



# Annual Report | 2020-2021

Tuesday, July 13, 2021 | Online | 12:00 PM



Canadian Mental Health Association  
Colchester East Hants Branch

# Agenda

- Minutes of Annual General Meeting  
*July 14, 2020*
  - President's Report
  - Audited Financial Report  
*Grant Thornton*
- Appointment of Auditor 2021-22
  - Executive Director's Report
- Program Reports – *Presentation by Club Support Staff*
  - Nomination Report
  - Board Member Appreciation
- Meeting Adjourned

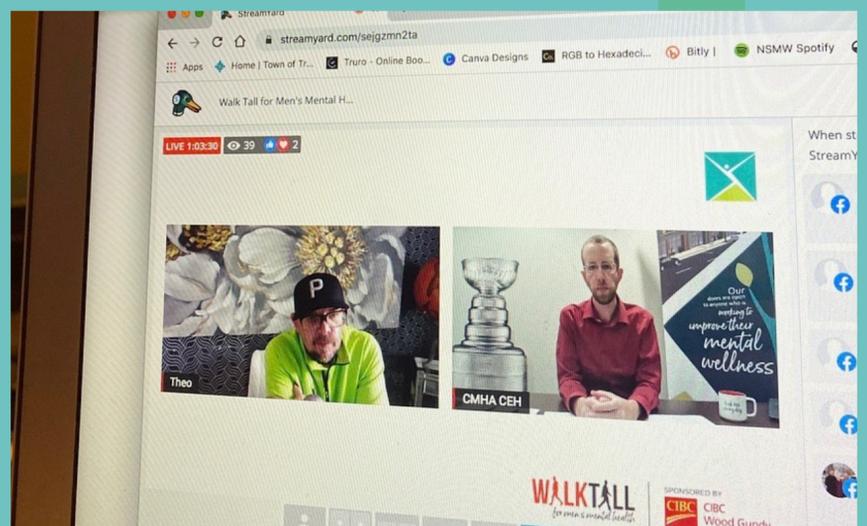


Colchester East Hants - Canadian Mental Health Association

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@cmhaturu



**MINUTES**  
**Annual General Meeting**  
**July 14, 2020**

**Present:** Jim McMorran, Nicholas Bell, Tom Taggart, John Rossong, CMHA Staff, Jeff Mantin (representing Grant Thornton) and Susan Henderson.

**Regrets:** Anja Willems, Terry Leier, Chief Dave MacNeil, Peter Bakes

**1. Welcome and Call to Order**

In the absence of the President and Vice-President, the meeting was called to order by Treasurer Nick Bell at 3:07 pm. (Jim McMorran arrived and requested that Nick continue to Chair the meeting)

**2. Minutes of the Previous Annual General Meeting**

Nick moved the adoption of the minutes from the AGM of June 25, 2019. Tom Taggart seconded the motion. All in favor.

**3. President's Report**

Nick Bell referred to Jim McMorran's report and his note of the Association's challenges over the past year due to COVID 19 and increased demands on services.

**4. Financial Report**

After some connection difficulties, Jeff Mantin, representing the Association's auditor Grant Thornton, was welcomed by conference call. Jeff provided an overview of the auditing process and how COVID impacted that this year. He reviewed highlights of the Statement of Financial Position and of Revenues and Expenses. Jeff noted that financially the Association had another successful year and that CMHA CEH is in a positive financial position. A qualified opinion was provided by Grant Thornton relating to the completeness of revenues and use of cash donations which was noted to be consistent with many not-for-profit organizations.

Tom Taggart moved to accept the Auditor's report as presented. Jim McMorran seconded. Motion carried.

**5. Appointment of 2020-21 Auditor**

On a motion by Treasurer Nicholas Bell, he moved for the appointment of Grant Thornton as the association's auditor for the 2020-21 fiscal year.

At this point, Jeff Mantin left the meeting.

