



ANNUAL REPORT

2022 – 2023



Canadian Mental
Health Association
Kelowna

Operators of

• **FOUNDRY** •
KELOWNA

MESSAGE FROM THE CHAIR & CEO

The 2022-2023 year was a dynamic one for CMHA Kelowna. As an organization, we have made progress on our journey of recovery from the pandemic. We have also become acutely aware of the impacts it has had on our collective mental health and well-being. Add to this the fact that the cost of living continues to rise, the price to rent or own a home has become increasingly unaffordable, and the number of people who are unhoused continues to grow - as does the number of people who are one cheque away from being without a home.

It was with this increased awareness that we completed the launch of our 2022-2025 CMHA Kelowna strategic plan. Through a collective convening process with a diverse array of participants, the direction for the organization has been set for the next 3 years. Going forward, our strategic directions include empowering people to live their best lives, influencing how the community talks about mental health, and enhancing our ability to thrive as an organization.

Using these priorities as our guide, we successfully launched several new initiatives to meet the identified needs within our community. Building off success from Foundry Kelowna, and with support from Central Okanagan Public Schools, we expanded our work, providing mental health counselling and family navigation supports for youth and families in all middle schools across the district. Our focus on youth who are unhoused or at-significant risk was bolstered by the launch of our new Family and Natural Supports program, which helps build connection, resiliency, reduce reliance on formal systems of care, and prevents young people from becoming unhoused as adults. We also increased resources in our Supportive Housing by providing one to one and group counselling for individuals living in two of our sites. The Central Okanagan Rent Bank was also expanded by adding grants to the program as an additional means to help prevent people from the losing the roof over their head. To help educate and inform the broader community, we hosted community events as well as a range of courses through Discovery College on an array of topics.

These are but a few examples of our commitment to providing responsive, adaptable, and innovative solutions to our community's most pressing challenges, a hallmark of CMHA Kelowna. We are at a point in this community where the need for our services has never been greater, the issues we are facing are becoming increasingly complex, and the only way forward is together, where strong collaboration, partnerships, and each of us playing our part will help to address these issues.

We are proud to share this annual report with you, and celebrate some of our accomplishments in the last year. None of this could have been achieved without a collective of people with a shared vision, desire, passion and commitment to building a Mentally Healthy Community. On behalf of CMHA Kelowna, we would like to extend our sincerest gratitude to our generous donors and funders, our dedicated and passionate staff and board members, and our committed volunteers and community partners.



