

ANNUAL REPORT



Canadian Mental
Health Association
New Brunswick
Mental health for all

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

2016 - 2017



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.

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VISION

Mentally healthy people in a healthy society.

MESSAGE FROM

DR. RICE FULLER, PRESIDENT & CHRISTA BALDWIN, EXECUTIVE DIRECTOR



The Canadian Mental Health Association of New Brunswick continued to “Get Loud for Mental Health” this past year. “Getting Loud” means stating it boldly: unaddressed mental health issues and underfunded mental health services are our greatest social challenge. The whole of society needs to hear and understand that there is no health without mental health.

As the provincial leader and champion for mental health in New Brunswick, the staff of CMHA help people access the community resources they need to build resilience and support recovery from mental health concerns. We are a grassroots organization that provides services in New Brunswick through presentations, programs, support groups, workshops, employment counselling, peer support, awareness events and advocacy for children, youth, adults and seniors in search of mental wellness. Through education and awareness we work towards the elimination of stigma and discrimination.

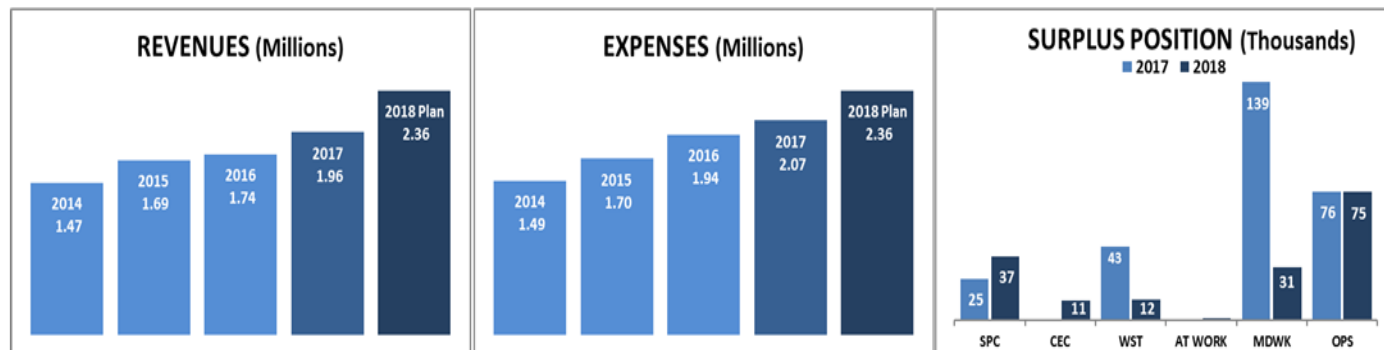
CMHA of NB has staff in 18 locations in the province. This year, we again saw an increase in demand for mental health services and have reached well beyond our 50,000 mark from last year. Canada is, unfortunately, behind most industrialized countries in funding mental health, so we are encouraged by the federal and provincial governments’ health accord partnership. We look forward to seeing how this funding will support the mental health field and the people requiring services in NB.

CMHA commissioned a Nanos poll to explore what people thought of mental health in Canada. We learned that 94% of us believe mental health conditions should receive the same or higher funding priority compared to physical health conditions. Canadians need better access to quality mental health programs and services. Workplaces need to be transformed into psychologically safer places.

We work better together than alone. The great work at CMHA of NB would not be possible without the strong and dedicated staff, volunteers, board members, sponsors, donors and the people in our community using their voices and stories about their mental health journey. Together, we are making a difference for mental health in NB.



Message from our Treasurer



The consolidated 2016/2017 results finished with a net loss of \$115K against a break-even budget. While overall expenses ended on plan, revenues were down 6% (\$117K), largely driven by the CEC and SPC programs. For expenses, while the CEC program saw an underspend of \$105K (salaries, benefits, travel) and SPC by \$35K, both serving to more than offset their revenue decreases, the operating fund saw an overage of \$135K, driven by salaries and benefits.

2017 represented a \$78K net income increase over 2016, with revenues up \$215K or 12% partially offset by expenses up \$138 or 7% (largest changes in At Work and Operations). For the second consecutive year, revenue growth outpaced expense growth.

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.

This has been another exciting year full of growth, increased visibility, and strengthening community relationships. Looking forward to 2018, I am eager to see what the new year will bring with many new partnerships, programs, fund development and awareness activities planned.

