



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

**Annual
Report
2017/2018**



Message from the Chairperson

Congratulations to everyone involved with Elements Calgary Mental Health Centre for a productive and successful year.

We started the year making some significant program enhancements. In doing so, we expanded program offerings and changed others to ensure that our programs are as accessible as possible. As always, we ensured our programs continue to be support and skill-based while focusing on the clients' needs and their overall wellbeing.

Later this year we turned our focus to strategic planning where we identified the long-term goals and objectives for the next five years. As part of the Strategic Plan, we reviewed and refreshed the Centre's Vision, Core Values and Mission.

Our new Vision now speaks to what we do and salutes our clients and their families for their courage and energy as they live their lives with mental illness:

Calgary's courage and energy, working together for mental health.

The Core Values reflect the principles that we live by:

Care. Acceptance. Respect. Advancement.

Our new Mission now better describes our purpose and services:

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.

This has been my first year as Chairperson for the Board of Directors and I am honoured to provide this message and offer my thanks to the many people who gave their time and energy to support the Centre and our clients.

As this year closes and I reflect on our many accomplishments, it is very clear that they are the result of the hard work by many people. It is inspiring to see people working together for mental health and that we really do live our core values at Elements.

Throughout the year, in all areas of the Centre, we rely on our caring, compassionate and dedicated staff to ensure that the Centre is a welcoming, respectful, inspiring and hopeful place. A big thank you for all you do so very well!

We are fortunate to have many long-tenured staff. This year I offer special recognition to two staff who are celebrating service milestones of 15 years. Thank you Franka Poitevin and Nora Lawson!

I would like to thank the Board of Directors for their time and expertise and to extend to all our volunteers our thanks and appreciation for all their hard work and commitment.

We are deeply grateful and extend a big thank you to Alberta Health Services for their ongoing support and to our individual donors for their generosity. Through them we can continue the important work we do.

Best wishes to all for 2018–2019.

Daniel Hershcovis
Chair, Board of Directors

Our People, Our Strength

Board of Directors

Officers

Daniel Hershcovis *Chairperson*

Lisa Gerlach *Vice Chairperson*

Dan James *Treasurer*

Martin Harvie *Secretary*

Directors

Scott Bergen

Chris Dennehy

Rande Farrell

Cheryl Gardner

Karen Hayes

Kevin Murray

Mike Pineo

Peter Mackenzie†

MaryWyatt Sindlinger†

Jane Gray†

Gareth Jones*

Cory Wilson*

Tim Mitchell*

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/Decluttering Group

Kelley Sallenbach

Life Skills/Initiatives/Mental Health Support Group

Linda Dolen

Connections

Stephanie De Trempe

Nora Lawson

Rachel Bannon*

Recycling Program

Sue Cairns

Support & Recreation Services

Program Director

T. Lynne Hodgins

Mental Health Workers

Chad Bush

Todd Cockrill

Alysia Jansen

Shelley Juss

Franka Poitevin

Meagan Rusnak

Chris Spanswick

Recreation Coordinators

Brian Wilkinson

Noelle Rees

Mental Health Recreation Workers

Harrison Asamoah

Taya Dick

Volunteer Program Coordinator

Beverly Wadsworth

‡ 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.

Connections

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.

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.

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.

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 include: support counselling, crisis intervention and resolution, referrals, and social and recreational activities.

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



If I am better it is because of Elements.



I never thought this place would become 'my place'.



Now I want to live!



This course has helped me in a huge way to maintain a healthy lifestyle.



This program has given me direction, insight, friendships and positivity at a time in my life when it couldn't have been more essential.



Without this program I would not be as far into my recovery.



The Decluttering program has changed my life!



These art classes are essential to my mental health.



Elements and the programs offered have taught and enabled me to manage my stress, depression, anxiety and overall wellbeing.



Due to this program I now have people in my life.



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.

Bears paw Benevolent Foundation
Benevity Community Impact Fund
Canada Helps
Fairfield Watson
Gambler's Anonymous
Gift Funds Canada
John & Betty Holmes
Newdog Inc.
P2 Marketing Inc.
United Way of Calgary



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, 2018

	2018	2017
ASSETS		
CURRENT		
Cash	\$364,638	\$316,476
Accounts receivable	9,246	11,585
Prepaid expenses	22,068	22,129
	<u>395,952</u>	<u>350,190</u>
PROPERTY & EQUIPMENT	10,177	13,569
	<u>\$406,129</u>	<u>\$363,759</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts Payable	\$15,566	\$18,613
DEFERRED CONTRIBUTIONS	185,932	148,932
	<u>201,498</u>	<u>167,545</u>
NET ASSETS		
Unrestricted Net Assets	38,754	37,261
Restricted Net Assets	165,877	158,953
	<u>204,631</u>	<u>196,214</u>
	<u>\$406,129</u>	<u>\$363,759</u>

Statement of Operations Year Ended March 31, 2018

	2018	2017
REVENUE		
Alberta Health Services	\$2,030,107	\$2,017,570
Donations	69,500	73,963
Casino Proceeds	68,621	-
Earned and other Revenue	35,341	33,721
Interest Revenue	1,495	1,233
Membership Revenue	252	303
Community Initiatives Program	-	40,000
	<u>\$2,205,316</u>	<u>\$2,166,790</u>
EXPENSES		
Human resources	\$1,356,371	\$1,333,809
Facility	635,027	632,599
Program costs	110,583	126,614
Administration	52,560	81,933
Amortization	3,392	4,734
Fundraising costs	1,966	3,577
	<u>\$2,159,899</u>	<u>\$2,183,266</u>
EXCESS (DEFICIT) FROM OPERATIONS	45,417	(16,474)
Deferral of Externally Restricted Contributions	(37,000)	
Deferred Contributions Recognized as Revenue		24,168
NET EXCESS (DEFICIT)	<u>8,417</u>	<u>7,694</u>

Our Vision

Calgary's courage and energy, 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.