Mike Gawliuk
Chief Executive Officer



Bree Hankins
Board Chair

BOARD OF DIRECTORS

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Bree Hankins

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Deborah da Silva

Secretary

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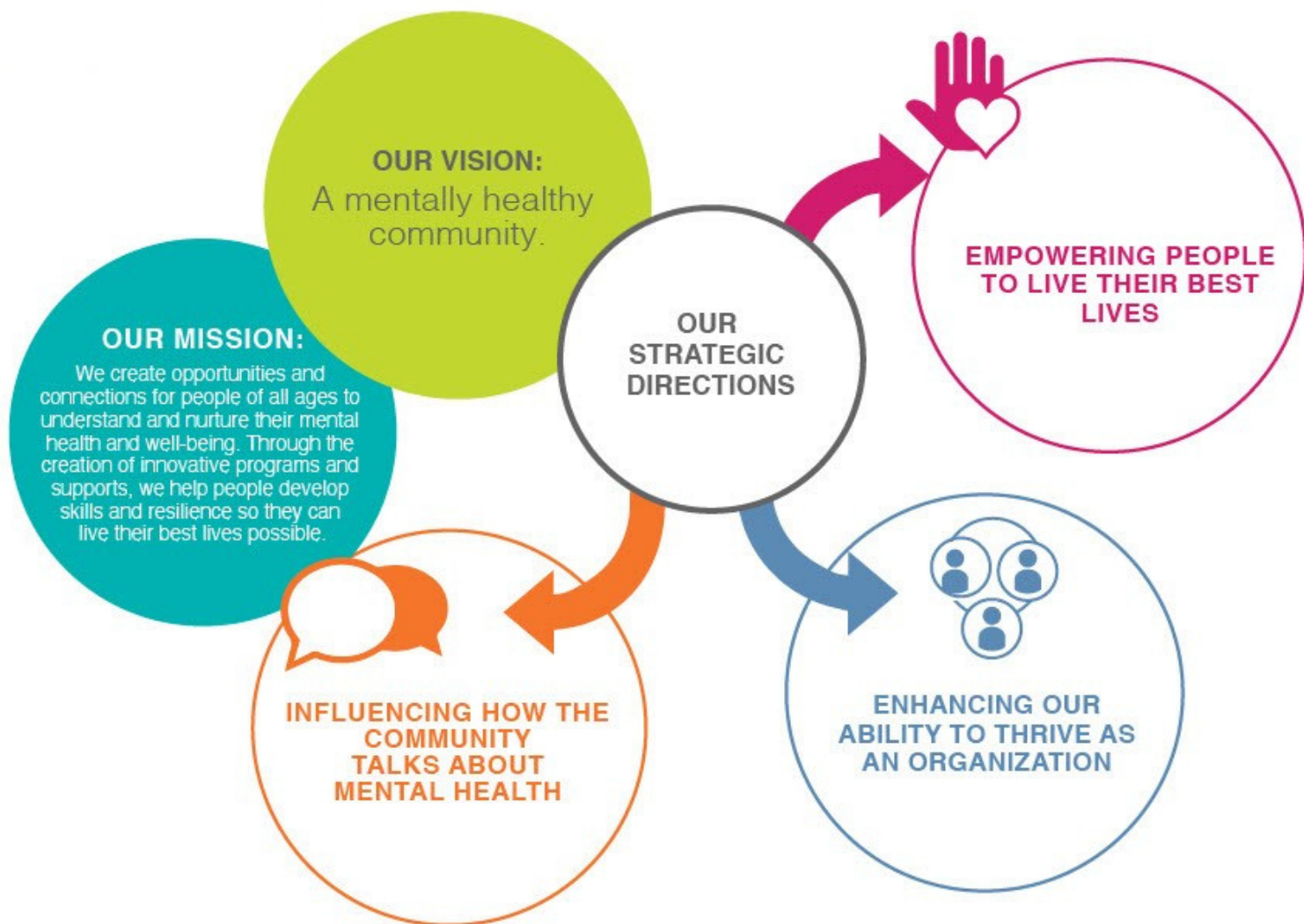
Jewell Gillies



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**STRATEGIC PLAN
2022-2025**



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A MENTALLY HEALTHY COMMUNITY

OUR IMPACT 2022-2023

FOUNDRY KELOWNA

CMHA Kelowna is the operator and lead agency for Foundry Kelowna, which provides supports and services for youth and young adults between the ages of 12 and 24 and their parents/caregivers. These supports include access to mental health counselling, medical care, substance use services, an array of social services, along with youth and family peer support services. Foundry Kelowna goes to the youth who cannot come to us through our Foundry Wellness on Wheels (WOW) mobile service that visits Lake Country, Westbank First Nation and West Kelowna on a weekly basis.

1,835 YOUTH VISITS
4,334 TOTAL VISITS
7,640 SERVICES ACCESSED
44% 12-18 YEARS
56% 19-24 YEARS



FOUNDRY WORKS

Supportive Employment & Educational Programs

75 PARTICIPANTS
31 YOUTH CONNECTED TO EMPLOYMENT
10 YOUTH CONNECTED TO EDUCATION

WELLNESS ON WHEELS

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

167 YOUTH ACCESSED SERVICES
239 SESSIONS ATTENDED



FAMILY SERVICES

380 FAMILIES & CAREGIVERS
1,140 SUPPORTS PROVIDED

Adult Virtual Counselling Program

159 ADULTS
632 COUNSELLING SESSIONS DELIVERED

In 2022-23, Foundry Kelowna added Counselling Services to middle schools throughout the school district. 73 individual youth attended 379 counselling sessions.



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DISCOVERY COLLEGE

Discovery College helps people expand their knowledge and abilities to improve their well-being and better manage life's challenges like stress and anxiety. Each course is developed and delivered in collaboration with people who have knowledge and personal experience in each topic area. This means that at Discovery College you will experience an empowering learning environment where genuine people share knowledge and practical tools.

COMMUNITY EDUCATION SESSIONS

97 Individuals participated in in-person community education sessions.

Mental Health Matters

A free community event that included a well-being fair with community partners hosting a variety of talks

- Indigenous Resilience
- Well-Being Pillars
- Sustainable Health Practices

Real Talk: MENTal Health

A well-being fair discussing men's mental health which includes panel discussions.

