



**Canadian Mental
Health Association**
Prince Edward Island

19/20 ANNUAL REPORT

MENTAL HEALTH FOR ALL

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BOARD OF DIRECTORS

2019/2020

President

Matt Younker

Secretary

John Horrelt

Treasurer

Jamie Arsenault

Member at Large

Colin Campbell

Member at Large

Ed MacAulay

Member at Large

Treena Smith

Member at Large

Cecil Villard

Member at Large

Deborah Wood Salter

A list of past presidents
can be found at
pei.cmha.ca

MESSAGE FROM PRESIDENT

President's Report

This year has been a year of change, adaptation and learning at the Canadian Mental Health Association (CMHA) of PEI. There are many things which have not changed and that is our dedication to our members and community striving to make mental wellness, support and education our priorities.

March of this year the whole world shut down due to the global pandemic of COVID-19 and that included the CMHA-PEI Division. We are so proud of our staff for being able to quickly pivot and dedicate an enormous amount of time to figure out how to close the physical doors of the Organization, but continue to support, educate and care for our members and community mostly virtually. Thank you to everyone as we are continuing to move through this global pandemic together, keeping our services available while abiding by our Public Health guidelines.

CMHA management have created several program-specific operational plans, which continue to be updated based on our Public Health Guidelines. We have had to learn to work from home, while also working in the office when permitted. All staff have had the added tasks of learning how to support their teams in a virtual environment while learning their virtual environment themselves. We have all had to learn how to live in this new arena where our home lives and works lives overlapped more than ever before.

CMHA-PEI experienced many opportunities for growth over the past year and we look forward to continuing to work with our Island communities and stakeholders in an effort to attain mental health for all. We are pleased to report that our Kings County office has been up and running since August 2019 and is very successful. Through peer support, a youth wellness project, and community education, we have connected with community members and stakeholders and are excited to be expanding our services to meet the needs of King's County.

Our many partnerships with individuals, communities, non-governmental agencies and government agencies have continued to allow us to make a significant impact on improving the health and wellness of Islanders. Without a common vision and goals, we would not be able to realize the many successes we celebrate today. So, thank you everyone for your dedication.

At this time, I would like to express our sincere appreciation to the following government departments: Health and Wellness, Workforce and Advanced Learning, Family and Human Services, Social Development and Housing and Canada Mortgage and Housing Corporation. As highlighted on the inside cover of the AGM report, I also want to recognize and gratefully thank the numerous businesses and individuals whose contributions and commitment will always be a source of great inspiration.

The Board of Directors would like to welcome and thank our new Executive Director, Treena Smith. Treena started as the leader on March 16th right at the beginning of our Island shutting down due to the global pandemic. Treena has done a superb job leading the CMHA-PEI through this trying time. We would also like to thank Shelley Muzika, Director of Finance, Administration and Corporate Support, for stepping up as the Interim Executive Director before Treena arrived.

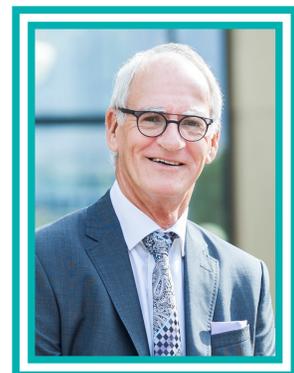
The Board of Directors would also like to recognize the following significant retirements: Reid Burke, retired after 33 years, 21 of those years as Executive Director. Bev Thompson retired after 29 years as the Program Director of Fitzroy Centre Clubhouse. Josephine (Jo) Power retired after 23 years in the Individual & Family Program and was the pioneer of CMHA PEI's current Peer Support program. Enormous thank you to all for your unwavering dedication to the CMHA-PEI Division. We'd also like to recognize Matt Younker. Matt has been a volunteer on the Division Board for 10 years; three of those years were leading the agency as President of the Board. Thanks Matt! Also thank you to Ed MacAulay, who is leaving our Board after four years of volunteer service. Best wishes to you Ed!

In closing we would like to thank all the staff, volunteers, government and our many community partners who have contributed to the CMHA-PEI over the past year and look forward to your continued support and partnership.

