



# ANNUAL GENERAL MEETING

NOVEMBER 2, 2015

*Canadian Mental Health Association – Cariboo Chilcotin Branch*

---

FISCAL YEAR APRIL 1, 2014 – MARCH 31, 2015

# TABLE OF CONTENTS

## Contents

PRESIDENT _____	1
EXECUTIVE DIRECTOR _____	2
JUBILEE PLACE _____	3
RESIDENTIAL AND REHABILITATION PROGRAM _____	4
EMPLOYMENT PROGRAM OF BC _____	6
CRISIS AND COUNSELLING PROGRAM _____	7
COMMUNITY BASED VICTIM SERVICE PROGRAM _____	10
ADVOCACY AND SUPPORT WORKER _____	13
VERITAS PROGRAM _____	15
FAMILY SOLUTIONS PROGRAM _____	16
FINANCIAL STATEMENTS _____	19

# PRESIDENT

## PRESIDENT

Here we are again, now it is 2015 – where does the time go.

Our year has been full of new and old changes. A staff member from Bettina's programme left and Amara joined the team and is doing very well. The Kitchen Programme at Jubilee House seems to be a happy and busy place – thanks to Charlene.

Crisis/Counselling again this year has been very busy and Janice and her team have been dealing with lots of difficult programmes.

Wayne is always busy and I am sure the homeless programme could not run as well without him.

Ian McLaughlin our Executive Director has fitted in well with Board and staff and is doing an amazing job.

The Board member self-assessment questionnaire went well and the results were good to see.

Ian and I attended Breakfast with the MLA's in May in Victoria. This was a great platform for CMHA's to pitch their local problems and push for more money regarding Mental Health.

Ride Don't Hide took place in June and we raised over \$9,000.00 up from last year. Ashlee our new Fundraiser has different ideas for next year. We also had a Poker Night at Signal Point in September – that went over very well and we did raise money. Everyone wants another one which hopefully we will hold in March 2016.

Again I cannot thank enough Ian and his staff together with the Board for a great year and a job well done.

THANK YOU ALL,

*Gary Sanders*

*Chair*

## EXECUTIVE DIRECTOR

Provincially and nationally, mental health and substance use issues have received significant government and media attention this year. In October, 2015 the Ministry of Health released a discussion paper focused on plans to change the existing system of care for mental health and substance use. The planned changes are significant and should result in positive changes to the service delivery system in British Columbia.

CMHA-CCB continues to operate at capacity, with waitlists for almost all of our programs. Funding continues to be very tight and doing more with less continues to be the mantra from government. This year has been 'steady as she goes' for us. We have experienced some minor growth and achieved greater financial stability.

Some of the highlights of the year are:

- CMHA-CCB now has access to a grant writer and an event planner. These new positions have proven to be invaluable.
- Ride Don't Hide generated about \$9,000.00 this year. Big changes are planned for the 2016 ride in June.
- CMHA-CCB has started providing life skills services to individuals affected by brain injury.
- Our mobile home located at Western Estates was sold, resulting in the loss of two subsidized housing units. We simply did not have the resources necessary to keep the units properly maintained and managed.
- The Housing and Homelessness Committee continues to operate and is working on bringing the Housing First program to Williams Lake.
- CMHA-CCB is the first branch in the province to be accredited under Imagine Canada; we are very proud of this significant achievement!

CMHA-CCB provides quality services in a welcoming, friendly and family atmosphere. This is due to our dedicated, caring and resourceful staff members, board members and leadership team who do a fantastic job and make me proud to be a part of this great organization!

Respectfully,

*Ian McLaughlin*

## JUBILEE PLACE

- Jubilee Place Management change from Jesse Giddens to Tereena Donahue to Mike Charron.
- One TRU student completed a practicum at Jubilee Place. One participant death on December 10, 2014.
- Continuing water problems being looked at by BC Housing and a group of Engineers. Jubilee Place continues to do well as much needed community resources.
- At any given time Jubilee Place has had a wait list of 15-20 applicants with an average wait time of 3 months illustrating the need that our community has for such a program.
- We continue to have success with our Wellness Plan Program with approximately 70% of the participating moving forward with their goals, which can include (but not limited to) employment, education, medical/addiction treatment, advocacy services and counselling/support.
- As a service provide and community support Jubilee Place continues to increase and provide invaluable benefits.

