



Annual Report 2019—2020

2020 has been an unprecedented year. From a global pandemic to social injustices to community tragedies, the mental health of Central Albertans has been under fire from every direction. CMHA Central Alberta is honoured to walk alongside our community members in the search for balance in these difficult times.

Our *Crisis Counselor* served 150 people in 2019 and that number was at 165 already by the end of August this year.

Our *Learning Centre* moved to a new location at the onset of the COVID-19 pandemic and then quickly transitioned to on-line services, serving a record number of local participants as well as people from out of Province and out of Country. With the success of these online practices, we plan to keep these options in place long-term so that we can continue to eliminate barriers in providing services.

Our *Permanent Supportive Housing* program moved to a new location last year, with the ability to house more people. Our Grand Opening was an exciting event, celebrating past successes and future opportunities!

As we have seen this year, the future is uncertain, but our commitment to mental health for the people of Central Alberta has not changed. We are here to advocate for our community members and reach towards the CMHA motto. Thank you for your continued support for the work we do. We couldn't do it without you.

#mentalhealthforall

Christine Stewart, Executive Director

Our Impact

Systems Navigation

- 191 individuals served in 2020 to August 31
- 90% of clients needed less than 3 hours of assistance

“*I can't thank you enough for your time and compassion shown to me this morning; you have given me strength today.*”

Alberta Brain Injury Network

- 143 clients served 2019–2020

“*I didn't know it was heavy until I didn't have to carry it any more.*”

—speaking of the things that had gone undone in regards to managing debt and bills.

Crisis Counselor

- 150 individuals served in 2019
- 165 clients served in 2020 to August 31

“*You always help me find the answer, you're an angel.*”

- 200—230 participants each month
- About 50 courses offered each month

“It was a very good group. It was fun and informative.”

“Grateful to have this.”

Programs and Services

Systems Navigation

Provides support to individuals and families with multiple barriers to navigate the complex systems and processes needed to access various government and community services.

Crisis Counselor

Provides support to those individuals having an immediate mental health crisis.

Alberta Brain Injury Network

Provides support, coordination, and education to adults with an acquired brain injury and their families.

The Learning Centre

Provides educational programming related to recovery, resilience, and hope.

Amethyst House

Provides 24 hour permanent supported housing for individuals with a history of homelessness related to addictions, mental health and/or brain injury.

STATEMENT OF OPERATIONS		
FOR THE YEAR ENDED MARCH 31, 2020		
	2020	2019
REVENUE		
Government support	2,788,758	2,672,095
Public support	325,962	285,011
Other revenues	59,757	1,444
Amortization of deferred contributions	8,244	8,201
Interest income	6,936	6,626
Total revenue	3,189,657	2,973,377
EXPENSES		
Salaries and benefits	2,151,997	2,111,534
Other program expenditures	611,486	626,477
Operating expenses	273,852	267,202
Building occupancy	111,295	101,309
Total expenses	3,148,630	3,106,522
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES BEFORE OTHER ITEMS	41,027	133,145
OTHER ITEMS		
Loss on disposal of capital assets	- 7,939	-
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	33,088	133,145
Complete audited financial statements are available upon request.		

Thank
You!

The programs and services provided by the Canadian Mental Health Association—Central Alberta Region would not be possible without the continued support we receive from all levels of government, community partnerships, and corporate and private donations.