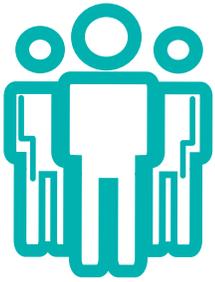
Sincerely,



Cecil Villard
President



19/20 AT A GLANCE



1296 people (members) living with mental illness received support through CMHA's Clubhouse Program



13,219 meals were served to members



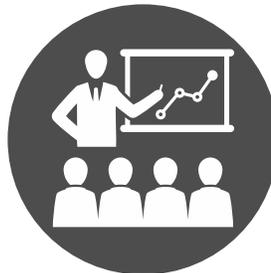
Helped 149 members gain employment



Helped over 2300 people find the support they need, including 230 people through structured Peer Support programming



Supported 232 people in securing housing



Delivered education and training programs to over 2,000 people

**Broke ground on a new building for the new Transitional Housing Program.
Opened an office in Montague to better serve Kings County residents.**



PSYCHO-SOCIAL REHABILITATION

CLUBHOUSE - Our biggest program

Our largest program is Clubhouse. We have three Clubhouses across PEI providing supports for adults who are living with a mental illness. Psycho-social rehabilitation supports are provided through the Clubhouse International Model framework that promotes a person-centred holistic approach that is recovery oriented.

The clubhouse program is delivered at three different sites: Fitzroy Centre in Charlottetown, Notre Dame Place in Summerside and Hope Centre in Alberton. We offer a wide range of supports and services to assist individuals with their personal goals on their path towards recovery.

Clubhouse supports include affordable, supported and independent housing, engagement in a work-ordered day framework, vocational training, education supports, employment services, social programs, wellness programs, advocacy, out-reach and much more.

WHITE CROSS - Our oldest program

The White Cross program provides social recreational activities for adults who are experiencing mental or emotional health problems. The program also offers an Island wide Christmas gift campaign for White Cross members.

Through the generous supply of donations from service clubs, businesses, organizations, community groups and individual donations we were able to deliver over 950 Christmas gifts Island-wide. The program also offers a variety of dances, bingos and a full day of summer activities. These events continue to grow yearly with 130+ people attending.

CLUBHOUSE STATS

1296

Clubhouse Members
(73 new)

485

Received psycho-social
rehabilitation support

164

Provided with safe and
affordable housing (27 in
supported housing)

243

Received employment
supports and services
(149 employed)

41

Returned to school

13,219

Meals served to members



A SUCCESS STORY

“ Thank you Hope Centre. I'm forever grateful - by Kalyn ”

I came to clubhouse during a time I was feeling lost and didn't know my next few steps. Unsure of what clubhouse was like or what exactly I was looking for, I was warmly greeted and instantly felt comfortable in a safe place. No one to judge me - just there to listen if you want to be heard.

After that first day, the fear of the unknown was gone and I knew this was a place I could grow again. My amazing mental health workers have helped me overcome so much, that at the time I never thought possible. They were by my side during very difficult appointments, always advocating for me and collaborating with various interdisciplinary team members to help construct the best possible care plan for my wellness and recovery from PTSD.

Having support like that is essential to heal and grow and I am forever grateful for their support and everything they have helped me work through since I first walked through their doors. The team and peers, ongoing support and encouragement has helped me more confidently advocate for myself and my wellness. I have seen so much growth already and I feel confident knowing we can always figure anything out together.

As a nurse coming in for help with your mental health, I felt self conscious - that it was something I should be ashamed of. Here at the clubhouse, I feel comfortable. We know each and every person cares about each other. We are not all the same but we all have different stories and struggles and we value and respect each other for our differences and similarities.



White Cross Volunteers



Hope Centre Staff and Members

Photo Credit: CBC - Isabella Zavarise

HOUSING PROGRAMS



110 Referrals
75 Met Intake Criteria
46 Provided With Housing
29 Waiting for Service

My Place Housing First Program

My Place Housing First Program provides services in Summerside and Charlottetown, with West Prince Housing servicing the rural West Prince area. Both programs operate from a recovery-oriented practice, using a harm reduction approach with the individuals within the program. The Housing First program aims to reduce chronic and episodically homelessness, while quickly moving individuals into safe, affordable, independent, and long-term housing. In addition to finding housing, the Housing support workers connect the individuals in the program with community services to support their overall wellness.