- Well-Being Fair
- Panel Discussions
- Naloxone Training



25 ONLINE WORKSHOPS FACILITATED
213 INDIVIDUALS PARTICIPATED
98% SURVEYED WOULD RECOMMEND
THE WORKSHOP TO A FRIEND

WHAT REALLY WORKS?

A Mental Health Podcast for Young People

This podcasts talks all about mental health and how each of us can support our well-being in a down-to-earth and practical way.

Podcast Topics

- Mental Health
- Physical Health
- Mental Health Days
- Life Transitions
- Leadership
- Empathy
- Therapy



- Music
- Humour
- Counselling

10 PODCASTS PRODUCED
1,707 PODCAST DOWNLOADS
59% ARE 18-27 YEARS OLD

EDUCATION TOPICS

- Understanding Mental Health
- Self-Care & Self Compassion
- Empathy
- Communication
- Being Trauma Informed
- Fear & Anxiety



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SUPPORTIVE HOUSING

CMHA Kelowna operates 211 units of supportive housing to 256 individuals experiencing, or at-risk of homelessness across five buildings; Heath House, Gordon Place, Willowbridge, McCurdy Place and Ellis Place. Each building has a specific focus, with Ellis Place supporting complex needs, while McCurdy Place is focused on recovery and has 18 units for young people, 17 to 24 years old.

BRIGHT MINDZ

Bright Mindz is an innovative housing partnership between local developer Worman Homes and CMHA Kelowna. Bright Mindz consists of 18 studio units of semi-independent living for young people between 17 and 24 years of age who are experiencing, or at-risk of homelessness, and vulnerable in their transition to adulthood.

Since opening in early 2021, 40 young people have been supported at Bright Mindz.

BRIGHT MINDZ

19 SUCCESSFUL TRANSITIONS TO INDEPENDENT HOUSING OR A MORE SUPPORTIVE ENVIRONMENT.

18 YOUTH CURRENTLY RESIDE AT BRIGHT MINDZ.

18 YOUTH SUPPORTED WITH CRISIS INTERVENTIONS.

11 YOUTH ASSISTED IN ACCESSING PROGRAMS TO SUPPORT THEIR MENTAL WELLNESS.



SUPPORTIVE HOUSING COUNSELLING

Building on our experience and expertise in providing supportive housing with wrap-around services, in the fall of 2022, CMHA Kelowna began providing direct one-to-one counselling services in two of our supporting housing sites. These two building are home to 87 participants.



160 COUNSELLING SESSIONS

30 INDIVIDUALS SEEKING SESSIONS

With the addition of meal services to Willowbridge in this past year, Meals Matter provided **154,030** meals to residents within our Supportive Housing buildings.



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HOMELESSNESS SERVICES

CMHA Kelowna provides supports to people at risk of, or experiencing homelessness, through a number of different programs, including prevention and diversion services, Housing First case management, scattered-sites housing, and outreach to people who are sleeping outside.

PREVENTION / DIVERSION

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

253 RENT SUPPLEMENTS ADMINISTERED
\$475,611.49 TOTAL DISBURSED

SCATTERED SITES HOUSING

59 TOTAL NUMBER OF MARKET RENTALS
19 LANDLORD PARTNERSHIP IN PLACE
8 PARTICIPANTS GRADUATED PROGRAM TO INDEPENDENT LIVING

OUTREACH SERVICES

CMHA Kelowna engages with people who are experiencing homelessness, providing immediate needs support, and working to reduce barriers to housing, including getting ID, an income source, and facilitating referrals to community services.

5650 INTERACTIONS
5115 FOOD & WATER PARCELS PROVIDED
3785 HARM REDUCTION KITS PROVIDED
130 SUPPORTED WITH ID DOCUMENTS
180 SUPPORTIVE HOUSING REGISTRY REFERRALS

HOUSING FIRST

Housing First is an 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.

Housing First

- **34** ADULTS SUPPORTED
- **24** HOUSED
- **8** UNHOUSED
- **2** IN TREATMENT



Housing First for Youth

- **21** YOUTH SUPPORTED
- **19** ARE HOUSED

RENT BANK

CMHA Kelowna provide no interest loans, grants, or a loan/grant combination to help keep a roof over people's heads and prevent them from falling into homelessness.

