



**Annual
Report
2016/2017**



Message from the Chairperson

CHANGE. GROWTH. RENEWAL.

It is a great pleasure for me to provide this message to the clients, staff, volunteers, key stakeholders and Board of Elements Calgary Mental Health Centre. This has been an exciting and very fulfilling year.

On October 12, 2016 this organization changed it's name from Calgary Association of Self Help to Elements Calgary Mental Health Centre. The big Launch Event held on January 19, 2017 was our formal launch of the new brand and a celebration of this significant milestone. Hundreds of people came for the event, to show their support for our organization and to recognize the essential services it provides to our clients, and the Calgary mental health community. Congratulations to the Communication Committee, the Executive Director and Assistant Director, and our volunteers who helped make this rebrand and our event happen.

Thank you, too, to our dedicated staff team for providing their unconditional support and making our programs happen. I offer special recognition to the following staff who have a service milestone this year: Beverly Wadsworth (35 years), Brian Wilkinson (30 years), Anneisa Lauchlan (15 years), Todd Cockrill (15 years), May Jin (10 years) and Noelle Rees (5 years). Thank you also to the volunteers for helping to keep us running from the Board room to "Looking Good/Feeling Good" and the Recycling Program (and lots of other volunteering too). It has been another fabulous year from all of you.

Thank you to Alberta Health Services for their continued support that has allowed us to provide and renew our program delivery. We have outstanding stakeholders in our donors, our community supporters and we could not do what we do without any of these important people.

Finally, on a personal note, I would like to say thank you to all who have supported me as Board Chair over the last four years. It has been my honour to serve on the Board of Directors since 2004 and to serve as Board Chair since 2013. Thank you for the trust and support that you as clients, staff, stakeholders and Board members have provided to me. Thanks in particular to Anneisa Lauchlan and Maria Ochitwa for their good humour, patience, and a trust that if we just move forward it will all work out. It would have been impossible to chair this Board over the last four years without all of this trust and support so THANK YOU VERY MUCH!!!

I have great confidence in the people who will continue on with the Board and you should have great confidence in them too—they will provide you with outstanding leadership going forward!

Congratulations on an excellent 2016–2017 and best wishes for 2017–2018.

Peter Mackenzie
Chair, Board of Directors

Our People, Our Strength

Board of Directors

Officers

Peter Mackenzie *Chairperson*
MaryWyatt Sindlinger *Vice Chairperson*
Daniel Hershcovis *Treasurer*
Scott Bergen *Secretary*

Directors

Rande Farrell
Cheryl Gardner
Lisa Gerlach
Jane Gray
Martin Harvie
Karen Hayes
Gareth Jones
Kevin Murray

Mike Pineo
Cory Wilson

Keri Murray*
Cheryl Rideout+
Ryan Robertson+
Robert Taylor+

Personnel

Administration

Anneisa Lauchlan *Executive Director*
Maria Ochitwa *Assistant Director*
Sharon Kolibar *Office Administrator*
May Jin *Accounting Analyst*

Community Supports and Skill Development

Art Program

Alicja Swaitlon

Creative Arts/Activities of Daily Living

Kelley Sallenbach

Life Skills/Initiatives/Mental Health

Support Groups

Linda Dolen

Occupational and Leisure Skills

Nora Lawson

Rachel Bannon

Recycling Program

Sue Cairns

Resource/Activity Centre

Support & Recreation Services

Program Director

T. Lynne Hodgins

Mental Health Workers

Chad Bush
Todd Cockrill
Alysia Jansen
Shelley Juss
Franka Poitevin
Chris Spanswick

Recreation Coordinators

Brian Wilkinson
Noelle Rees

Mental Health Recreation Workers

Harrison Asamoah
Taya Dick

Volunteer Program Coordinator

Beverly Wadsworth

Darlene Trudel*
Meagan Rusnak*

+ completed term
* resigned mid-term

Our Programs

Activities of Daily Living

Activities of Daily Living is a program designed to teach healthy living options and daily living skills. Participants choose the areas most relevant to their needs and gain “hands-on” experience in these areas: nutrition, meal preparation, money management and budgeting.

Art Program

Participants in the Art Program are given the opportunity to explore the visual arts in classes that encourage artistic expression through a variety of media and are offered at introductory to advanced levels.

Creative Arts

Creative Arts focuses on creative activities in a social environment. Participants learn and develop skills in various arts and crafts media and have opportunities to develop connections with others through a variety of social activities.

Initiatives

The Initiatives program is a self-development course that promotes interpersonal growth and self confidence to deal with feelings, problems and stresses more assertively. Learning focuses on skill development in: self esteem, stress management and assertiveness.

Life Skills

Life Skills is a comprehensive self-development course that concentrates on enhancing coping skills, interpersonal skills and helps participants to cope more effectively in their daily lives. Skill areas include: communication, interpersonal relationships, self-esteem and assertiveness, stress and anger-management, problem solving and decision making.

Mental Health Support Groups

“Drop-in” groups facilitated by staff provide a forum where participants can share their thoughts and feelings about personal issues in a safe, supportive environment.

Occupational and Leisure Skills

Activity-based learning that promotes mental and physical health. Learning focuses on: healthy lifestyles and daily living skills, therapeutic arts and creative expression, development of social networks and leisure skills.