** The Housing First Program in Charlottetown and Summerside began taking referrals again on April 15, 2019. **



33 Referrals
31 Met Intake Criteria
22 Provided With Housing
1 Waiting for Service

Housing Outreach Program

The Housing Outreach program is an established CMHA program in collaboration with Health PEI Mental Health and Addictions. The program has continued to receive applications for housing support through the 2019-2020 fiscal year for individuals across Prince Edward Island. The program has office spaces in both Charlottetown and Summerside and provides services to individuals across the island. The Housing Outreach Workers have continued to work with individuals to secure and sustain independent housing in the community, providing support and skill development in the various areas identified by those involved in the program. The Housing Outreach Program continues to strive and reach the goal of reducing the impact of barriers faced when trying to secure stable housing.

TRANSITIONAL HOUSING PROGRAM

The Transitional Housing Program, is a new developing program in partnership with Health PEI Mental Health and Addictions. Its purpose is to provide supervised and supported housing to Islanders living with a mental illness and/or addiction that are transitioning from acute care facilities. The program focuses on assisting individuals to move towards independent living within the community, increasing their overall wellbeing and self-sufficiency. The program will offer 10 beds in total: four single rooms, four individual apartments, and two short stay respite beds. The construction of the new facility began in early 2019 and continued throughout the year. The referral application process was launched in January, 2020, with the support of the Intake Committee made up of representatives from Health PEI Mental Health and Addictions and CMHA. The Transitional Housing Program will be implemented within the new fiscal year, upon completion. CMHA is looking forward to building on the housing continuum to provide Islanders with the support they need.



Honourable James Aylward (Health & Wellness), Reid Burke (ED CMHA-PEI), Cynthia Allaire (Transitional Housing Coordinator), Matt Younker (President, CMHA-PEI)

SELF HELP/INDIVIDUAL & FAMILY SUPPORT

This is a large program area promoting mental health and social actions through Self-Help Mutual Aid, delivering presentations and workshops, partnering with community stakeholders and members in areas related to mental health promotion and education and providing support and guidance to individuals and families who are impacted by mental health/illness issues and addiction.

Milestones 2019 - 2020

- Supported 48 Self-Help/Peer Support Groups in the community, including 7 new ones
- Assisted 150 new clients through Peer Support program including approximately 30 from Kings County and continued support for 80 existing clients
- Offered 4 peer support groups in person in the community including Unit 9 at QEH and a new group in Montague providing support to over 25 people
- +315 online Peer Support group members where support is offered daily
- Over 2,000 Islanders took an education or training program, including:
 - 27 participants became trained as Peer Support Group Leaders
 - 6 participants completed the Family Program with another 27 participants just about completed training (training had to be postponed because of COVID)
 - 11 participants completed Your Recovery Journey program
 - 176 participants completed Mental Health Works training
 - 42 participants completed Mental Health First Aid training



*"I am now more aware of my son's mental illness.
The Family Program allowed me to focus more on my self-care."
Participant, Family Program*





"Peer support has helped me in so many ways. its bridged the gap in the transition from hospital back to normal life, it's taught me coping skills, and most importantly it's shown me through the workers that recovery is possible and given me role models to look up to. It's been life changing! " - Grace Fisher



Peer Support is the process of disclosing one's lived experience as a means of inspiring hope, as well as providing support and guidance for individuals experiencing struggles with mental health and/or addictions. Peer Support Workers are able to offer one on one sessions, host peer support groups and advocate within the mental health system. Many individuals taking part in the Peer Support Program express feeling a "sense of relief" and/or "feeling better" at the end of their session knowing they are not alone in their journey. Peer Support provides a sense of community, guidance on how to get help, access resources in the community, and provides education/understanding on what a loved one with mental health issues may be going through.

In May 2019, Charlottetown Peer Support opened the doors at their new location on 101 Longworth Avenue and in August 2019, the Kings County Office launched a peer support program.

Peer Support Workers continue to work closely with many organizations and government departments including Community Mental Health and Addictions, Child and Family Services, Hillsborough Hospital, QEH Unit 9, Career Development Services, Mi'kmaq Confederacy, PEI Rape and Sexual Assault Centre, Bedford MacDonald House, Lacey House, RCMP and Peers Alliance.

The Peer Support Group, *Still Here*, continues to be offered weekly in Charlottetown and in Montague. As are many other organizations, we are adapting to the challenges of COVID-19 by exploring how to move services online. This includes offering the Still Here Support Group via ZOOM until it is possible to meet in person again.

