



ANNUAL REPORT 2020

Canadian Mental Health Association, Yukon

415 Baxter St.
Whitehorse, YT. Y1A 2T6

867-668-6429
yukon.cmha.ca



Canadian Mental
Health Association
Yukon
Mental health for all

Association canadienne
pour la santé mentale
Yukon
La santé mentale pour tous

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REPORT FROM THE CHAIR

I would like first to respectfully acknowledge that I live, work, and volunteer within the Traditional Territories of the Kwanlin Dün First Nation and the Ta'an Kwäch'än Council. I would also like to acknowledge the unique context in which we are meeting today. As Yukoner's, we are tremendously fortunate to live in a place that has been relatively unscathed by the COVID-19 pandemic. Despite that, the Board of Directors chose to hold this meeting virtually in the interest of the safety and wellbeing of our membership.

Notwithstanding having to adapt our services in response to the pandemic, this year has been another of significant change and growth for CMHA-YT. Over the course of this year we have expanded our interim counselling program, added the Reach Out Support Line to our growing number of programs and services offered, and moved our office to accommodate the increases in staff and service delivery. These additions and the demands of the pandemic have required flexibility and ingenuity from our staff and volunteers. From top to bottom our organization has demonstrated warmth, resilience, and compassion and I am proud of the entire CMHA-YT family.

Thank you to all the 2019/2020 board of directors for their contributions and their willingness to be flexible in the face of unprecedented changes. I would like to thank Margaret Smith, Leah White, and Kelly Macdonald for their time on the board, and welcome to Melissa Wood and Thaidra Sloane who joined the board as interim directors in their place.

I would also like to take a moment to give special thanks to "Whitehorse Volunteer of the Year" Kim Solonick who is sadly stepping down from her role on the board of directors with CMHA-YT. Kim has been with the organization for the past 8 years and was one of the inaugural directors of the Mental Health Association of Yukon. Kim has had an outsized impact on the success of CMHA-YT, and it is safe to say that this organization would not exist without her contributions. It has been an honor to work alongside and learn from her over the past few years.

Nathan Schultz

EXECUTIVE DIRECTOR'S REPORT

They say time flies when you are having fun and 2019/20 was a great example of that. CMHA, Yukon Division has experienced significant growth in programs, services, staffing, office space, volunteers and community support this past year. It has been a whirlwind, but the staff, board and volunteers have risen to every occasion to collaborate, contribute and continually enhance the work that we do.

The greatest change of 2019-20 includes the development of our counselling program. What began as an interim service in response to community need has developed into a stable service. With the new counselling program, our team has grown significantly and we burst right out of our old office space and into our new office at 415 Baxter St. Kudos to the staff and volunteers who dug deep to freshen up the walls and make our new space welcoming.

Ending the year responding to the pandemic required creativity, flexibility and self-care. It also gave us the opportunity to reconsider the needs of our clients and respond accordingly. Within 2 weeks, all programs and services were being offered virtually or by telephone and all fee for service programming was offered at no cost. This is a trend we plan to continue into 2020/21 with the generous support of our sponsors, funders and donors.

A special thank you to the board members....both those returning and those who are moving on to new challenges. These dedicated volunteers have provided relentless support and direction to the Executive Director.

Tiffanie Tasane



COMMITTEES

Governance and Board Development Committee

Chair: Michelle Rabeau

Members: Nathan Schultz, Rachelle Hawthorn, Darcy Tkachuk, Lisa Beck, Stephanie Padfield and Melissa Wood

The Governance Committee identified four objective/goals for this term. As the goals evolved, the membership of the committee evolved. In the first iteration Michelle Rabeau, Nathan Schultz, Rochelle Hawthorn, Lisa Beck and Darcy Tkachuk looked at goals 1-4. Later in the year Michelle Rabeau, Nathan Schultz, Lisa Beck, Stephanie Padfield and Melissa spent time on board recruitment. Below are the identified objectives and summary of key activities of the committee to meet these goals.