**6. Executive Director's Report**

Executive Director Susan Henderson spoke to her report. She noted, as others have, of the challenges of COVID and the impact on programming and service delivery. She thanked staff and the Board of Directors for their support and initiative in striving to continue to meet the needs of those we support in very different ways than we have done in the past.

She briefly reviewed the various program reports contained within the AGM report and encouraged everyone to read these to see the good work completed over the past year.

**7. Adoption of the Reports**

On a motion by Treasurer Nicholas Bell and seconded by Board Member John Rossong, the President's Report, the Executive Director's Report, and Program Reports were accepted. Motion carried.

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**8. Nomination Report**

The Nomination Report for 2020-21 was reviewed by Nick. It was noted that our Bylaws will impact the position for President, which must now be vacated by Jim McMorran. This leaves this position vacant. Two other positions remain vacant, those being Corporate Secretary and Recording Secretary.

Nominations were asked for from the floor, and during this process Tom Taggart accepted the position of President moving forward. Jim McMorran accepted the position of Corporate Secretary. The Board indicated that the position of Recording Secretary will be supported by the Executive Director. Tammy Hamlin has agreed to continue in the position of Vice-President and Nick Bell in the position of Treasurer. Board Members at large will be Terry Leier, David MacNeil, Peter Bakes, Anja Willems, John Rossong, Rob Landry, Laura Whiteland and Andrew Lake.

Jim McMorran moved the adoption of the Nominating Report and Tom Taggart seconded it. Motion carried.

**9. Adjournment**

The meeting was adjourned on motion by Jim McMorran at 3:35 pm.

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**Tom Taggart**  
President  
CMHA Colchester East Hants

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**Susan Henderson**  
Acting Recording Secretary  
CMHA Colchester East Hants

**Canadian Mental Health Association**  
Colchester East Hants Branch  
PO Box 1413, 859 Prince St.  
Truro, NS B2N 5V2  
902.895.4211

  
[www.ceh.cmha.ca](http://www.ceh.cmha.ca)



# President's Report



Canadian Mental Health Association  
Colchester East Hants Branch

## 2020-21 Annual General Meeting

It is with great pleasure that I submit this year's President's Report. Following the successful leadership of Jim McMorran, I wasn't sure what to expect in my first term as President.

To say it was a challenging year for our community is an understatement. Never could we have predicted the series of events that impacted our friends, neighbours and loved ones. As we try to find a way forward, organizations such as the Colchester East Hants branch play an important role in developing community based resilience and support.

Since joining the Board in 2016, I have been proud to support the growth of the branch. The Board of Directors is a committed group of individuals who are passionate about mental health and, on behalf of the branch, I would like to express appreciation for all your efforts and support.

This year, we are sad to see a number of Directors leave the Board. These are Terry Leier (member since 2003), Chief David MacNeil (member since 2008), Tammy Hamlin (member since 2017) and Laura Whiteland (member since 2019). Each of these individuals has brought their area of expertise that has left CMHA an improved organization, and I have enjoyed immensely getting to know each one of you. Thank you very much for improving the lives of people living with mental health concerns.

My appreciation as well to our community, which continues to support us. We could not do all we do without you!

I look forward to the coming year and working towards our goal to continue to build awareness of our programs and services, as well as support for our Branching Out Building Campaign.

Warm Regards,

*Tom*

Tom Taggart  
CMHA CEH Board President



# Executive Director's Report

When I reflect on the past year, the word “flexibility” immediately comes to mind. COVID-19 brought impacts to many, and CMHA CEH was no exception.

The past year meant staff had to change and alter programming constantly, and to get creative when face-to-face was not allowed. We scrambled to update equipment and programs went virtual. In-person meals changed to socially-distanced meal pickup. Appointments were held in parking lots and on porches. It was the flexibility of our staff that allowed us to adapt as well as we did. Their professionalism and care for their clients meant they often put themselves “out there” even when the pandemic was at its worst.