*Mike Charron*

# RESIDENTIAL AND REHABILITATION PROGRAM

## RESIDENTIAL AND REHABILITATION PROGRAM

### Homeless Outreach

- This program took in 111 new clients this year and had 354 client interactions providing a variety of services including making connections to support systems and accessing income assistance.
- 10 clients received monthly rental subsidies
- Redistributing furniture donations to those in need continues to be a much needed service and every month Wayne is assisting clients obtain furniture.
- The Homeless outreach program distributed \$5000.00 in gift cards and good food boxes
- Wayne represents CMHA at a number of community meetings including the prolific offenders meetings, homeless committee meeting and outreach workers meetings.
- The Homeless outreach program works in coordination with the Advocacy program, also with community leaders to try to make changes to get people onto a disability for those affected by F.A.S.D
- The Homeless Outreach produces a daily rental list to assist individual obtain housing in Williams Lake

### Jubilee House

- Jubilee House occupancy for our contracted beds was at 100% this fiscal; we also ran a temporary contract with IHA to operate a 9<sup>th</sup> bed. In January 2015, we had a vacancy and temporary contract ceased. The respite bed was not used, January through March.
- There were a number of staffing changes during this fiscal year at Jubilee House we had two regular employees leave us and the positions were filled from our casual pool. We hired several new casuals during this fiscal year and continue to try to find the right balance.
- Our annual licensing inspection raised concerns regarding the flooring and as a result the city replaced the floors in two client's bathrooms as well as in the kitchen.
- Our lease was renewed with the city for another five year term.
- The activity coordinator position remains combined with the SOP coordinator position and this seems to be working well. Typical activities include shopping out to places like Walmart and of course the share shed. Della also arranged for family BBQ's though the summer months which both residents and families seemed to enjoy.
- The activity coordinator also does one on one life skills work with the JH residents.
- The kitchen at Jubilee House is definitely a happy and busy place. This year there was some gardening going on, clients seem to be increasing their participation in menu

# RESIDENTIAL AND REHABILITATION PROGRAM

planning and Charlene has her hands full trying to create a menu that is suitable for the group but whenever possible meets the individual dietary needs of each client.

- Most of our celebration plans seem to stop in the kitchen and there is often a birthday party or a holiday feast in the works in the kitchen. Della and Charlene do a great job making the house a home with outings, events and decorations.

## Supported Opportunities

- The Supported Opportunities Program continued with maintaining contracts for local business and the private sector doing a variety of jobs ranging from file and garbage cleanout to snow removal and lawn care. The workers for the program excelled at their jobs.
- It wasn't uncommon for people on the streets and business owners to take the time to stop and praise the hard work of our little crew.
- The SOP program also has a large volunteer component with several participants volunteering for community service.

## Clubhouse

- The clubhouse continues to provide support to its members and is well attended daily.
- The clubhouse hosts a variety of weekly activities with something of interest to everyone. In the past year the clubhouse has mini golfed, bowled, camped and gone on nature drives as well as numerous day trips. Every Tuesday morning we have a walk in the park for 30 minutes.
- Food plays a big part in promoting socialization. We have weekly lunches, surprise dinners and the special occasion meals throughout the year. Pie and coffee outings as well as Tim Hortons outings are always enjoyed by the members. Baked treats are often available and each member has their birthday celebrated with a cake.
- The trips in the bus are well attended. In the last year we have been to Barkerville, Quesnel Billy Barker Days, Gavin Lake, 100 Mile and many destinations closer to home. Once a month we go to Walmart for a couple hours and give everyone an opportunity to get some shopping done.
- A big component of the clubhouse program is informal counselling and support. The clubhouse is a safe place for members to ask questions, get assistance accessing other services and fight stigma.

*Tereena Donahue RN*

*Manager Residential and Rehabilitation Programs*

## EMPLOYMENT PROGRAM OF BC

There has been a new avenue added to the **Employment Program of BC**. This is called the Single Parent Employment Initiative Program. This program is aimed towards a Single Parent receiving Income Assistance or Disability Assistance. This program is for Employment Obligated single parents. The Single Parent Employment Initiative Program is only offered once and if the Parent opts out they cannot apply again for it.