Recycling Program

The Recycling Program provides skill development for participants and a valuable service for the community and clientele of the centre. Participants volunteer their time and work with staff to prepare donated items for the Sales and the Recycling Store.

Resource/Activity Centre Support & Recreation Services

This program provides a meeting place where participants can access support and direction in times of need, enjoy a variety of activities, and connecting with others. Services and activities include: support counselling, crisis intervention and resolution, referrals, social and recreational activities and a free clothing bank for clientele.

Volunteer Program

A variety of meaningful volunteer opportunities assisting in the day-to-day operations are available for both Elements clientele and interested community members. Volunteers receive ongoing support and recognition while developing their skills and providing valuable assistance to the Centre.

In Our Own Words

“*I handle depression and anxiety much better because I get support from my worker and other staff members.*”

“*There are many programs to engage in. It is excellent.*”

“*Counselling is the best. It helps support me through tough times and struggles.*”

“*There are many times that I may feel down or low but as long as I know my programs are there for me, I will be fine.*”

“*Helps me to feel more optimistic about situations and my mental health.*”

“*I attend the Support Group because I still struggle. It helps me face my ongoing challenges in life.*”

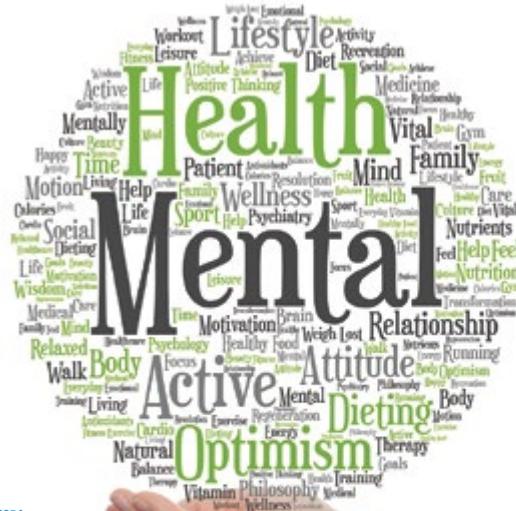
“*It helped me through my life, health and self-esteem.*”

“*Elements keeps me social.*”

“*I love Elements. It's great to come down and participate in the groups.*”

“*The skills taught to me in the program allowed me to start the process of what my needs are and start looking at life from a different perspective.*”

“*Now, I am an artist. I am an artist! The Art Program saved my life, gave me a reason to go on.*”



Made Possible by Generous People... Like You!

When you make a donation to Elements Calgary Mental Health Centre you have done a wonderful thing! Your most thoughtful gift will help us to strengthen our programs and continue to provide essential support, learning and hope for people who have a mental illness. We'd like to recognize the following for their generosity this past year, and extend our deepest gratitude for their contribution.

ATCO

August Electronics Inc.

Bearspaw Benevolent Foundation

The Benevity Community Impact Fund

Canada Helps

Canadian Artists For The Poor

Chimp

Fairfield Watson & Lewis Inc.

Gambler's Anonymous

Glenbriar Technologies

Newdog Inc.

Private Giving Foundation

United Way of Calgary and Area



We also extend a heartfelt thank you to the 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, 2017

	2017	2016
ASSETS		
CURRENT		
Cash	\$316,476	\$327,950
Accounts receivable	11,585	14,362
Prepaid expenses	22,129	21,435
	<u>350,190</u>	<u>363,747</u>
PROPERTY & EQUIPMENT	13,569	5,012
	<u>\$363,759</u>	<u>\$368,759</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts Payable	\$18,613	\$7,139
DEFERRED REVENUE	148,932	173,100
	<u>167,545</u>	<u>180,239</u>
NET ASSETS		
Unrestricted Net Assets	37,261	33,161
Restricted Net Assets	158,953	155,359
	<u>196,214</u>	<u>188,520</u>
	<u>\$363,759</u>	<u>\$368,759</u>

Statement of Operations Year Ended March 31, 2017

	2017	2016
REVENUE		
Alberta Health Services	\$2,017,570	\$1,945,274
Donations	73,963	67,550
Community Initiatives Program	40,000	0
Earned Revenue	33,721	38,334
Interest Revenue	1,233	1,371
Membership Revenue	303	297
Casino	0	77,669
	<u>\$2,166,790</u>	<u>\$2,130,495</u>
EXPENSES		
Human resources	\$1,333,809	\$1,273,598
Facility	632,599	656,746
Program costs	126,615	115,231
Administration	81,933	82,827
Fundraising costs	3,577	4,585
Amortization	4,734	1,675
	<u>\$2,183,267</u>	<u>\$2,134,662</u>
EXCESS (DEFICIT) FROM OPERATIONS	(16,474)	(4,167)
OTHER REVENUE/TRANSFERS		
Revenue transferred from Deferred Revenue	24,168	20,275
NET EXCESS (DEFICIT)	<u>7,694</u>	<u>16,108</u>

Our Mission

Elements Calgary Mental Health Centre provides client-centered, flexible services, promoting the abilities of adults living with a mental illness.

We accomplish our goals through professionally-guided support counselling, skill development, and social/recreation programs.