Respectfully submitted,

Angela Hickey CPA, CGA
Treasurer



Director of Communications– Lori Wheeler

CMHA OF NB - FREDERICTON PROVINCIAL OFFICE

Here are some highlights of community building relations:

- Women in Business networking monthly
- Chamber of Commerce networking twice/month
- Dillon Consulting – National / local partnerships– NB donation \$5000
- Partnering for Impact workshops– Greater Fredericton Social Innovation/Volunteer Greater Fredericton
- Engaging Families in Recovery
- Mindscapes – UNB/SUB partnership
- Community relationship with HubCap Promotions for their “A Very Dysfunctional Family Christmas” Comedy tour. CMHA was on site at 8 shows throughout the province doing 50/50 draws and bringing awareness to CMHA of NB. \$4000+ was raised!
- Chalmers Hospital Foundation Gift Wrapping- team building/community give back. CMHA (Fredericton) staff
- “Listen” – It Only Takes a Moment movie screening (Nov 2, 1st screening) partnership with Chimo and Chalmers Hospital Foundation
- CMHA management volunteered 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.
- Continue to build community partnerships with local business and other non-profits to work and collaborate on awareness and fundraising projects. A great example is “The Quest” in partnership with Escape Logic Games. A mindful Amazing Race style game, which raised \$2500 for CMHA of NB. The money was used to help fund Mindscapes, and the owners of ELG were invited to Mindscapes and given recognition and thanks!
- Develop community relationship with provincial libraries (presentation space, Mindscapes 2017)
- Co-op Direct (Fredericton) \$5000 community grant was awarded.
- Laughter is the Best Medicine Comedy Tour with Mike MacDonald. Raised \$2000

A Message from the Provincial Peer Support Consultant, Lori Young

In May 2016, CMHA of NB, in partnership with the Department of Health, welcomed Lori Young as our Provincial Peer Support Consultant. Lori successfully participated in the *Formation Québécoise Spécialisé en Intervention par les Pairs* in Québec, and has since provided Specialized Peer Intervention Training in New Brunswick. We have celebrated two special graduations for one group of English students and one group in French totaling thirteen Certified Peer Supports for the province to date. It is hoped that there will be up to ten more peer supports trained by the end of the year. Training and education has also been provided to over 150 professionals in Fredericton, Bathurst, Campbellton and Moncton to help introduce the peer support program to Mental Health Services. Trainings will be ongoing, and the process of evaluating the contributions of Certified Peer Supports to Community Mental Health F.A.C.T. Teams will begin this Fall. It is anticipated that CMHA's Peer Support Program will grow and become a significant part of mental health services in New Brunswick.



Canadian Mental Health Association of New Brunswick - 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.

Saint John Education Programs:

- Understanding Anxiety & Panic Disorder
- Building Self-Confidence
- 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

Mental Health Week and *A Day in Her Shoes*

On May 4th, we welcomed special guest Kayley Reed and more than 300 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 30th members of the community had the opportunity to take part and support Canadian Mental Health Association of New Brunswick and the SJPF Wellness Committee.



The Jim Sullivan Curling Classic

We continue to be a key partner in the *Jim Sullivan Curling Classic*. During, this annual event which is held during the first weekend of December 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 27th *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.

MESSAGE FROM CMHA OF NB, MONCTON OFFICE

We have so much to be excited about in the Moncton / Riverview / Dieppe region when it comes to mental health and our community! The 2016-2017 fiscal year has flown by with exciting initiatives, expansion and service development. We started off our year preparing for a jam-packed Mental Health Week 2016 including partnering with local businesses such as 91.9 The Bend who brought Kindness Day to life in their very own way. In June our office moved locations, staying within the same building but moving up a floor for more floor space, including an improved layout for client traffic and additional staff offices. This move paved the way to further expand the range of services we offer to the region, with the addition of an Employment Counsellor through the *AtWork* program in October 2016. We began a partnership with the Department of Social Development to offer programming to their *Experiential Learning and Employment Continuum* program in December of 2016 which finished in March with future sessions planning in the works. In February, we saw the much-anticipated return of our flagship fundraising and awareness event, *Women & Wellness*. We also built new partnerships in the community including with the *City of Moncton's Inclusion Plan*, and with *BreeLove Services* (a private counselling practice). Starting in January the Moncton office was able to host a Masters in Counselling Psychology student to complete practicum hours offering both group and individual therapeutic services through our office, and supervised clinically through *BreeLove Services*. As part of a provincial CMHA of NB initiative, the Moncton office also built a strong and beneficial partnership with the *NBCC Moncton* campus during this fiscal year, staffing an office there one afternoon a week and in return being given access to facilities and services. We have also continued to enjoy a close partnership with the *Correctional Service of Canada*, building capacity through staff training exchanges and support services. In an effort to increase capacity in a fiscally sustainable way, we have also benefited from several student placements and Youth Employment Fund positions.