SUICIDE PREVENTION

CMHA's Suicide Prevention Program coordinates a variety of suicide prevention, intervention and postvention (aftercare) programming and strategies that aim to reduce the incidence of suicide and lessen the impacts of suicidal behaviour on PEI. We also work to strengthen community supports and enhance resiliency, while contributing to suicide-safer communities throughout PEI. This year, 724 students participated in the new ACTT for Life Program (ACTT = Ask. Care. Talk. Tell.), a suicide awareness and response workshop designed to empower youth with knowledge, tools and skills about mental health, suicide and helping resources. ACTT was offered to all Grade 9 classes in PEI and for the first time we presented at the Mount Academy to Grades 9-12. "...it's ok to talk to someone if you're having a rough time." - ACTT Participant CMHA thanks everyone who assisted in the making of the new ACTT program including; Film PEI, Jack.Org, the Centre for Suicide Prevention, the provincial Department of Education and Lifelong Learning and the Public Schools Branch, as well as funding partners, Medavie and the provincial Department of Health and Wellness.



72 Community members were trained in SafeTALK and are now suicide-alert helpers to others



72 Caregivers were trained to ASIST ... to be ready, willing and able to provide suicide first-aid (intervention) to persons with thoughts of suicide



12 Islanders refreshed their suicide intervention skills by taking an ASIST Tune Up Workshop



24 Professional helpers were trained in suicide to Hope (s2H) ... to aid in the longer-term recovery and growth of persons with experiences of suicide



7 Suicide loss survivors participated in the Life After Suicide Loss (LASL), a 9-week suicide bereavement program for adults who have lost a loved one to suicide

"The LASL program is exactly what is needed for survivors of suicide loss. In the beginning we have the support and guidance of trained professionals. Then afterward, through monthly group meetings, we have seasoned survivors following-up with us." - LASL Group Participant

SUICIDE PREVENTION



25 Community members attended a World Suicide Prevention Day event In the Gardens of Hope at Lennon Recovery House



World Suicide Prevention Day 2019 - Pictured (l-r) Dr. Ed Hansen, Chair, Suicide Prevention Management Comm., Pat Doyle, CMHA's Suicide Prevention Coordinator, Dianne Young, Lennon Recovery House, Julie Pellisier-Lush, Mi'kmaq Confederacy of PEI and Senator Brian Francis

EDUCATION & TRAINING

Below is a listing, in alphabetical order, of what was offered in the 2019-2020 fiscal year, in addition to many presentations and several public displays at various health related events.



ACTT FOR LIFE - A suicide awareness and response program designed to empower youth with knowledge, skills and tools to manage situations involving mental health and suicide



ASIST - Applied Suicide Intervention Training is designed to increase caregivers' knowledge, comfort level and confidence in responding to a person at risk of suicide



FAMILY PROGRAM: Finding Hope and Building Strength; an eight-week course for people with a loved one who has a mental illness



I'M THUMBODY is a self-esteem program targeted to children in Grade 3. It's delivered by trained volunteers and promotes mental health by teaching about self-esteem and emotional awareness



LIFE AFTER SUICIDE LOSS (LASL) is a nine-week, closed suicide bereavement group available to adults who have lost a loved one to suicide



LIVING LIFE TO THE FULL is an eight-week course to help people take control of their thoughts, feelings and behaviours to start feeling better today



MENTAL HEALTH FIRST AID aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague



MENTAL HEALTH WORKS provides capacity building workshops and presentations that help you build mental health awareness, teach you how to respond to challenging situations, and create a healthier, safer workplace



“The program is great! The materials are well suited for a Grade 3 class and the topic/presentation is well laid out.” – teacher’s feedback



EDUCATION & TRAINING



RESILIENT MINDS: Building the Psychological Health of Fire Fighters is a skill-building program, which addresses the need for education on psychological trauma, mental health problems and building resilience



safeTALK is a half-day training program that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper



SUICIDE TO HOPE is a one-day workshop designed for clinicians and other professional caregivers who work with persons recently at risk and currently safe from suicide



TALK TODAY aims to promote the mental health of young athletes and to spread awareness about the benefits of positive mental health throughout communities across the country



YOUR RECOVERY JOURNEY is a five-week course to help people with mental illness move towards recovery.



John Horreht & Shelley Muzika - Talk Today Charlottetown Islanders Game Day Event

WHAT'S NEW

After many years of planning and collaboration with various provincial and municipal governments and community organizations, CMHA opened its office in Kings County in August of 2019. There are two staff based out of the office in Montague. One works in the Peer Support area while the other is in the Individual and Family Support program. Since the opening, CMHA Kings County has focused on three areas: support to individuals and families, community connections and collaboration with stakeholders.