1. Review, Revise and Develop Governance Policy
 - Creation of table of contents of existing and needed policies
 - Rewriting three National policies to fit with the Yukon organization
2. Creation of Governance Binder
 - A binder for Board Members was created by Suzanne Greening and has been distributed to all members.
3. Exploring Risk Management Strategies
 - This goal was addressed ongoing throughout the year and as issues emerge they will be addressed through policy.
4. Board Recruitment
 - Screened resumes for new members
 - Creation of board recruitment package
 - Creation of skills matrix to identify capacity and need in board
 - Put out call for additional board members

Fundraising Committee

One of the objectives of the 2019/2020 workplan included the initiatives to create a signature event which would be an annual fundraiser event. The results of this were the creation of a talent show that would be hosted in the fall and create an opportunity for local artists to showcase their talent and compete for prizes. The concept was to host a family friendly event that would draw a crowd of several hundred and entry fees for artists, door charge, sales of liquor and snacks and a silent auction

would be the revenue generators for the event. COVID19 sidelined this event but it is still in the planning stages for the fall of 2021.

Another initiative was to review the sponsorship letters we have sent out previously, amend them to reflect the current work of the CMHA and specifically how the CMHA is supporting individuals and organizations in coping with COVID related stress, anxiety and depression.

This work has not been completed but is in the works.

Ride Don't Hide is a signature event created by CMHA National and one that shows lots of potential in a territory as passionate about cycling as the Yukon is. Unfortunately with COVID, all events related to cycling were cancelled and the intention is to add it to the workplan for the next calendar year.

A campaign to increase the number of monthly and one time donations thru CanadaHelps has resulted in a continual stream of income through monthly donations adding to that the number of individuals who hosted virtual parties/events in which donations to the CMHA were a part of their promotions, several thousand dollars were generated throughout the year

CMHA has been approached by a number of individuals wanting to support the CMHA by hosting events with the proceeds to be donated to the CMHA, one event, which was just a few weeks ago was the Paradise Music Festival which is an annual event usually held for the public. A portion of the monies raised came to the CMHA. A tattooing event and a virtual bike ride, also resulted in monies to the support fund and we are working with another organizer for a hockey tournament that will honour a friend who passed by suicide.

The purpose of fundraising is to ensure that there are no barriers to anyone accessing CMHA programs and services due to a financial barrier. This fund allows people to access a wide range of services.

Fundraising is a daunting task and added to the workload of a board of volunteers can be overwhelming. It is the hope going forward that a fundraising coordinator can be hired to guide the development of a fundraising strategy and help in its execution.

Accomplishments of the past year were the increased awareness about the CMHA which was not an individual effort of the Fundraising Committee but certainly beneficial given the increase in donations both on an individual basis but also events, although smaller in nature than planned, resulting in

increased revenues. The decision to create a signature event in the talent show also bodes well for the future.

Volunteer Committee

The Volunteer Committee has currently been working on some behind the scenes projects during the unusual world circumstances that have been presented in 2020. As a committee, we have updated and polished our volunteer policy, as well as identifying volunteer needs and opportunities for CMHA Yukon.

We are also working on finalizing our new Volunteer Orientation package and developing a work plan to effectively recruit and engage potential volunteers with our organization.

The committee is looking forward to recruiting volunteers for future CMHA-Yukon programs, events and to offer an enriching volunteer experience that supports the mission and values of CMHA. Our volunteers contribution to CMHA is incredibly important and we thank each of our volunteers for their time, heart and energy!

Yukon Council for Persons with Lived Experience

The Yukon Council of Persons with Lived Experience (YCPLE) was established this past year to promote the meaningful inclusion of the perspectives of persons with lived experience of mental health challenges and illness in the work of CMHA Yukon. The Council functions as a committee under the purview of the Board of Directors, while also providing an advisory function on these matters. In addition, the Council seeks to represent the lived experience perspective of Yukoners nationally through participation of the YCPLE Chair in CMHA's National Council of Persons with Lived Experience (NCPLE). A national mental health advisory panel to CMHA Nat'l board of directors.

Through engagement with the NCPLE, the YCPLE established CMHA Yukon as a host site for the "New Model for Persons with Lived Experience Engagement" project. During its first year, the YCPLE developed its terms of reference which outline its roles and responsibilities. These include providing advice related to emerging issues in mental health programs and services in the Yukon, providing input into the Board's plans, programs and policies, and assisting in the work of CMHA Yukon Division through its other committees and working groups. A five-member Executive Council was formed to begin the development of the structure, vision, goals and areas of focus for the Council.