The Moncton office continues to engage in offering direct programming and services to clients and community partners alike free of charge. This reduces (or eliminates) barriers to service access and creates a collaborative and inclusive environment we are proud of. Without continued community stakeholder support we would be unable to meet the needs of our region, and we would be amiss to go without recognizing the partnerships and funders who allow us to support our community.

Primary funders for our programs and services this year include; *Three Mountain Relay*, *Horizon Health Network*, *United Way of Greater Moncton and Southeast New Brunswick*, *City of Moncton*, *Town of Riverview*, *New Horizons for Seniors*, as well as numerous other public and private donations. The incredible impact you are able to make on individual's lives through your fantastic work and support of our agency is ultimately immeasurable – every life impacted creates a ripple effect that strengthens community bonds, resiliency, social support and quality of life. To our valued community stakeholders, partners, invaluable program facilitators, passionate volunteers and community members alike, we credit our abilities and strengths to you!



CHANGE, RECOVERY AND EMPOWERMENT - ADULT PROGRAMS

In an effort to continue to align our services in a recovery, person centred approach the Moncton Office has worked diligently to expand program offerings and available services. Clients are the drivers of their own experience, determining which programs and services best suit their needs at any given time. This fiscal year we piloted new programs including *Mindfulness*, *Overcoming Distress Intolerance*, Senior's Programs (*Living Life to the Full* and *Mind Over Mood* and development of an Emotional Regulation program (to be piloted in Spring 2017).

Adult Programs:

Adults with ADHD
Anxiety & Depression
Art of Friendship
Art Therapy
Bipolar

Grief & Loss Recovery
Kids Have Stress Too!
Living Life to the Full
Living Life to the Full (50+)
Overcoming Distress Intolerances
Parenting Children with ADHD
Strengthening Families Together

Trauma
Your Recovery Journey
Mindfulness
Mind Over Mood (50+)
Family and Friends
Wellness

MESSAGE FROM CMHA OF NB, MONCTON OFFICE

RESILIENCY, INCLUSION AND HOPE - YOUTH PROGRAMS

We continue to offer programming to support schools, community groups and community partners alike in increasing the resiliency of youth. The *Learning to Cope* program, originally designed for youth between 15-19 years of age, has been adapted to younger audiences including middle school and elementary school level students on an individual school needs basis (This year's adaptations included *Northrup Frye School* [middle school] and *Lou McNarin School* [elementary]) Adaptation was also graciously undertaken by a facilitator for our *Grief and Loss Recovery* program for *Tantramar Regional High School* after it was found a traditional group structure did not meet the needs of the school and loss suffered by the school community.

CMHA of NB is also immeasurably proud of our growing partnership with regional school districts and community stakeholders to produce Youth Mental Health Summits and the Mental Health Symposium. Students are provided with skills, information, and inspiration and then are challenged to return to their schools and create initiatives or projects to support and improve mental health literacy within their own school communities. This style of event ensures a positive, far-reaching impact driven by students, for students.

The CMHA of NB Moncton office has had a vibrantly dynamic year of progress and continued change. We remain excited by the possibilities and opportunities to create an inclusive, supportive and recovery-oriented environment and community presence. With new initiatives and activities already beginning, the upcoming fiscal year of 2017-2018 looks to be equally as diverse and expansive. We are proud to continue to get loud about mental health, stigma reduction, and build on the innovative collaborations that allow us to continue providing unique, flexible recovery-based services for our community!

Youth Programs:

Learning to Cope
Grief & Loss Recovery
Self-Empowerment
Youth Mental Health Summits



Programs	Programs Offered	Participants Completed	Notes
Adult	22	166	169 New Adult Intakes
Youth	5	170	140 attendees to modified program
Individual Counselling	Clients Served		
Adult & Youth	21		

Events	Number of Events	Participants / Reach
Presentations, workshops, special events, kiosks	68	17,268 + Media/ Social Media Coverage

Total Community Impact:		17,828 + Media / Social Media Coverage
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Goal for participation:	4,500
# of Presentations	259
English Presentations	139
Self-Esteem	6
Work-Life Balance	6
Positive Attitude	10
Suicide Awareness	20
Stress Management	14
Overview of Mental Health	49
Anxiety	12
Depression	7
Seniors and Aging	6
Overview of Mental Illness	8
French Presentations	120
Estime de soi	22
La conciliation travail– vie personnelle	2
Attitude positive	29
Sensibilisation au suicide	9
La gestion du stress	12
Aperçu de la santé mentale	32
L'anxiété	3
Depression	3
Le vieillissement et le stress	3
Aperçu de la maladie mentale	5
English Participants	3,150
French Participants	1,879
Total Participants	5,029

Community Education Coordinator (CEC) Program

The Community Education Coordinators (CEC) Program has grown tremendously in the reach and impact of programs and services over the last few years. This year, across New Brunswick, the CEC's reached **35,700** individuals. Programs and services delivered through the 2016-2017 fiscal year include: core presentations/workshops, presentations to staff of nursing/special care homes, program delivery (*Changing Minds, Kids Have Stress Too, safeTALK, ASIST, Living Life to the Full*), committee participation, public awareness, offering of education and self-help groups, development of special events, as well as information sharing, advocacy, and referral.

