



# ANNUAL REPORT

2021-2022



Canadian Mental  
Health Association  
Kelowna

Operators of

• **FOUNDRY.** •  
KELOWNA

# MESSAGE FROM THE CHAIR & CEO

This past year has been a time of transition on so many levels. As a community, we are transitioning out of COVID-19 lockdowns and living with the new reality that outbreaks will continue to happen. As an organization, we are in a state of transition, after growing our innovative programs and services by more than 40% over the past two years. While these transitions may initially feel challenging, we hope you see it as we do - as an opportunity to embrace transition in order to continue to collectively evolve, grow and build our organization, and ultimately, the mental health of our community.

In the face of this transition, we've added new services to meet the needs of youth through Foundry Wellness on Wheels, added additional Supportive Housing units for people experiencing homelessness, and focused on the prevention of homelessness through the Central Okanagan Rent Bank. We've stepped in and stepped up to support where needed during the pandemic, including adapting our services to allow for virtual access, expanding our outreach programming to ensure that those that are living without homes in our community have access to relational and material supports, and connection to resources that can end their experience of homelessness. We've offered virtual counselling services, so those that are experiencing daily stressors, exacerbated by the pandemic, have easy access to free counselling services. We have focused our energy on prevention and early intervention services through the launch of Discovery College, with an array of courses co-created and co-facilitated by professionals and people with lived experience.

At the heart and soul of our organization, and one of the things that makes us most proud about CMHA Kelowna, is our people. Our team of committed and dedicated professionals have thrived in the face of so many new and ongoing challenges, and make the impossible seem possible every single day. Our Board of Directors contributes to our success through their leadership, vision, strategic thinking, and support. The success of CMHA Kelowna relies on this behind the scenes team and their inspiring vision for a mentally healthy community.



*Mike Gawliuk*

Mike Gawliuk  
Chief Executive Officer



*Stuart Yanow*

Stuart Yanow  
Board Chair

"We are grateful for the generosity of our donors, sponsors, and funders whose support empowers people to live their best lives."

## Board of Directors

### Board Chair

Stuart Yanow

### Vice Chair

Bree Hankins

### Treasurer

Mike McGreer

### Secretary

Debbie da Silva

### Directors

Cam Kourany

Cam McAlpine

Bruce McAuliffe

Sean Pihl

Angela Price-Stephens

Marc Proulx

# A MENTALLY HEALTHY COMMUNITY

APRIL 1, 2021- MARCH 31, 2022 IMPACT REPORT

With a vision of a Mentally Healthy Community, our mission is to create opportunities and connections for people of all ages to understand and nurture their mental health and well-being. Through the creation of innovative programs and supports, we help people develop skills and resilience so they can live their best lives possible.

## BUILDING LIVES

Feeling a sense of belonging and feeling supported are mainstays for good mental health.



**62,415**  
MEALS SERVED



**164** VIRTUAL  
COUNSELING CLIENTS

## DISCOVERY COLLEGE

Everyone should have the opportunity to know what good mental health feels like. Feeling a sense of belonging and feeling supported are mainstays for good mental health.



**32** SESSIONS FACILITATED  
**561** ATTENDEES  
**6,353** PROGRAM CONNECTIONS

## WHAT REALLY WORKS



**3,039** PODCAST DOWNLOADS

## BUILDING COMMUNITY

### FOUNDRY KELOWNA

Through Foundry Kelowna and our Peer Support Program we give individuals, youth, and families the support and tools they need to better manage life's challenges and their well-being.



**1,453** YOUTH VISITS  
**4,125** TOTAL VISITS  
**6,259** SERVICES ACCESSED  
**70%** HIGH DISTRESS  
PREASSESSMENT

### FOUNDRY WORKS

Supportive Employment & Educational Program

**95** SESSIONS  
**44** PARTICIPANTS  
**90%** YOUTH CONNECTED TO EMPLOYMENT

### WELLNESS ON WHEELS

Providing barrier free mental health services to young people and their families, who might otherwise be unable to get help they need due to distance or time.

**123** YOUTH ACCESSED SERVICES  
**212** ATTENDED COVID 19 VACCINATION CLINIC  
**80** YOUTH ACCESSED HARM REDUCTION  
SUPPLIES

## BUILDING HOMES



**305** HOUSING UNITS  
**35** YOUTH HOUSING

Having a place to call home is an important step in the journey to good mental health. Housing first is part of a systems approach for how we collectively address homelessness in our community.

## HOMELESSNESS SERVICES

A positive change in housing can help influence positive change in other factors that affect our well-being.

### PREVENTION & DIVERSION

We provide short-term financial assistance for up to 3 months through a Rent Supplement or a one-time Utility Relief subsidies.