The Single Parent Employment Initiative Program **may** provide the opportunity for a Wage Subsidy program or **possible** training opportunities. The launch of this program just came out at the end of August 2015.

Myles Breck has now been working with the EPBC program for 1.5 years and has successfully completed his Vocational Training.

Myles Breck and Amy Harrison also participated in Motivational Interviewing workshop in May 2015 with Interior Health. This was an excellent workshop as it taught us how to find out more information from clients by asking open ended questions. This new technique is very useful, as long as you continue to practice using it. Utilizing this new skill as a case manager is an excellent way to learn new information about your clients' needs and requirements.

Myles Breck and Amy Harrison attended a Suicide training workshop in June and we found it to be very interesting and useful information.

Amy Harrison participated in a Management Conference at the beginning of June in Kelowna and learned some amazing new skills, (Open Ended questions, The Rule of 3, Reading Body Language etc.) when dealing with staff and all of these skills could also be used with clients as well.

Case load for Myles and Amy have been increasing over the last month, as school gets back into session.

At this time the EPBC is looking at possibly working with clients from Lytton, BC. Myles will be going there next week to meet with the case managers to see what the case load is going to be like and Amy will be looking at going to Lytton in November possibly.

Respectfully,

*Amy Harrison*

# CRISIS AND COUNSELLING PROGRAM

## CRISIS AND COUNSELLING PROGRAM

I am submitting this report as the Program Manager of the Crisis and Counselling Program and will endeavor to identify some of the highlights and progress made over this past year.

### **Crisis Line:**

Volunteers answered 291 calls; 4,954 minutes on the Crisis Line; Volunteer Hours – 1,940.5.

We held a Crisis Line Graduation in April, which gave us 2 people that stayed and volunteered on the Crisis Line. I have attached a chart from our data collection tool to show the calls we have received.

We held another training in November. We had 7 participants, two people didn't complete the training, 4 moved away, which has left us with one volunteer.

I did a one-on-one Crisis Line training in the spring of 2015, and that person is still volunteering on the Crisis Line.

In March of 2015, the Williams Lake Crisis Line joined the Provincial Networks and we were connected to the Mental Health Support Line – 310-6789.

We held a volunteer appreciation in April at which time we hand out certificates to the volunteers with how many hours they have contributed. It never ceases to amaze us how much our volunteers so willingly give.

We also held a Volunteer appreciation in December. We exchange gifts, play a few games and sometimes sing a few Christmas Carols. We want our volunteers to know how much we appreciate all they do.

We have 9 in-services a year during which time volunteers receive updated training and information regarding changes with the Crisis Line.

I am also the Crisis Line Association of B.C. President and I attend a monthly meeting as Chair of the Executive.

### **Counselling Program:**

In the counselling program, 397 Males were seen, 677 Females, 125 couples and a total of 1,199 sessions of counselling.

Penny Reid and I also offer an Anger Management Strategies and Healthy Relationship workbooks that we either take clients through one-on-one, or offer groups when we have enough people, to make the most of our time.

Through 2014-2015, we have consistently had a two to three week wait list. We have been very busy with many of our referrals coming from the Ministry of Children and Family Development wanting us to take people through the Healthy Relationship or/and Anger Management Strategies.

# CRISIS AND COUNSELLING PROGRAM

I continue to travel to Alkali Lake Reservation one day a month to counsel at the Health Unit. I am told that it is greatly appreciated by those on the Reservation.

## **Other Highlights:**

With the help of the Mental Health Advisory Committee we celebrated Mental Health Week in May with a lunch at the Clubhouse and then we went bowling with the Clubhouse participants. It's a great way to make connections and is always a lot of fun!

I facilitated a Suicide Bereavement Support group with the help of one of our Crisis Line Volunteers. We only had one participant this time but it was still very beneficial.

I co-facilitated two Suicide Awareness, Prevention, and Intervention workshops with Bettina Egert. One we did in September for World Suicide Awareness Day at the Art Centre, and one we did for the Sage program in January. Both were well attended and we received great feedback.