Over the past year, the Community Education Coordinators across New Brunswick delivered core presentations on a variety of topics related to mental health and mental illness. The CEC program facilitated 259 presentations to a total 5,029 participations in NB. Of these presentations, 139 were presented in English, and 120 were presented in French.

Some of the most frequently requested speaking topics included: *Overview of Mental Health, Positive Attitude, Suicide Awareness, and Self-Esteem*. Staff have also collaborated with other agencies to provide presentations on other topics including: *Bullying/Intimidation, Healthy Relationships, The Empowerment Project, Positive Communication, and Resilience*, among other subjects.



Presentations to Staff of Nursing & Special Care Homes

Goal for participation:	555	Through a valuable partnership with the Department of Health, Social Development, and the New Brunswick Association of Nursing Homes, the CEC's of CMHA of NB have delivered presentations to 355 staff members of nursing or special care homes throughout NB.
# of Presentations	15	
English Presentations	11	
Seniors & Depression	2	Over the past year, it has been noted that although we have specific presentations geared towards professionals who work with seniors, the requests that the CEC's have been receiving have been for more general information on mental health/mental illness or some topics within our core presentation workshops.
Addressing Challenging Behaviours	1	
Mental Health / Mental Illness	8	
French Presentations	20	The CEC's have found these presentations to be an area of challenge through their work, as they have connected with many of the homes in previous years, offering presentations. As a result, there has been less of a demand for these types of presentations, however the CEC's will continue to promote and create awareness of this service in order to enhance participation rates over the coming years.
Le vieillissement et depression	16	
Comprendre les comportements défectueux qui accompagnent la démence	0	
Santé mentale/ maladie mentale	4	
English Participants	207	
French Participants	148	
Total Participants	355	

Public Awareness

Number of Direct Public Awareness initiatives	30	The CEC Program provides public awareness to communities in New Brunswick through media advertisements, initiatives, awareness campaigns, hosting kiosks, creating educational material, among other projects. This year, through public awareness initiatives, the Community Education Coordinators directly reached a total of 15,003 individuals through 62 kiosks and 113 awareness or media initiatives. Though a significant reach, we know the impact is far greater, as 83 of the 113 initiatives were awareness created to the general public through means of radio, television, newspapers, magazines, etc... an impact we are unable to estimate the reach for.
Number of kiosks hosted	62	
Number of General Public Awareness Initiatives	83	
Total reach of CEC Public Awareness	15,003	

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Special Events

Special events are an important component of the CEC program. Special events feature awareness/education components, guest speakers, testimonials, sharing of personal experiences and activities. Special events hosted by CEC's focus on many different demographics including: youth, adult, senior, those who experience mental illness, family and friends of those who experience mental illness, First Nations' communities, Newcomers to Canada, etc. Events hosted range from educational conferences, retreats, suppers, walks, art exhibits, networking, or initiatives as part of special awareness campaigns (Mental Health Week, Mental Illness Awareness Week, etc...)

Goal for # of Special Events	62	Total Number of Special Events	78
Participation Goal: Special Events	7,600	Total Participation	11,372

Self-Help & Educational Group Programs

Over the past couple years, CMHA of NB CEC's have been putting more focus into the provision of educational and self-help based programming. These groups offer a psycho-educational, skill building, and peer relationship building platform for individuals to enhance resiliency and develop strategies to cope with or prevent mental health concerns. This year group programs were facilitated on many different topics including: Anxiety, Depression, Learning to Cope, Self-Esteem, Anger Management, Mindfulness, Caregivers and Family Support, Emotions Anonymous, Stress, Recovery, Grief, among others.