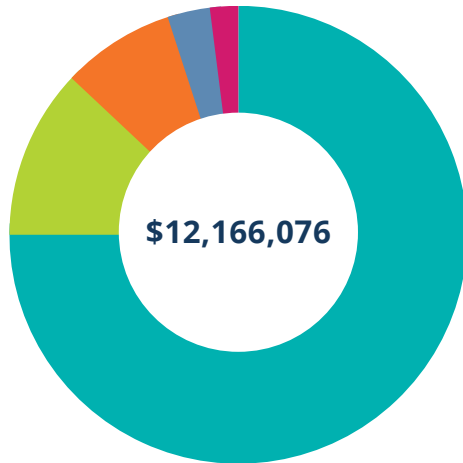
316 RENT BANK APPLICATIONS RECEIVED
64 RENT BANK LOANS PROVIDED
29 RENT BANK GRANTS PROVIDED
157 PEOPLE IMPACTED BY THE RENT BANK PROGRAM



FINANCIAL STATEMENT

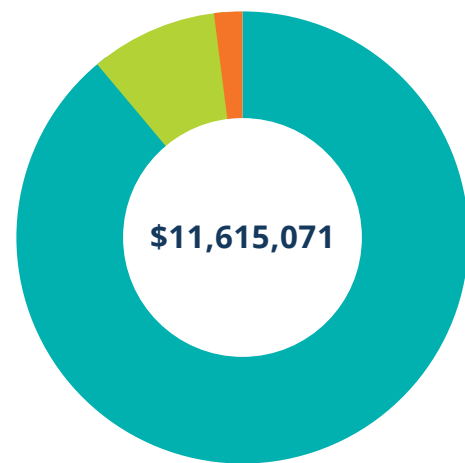
Financial information from April 1, 2022 - March 31, 2023. This information has been extracted from the audited financial statements prepared by management and audited by Grant Thornton LLP. The full statements are available at cmhakelowna.org or by request.

REVENUE



- Government Funding 75%
- Grants 12%
- Tenant Rent 8%
- Donations 3%
- Other 2%

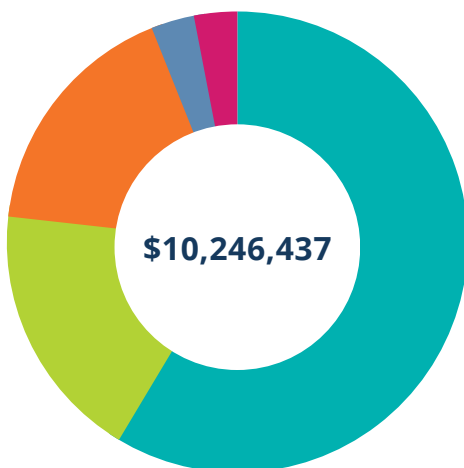
EXPENSES



- Programs & Services 89%
- Administration & Governance 9%
- Community Engagement & Education 2%

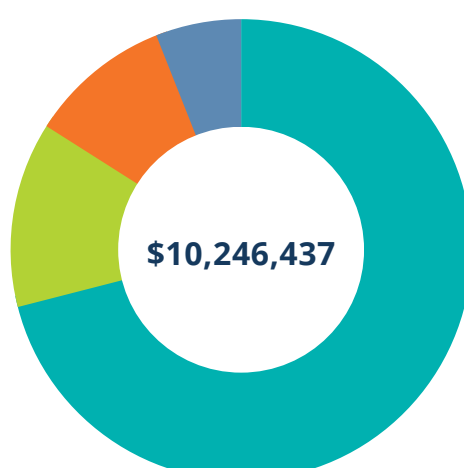
PROGRAMS & SERVICES

(88.9% of our Expenses)



- Housing 57%
- Homelessness Services 18%
- Foundry Kelowna 17%
- Nutrition 3%
- Wellness 3%

BREAKDOWN OF PROGRAM COSTS



- Staff Wages & Benefits 71%
- Building Maintenance 13%
- Program Expense & Activities 10%
- Rent Supplements 6%





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The Canadian Mental Health Association, Kelowna offices are located on the ancestral, traditional, and unceded lands of the Okanagan nation and Syilx 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.

CMHAKELOWNA.ORG