I sit on the Violence is Preventable committee and in September the committee organized the Take Back the Night event. We walked from the mall parking lot down Oliver Street to the outdoor plaza square. There we had refreshments and made connections with people we hadn't met before.

In August 2014 I attended a Proposal writing course that was offered through the Co-op. It was great information and I appreciated the opportunity.

In September of 2014 I attended the Connecting for Change course. It was a Mental Health and Addiction Training, which was held 2 days a month from September to February 2015.

## **Community Based Victim Services Program:**

I have attached Penny Stavast's report.

Thank you once again for the opportunity to work for such a great organization!

Respectfully submitted,

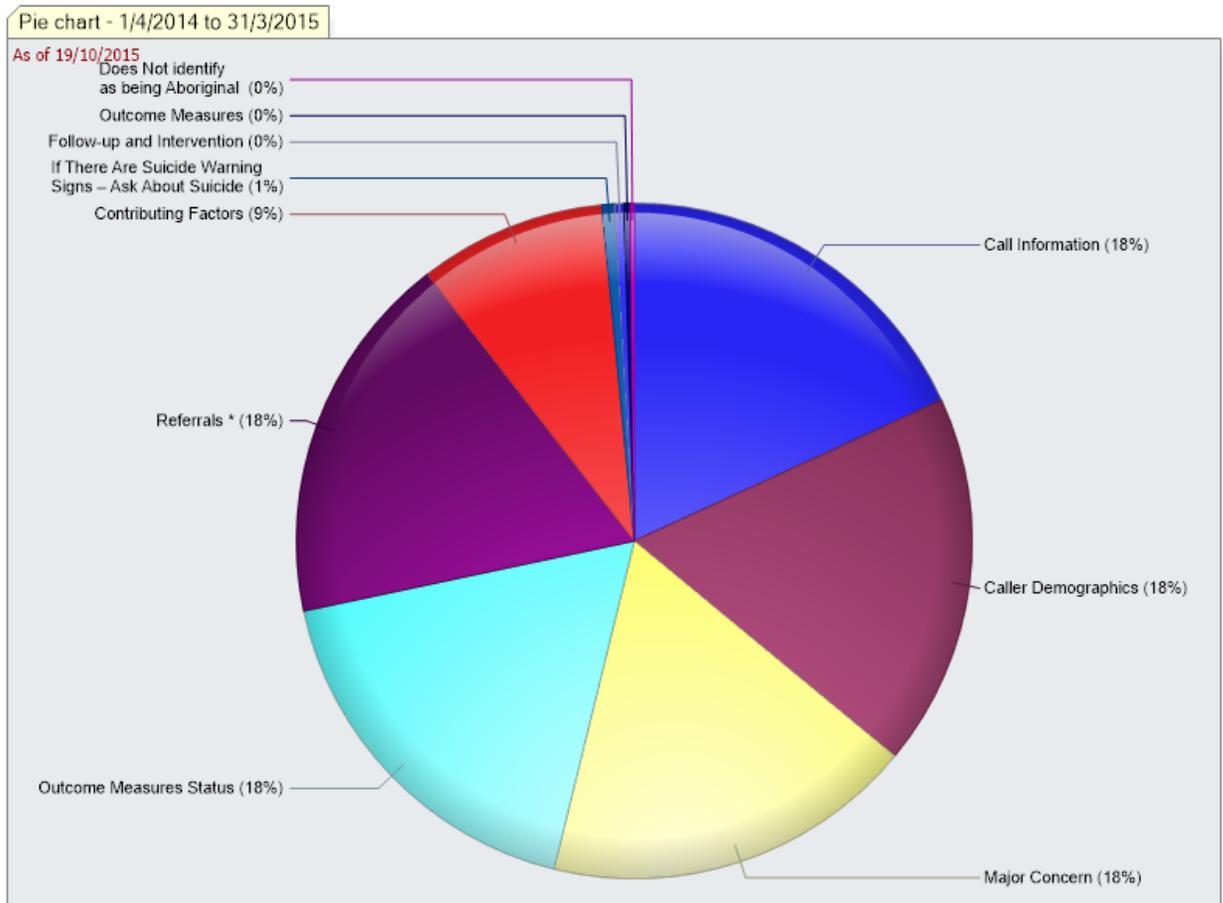
*Janice Breck*

*Crisis & Counselling Program Manager*

# CRISIS AND COUNSELLING PROGRAM

## Crisis Line Statistics

April 1, 2014 to March 31, 2015



# COMMUNITY BASED VICTIM SERVICE PROGRAM

## COMMUNITY BASED VICTIM SERVICE PROGRAM

Community Based Victim Services (CBVS) work with individuals who are experiencing or have experienced Relationship Violence, Sexual Assault, and/or Stalking and Criminal Harassment. CBVS provides justice related services to all victims and genders of family and sexual violence. An individual does not have to report the crime to the police or be involved in the criminal justice system to receive support services from CBVS. In addition to Justice related services, CBVS also provides education for individuals and/or community workshops on relationship violence; safety planning for adults and children; short term emotional support; information and referrals to other community agencies and information on basic court process for criminal court and family court.

I accept referrals from any agency, professional or self-referrals from clients. I initially assess the clients' needs briefly over the telephone or in person and then book an appointment for an appropriate time frame for an initial intake appointment. Based on this intake, I then further assess what other community professionals may be utilized for further referrals out, such as counseling, Children Who Witness Abuse Program, Transition House, Women's Outreach Workers, Crime Victim Assistance Program, etc. Consents are signed, I then liaise with other community agencies for the referrals as per their best practice procedures. Follow-up appointments and/or telephone calls are scheduled to ensure clients are receiving direct services as required/identified.

During this fiscal year there were 66 intakes completed. 58 Intakes were females, 8 were males. 61 of the 66 intakes were adult and five were children/youth. Four clients were referred from the RCMP Victim Services Agency, Four from Aboriginal Victim Services, two referrals from the RCMP, eight from Crown Counsel, Forty-four from Government Agencies (MCFD and or Corrections), and three were self-referrals, and one from other clients.

I attended court with twelve clients this fiscal year, for a total of seventy-nine hours court accompaniment for criminal trials and/or family court proceedings.