Goal for Participation in Educational and Self-Help Group Programming	500
Total Participation in Educational and Self-Help Group Programming	789

Changing Minds	
Goal for Program Participation	TBD
Program Groups Offered	9
Program Groups	7
T4T Groups	2
English Participants	182
French Participants	24
Total Participants	206
Kids Have Stress Too!	
Goal for Program Participation	125
Program Groups Offered	9
Total Participants	93
Living Life to the Full	
Goal for Program Participation	125
Program Groups Offered	8
Youth Programs Delivered	6
Adult Programs Delivered	1
Senior Programs Delivered	1
English Participants	108
French Participants	31
Total Participants	139
ASIST	
Goal for Program Participation	120
Program Groups Offered	11
English Groups Offered	4
French Groups Offered	7
English Participants	86
French Participants	121
Total Participants	207
safeTALK	
Goal for Program Participation	120
Program Groups Offered	18
English Groups Offered	7
French Groups Offered	11
English Participants	123
French Participants	144
Total Participants	267

The CEC's have delivered programs to 438 individuals over the last year. *Changing Minds* is a 2 day workshop training, which is aimed at reducing stigma, as well as educating participants on mental health/illness and how to support someone who is experiencing a mental health concern. *Kids Have Stress Too* is a program that works with parents, or professionals who work with children to understand the stress that children experience and how to assist children in addressing, reducing, or preventing stress. *Living Life to the Full* is an 8 week psycho-educational group program which helps participants through the development of skills and knowledge to address/overcome symptoms of depression, anxiety, or feelings of overwhelming stress.

Suicide Prevention

The CMHA of NB CEC team offers programming and initiatives with a focus of suicide prevention and awareness, through the delivery of *ASIST* (Assistive Suicide Intervention Skills Training), *safeTALK*, awareness presentations, as well as special events and initiatives. Special events and awareness initiatives are celebrated throughout the year, honouring various dates/times such as: February (*Suicide Prevention Month*), *World Suicide Prevention Day*, *Day in Yellow*, *International Survivors of Suicide Loss Day*, etc. This year, during *Suicide Prevention Month*, staff also focused on awareness/prevention initiatives on groups such as doctors and healthcare professionals, as well as first responders.



Information, Referral, and Advocacy

Goal for individuals served through information, referrals, and advocacy.	2,100
Information Requests	1,829
Referrals Provided	363
Individual Advocacy	118
Total Participants	2,310

Looking to the future

As we look to what lays ahead, we are excited to be working on many new initiatives. The CEC's will be involved in a new anti-stigma campaign including public workshops/trainings (*Changing Minds & Working Minds Together*), workplace toolkits, and a social media campaign. Furthermore, our team will be learning and offering new programs such as *Emotional Regulation*, *Art of Recovery*, *Art of Friendship*, as well as *Engaging Families in Recovery*. As we continue to grow both as a program and an organization, CMHA of NB recognizes the importance of building capacity through innovative approaches.

Conclusion

CEC Program Reach 2016-2017	
Core Presentations	5,029
Presentations to Staff of Nursing & Special Care Homes	355
Changing Minds	206
Kids Have Stress Too!	93
Living Life to the Full	139
ASIST	207
safeTALK	267
Public Awareness	15,003
Special Events	11,372
Education & Self-Help Groups	789
Information, Referral, Advocacy	2,310
Total Participants	35,770

CMHA of NB would like to thank the Department of Health for its on-going support of the Community Education Coordinator Program. Our team has continued to achieve new goals and impact the lives of many across the province. Two years ago, the CEC program reached 32,901 individuals, while this year the CEC's reached 35,770 New Brunswickers. CMHA of NB and the CEC team will continue to promote mental health for all, and strive to reach the vision of mentally healthy people living in a healthy society.



Employment Programs

Employment Coordinator: Cheryl Edwards (Fredericton)

Employment Counsellor: Becky Arseneault (Fredericton)

Employment Counsellor: Jennifer Lewis (Moncton)

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

Funding:

We have been very successful in using subsidy funding for the benefit of our clients. The *At Work* program has used approximately \$7,000 toward education. This has allowed some of our clients to find long term employment and satisfying careers.

The *At Work* program has also utilized approximately \$32,104.08 in wage subsidy funding. This funding has allowed us to employ 16 clients in part-time work and 8 clients with full-time work.



Program Information

The *At Work* program currently has 76 open and active participants. Out of the 76 clients, 25 are closed employed, and 3 are currently engaged in educational programs.

We have had several requests from other employment agencies for access to our program for their clients. We have received referrals from *Addictions and Mental Health, Department of Social Development, Department of Post-Secondary Education and Training, John Howard Society, Neil Squires Society* and *Anglophone West School District*.

