



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

**Annual  
Report  
2019/2020**



# Message from the Chairperson

I am honoured to provide this message to the clients, staff, volunteers, key stakeholders, and the Board of Elements Calgary Mental Health Centre. Congratulations to everyone involved with the Centre for another productive and successful year.

We started this year with the exciting announcement of our relocation to this amazing new facility. Last summer and fall a tremendous amount of work was done by our construction team to complete our new space. Our staff members worked tirelessly to make this new facility feel like home.

Now that we are home, I am very proud of the space that we designed and built for our clients. Our clientele deserves nothing but the best, and I believe that this Center is a physical representation of you.

I would like to personally thank everyone that was instrumental in facilitating this change. As this year closes and I reflect on our many accomplishments, and challenges, it is clear that our success and resilience are the results of the hard work by many people.

Sadly, we were only able to enjoy our space for a short few months before being upended by a global pandemic. I know that these past few months have been an extremely challenging time. Elements Calgary Mental Health Centre is committed to helping our clients navigate through this pandemic. We endeavor to come out of these historic times, more resilient, and more connected than we were before.

Throughout the year, in all areas of the Centre, we rely on our caring, compassionate and dedicated staff to ensure that the Center 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. I offer special recognition to five staff who are celebrating service milestones this year. Congratulations to : Shelley Juss 15 years; Kelley Sallenbach 10 years; and Alysia Jansen, Chris Spanswick, Harrison Asamoah for 5 years.

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 2020/2021.

Daniel Hershcovis

Chair, Board of Directors

# Our People, Our Strength

## Board of Directors

### Officers

Daniel Hershcovis

*Chairperson*

Tavia Nazarko

*Vice Chairperson*

Dan James

*Treasurer*

Robin Klein

*Assistant Treasurer*

Martin Harvie

*Secretary*

### Directors

Eric Davis

Cheryl Gardner

Asanga Gunatillaka

Karen Hayes

Inessa Korenfeld

\*Lisa Gerlach

\*Kevin Murray

## Personnel

### Management

Anneisa Lauchlan

*Executive Director*

Maria Ochitwa

*Assistant Director*

Franka Poitevin

*Program Director*

## Personnel *continued*

### Team Members

Misan Amorighoye *Mental Health Recreation Worker*

Harrison Asamoah *Mental Health Recreation Worker*

Karen Boyko *Mental Health Recreation Worker*

Todd Cockrill *Mental Health Worker*

Stephanie De Trempe *Connections Instructor*

Taya Dick *Recreation Team Lead*

Kirsten Doe *Mental Health Worker*

Linda Dolen *Initiatives Instructor/Mental Health Support Group Facilitator*

Alysia Jansen *Mental Health Worker*

May Jin *Accounting Analyst*

Shelley Juss *Support Services Team Lead*

Sharon Kolibar *Office Administrator*

Nora Lawson *Connections Instructor*

Amy Redman *Mental Health Worker*

Kelley Sallenbach *Creative Arts /Best of Me/ Decluttering Group Instructor*

Dana Seymour *Volunteer Coordinator*

Chris Spanswick *Mental Health Worker*

Alicja Swiatlon *Art Program Instructor*

Jordan Zarvie *Mental Health Worker*

\*Katie Gielen *Recycling Coordinator*

\*Elizabeth Kehler *Volunteer Coordinator*

\*Meagan Rusnak *Mental Health Worker*

\*Luke Saunders *Mental Health Recreation Worker*

\*Beverly Wadsworth *Volunteer Coordinator*

# Our Programs

## 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.

## Best of Me

Best of Me teaches healthy living options fundamental to a healthier lifestyle, an improved quality of life, and maintaining mental health in the community.

## Connections

Connections is a long-term, multi-activity program. The activities offered are a fun way to experience and personalize learning. Modules include: health and well-being, social skills development, art therapy, educational discussions, exploring the community and cultivating leisure interests.

## Creative Arts

In Creative Arts, participants have fun with peers while nurturing their creativity. The focus is on arts, crafts and handiworks, which can turn into a positive pastime and enjoyable hobby.

## Decluttering

### Decluttering Program

Decluttering starts with an education component to help participants understand how clutter affects their health, safety, and self-esteem.

### Decluttering Maintenance Group

Group sessions support ongoing efforts in each participant's decluttering journey and give a forum to share and celebrate successes.

## Initiatives

Initiatives is a comprehensive self-development course that promotes interpersonal growth and self-confidence. It combines counseling and education with lots of opportunities for participants to practice and apply what they learn.

## Embracing Change

This ongoing group provides a supportive environment where participants who have completed Initiatives can continue to develop and practice effective coping skills for day-to-day situations.

## In Their Own Words

“Love the new space. It's open. It's nice and bright. The temperature is consistent. More space. Tuck Shop is awesome. Furniture and tables are great. The set up is fabulous.”

“It's nice, bright, and open.”

“I like the spacious SRS space and the classroom for mindfulness.”

“I like the new space, love all the windows.”