Integrated Case Assessment Team (ICAT) was developed in 2012, and it consists of community partners who work with identified highest risk clients involved in relationship violence. The committee involves the Transition House, Stopping the Violence Outreach Worker, Stopping the Violence Counsellor, Adult Mental Health, Cariboo Memorial Hospital and Ministry of Social Development, RCMP, Victim Services agencies, Community Corrections, as well as MCFD. The purpose of ICAT is to assess the potential risk to the highest risk victims and do a comprehensive safety plan. We meet on a regularly on a monthly basis to review safety plans and/or the status of clients as well as required for intake assessments of client statuses as well as on a need to basis as new cases are identified.

## COMMUNITY BASED VICTIM SERVICE PROGRAM

Education on Relationship Violence continues to be a major component for CBVS. The *Healthy Relationship Program* is a five week program where an individual works through a workbook identifying abusive behaviors, exploring their values, evaluating their relationship, and moving forward making good decisions. After the five weeks is concluded, there is an option to complete a collaborative comprehensive safety plan for having a fair fight for couples with community partners. The *Impact of Domestic Violence on Infants, Children and Teens* is a two hour appointment which consists of a twenty minute video "*First Impressions, Exposure to Domestic Violence and the Child's Developing Brain*" by the Ministry of Justice, Attorney General's Office of California, followed by a Power Point presentation developed by Williams Lake Community Based Victim Services which addresses the following areas: defining what is domestic violence; the cycle of violence and how people get caught up in it; generational impact of domestic violence; and lastly the impact of domestic violence on infants/children and teens. This fiscal year I scheduled 103 appointments at 1 hour each for the *Healthy Relationship Program* and 12 appointments for the two hour *Comprehensive Safety Plan for Having a Fair Fight*. I completed 20 two hour sessions for *Impact of Domestic Violence on Infants, Children and Teens*.

*Bail Reviews* are a protocol developed in collaboration with the Williams Lake Crown Counsel, Community Based Victim Services, Ministry for Children and Families, Williams Lake RCMP, Community Corrections and Court Registry. *Bail Reviews* are essentially an opportunity for the Victim of a reported criminal offence, which is before the Criminal Justice System, to give input on *An Application to Change a Condition of Bail* the accused has requested. This is a scheduled two hour appointment which includes education on relationship violence, safety planning and completing paper work with the victim's input which is presented to Crown Counsel for the purpose of determining if it is in the public's best interest for the conditions being changed. I completed sixteen, two hour sessions of *Bail Review* appointments this reporting period.