We knew that the biggest impact of COVID was social isolation, and we worried about those we support, and our community. Tragic events seemed to pile one up on another, and we wanted to do anything we could that would bring strength and hope. Fortunately, we were able to receive Emergency Fund grants, thanks to the United Way of Colchester, and were able to assist with basic and/or unique needs of individuals supported across all programs.

Many of our fundraising and awareness events had to be cancelled again this year. However, our two annual events, Women & Wellness and Walk Tall were held virtually as well as online conversations and mental health tips (a huge thanks to Sam Madore for all her support in this area!). Our grief panel, Mindfulness 101, Bowls for Balance, and a Medicine Shoppe Mental Health Webinar were some examples of this. Although this was a huge change from in-person, it had its benefits so much so that, going forward, it was requested that online be an option. This is one of the lessons of the pandemic going forward; that choice is important in accessing mental health supports and information.

We have much work ahead of us, notwithstanding the longer term effects of COVID. In the next year, staff will be receiving training in a number of areas to increase their expertise as we assist with opportunities to build resilience with our community partners.

In closing, I want to thank the staff and Board for their on-going commitment to our work in the community. I am fortunate to have passionate individuals helping to shape our response, and inspire me to always do better.

To the staff, my sincere appreciation for trusting me even when no one knew what was ahead, and for working together to figure out how to keep our clients in the centre. Your commitment to those we support is reflected in our professional reputation and positive relationships we have with our community. I am honoured to work with such a passionate team.

Thank you!

*Susan*

Susan Henderson  
Executive Director



**THE CLUB** offers programming and social opportunities for those living with mental health issues in a safe and supportive environment. Staff encourage members to participate in social, recreational, employment and emotional programming that is offered through the club and community. To become a club member there is a simple application and intake process. For more information on becoming a club member or the services we offer please contact 902 895 4211 ext. 1.

This year has been an unusual year for the club with the challenges to programs due to COVID-19 and government protocols that were put in place. Throughout the year we had to adapt and change programs based on 'lock-downs', re-openings, social distancing guidelines and group gathering limitations.

In March 2020, when CMHA had to close the doors to on-site programming we began offering virtual programs (Zoom meetings and social groups), online programming, how-to videos on Facebook and art projects people could do at home. We also offered email, telephone and one-on-one supports (outside). Over the summer of 2020 we began to re-open in-person groups and activities outside, and in Fall 2020 we resumed in-house programming with limited numbers and adhering to strict social distancing, sanitation and mask guidelines. In mid-December, and throughout the month of January, the Club had to shut its doors to in-house programming again. As a result, we went back to online groups, programming and take-home artworks projects that people could pick up at the side door.

By February 2021, most programs were able to resume and provide recreational, social, emotional and employment opportunities to club and community members. Throughout the year, staff have reached out to club and community members by email, phone calls, Zoom 1-on-1 meetings over 800 times to over 110 individuals. (These stats are not included in any other stats listed below).

Programs that were offered throughout 2020/2021:

#### *Zoom/Online Programs:*

- Online Social Groups
- Online Community Mental Health Support Groups
- Mental Health Programs (I.e. Anger & Stress Management workshops, art journaling)
- Artworks Programs

#### *In-house and Community Programming*

- Morning Social Groups
- 'Food with Thought' and Basic Cooking Programs
- Walking Group (Cougar Dome & Community Parks)
- Community Based Recreational Opportunities (I.e. Tennis, Golf Range, Snow shoeing)
- Mental Health Programs (I.e. Resiliency workshops, Mindfulness exercises, Community Mental Health Support Groups, Goal Setting)
- Auricular Acupuncture
- Artworks Programs