“My mental health has improved some since our move here to the new place.”

“Love the windows bringing in an essence of calmness and the large space feeling relaxing and zen.”

“The space has a friendlier happier feeling about it.”

## Support Groups

Elements Support Groups provide a safe place to share thoughts and feelings about personal issues and feel supported. Skilled and experienced facilitators lead all support groups.

### Mental Health Support Group

This group meets in a supportive atmosphere where participants can connect with peers and explore issues that affect mental health.

In addition to peer support, participants learn skills for healthy relationships, effective problem-solving, and improving self-confidence.

### Reach for Recovery

Reach for Recovery offers individuals struggling with addiction and mental health concerns a safe setting to discuss concerns, explore issues and strategies to prevent relapse and help stay on track to be sober and drug-free.

The staff facilitators also provide learning and discussion topics related to addictions and recovery, such as relapse prevention, self-care in sobriety, and exploring post-acute withdrawal syndrome (PAWS).



*Comfortable, clean, spacious.*



*I love the new space, it's bright, professional, way more security.*



*I like the location as well because it makes it really accessible to get to. The tables are nice to use and the distance and space between them in placement is also nicer. The interior and design of the space is great. Adds such a happy feel for it.*

## Support & Recreation Services

Support & Recreation Services (SRS) program offers mental health support and counselling services and a variety of recreational opportunities. The programming is consistent with recovery based principles where participants can choose the length of their involvement and have the opportunity to continue to benefit from ongoing participation.

### Recreation Services

Knowing how to use leisure time and taking part in recreational activities are very important for mental health and overall well being. Recreation Services provides a range of social and structured recreational activities and many ways for participants to de-stress and have fun.

### Support Services

Support Services offers support and counselling services, as well as group sessions and psychoeducational programs, such as:

**Mindfulness Program** - Helps participants manage symptoms and build coping skills.

**Relaxation Group** - A restorative yoga practice which includes targeted poses to assist with relaxation, deep breathing and meditation.

**Rewired** - Rewired teaches basic CBT (Cognitive Behaviour Therapy) principles to help manage depression and/or anxiety. Trained staff help participants apply a practical approach throughout the program.

### Volunteer Program

A variety of volunteer opportunities are available for the Centre's clients, as well as members of the community. All volunteers receive training, ongoing support and recognition.

# Made possible by generous people... like you!

Whenever you make a donation to Elements Calgary Mental Health Centre you do a wonderful thing! Your most thoughtful gift helps us to strengthen our programs to continue providing essential support, learning and hope for people who have a mental illness. We recognize the following people and organizations for their generosity this past year, and extend our deepest gratitude for their contributions.

**Canada Helps Partner Giving Program**  
**Daniel B. Hershcovis Professional Corporation**  
**Desjardins**  
**Fairfield Watson Inc.**  
**Friends & Neighbours Group**  
**Mortgage Connection**  
**Optimist Club of Calgary**  
**PayPal Giving Fund**  
**Rotary Club of Calgary Centennial**  
**Stantec Consulting Ltd.**  
**United Way**



We also extend a heartfelt thank you to our many individual donors for their contributions over the past year.

We are able to continue the work we do because of the generosity of people like you!

# Financials

## Statement of Financial Position March 31, 2020

	2020	2019
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 644,799	\$ 325,137
Accounts receivable	2,680	11,847
Prepaid expenses	40,285	47,972
	<u>687,764</u>	<u>384,956</u>
<b>PROPERTY &amp; EQUIPMENT</b>	1,001,732	7,632
	<u>\$1,689,496</u>	<u>\$ 392,588</u>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Account Payable	\$ 15,936	\$ 15,818
DEFERRED REVENUE	92,122	101,500
DEFERRED LEASE INDUCEMENTS	1,288,569	-
	<u>1,396,627</u>	<u>117,318</u>
<b>NET ASSETS</b>		
Unrestricted	54,558	63,475
Restricted	238,311	211,795
	<u>292,869</u>	<u>275,270</u>
	<u>\$1,689,496</u>	<u>\$ 392,588</u>

## Statement of Operations Year Ended March 31, 2020

	2020	2019
<b>REVENUE</b>		
Alberta Health Services	\$2,070,709	\$2,070,709
Interest Revenue	53,162	1,797
Donations	45,372	106,740
Casino	25,000	37,965
Earned and other Revenue	21,204	33,751
Alberta Job Grant	10,584	-
Membership Revenue	165	186
	<u>\$2,226,196</u>	<u>\$2,251,148</u>
<b>EXPENSE</b>		
Human Resources	\$1,345,543	\$1,396,476
Facility	631,549	645,164
Program Costs	102,549	122,240
Administration	82,512	89,002
Amortization	45,215	2,545
Fundraising costs	1,229	1,011
	<u>\$2,208,597</u>	<u>\$2,256,438</u>
<b>EXCESS (DEFICIT) FROM OPERATIONS</b>	\$ 17,599	\$ (5,290)

# 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.*