CBVS continues to work collaborate with community partners. In March, In collaboration with Aboriginal Victim Services (AVS) I attended the Canim Lake Elders Luncheon and presented to the elders the role of Victim Services, we then travelled to 100 Mile House to do a meet and greet with the Women's Contact Society. In February, I participated in Pink Shirt Day and went into the community to speak about what Pink Shirt Day is and hand out shirts with AVS to community members. In July, I attended training in Prince George on Domestic Violence with Community Partners presented by Ending Violence Association of BC and MCFD. RCMP VS, AVS and myself went to the community of Soda Creek to offer support services to the Band Office as a result of a highly publicized death of one of their community members. Aboriginal VS and myself attended the funeral to assist attendees and offer support. RCMP VS, Aboriginal VS and myself went to Toosey Band Office, where we did an information session on Domestic Violence to Band Council and members. In September, AVS and myself attended the Soda Creek Band Community Health

## COMMUNITY BASED VICTIM SERVICE PROGRAM

Fair, where we set up an information table and did a presentation on impact of domestic violence on children. In October, AVS and myself attended an Elder's Luncheon at the Canim Lake Indian Band and presented the role of Victim Services. We then travelled to 100 Mile House and did a meet and greet at the Women's Contact Society.

It has been an honor working with the Staff, Management and Board of Directors at the Canadian Mental Health Association this reporting period.

Respectfully submitted,

*Penny Stavast*

*Program Coordinator*

*Community Based Victim Services*

## ADVOCACY AND SUPPORT WORKER

The Outreach Advocacy & Support Program provides community-based support and advocacy services to individuals who have been recently housed after being homeless or are at serious risk of being homeless. These individuals may be experiencing significant mental health issues and will have serious barriers to seeking or acquiring income, health and housing supports or services on their own. The program links disadvantaged individuals to supports and services in the community, to help them navigate difficult systems, to assist in personal goal setting and the development of expanded personal support networks.

### **Human Resources**

Tom Salley was hired in March of 2014 and started working for the program in April of 2014.

### **Program Funding**

The program is funded solely by the Community Gaming Grant. We received notice in March of 2014 that funding support will be continued for Advocacy for 2014/15, but the amount was reduced by \$ 5,000, which is a 20 % reduction from last year. We were also advised that 25 percent of our budget would need to be financed by non-government funding. BC Gaming branch will continue supporting the program for the year 2015/16. CMHA CCB is supplementing the program with Ride Don't Hide donations.

### **Client Services**

The Outreach Advocacy & Support Worker processed 53 cases in 2014/15 and has a remaining open caseload of 36. We provided clients with following services:

- Assisting clients to complete Persons With Disability (PWD) applications and to get disability status reinstated (about 20 percent of total case load);
- Advocating for clients at doctor's appointments and meetings with Social Workers and Employment Insurance (EI) Workers;
- Assisting clients to access EI benefits;
- Supporting clients to explore housing options (e.g. Jubilee Place; Senior's housing; housing options in other towns);
- Assisting consumers to complete Social Assistance forms for Persons with Multiple Barriers (PWMB);
- Connecting individuals with health services, mental health and counselling programs; funeral home director; legal supports;
- Supporting individuals with budgeting and finances; accessing services at Salvation Army (food bank; clothing); accessing emergency funding for clothing; treaty settlements;
- Transportation to appointments;