Recreation and leisure activities are a key component in self-care. Not only is it important for your physical health but also for your mental health. Throughout the year we have been able to include regular physical/recreational activities in our programming. These opportunities have been a great bridge in teaching our clients about healthy lifestyles and the positive impact it can have on a person's mental health. Unfortunately, due to COVID we were unable to go on some of the 'regular' summer trips that we typically have every year. However, with the help of the grant we receive from the municipality and the loan of equipment from the Town of Truro's Recreation Department we were still able to provide recreation and leisure opportunities for our club and community members. Some activities we were able to provide as a result of these partnerships were: weekly outings to Victoria Park during the summer to play games loaned to us by the Recreation Department, learning how to play golf & Tennis at the Cougar Dome, snowshoeing and cross country skiing at the park, a free family skate over March Break, walks at the Cougar Dome (inclement weather) and walks at local parks and trails. We also partnered with local Community Health Boards and offered weekly Wellness Walks in different communities across Colchester and East Hants.



Over the past fiscal year, we were able to offer 35 opportunities for people to participate in Recreation and Leisure programs, with 135 instances of the programs being accessed by over 40 unique individuals.

Below are stats from the different types of programs provided by The Club programming:

TYPE OF PROGRAMMING	# of times accessed	# of instances program was delivered	# of unique individuals
Club Morning Drops In's	277	69	50
ZOOM Meetings and In-house Community Mental Health Groups	533	155	28
Recreation and Leisure Programming	135	35	40
Mental Health Programming (online & in-house)	85	32	22
Auricular Acupuncture	107	23	18
Artworks Program (in-house, online & take home kits)	79	12	34

Our **Food with Thought Program** (generously funded by the United Way of Colchester for the staff portion of the program), provides essential skill training for our clients that can be transferred to their everyday lives. Due to COVID we had to limit the amount of individuals that participate in the kitchen on a daily basis, but we were still able to provide opportunities for skills training at a reduced capacity to allow for social distancing protocols. With the help of the Emergency Care Support Fund, we were then able to provide multiple to-go meals to our clients every week. These meals not only provided nourishment to those who participated in the program, but it also provided opportunities for us to check in and 'lay eyes on' our clients on at least a weekly basis. By having the ECSF we were able to provide more meals to more people than we ever have before – serving over 3000 meals to over 110+ participants. When the club was open for programming we also partnered with the local Community Health Board and with the funding provided by the United Way, we began a Basic Cooking Program. This six-week program (delivered continuously when open) gave participants the opportunity to learn basic cooking, nutrition and food safety skills. At the end of the program, participants received a basic kitchen starter kit to take home (funding for these starter kits provided by the Community Health Board).

Below is a breakdown of monthly meals distributed by our 'Food with Thought' Program

Month	# of Meals Served	Month	# of Meals Served
April 2020	273	October 2020	268
May 2020	260	November 2020	283
June 2020	232	December 2020	232
July 2020	191	January 2021	197
August 2020	312	February 2021	241
September 2020	251	March 2021	277

Respectfully Submitted by: Susan King, Club Manager



# Independent Living Support

The **Independent Living Support Program** (ILSP) provides support to people living in community who live with mental health issues. Currently we are supporting 22 individuals through this program. Financial support for this program is made possible by Department of Community Services, First Nations Band Councils and private pay.

CMHA-CEH will receive referrals from Department of Community Services, First Nations Band councils, and other agencies. There is an internal process to ensure CMHA-CEH is the appropriate agency to meet the needs of the applicant. Once they are on the ILS program it is determined how many support hours are needed. ILSP staff support clients in a “do with” rather than “do for” manner in order to promote independence. ILSP staff assist with activities of daily living such as: cleaning, budgeting, medical appointments, advocacy, healthy eating habits, just to name a few.

The COVID-19 pandemic did not slow down our support to these individuals as staff would support clients with phone call check-ins, meetings outside with physical distancing, staff would run essential errands on the client's behalf. Support staff also made sure clients were able to get to all necessary medical appointments and procedures. ILSP Support staff is proud to report that over 80% of supported clients are choosing to be vaccinated against COVID-19.