Highlights:

Connected with 142 community members and 105 community organizations through phone calls, office drop-ins and email.

Provided 60 community outreach visits. Collaborated with 40 community stakeholders including provincial departments of Community Mental Health, Southern Kings Food Bank, Town of Three Rivers, PEI Council of People with Disabilities, PEERS Alliance, Montague Student Well-Being Team, Rotary Club of Montague and Eastern PEI Family Violence Prevention.

Created a Kings Youth Project in partnership with Kings Youth Wellness and consultation with PEERS Alliance. The project was the recipient of the \$20,000 Healthy Canadians Grant - to develop safer and supportive programming for the overall health and wellness of rural youth, specifically those who identify as 2SLGBTQ+. The grant made it possible to train two Youth Facilitator volunteers.

Conducted a Community Needs Assessment Survey calling for feedback on needed local programs and services as well as information on local experiences related to mental health and wellness – 29 people responded.

Held a Self-Help Group Orientation Session and a Facilitator Training Session.



Kings County Open House & Grand Opening. Pictured: Honourable Steven Myers, Mary Clements (CMHA-PEI), Mayor Ed MacAulay



Staff & Volunteers
Kings County Open House

MENTAL HEALTH PROMOTION

Public Events



Coordinated the 3rd Annual Kindness Day event held on Tuesday, May 7 during Mental Health Week. CMHA volunteers and staff delivered over 100 care kits across PEI to businesses, governments and friends of CMHA and encouraged people to share their adventures in kindness over social media using the hashtag #BeKind4MH.



Organized the 59th Annual General Meeting highlighting our new Transitional Housing Program and CMHA's longtime volunteer service awards. Five CMHA volunteers received an award: Jean Tuplin – I'm Thumbbody (10 years), Janet MacDonald – Notre Dame Place Advisory Committee (10 years), Maureen MacGillivray – Individual & Family Support Management Committee (15 years), Dr. Ed Hansen - Suicide Prevention Management Committee (15 years) and Frank Morrison – Fitzroy Centre Advisory Committee (15 years).

Public Awareness Campaigns



Coordinated and promoted CMHA's 68th National Mental Health Week from May 6-12. CMHA PEI planned a week-long challenge with different calls of action each day. The week's activities included businesses and government buildings lighting up green for mental health, Kindness Day activities, proclamation signings and a visit to the PEI Legislature and a BBQ for Mental Health held at each of CMHA's three locations across PEI.



Partnered with the PEI Marathon (made possible by the Murchison Foundation) for the third year in a row to raise funds for CMHA PEI. The Marathon weekend was held October 18-20 and achieved the goals of promoting and supporting existing mental health programs for Islanders and establishing the direct correlation between physical health and mental health.



Promoted the Talk Today program, a mental health program promoting the mental health of young athletes, and assisted the Charlottetown Islanders and Summerside Western Capitals staff with organizing Game Day activities held on February 7 and 27.

PARTNERS, SPONSORS & DONORS

MAJOR PARTNERS

Thank you to our community partners for your commitment and leadership in bringing awareness and funding to our mental health programs and services. Together, we are working towards better mental health for all people living on Prince Edward Island.

- PEI Department of Health & Wellness
- PEI Department of Social Development & Housing
- Health PEI
- Government of Canada
- Murchison Foundation
- Canada Mortgage & Housing Corp.

THIRD PARTY FUNDRAISERS

Every year, individuals and organizations organize their own events/fundraisers. We are so honoured that they chose to support CMHA-PEI. Below are some of this year's fundraisers and their partners:

Red Nose Talent Show

Holland College, Exit Realty PEI, Robin's, City of Charlottetown, DP Murphy Inc., Peake & McInnis Ltd., Twins Landscaping & State of Mind Goaltending

Prince Edward Island Marathon

Evermoore 5K, Georgetown 5/10K & Murchison Foundation

Self Love Saturday

Murphy's Hospitality Group, Upstreet Brewing Co., Copper Bottom Brewing

Red Shores Drive for Charity

Hansen Electric

COWS Inc. Moo Let's Talk

Cudmore Electric, JC Drilling & Gaudet's Autobody

Working on It

Harmony House, Patrick Ledwell & Mark Haines

Bridging the Gap with Vince Adams

Adams Chiropractor

Love You Campaign

Shoppers Drug Mart

Presented by:
HOLLAND COLLEGE
 In association with:
EXIT REALTY PEI
ROBIN'S
CHARLOTTETOWN
D.P. Murphy Inc.
PEAKE & MCINNIS LTD.
TWINS LANDSCAPING