# ADVOCACY AND SUPPORT WORKER

## Other Program Activities

- Co-chairing and Coordinating the Williams Lake Housing and Homelessness Committee;
- Tom attended the Housing First workshop, which introduced the *Housing First* Model and explored how it might be implemented in Williams Lake. *Housing First* is a recovery-oriented approach focused on quickly moving people from homelessness into housing and then providing supports necessary to maintain it. Rather than requiring homeless people to first resolve the challenges that contributed to their housing instability, including addictions or mental health issues, Housing First approaches emphasize that recovery should begin from stable housing.
- Tom coordinated the Homelessness Census, which was conducted in February of 2015. He summarized the newly collected data and the CBC and Tribune reported about the Homelessness count.
- In 60 percent of the program's cases clients have FASD, but no formal diagnosis. There is only one assessment center (ASSANTES) in BC and each assessment costs \$5,000 plus additional travel expenses for clients. This barrier prevents clients from proper diagnoses and disability applications get denied. Clients don't receive the necessary supports and homelessness and criminal offenses are some of the results. In collaboration with Interior Health, the City of Williams Lake and local service providers Tom coordinated a meeting with Donna Barnett, to address this issue. We are still waiting to hear back from Donna.
- Client file management;
- Monthly and annual statistics and program reports;

Submitted By,

*Bettina Egert*

## VERITAS PROGRAM

- CMHA was hosting the 8 week VERITAS course in the spring of 2014, facilitated by Ciel Patenaude, who holds a Master's Degree in Integrative Healing; funded by participant fees, grant money and donations;
- **Veritas** is an experiential 8-week program aimed at providing education and experience in stress management, personal awareness, spiritual health and overall wellness. The purpose is to empower and educate community practitioners (those working directly with individuals who may be struggling with abuse, addiction, mental health issues or other challenges), as well as consumers who are looking to improve their overall life quality.
- Amongst the topics addressed were The Mind-Body Connection, Creativity, Mindful Communication & Emotional Intelligence. The course included yoga, breathing and art therapeutic practice.
- 15 participants attended, including some clients. Attendance rate was high and only one person dropped out halfway due to personal reasons. Program evaluations resulted in extremely positive feedback from participants, and other community practitioners requested to continue with the program. Comments were: *"I have already been applying what I have learned into my work and it is incredible how translatable and relevant the skills and materials are to mental health. I find the material depathologizes "mental illness" by making healing more about a focus on wellness as opposed to just focusing on one aspect of the self that is "sick." "I think everyone should have to take a course like this as it offers such an eye-opening perspective into many of the challenges we face."*
- We plan to continue with the program in the fall of 2015, depending on available funding.

Submitted by,

*Bettina Egert*

# FAMILY SOLUTIONS PROGRAM

## FAMILY SOLUTIONS PROGRAM

The Family Solutions Program (FSP) offers supportive counselling for parents, adolescents and children with a variety of family, relationship and individual mental health issues. In the majority of cases we provided a combination of individual, couple (parents) and family sessions, offering social/emotional support, advocacy and skill development based on individual needs and goals of clients.

For the eighth year we delivered the *Connect* Parenting Program. *Connect* is a 10-week psycho-educational group format for parents and has been developed by the *Maples Adolescent Treatment Center*. It is tailored for caregivers of youths with behavioral difficulties and focuses on the building blocks of secure attachment, by helping parents acquire knowledge and develop skills to enhance sensitivity, reflection, and effective emotional regulation in parenting.

To obtain and maintain a Group Facilitation License a minimum of two facilitators are required and each needs to participate in a multi-step training process provided by Maples. This past year Sheila Cohen remained the main facilitator, coordinating all aspects of the program, from marketing to intake and program delivery. Shirley Giroux, a teacher with SD 27, co-facilitated the fall group of 2014. The spring course of 2015 was co-facilitated by Margaret Anne Enders. Margaret Anne's background is in youth counselling. Both successfully obtained their facilitator license.

Our Connect staff continues to receive positive feedback from Maples for their successful program delivery. Group participation and attendance were again excellent this year. Evaluation sessions and participant feedback summaries provided by Maples showed that the rate of satisfaction of parents with the program continues to be high. Parents generally rate the program as being helpful or even very helpful.

The Maples Connect Team has modified the program slightly last year and "old" facilitators need to be recertified by facilitating a course with the new material with supervision. The group format has changed accordingly and group time has been extended for half an hour. This means additional time we spend for Connect and extra expenses to pay contracted co-facilitators within the same budget.