Working: Stronger Together



Jennifer Price, Employment Counsellor – St. Stephen

Michelle Gayton, Employment Counsellor – St. George

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

Highlights:

Michelle and Jennifer have worked tirelessly to ensure that the annual goals are met in partnership with the *Department of Post-Secondary Training and Labour*. Collectively, Michelle and Jennifer sit on a number of boards and councils. They are actively involved in all Canadian Mental Health Association of New Brunswick's activities. Michelle and Jennifer plan many activities and participate in training around mental health including; job fairs, seniors painting party, mental fitness fairs, employer lunch and learn, helped create a mental health awareness video, offering courses for their clients (First Aid, Flaggers, Safety Start), Wellness Committee, EAS Best Practices, IPS Course, SPC Committee, Charlotte County Adult Learning Inc., and the Employment Networking Committee.





MINDSCAPES NEW BRUNSWICK 2016

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 2016 was held at the Student Union Building at UNB for the month of October. The venue was chosen based on already existing foot traffic with thousands of students walking through the building on a daily basis. It was an opportunity to reach teens and young adults at a stage in their life when mental health conditions often afflict people.

The exhibit was once again very successful with 50 artists with lived experience of mental illness taking part. There were 65 inspiring pieces of art displayed!

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. Annually, attendance has grown and it is easy to see the increased level of self-confidence and pride that the artists demonstrate.



Women & Wellness



The annual CMHA of NB's Fundraiser event *Women & Wellness* was held on February 18th 2017. This year we brought W&W back to its roots in Moncton. 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, *Alice Foley-Keats* (YFC Runway Run) and MC MLA/Minister of Finance *Cathy Rogers* were very inspirational to the Women & Wellness evening. Close to 250 women attended the event and a net profit of \$10,500 was raised to help CMHA of NB deliver programs and services in the Moncton area.

Living Life to the Full



FONDATION POUR LA SANTÉ
MEDAVIE
HEALTH FOUNDATION

CMHA of NB received a \$30,000 (in 2015) grant from *Medavie Health Foundation* for delivering the program *Living Life to the Full* (LLTTF), an eight-week course building mental resiliency in New Brunswick youth. LLTTF helps bridge the gap for youth waiting to receive publicly funded mental health services.

Living Life to the Full will alleviate the strain on many tapped-out resources in our communities. Our collaboration with *Medavie Health Foundation* will allow us to reach those in need of mental health services, directly affecting the lives of New Brunswick youth. In 2016 CMHA of NB applied for another grant from *Medavie*, and was once again successful, receiving an additional \$15,000 to further offer LLTTF to youth throughout the province.

The Runway Run



CMHA of NB's partnership with the YFC Fredericton International Airport and the Capital City Road Runners Club resulted in raising \$36,000+ during the Runway Run on May 28, 2016. The 5k run was sold out months before the actual event with 300 runners. Some 600 people came out to enjoy the run and the Family Fun Expo.

A LOT of media attention was given to the YFC Runway Run...in large part due to *Alice Foley-Keats* and *Team TKO*, who, together raised over \$16,000 (this money almost doubled what was raised at the 2015 YFC Runway Run).



Mental Health Week 2016

ANBL Store Campaign

ANBL did a Prompt-at-Cash Aug 4-6, 2016 (postponed from Mental Health Week due to Fort McMurray fires) throughout all 43 stores in the province. ANBL staff wore CMHA "No More Stigma" buttons. Over \$38,000 was raised during those three days. Building on this community relationship with ANBL, CMHA continues to invite ANBL to special events planned by CMHA and offer seats in programs offered by CMHA of NB

is raising awareness
to **#GETLOUD** for
mental health

Canadian Mental Health Association
New Brunswick
Mental health for all

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

Canadian Mental Health Association
of New Brunswick celebrates
MENTAL HEALTH WEEK 2016
@CMHANB / #MHW2016

here are a few ways to GETLOUD

wear green
talk
wear

506-455-5231
info@cmhanb.ca
www.nb.cmha.ca

BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

65th Annual MHW Fredericton Region

Laughing is the Best Medicine
A night of comedy with comedian Mike MacDonald in support of CMHA of NB. For further information or to purchase tickets, please contact @ Tickets are \$17.40+HST.

Practice Mind and Body Fitness: Day with GoodLife Fitness
Monday, May 2, 10:00 am - 11:00 am - GoodLife Fitness
GoodLife Fitness focuses on the connection between our mental and physical health, as well as the importance of wellness.

Unplugged Games Night
Monday, May 2, 6:00 pm - 8:00 pm - Unplugged Fredericton
Unplugged is offering 50% off game play for the evening in celebration of mental health awareness. Unplugged for some games with friends, family, or someone new.

Stress and Anxiety Presentation
Wednesday, May 4, 10:00 am - 11:00 am - St. John's Anglican Church
A presentation open to the public. Information provided will focus on stress, anxiety signs, symptoms, and strategies or tips to cope when symptoms arise.