**YEAR END TOTALS** from April, 2020 to March, 2021:

Carry Over Clients – 22 | New Admissions – 1 | Discharges – 1 | Total – 22

*Respectfully Submitted by: Michelle Singer*

## Willow House

**WILLOW HOUSE** provides 24 hour person-centred, mental wellness recovery and supports. It consists of two three bedroom, co-ed apartments. Our mission is to assist people who experience mental health difficulties to achieve the persons highest level of functioning. Our goal is to meet individuals where they are in their recovery. Support staff assist individuals with their wellness plan and growth towards independence, staff use a “do with, not for” approach in areas of daily living, household responsibilities, professional appointments, budgeting, community relationships and educational/ employment goal setting.

Community based activities are encouraged on a daily basis. Due to currently having a diverse group of residents with varying ages and interests, group activities are not always possible. COVID 19 has greatly limited what residents were able to enjoy over the past year as Health Restrictions generally followed the Long Term Care Homes. Activities were limited to in-house and occasional (when permitted), drives with staff. Community access was also not permitted for most of the past year, which was difficult on our resident's independence and sense of personal freedom.

Activities that have taken place within Willow House range from playing cards and board games , to movie nights and joint suppers as well as Birthday celebrations for residents that involves a meal of their choice and when allowed, inviting family and friends on-site for a physically-distanced visit.

By Supporting residents to accomplish the goals of their Individual Support Plans as well as achieving personal growth and development; Willow House is able to provide a successful transitioning point to our residents within the last year, our ongoing success has included:

- Transition from living in other communities to living in Willow House - Over the past fiscal, we have had three new residents move in. both of whom moved from other communities. Two of these residents have moved on to other placements, but one continues to reside at Willow House.
- Employment within the community or through project 50 - One resident maintained casual employment within the community and two residents had a Project 50. Project 50 is designed for individuals to gain experience and employ-ability skills to re-enter the work force and earn an extra \$50 a month aside from their regular income. There are two residents who have an in-house Project 50.
- Increased community involvement - This area was limited this year due to the impacts of COVID but now that the province is re-opening we hope that this area can get back on track.

It has been a challenging year from both residents and staff. The fear and uncertainty that COVID brought created increased anxieties for everyone, as well as restrictions on visits and time with friends and family. A sincere thank you to all for the patience and hard work from all that has gone into keeping everyone as safe as possible over the past year.

*Respectfully Submitted by: Holly McCormick, Willow House Manager*

# Community Outreach

The **COMMUNITY OUTREACH** worker meets with individuals in the community who need additional support in navigating the system. The Community Outreach worker works with people to break barriers in their struggle to find the appropriate help needed, which can greatly vary per client. The Outreach worker will meet with Clients one on one at a safe location of choosing, staff can also meet via phone, email, even zoom, in order to reach all individuals in need of our supports, and those in the community. During the last year, we have had a lot of people reach out by phone due to Covid restrictions and lock down. Client visits and meetings were done by wearing masks and six feet distancing outside. With Covid 19 we definitely had our challenges this last year.

Outreach received 112 phone calls for the last 6 months, also 8 emails, 12 client intakes. We referred 44 individuals to Mental Health and Addictions, and were in contact with 35 community organizations in regards to clients.

The community outreach program has met and supported many individuals over the past year. We continue to be ever so grateful for the financial support of the Karen Lake Foundation. Without their support this program, that is extremely beneficial for our community, wouldn't exist. The community outreach program has allowed CMHA-CEH to support many people in the community struggling with their mental wellness, rather than suffering alone and in isolation.

The Community Outreach program is funded by the Karen Lake Trust, and Lake family members. We are very grateful for their on-going support.

*Respectfully Submitted by: Cindy Reid*

# Community Housing Outreach

This year the **COMMUNITY HOUSING OUTREACH** program ran till October 2020, at which time the contract was renewed through Hub House, hiring their own Housing Outreach Worker.