Red NOSE TALENT SHOW

event MC: Kelly Forrester
 celebrity judges: Louisa Martin, Katelyn Dowling, Tara Maclean, Staci of Lisa Carragher

in support of...
Canadian Mental Health Association
 Prince Edward Island
 Mental health for all

13 YOUTH ACTS COMPETE FOR CASH PRIZES
NOVEMBER 16
 Florence Simmons Performance Hall
 Holland College Campus, Charlottetown
 Call 902-894-6885 or visit ticketpro.ca for tickets
In memory of Lisa Carragher

Patrick Ledwell & Mark Haines

Working on It

A night of comedy about life, work, and staying well

Fundraiser with 100% of proceeds supporting
Canadian Mental Health Association
 Prince Edward Island

PARTNERS, SPONSORS & DONORS

SPONSORS

Thank you to the following presenting and major sponsors for our various annual and one-time fundraising events and campaigns. Your dedication to helping us deliver mental health programs and services to Islanders is very much appreciated.

Summerside Spring Gala

Prince Edward Aqua Farms, Tops to Floors, Arrow Games, Larkin Bros, RBC, Cavendish Farms, Noonan Petroleum, Grant Thornton & MRSB

Golf For Life

Bell Let's Talk, Kent, Sobeys & Scotiabank, Pepsi Co. Prodigy Sports, RBC & Workers Compensation Board

A Luncheon with Clint Malarchuk

McInnes Cooper, Century 21, Charlottetown Islanders & Peake's Quay

Women and Wellness

DP Murphy Inc, 3 Points Aviation, A1 Vacuum, Connolly Financial Group, Cox and Palmer, Fox Meadow Golf Course, Jems Boutique, Killam Properties, Kwik Kopy, Maritime Electric, Murphy's Community Centre, Murphy's Pharmacies, Provincial Credit Union, Service Master & Vanco Farms



Golf for Life 2019 - Paul Montgomery (Bell) & Mark Smallwood (Event Chair)