Base Gagetown Theatre - Information Kiosk
Thursday, May 5, 10:00 am - 11:00 am - 5:00 pm - 8:00 pm
Kiosk providing information, materials, and education on community resources.

Stress and Work Life Balance Presentation (Closed Session)
Friday, May 6, 9:00 am - 12:00 pm - Fredericton Chamber of Commerce

The Master Zen Burger
Stop by Nelly's to try the Master Zen Burger, proceeds to support CMHA of NB.

Canadian Mental Health Association
of New Brunswick celebrates
MENTAL HEALTH WEEK 2016
@CMHANB / #MHW2016

here are a few ways to GETLOUD

wear green
talk
wear

506-859-8114
corey.ferguson@cmhanb.ca
www.nb.cmha.ca

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65th Annual MHW Moncton Region

Adult Coloring Session
Monday, May 2, 1:00 pm and Wednesday, May 4, 1:00 pm - 22 Church St. (2nd), Moncton
A free session open to the public. Coloring pages and pencil crayons provided.

Unplugged Games Night
Monday, May 2, 6:00 pm - 8:00 pm - Unplugged Moncton
Unplugged is offering 50% off game play for the evening in celebration of mental health awareness. Unplugged for some games with friends, family, or someone new.

Free Lunch-Time Yoga for the Water
Wednesday, May 4, 12:00 pm - Riverview Park, Moncton (Behind Assumption Blvd.)
Join us for a yoga session by the water, hosted by a certified yoga instructor.

Free Workshop - Stress Management
Thursday, May 5, 12:00 pm - Moncton Public Library
Bring your lunch, and learn practical strategies/resources for managing stress.

Seniors' Wellness Event
Thursday, May 5, 10:00 am - 11:00 am - St. John's Anglican Church, Moncton
Free seniors' wellness event in partnership with the Alzheimer's Association of NB.

Mental Health Open House
Friday, May 6, 9:00 am - 12:00 pm - Moncton City Council, Theatre 51
A free event featuring speaker presentations, kiosks, and community resources.

Free Movie Matinee - Inside Out
Friday, May 6, 1:00 pm - 22 Church St. (2nd), Moncton
Come out with friends and family to see a showing of the movie Inside Out.

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saintjohn@cmhanb.ca
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65th Annual MHW Saint John Region

A Day in Her Shoes 2016
Wednesday, May 4, 8:00 am - 8:30 am - Market Square Atrium
A Day in Her Shoes is a great opportunity to unite women for an evening of gifts and glamour to promote positive mental health while supporting a fundraiser for much needed resources in the greater Saint John area. CMHA of NB Saint John office is pleased to announce this year's guest speaker is, Co-founder and CEO of Year Your Label - Kayley Reed.
To purchase tickets (\$40) please contact us through the information above.

Mental Health & Mental Wellness Exhibit
Friday, May 6, 10:00 am - 11:00 am - St. John's Anglican Church
Come learn about all the important resources for mental health and wellness in your community.

Town Talk
A six week group for youth facilitated by Gwen McKnight, Community Education Coordinator.

Zippy After Filly
Wellness fair for seniors, with guest speakers Gwen McKnight, and Dominique Gaudier, Musical Therapist. Focusing on mental health, and why women worry.

Lunch & Learn: Work Life Balance (Closed Session) - Thursday, May 5
Mental Health Kiosk - Tuesday, May 2, Penikese Regional School

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506-547-2949
julie.spruce@cmhnb.ca
www.nb.cmha.ca

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65th Annual MHW Bathurst/Chaleur Region

Fundraising Supper (SOLD OUT)
A fundraising dinner, including inspiring client testimonies, entertainment, silent auction, and art.
Tuesday, May 3, 10:00 am - 11:00 am - Bathurst United Church

Emotions Anonymous (FREE)
Tuesday, May 3, 10:00 am - 11:00 am - Bathurst United Church

Becoming Effect Conference (Fr)
Free conference presented by Claude Beaulieu, Psychologist.

Volunteer Appreciation Brunch (Open by Invitation)
Event in recognition of the volunteers who give their time and efforts to CMHA of NB.

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506-336-4932
johanne.thomas@cmhnb.ca
www.nb.cmha.ca

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65th Annual MHW Acadia Peninsula Region

Mental Health Kiosk
Friday, May 6, 10:00 am - 11:00 am - St. John's Anglican Church, Lunenburg
An Exhibit by Artists from Moncton in the Acadia Peninsula
Visit the exhibit showcasing incredible works of art created by individuals with mental illness.

