator: Diana Gregory

Program Coordinator: Mary MacDonald

Administrator: Michelle Gaudette

Employment Counsellor: Melody Land

COMMUNITY EDUCATION COORDINATORS

Zone 1: Denise Miller

Zone 1: Veronic Arseneault

Zone 2: Gwen McKnight

Zone 2: Lisa Cheney

Zone 3: Lee Thomas

Zone 3/4:

Zone 4: Joseé Martin

Zone 5: Cecile Goulette

Zone 6: Lucie Robichaud

Zone 6/7: Julie Spence

Zone 7: Julie Allain

Board of Directors 2017-2018

EXECUTIVE

President: Dr. Rice Fuller / Roger Stoddard

Vice President: Roger Stoddard / Joy Bacon

Treasurer: Angela Hickey

Executive Director: Christa Baldwin

MEMBERS

Member at Large: Aaron Savage

Central Representative: Gail Asbell

Southwest Representative: Amanda O'Sullivan

Northeast Representative: Susanna DeWolfe

Southwest Representative: Paulette Levesque

NB Mental Health Consumer Network: Francine Bernier

STAFF RECOGNITION

The employees at CMHA of NB are leaders in their fields and are highly professional. Each employee is valued for the role they play in serving New Brunswickers. We work in a climate of trust, respect and communicate openly. Our management style is team based, providing us with the opportunities to facilitate change within the organization. The leadership is strengthened by the participation of employees, at all levels and the volunteers who form the Board of Directors. We have the authority, responsibility and support needed to do our jobs well. We value team success, while recognizing individual contributions.

CMHA of NB has a staff recognition program appreciating all staff at 5, 10, 15, 20 and 25 years of service with the association.