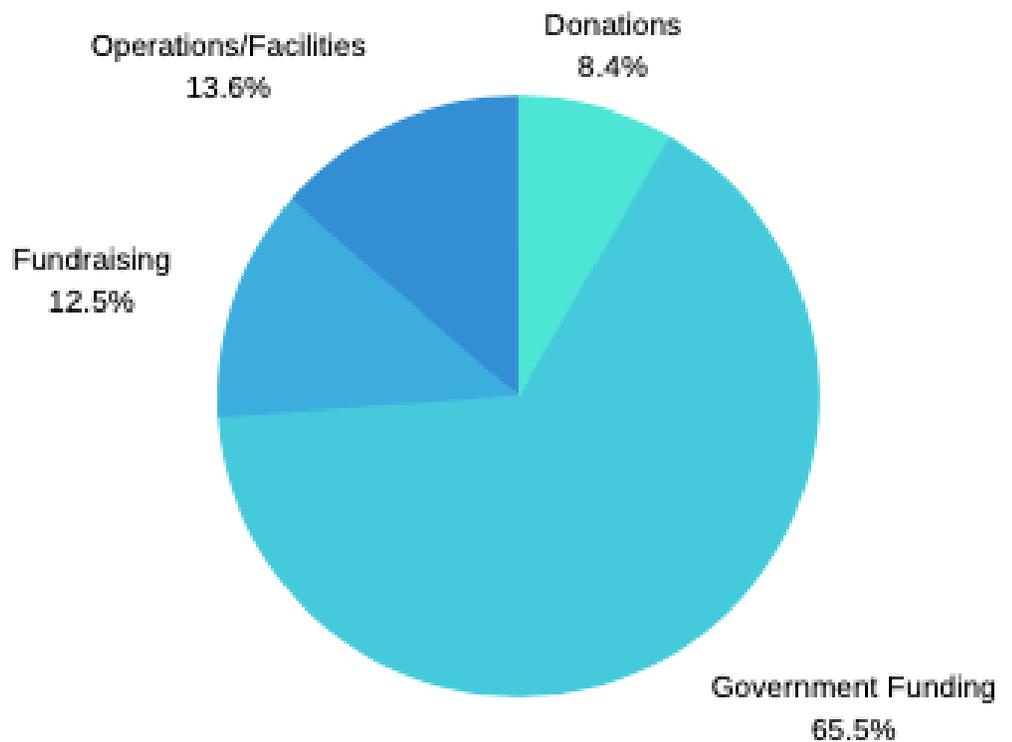


COWS recognizes the importance of mental health to our staff, customers and large communities we operate within. Working directly with CMHA-PEI we developed an annual event Moo Let's Talk that raises money for mental health initiatives in our communities and strives to remove the stigma around mental health by speaking about it openly. This event could not have happened without the involvement of CMHA-PEI and we have created a partnership that will last long into the future - Chad Heron, COWS Inc.

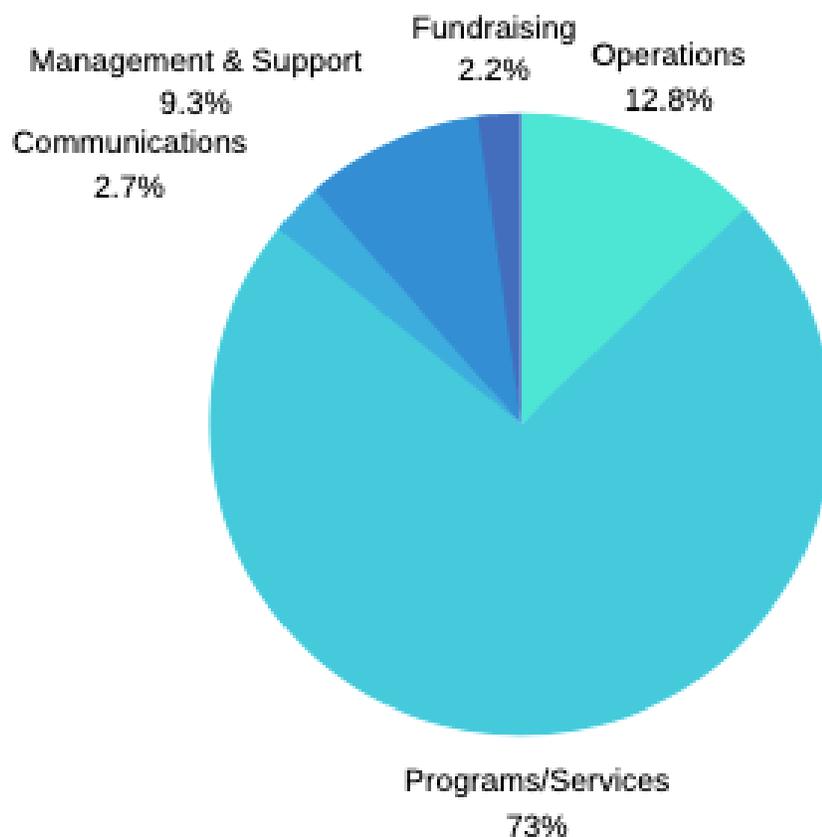


FINANCIAL REPORT

Revenues
\$5,982,690



Expenses
\$5,367,499



COMMITTEES & VOLUNTEERS

The following is a list of committees/boards/councils that CMHA-PEI staff are involved in:

- Charlottetown Chamber of Commerce
- Canadian Clubhouse Coalition
- Canadian Suicide Prevention Coordinators Network
- CMHA's National Youth Advisory Council
- CMHA National Strategic Communications Working Group
- CMHA National Pension Plan Board of Trustees
- CMHA National Public Policy Working Group
- Kings Youth Wellness Committee
- Poverty Reduction Advisory Committee
- Summerside Chamber of Commerce

ADVISORY COMMITTEES

Fitzroy Centre Clubhouse

Shelly Carmichael (Acting Chair), Matt Daubs, Ryan Gallant, Jessica Gillis, Dianne McQuaid, Gloria McInnis-Perry, Frank Morrison, and Sheila Sibthorpe

Notre Dame Place Clubhouse

Vicki Henderson (Co-Chair), Peter Holman (Co-Chair), Angela Arsenault, Greg Burton, Dale Corish, John Currie, Kim Deighan, Janet MacDonald, Beth MacEwen and Marvin MacEwen