FSP Counsellors helped clients deal with a spectrum of clinical issues again. The most often encountered problems in 2014/2015 were parenting issues; separation / blended families / single parents; depression; anxiety; substance abuse; family violence and abuse; bullying; parent teen conflict; teen defiance and rebellion; school problems; lack of attachment between parents and

## FAMILY SOLUTIONS PROGRAM

children; lack of emotional self-control; “Run away” teens; parental emotional fatigue and lack of positive parenting skills; teen relationship problems;

Statistically speaking we have noticed a major increase in referrals over the past year, over 50 percent more in comparison to the previous year. Looking at referral sources we see the largest increase in self-referrals, from 17 percent to 41 percent. MCFD and school referrals went up significantly as well.

In 69 percent of closed cases counseling was finished or partially finished, which means some of the set goals have been accomplished and/or the family/individual situation has improved.

Bettina continued coordinating and chairing the Suicide Sudden Death Committee. Purpose of the committee is ongoing prevention in a variety of forms (information, education), as well as intervention (coordinated responses in cases of suicidal ideation, death by suicide or sudden death).

Amongst last year’s accomplishments were another successful grant application to United Way, which provided funding for our annual Awareness Gathering *Staying Alive-Battle for Life* and the re-printing of 2000 consumer booklets - *Holding On To Life Toolkit*, which includes a variety of information inlets and community resources, and community workshops.

**THE STAYING ALIVE: BATTLE FOR LIFE GATHERING WAS HELD AT LAKE CITY SECONDARY WL CAMPUS. ABOUT 200 STUDENTS AND SCHOOL STAFF ATTENDED THE EVENT. WE PRESENTED INFORMATION ABOUT SUICIDE PREVENTION FOLLOWED BY THE LIFE PERFORMANCE OF PROJECT SOUL, A VANCOUVER BASED DANCE GROUP; THE CONDUCTED SURVEY, FILLED OUT BY OVER 180 PARTICIPANTS, RESULTED IN EXCELLENT FEEDBACK. 91 % RATED THE EVENT AS EXCELLENT OR VERY GOOD. 80 % STATED THEY LEARNED A LOT OR SOMEWHAT ABOUT SUICIDE PREVENTION.**

In recognition of World Suicide Prevention Day Janice Breck and Bettina offered a public Suicide Prevention workshop in September 2014; we provided information about myths and facts; warning signs; risk factors and risk assessment; the ABC’s and Do’s and Don’ts for assisting people who are potentially suicidal; and community supports and resources. Janice and Bettina also facilitated suicide prevention workshops to clients of the SAGE Trainers program and the Immigrant & Multicultural Services Society;

Evaluations resulted in positive feedback, participants rating the workshops as being very helpful and informative.

# FAMILY SOLUTIONS PROGRAM

In 2014/2015 our program staff spent about 10 percent of our overall working hours on professional development and on the regular team, staff and different community meetings.

Among the training events we attended was Motivational Interviewing training and monthly practice sessions; Connecting for Change Mental Health & Addictions Training (6 Modules); Connect Facilitator Training (3days); *Veritas* workshop and Human Trafficking Workshop.

We have delivered a number of presentations and facilitated groups for clients and community professionals: Public Suicide Prevention Workshop in recognition of World Suicide Prevention Day; Beyond the Blues (Depression & Mental Health Information workshop for students); Suicide Prevention workshops for SAGE Trainers and the Immigrant & Multicultural Services Society; Anxiety workshop for the Immigrant & Multicultural Services Society;

We were again active in the Williams Lake community by chairing and serving on several committees, and attending community events; Suicide / Sudden Death Committee (SSDC); Communities That Care (CTC); Integrated Youth Team (IYT); BC Youth Week Committee; Mental Health Stakeholders Committee; Williams Lake Youth Fair; Sugar Cane Health Fair; United Way BBQ; *GP for me* Project; Who's Who in the Cariboo Information Kiosk; Orange Shirt Day; *Walk for Harmony* (International Day for the Elimination of Racial Discrimination event); CMHA CCB *Ride Don't Hide* Fundraising event; CMHA Occupational Health & Safety Committee; Strategic Planning Session CMHA.

## **GOALS FOR THE COMING YEAR**

The number one priority and goal for the fiscal year 2015/2016 will be maintaining the quality of service to clients and community, and the diversity of family supports we have provided in the past.

Submitted By,

*Bettina Egert*

# FINANCIAL STATEMENTS

## FINANCIAL STATEMENTS