Chouette Radio CBO - Taking Care of Your Mental Health - Lunenburg, May 5, 9:30 am
Presentation - Positive Attitude
Wednesday, May 4, 10:00 am - 11:00 am - Lunenburg Community Centre
Presentation - Mental Health
Friday, May 6, 1:00 pm - Lunenburg Public Library

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506-755-4060
roz.allen@cmhnb.ca
www.nb.cmha.ca

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65th Annual MHW Charlotte County Region

Senior's Meeting in St. Stephen, St. George, and Saint Andrews
As part of CMHA of NB's annual Kindness Day, Charlotte County staff will be spreading kindness by having bag groceries at three main grocery stores in the region.

Kindness Day for Seniors
CMHA of NB Charlotte County staff will be supporting a painting party for seniors event.

Kindness Person of the Year Award
Find the Charlotte County Suicide Prevention Committee on Facebook to nominate someone who goes out of their way to make their community a better place.

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506-823-2065
victoria.arseneau@cmhnb.ca
www.nb.cmha.ca

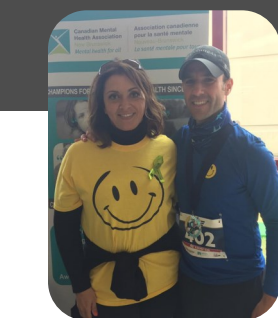
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65th Annual MHW Kent County Region

Bring Lunch with Francine Babin
Musical Francine Babin will be launching a song in celebration of Kindness Day which focuses on the importance of loving yourself.

Presentation on Self-Esteem
Victorian Area: will be presenting for a wellness event for women.

Biking for Mental Health
Biking for Mental Health is a group of people who ride their bikes to promote mental health awareness. Cyclists and Heart Heroes will be biking throughout Kent County promoting Mental Health Awareness. Some cyclists will be traveling 17-20km, while others will bike 100m.



CMHA OF NEW BRUNSWICK EMPLOYEES 2016-2017

FREDERICTON OFFICE (PROVINCIAL)

403 Regent Street, Suite 202

Fredericton, NB E3B 3X6

Tel: (506) 455-5231

Executive Director: Christa Baldwin

Director of Finance and Human Resources: Kimberly Somerville

Director of Communications: Lori Wheeler

Program Coordinator: Kendra Wasson

Employment Coordinator: Cheryl Edwards

Job Coach: Becky Arseneault

Administrative Assistant: Craig Biseau

Provincial Peer Support Consultant: Lori Young

MONCTON OFFICE

22 Church Street, Suite 370

Moncton, NB E1C 0P7

Telephone: (506) 859-8114

Operations Manager: Kristen Barnes

Program Coordinator: Corey Ferguson

Administrative Assistant: Diana Gregory

Employment Counsellor: Jennifer Lewis

SAINT JOHN OFFICE

Hilyard Place, 560 Main Street , Suite A315

Saint John, NB E2K 1J5

Tel: (506) 633-1705

Program Coordinator: Dawn O'Dell

Administrative Assistant: Neelofar Rahimi

WORKING: STRONGER TOGETHER

Employment Counsellor: Jennifer Price

Employment Counsellor: Michelle Gayton

COMMUNITY EDUCATION COORDINATORS

Zone 1 : Denise Miller

Zone 1 : Veronic Arseneault

Zone 2 : Gwen McKnight

Zone 2 : Rosslyn Allen

Zone 3 & 4 : Mindy Levesque

Zone 4 : Josée Martin

Zone 5 : Cécile Goulette

Zone 6 : Jolaine Thomas / Lucie Robichaud

Zone 6 & 7 : Julie Spence

Zone 7 : Kelsey Legacy

CMHA of New Brunswick

Board of Directors 2015 - 2016

EXECUTIVE

Dr. Rice Fuller (President)

Angela Hickey (Treasurer)

MEMBERS AT LARGE

Joy Bacon

Aaron Savage

REGION REPRESENTATIVES

Roger Stoddard (Saint John)

Paulette Levesque

Francine Bernier (NB Mental Health Consumer Network)

Gail Asbell

Amanda O'Sullivan

Suzanna DeWolfe

Staff Recognition

The employees of CMHA of New Brunswick 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 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 New Brunswick has a staff recognition program thanking staff at 5, 10, 15, 20, and 25 years of service with the association. This year we would like to publicly recognize the following:

- Josée Martin
- Gwen McKnight



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

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

The Canadian Mental Health Association of New Brunswick

403 Regent Street, Suite 202 Fredericton, NB E3B 3X6

Tel: (506) 455-5231 Fax: (506) 459-3878

info@cmhanb.ca or www.cmhanb.ca