Hope Centre Clubhouse

Mary Ellen Rennie (Chair), Christopher Dunbar, Laura Mills, Bonnie Murphy and Phyllis Porter

MANAGEMENT COMMITTEES

Individual & Family Support

Joanne Buila, Cathy Gill, Carol Hameline, Edie Kelly, Madge Mossberg, Michael Murphy, David Rowan and Cynthia Stewart

Suicide Prevention

Michelle Morrison and Jean Tuplin (Co-Chairs), Patsy Barrett, Dr. Ed Hansen, Brittany Jakubeic, Nora McCarthy Joyce, Jocelyne Ludgate, Matthew MacLean, Tara Parsons, Rev. Cathy Pharo, Maribeth Rogers and Jill Sabeau (on-leave)

White Cross

Karri Campbell, Judy Cheverie, Josh Lavigne, Marsha Mader, Jessica Praught and Cheryl Young

COMMITTEES & VOLUNTEERS

PROGRAM & EVENT COMMITTEES

Family Program

Melissa Bruce, Rick Burger, Heather Campbell, Melissa Godfrey, Giselle MacKinnon, Teresa Peters, Jannah Toms and Sara Townsend

I'm Thumbbody

Brandon Stewart, Katelyn Ford, Bethany Burt, Shealyn Ronahan, Emma Campanaro, Nat MacLeod, Allie Matheson, Cassidy McIntosh, Charlie Holden, Annika Weibe, Kate Jeffrey, Charlene Palmer, Laura Gamble, Giselle Mackinnon, Jonathon MacDougall

Golf for Life

Mark Smallwood (Chair), Jamie Arsenault, Darlene Doyle

Summerside Spring Gala

Pam Montgomery, Tracie Gallant

Women and Wellness

Judy Hughes (Co-Chair), Laura Murphy (Co-Chair), Ashley Belanger-Birt, Melissa Bruce, Marg Connolly, Mirna Dow, Tonya Gray, Paula Keenan, Laura MacDonald, Carolyn Murphy, Michelle Murphy, Alyse Rossiter



Judy Hughes (Co-Chair), Alicia Toner (Presenter),
Kerri-Wynn McLeod (Emcee) & Laura Murphy (Co-Chair)
Women and Wellness Event 2019

LOCATIONS & CONTACTS

QUEENS COUNTY

CMHA-PEI Division Office
178 Fitzroy Street
Charlottetown, PE C1A 1S1
902-566-3034

Fitzroy Centre Clubhouse
170 Fitzroy Street
Charlottetown, PE C1A 1S1
902-566-5111

CMHA Peer Support
101 Longworth Avenue
Charlottetown, PE C1A 5A9
902-628-3666

CMHA Housing Programs
72 St. Peter's Road
Charlottetown, PE C1A 1M9
Housing First 902-628-3663
Housing Outreach 902-628-3662
Transitional Housing 902-628-3651

KINGS COUNTY

CMHA-PEI Kings County Office
572 Main Street
Montague, PE C0A 1R0
902-838-2489

PRINCE COUNTY

CMHA-PEI Prince County Office
61 Duke Street
Summerside, PE C1N 3R9
902-436-7399

Notre Dame Place Clubhouse
(Housing First Prince County)
67 Duke Street
Summerside, PE C1N 3R9
902-888-2237

CMHA West Prince Office
(West Prince Housing)
33 Dufferin Street
Alberton, PE C0B 1B0
902-853-4180

Hope Centre Clubhouse
410 Main Street
Alberton, PE C0B 1B0
902-853-3871



@CMHAPEIDivision



@CMHA_PEI



@CMHA_PEI

A full staff directory for 2019/2020 can be found at
pei.cmha.ca/annual-report.

MAJOR PARTNERS



CORPORATE DONORS



COMMUNITY PATRON



MISSION



To facilitate access to the resources people require to maintain and improve their mental health and community integration, build resilience, and support recovery from mental illness.

VISION



Mentally healthy people in a healthy society.

KEY PRINCIPLES AND VALUES



- Embracing the voice of people with mental health issues
- Promoting inclusion
- Working collaboratively
- Influencing the social determinants of health (e.g. housing, justice)
- Focusing on the mental health needs of all age groups
- Using evidence to inform our work
- Being transparent and accountable



**Canadian Mental
Health Association**

Prince Edward Island

Dedicated to promoting the mental health of all people living on Prince Edward Island since 1959!