The YCPLE plans to initially focus its efforts on the development of increased peer support networks, and the establishment of CMHA's Recovery College model in the Yukon. The YCPLE has participated in mindfulness sessions, and peer support work and trainings with Bonnie Macdonald throughout 2020, both as a group and one on one. YCPLE see's this as very important and foundational work, especially when participating in the development of an essential community resource like the Recovery College.

Moving forward, the YCPLE anticipates it will become more outward facing, to engage members and volunteers of the public, and to work more broadly within the community.

PROGRAMS AND SERVICES

LIVING LIFE TO THE FULL



2019-20 saw an increase in the number of offerings of the Living Life to the Full program. Two significant reasons for this increase include a grant from Sun Life to offer the program to employed millennials in both English and French as well as a decrease in registration fees due to CMHA-YT having a certified facilitator on staff. We were able to offer a group to new parents and began exploring other target demographics for future deliveries.

Workplace Wellness Programming



CMHA-YT continues to offer Mental Health Works, a program dedicated to advancing the field of workplace mental health through skills enhancement training, awareness education, and stigma reduction efforts. Predominantly delivered to Yukon Government employees in 2019-20 through a partnership with the Public Service Commission, we are pleased that over 175 Yukoners received this training this year. Bonnie MacDonald, our Workplace Wellness Program Coordinator, received designation as a Master Trainer for Mental Health Works this year, funded through the Community Development Fund. This gives the organization the ability to build capacity through the mentoring of new trainers.

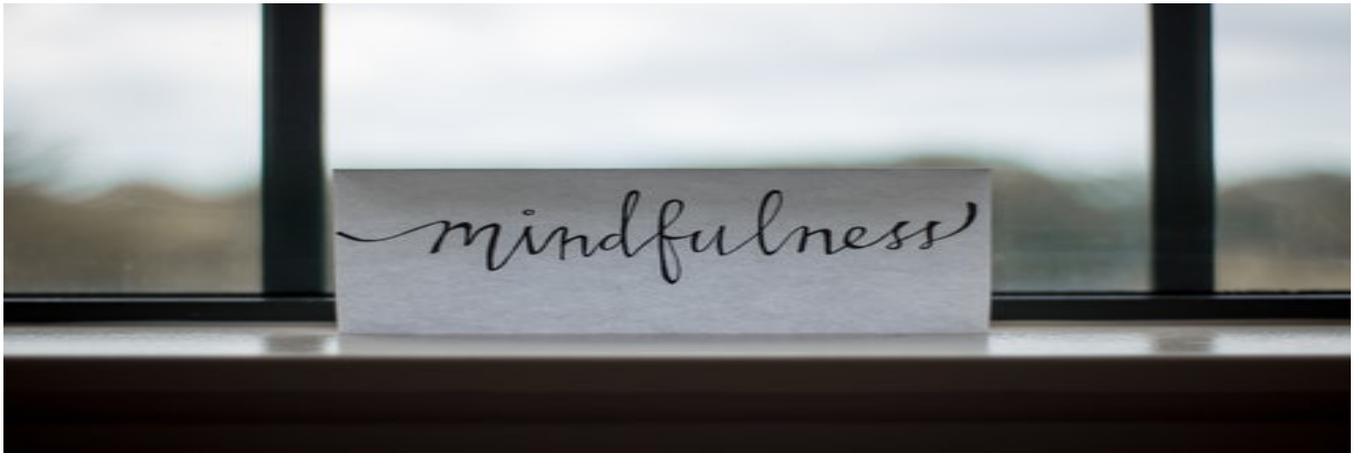
We entered the third year of an existing Standing Offer Agreement with the Organizational Development Branch in 2019-20 and continue to deliver Meditation and Mindfulness Programming to YG employees. The initial two course deliveries have

Other Program Offerings

Meditation and Mindfulness programming were so well received at the Organizational Development Branch, that we have started offering them to the general public. Initially a fee for service program delivery model, CMHA-YT has begun to direct donations to the organization to subsidize these programs so that we are able to offer them free of charge.

Becky Hill, Program Coordinator, has completed the training and is now the Yukon's only TelusWise Program Facilitator. TelusWise is a free educational program operating under the TELUS Communications Company. The program focuses on internet and smartphone safety and security with a focus on keeping families safe from online criminal activity such as fraud and cyberbullying. Programming is delivered to youth, parents and seniors.