The Housing Outreach program at CMHA works to keep individuals who are Homeless – or at risk of Homelessness – in safe, secure housing. The Housing Outreach Worker collaborates closely with other community agencies to offer people a holistic, housing first, and client centered approach. This year CMHA was able to support 35 individual clients within the 8 months before the contract ended. Supporting clients can include assistance with apartment hunting, assessment, referrals to and from landlords, advocating through the tenancy board, and financial support on a case to case basis.

CMHA Housing Outreach uses a Housing First model when working in our community. The Housing First model is recovery oriented approach to ending homelessness that centers on quickly moving people experiencing homelessness into independent and permanent Housing and then providing additional supports and services as needed. The Housing Outreach Worker works between Colchester and East Hants counties.

The CHOW program, through AHANS (Affordable Housing Association of NS), has provided funding for 27 individuals. These individuals were given financial assistance towards rent/rental arrears, damage deposits, groceries and utilities, giving them an opportunity for a fresh start.

Social and Community integration clients who participated in our programs or followed through with any of the Community supports such as the food bank, CMHA Club lunch, local Churches to assist with food vouchers, clothing, furniture, etc. We had 30 clients that did follow through with other Community supports.

Many individuals have been successfully housed and remain housed with the help of community agencies, police, the Department of Community Services, and the CMHA Housing program.

*Respectfully Submitted by: Cindy Reid*

# Youth Outreach

The **YOUTH OUTREACH PROGRAM** had similar challenges to other programs and organizations. The on-again, off-again nature of the COVID restrictions was hard on the social aspect of a number of the programs, with group programming most impacted. School-based supports were discontinued, affecting the scope of the services offered in the community.

Although we continued to offer outside, safely-distanced appointments, the consistency and easy access of the program affected attendance and engagements.

This year was still busy despite these challenges, with 87 unique youth supported. Of these youth, Youth Outreach staff had 298 contacts providing in-person or virtual individualized interventions throughout the past year. Family supports can be part of what the YO staff can offer and this year they supported 6 families.

We are grateful for the continued support of our community through which we were able to provide basic needs such as groceries, meals and supplies. Many of the families of the youth we worked with experienced financial strain during the pandemic. Being able to discreetly offer some relief meant a lot to these youths and helped them to feel less burdensome.

A CMHA National study earlier this year showed the impacts on mental health, particularly on rates of anxiety and depression. As one of the programs offered at CMHA we were (and are) in a great position to support youth in this regard.

New groups that were established this year when we could come together, were the “U-Group” and “Spectrum” a group for LGBTQ2SIA youth. Game night on Thursday evening continued to be popular. When the restrictions did not allow us to meet in person, YO staff switched these to virtual platforms in order to provide as much social interaction as possible.

Under our new Agreement with the Department of Community Services, we are now working with an expanded age range to 21 and in greater partnership with Child Protection staff. There has been an increased emphasis on the identification and prevention of Sexual Violence, and the values and principles of the Program have been updated with input from YO Support.

*Respectfully Submitted by: Jarrett Doyle and Caitlyn Spence*



## NOMINATING COMMITTEE REPORT

I am pleased to submit the following names for nomination to the Colchester East Hants Branch **Board of Directors** for the year 2021-2022:

Peter Bakes  
Nick Bell  
Mike Eddy  
Andrew Lake  
Rob Landry  
George Lloy

James McMorran  
Tom Taggart  
Anja Willems  
Richard Williamson  
Kelly Wilson

The following Directors have agreed to serve as **Elected Officers** for 2021-2022:

President – Tom Taggart  
Vice President – Vacant  
Corporate Secretary– James McMorran  
Vacant – Recording Secretary (presently supported by ED)  
Nick Bell – Treasurer

*Respectfully Submitted by: Susan Henderson, Acting Chair – Nominating Committee*



*We are here for you*

*you got this.*

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@cmhatruro