**\$1,266** AVERAGE LOAN  
**113** LIVES CHANGED

Committed in its  
inaugural year  
June 2021- June 2022

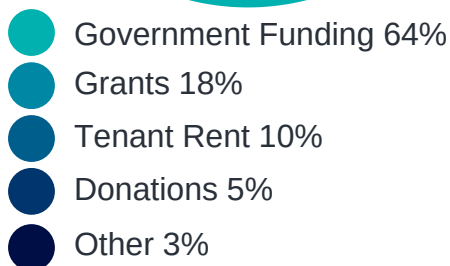
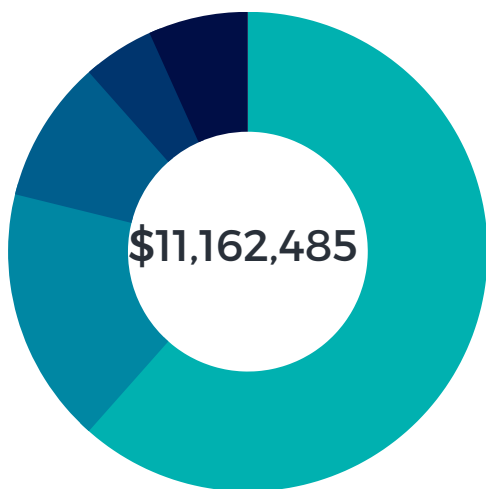




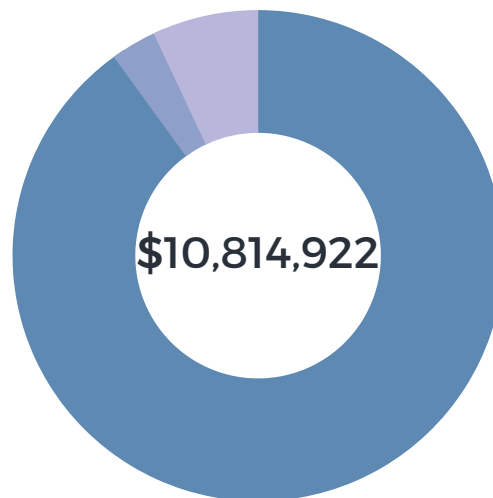
# FINANCIAL STATEMENT

Financial information from April 1, 2021 - March 31, 2022. This information has been extracted from the audited financial statements prepared by management and audited by Grant Thornton LLP. The full statements are available at [cmhakelowna.org](http://cmhakelowna.org) or by request.

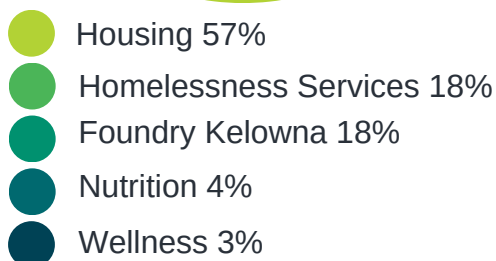
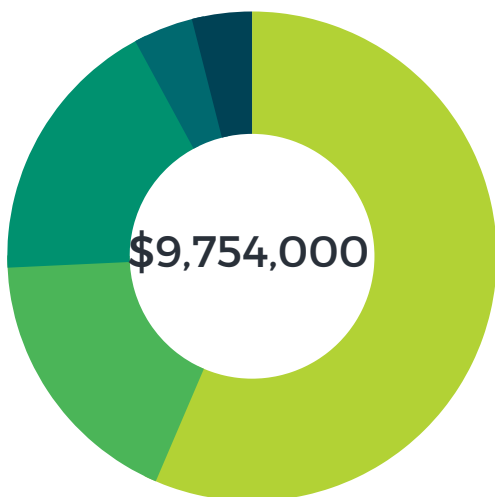
## Revenue



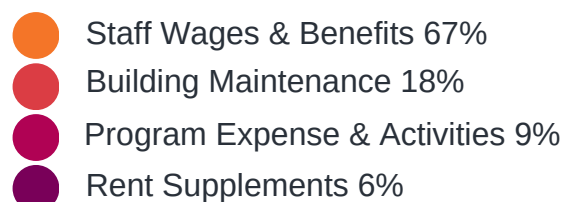
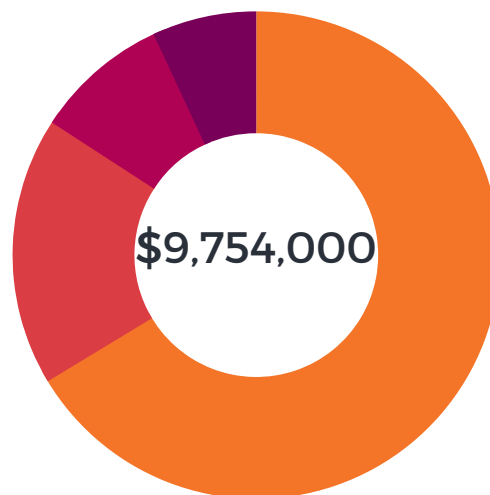
## Expenses



## Program & Services (90% of our Expenses)



## Breakdown of Program Costs





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Health Association  
Kelowna

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KELOWNA

We thank you for your ongoing  
support helping to build a  
mentally healthy community.



Canadian Mental Health Association | Kelowna

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[cmhakelowna.org](http://cmhakelowna.org)

Charitable Number: 10686 3392 RR0001



@CMHAKELOWNA

@FOUNDRYKELOWNA

## Land Acknowledgement

The CMHA Kelowna and Foundry Kelowna offices are located on the ancestral, traditional, and unceded lands of the Okanagan nation and Sylix peoples. We are committed to sustaining relationships with Indigenous peoples based on respect, dignity, trust, and cooperation in the process of advancing truth and reconciliation.