Partnerships with the City of Whitehorse, Worker's Compensation Health and Safety Board, Northwestel, L'Association Franco Yukonnaise have furthered the reach of our program offerings. We continue to build on these great alliances and look forward to more collaborations in this coming year.



Counselling Program



The Counselling Program is a new addition to CMHA-YT. The Counselling Program accessible individual, couples and family counselling to the community through a 12 session model, group counselling, psycho-educational programming and drop-in counselling services. In its inaugural year, we have hired and filled all of the positions including a counselling team supervisor, a great crew of generalist counselors, program coordinator, intake worker and administrative support as well as created policy and protocol, promoted the program and begun developing partnerships with other community service providers.

HEADSTRONG

When we first started planning to host a HEADSTRONG summit in Watson Lake and in Dawson City, we didn't bank on the temperatures dropping south of -40, but the incredible team of Becky Hill, Fiona Haynes and Drezus, with some solid administrative support, media connections and fantastic people, really made the best of things. The Watson Lake summit was unfortunately cancelled, but Drezus took his story to some grade 7 classrooms around Whitehorse and began talking about mental health with the youth, working hard to break down stigma. That evening he hosted a cozy and excellent concert at the Kwanlin Dunn Cultural Centre for those brave enough to go out in the cold. Local opening acts paved the way for a wonderful night. The next morning the team was off to Dawson City to host a summit. What a reception! Thank you Dawson for your warmth, courage and generosity.



Family Support Group



We continue to offer the Family Support Group from September to April on the third Thursday of each month. This year we took a step back and reviewed the genesis of the group: a safe place for family and friends providing support to a loved one to gather, share and learn. With the counselling program operating out of CMHA-YT, the Family Support Group continues to grow with referrals and greater awareness of its existence. Many thanks to Kim Solonick and Nathan Schultz for their dedication to this service.

Board of Directors 2019-20

Nathan Schultz	Chair
Kim Solonick	Vice-Chair
Lisa Beck	Treasurer
Rachelle Hawthorn	Secretary
Stephanie Padfield	Director at large
Michelle Rabeau	Director at large
Fiona Azizaj	Director at large
Thaidra Sloane	Director at large
Melissa Wood	Director at large
Leah White	Director at large
Kelly MacDonald	Director at large
Margaret Smith	Director at large

Staff Directory

Tiffanie Tasane	Executive Director
Suzanne Greening	Administrative Support
Becky Hill	Programs Coordinator/Intake Worker
Chris McKee	Counselling Program Supervisor
Tanya Kutschera	Generalist Counsellor
Jessica Williams	Generalist Counsellor
Hailey Birnie	Generalist Counsellor
Genevieve Gagnon	Generalist Counsellor
Kayleigh Abbott	Generalist Counsellor

Financial Statements

Canadian Mental Health Association, Yukon Division

Profit and Loss

April 2019 - March 2020

	Total	
	Apr 2019 - Mar 2020	Apr 2018 - Mar 2019 (PY)
INCOME		
General Operations Program		
4010 YG - Health & Social - Core	153,000.00	132,000.00
4090 Donations - Charitable Receipt	6,793.50	1,544.00
4100 Donations - Charitable - In Kind	5,082.46	5,280.13
4200 Memberships	200.00	950.00
4210 LLTTF Income	5,065.00	1,835.00
4250 Service Fee Income	598,078.93	55,737.58
4300 Fundraising	1,507.40	8,043.60
4500 Sales of Assets		40.00
4600 Interest Income	582.49	306.99
4700 Innovation NGO Training Fund	2,700.00	3,000.00
Mental Health Works - Public Service Commission	21,831.00	45,592.00
Total General Operations Program	\$ 794,840.78	\$ 254,329.30
Projects		
4070 Community Development Fund - Peer Support	7,980.00	14,106.00
4075 Community Development Fund - MHW	8,271.78	
Total Projects	\$ 16,251.78	\$ 14,106.00
Total Income	\$ 811,092.56	\$ 268,435.30
GROSS PROFIT	\$ 811,092.56	\$ 268,435.30
EXPENSES		
5005 Payment Processing Fees	257.41	308.21
5010 Interest and bank charges	432.48	679.29
5030 Office Supplies	11,004.26	7,346.56
5040 Contract Fees	80,585.89	66,152.73
5050 Telephone/Internet	8,552.81	4,312.55
5060 Advertising and promotion	2,472.71	5,399.02
5070 Board Expenses		4,388.01
5080 Licenses, Dues and Memberships	361.00	680.64
5090 Insurance	2,023.41	2,864.59
5110 Mailing, Shipping, Freight, and Delivery	94.91	284.58
5150 Project Supplies - Short Term	8,863.72	7,931.05
5155 Program Supplies - Long Term Resources	3,516.37	
5170 Food	3,795.43	6,183.71
5190 Repair and Maintenance	4,304.86	
5200 Professional Fees	6,395.19	6,774.38
5220 Training	9,122.53	19,847.56
5240 Rent	57,109.76	16,103.44

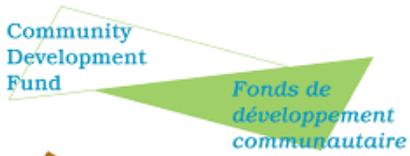
5250 Room Rental		1,202.86		2,106.35
5260 Travel		9,670.38		13,039.13
5270 Gift		22.49		
5280 IT Services		4,495.96		
5290 Software Subscriptions		9,496.79		
5300 Payroll Expenses				
5308 Benefits		8,154.28		1,428.35
5320 Retirement		4,319.58		
5325 Taxes		21,672.63		5,479.68
5330 Wages		326,285.59		78,118.42
Total 5300 Payroll Expenses	\$	360,432.08	\$	85,026.45
5312 Health Insurance		28.51		
5340 WCB Expense		4,213.87		1,683.52
Total Expenses	\$	588,455.68	\$	251,111.77
OTHER EXPENSES				
5999 Reconciliation Discrepancies				0.00
Total Other Expenses	\$	0.00	\$	0.00
PROFIT	\$	222,636.88	\$	17,323.53

Canadian Mental Health Association, Yukon Division
Balance Sheet
As of March 31, 2020

	Total	
	As of Mar 31, 2020	As of Mar 31, 2019 (PY)
Assets		
Current Assets		
Cash and Cash Equivalent		
1000 1002 TD Canada Trust	99,638.11	2,828.03
1001 1001 TD Investor - 9153	60,831.97	44,103.96
1003 Undeposited Funds	75.00	
Total Cash and Cash Equivalent	\$ 160,545.08	\$ 46,931.99
Accounts Receivable (A/R)		
1002 Account Receivable	224,900.00	50,110.12
Total Accounts Receivable (A/R)	\$ 224,900.00	\$ 50,110.12
Repayment		
Repayment	0.00	
Total Repayment	\$ 0.00	\$ 0.00
Total Current Assets	\$ 385,445.08	\$ 97,042.11
Non-current Assets		
Property, plant and equipment		
1200 Computers	3,576.13	287.99
1205 Leasehold Improvements	5,074.05	
1220 Furniture and Fixtures	3,813.81	
Total Property, plant and equipment	\$ 12,463.99	\$ 287.99
Total Non Current Assets	\$ 12,463.99	\$ 287.99
Total Assets	\$ 397,909.07	\$ 97,330.10
Liabilities and Equity		
Liabilities		
Current Liabilities		
Accounts Payable (A/P)		
2000 Accounts payable	21,147.71	1,700.60
Total Accounts Payable (A/P)	\$ 21,147.71	\$ 1,700.60
Credit Card		
2005 TD Visa	4,162.18	559.59
Total Credit Card	\$ 4,162.18	\$ 559.59
2010 Payroll Liabilities		
2012 Federal Taxes	3,307.34	2,761.18
2018 CMHA National Pension	355.81	
2019 Benefits - Desjardins Liabilities	0.00	
Total 2010 Payroll Liabilities	\$ 3,663.15	\$ 2,761.18
2200 Deferred Revenue	58,333.33	
2205 Accrued Liabilities	650.00	650.00
2300 GST/HST Payable	-6,765.45	-2,422.54
Total Current Liabilities	\$ 81,190.92	\$ 3,248.83

Total Liabilities	\$	81,190.92	\$	3,248.83
Equity				
3000 Opening Balance Equity		76,757.74		76,757.74
Retained Earnings		17,323.53		
Profit for the year		222,636.88		17,323.53
Total Equity	\$	316,718.15	\$	94,081.27
Total Liabilities and Equity	\$	397,909.07	\$	97,330.10

rsors and Funders





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