Canadian Mental Health Association
Shuswap-Revelstoke
Mental health for all

Annual Report

2024/2025

Our Vision

A Canada where mental health is a universal human right.

Our Mission

To ensure that all people in Canada experience good mental health and well-being.

Our Values

Inclusive, Steadfast, Proactive, Compassionate & Collaborative.

433 Hudson Avenue NE, PO Box 3275, Salmon Arm, BC, V1E 4S1

Phone: 250-832-8477 ~ Fax: 250-832-8410

http://shuswap-revelstoke.cmha.bc.ca

A message from the Board Chair & Executive Director

Thank you for your continued interest in and support of the work of CMHA-Shuswap/Revelstoke. We would like to take this opportunity to report on our progress with the 4 Strategic Priorities that were presented last year. It has been a year of full activity of us working in community to achieve our new Strategic Plan

1. "**Strengthen our Teams & Culture**" This area of focus continues to be a priority at our organization. With the assistance of internal and external resources, we are working towards our priorities of policy development, hiring, training, and team building. We will continue to work on strengthening our teams and culture as we know that our team is our greatest asset. Thank you for our great people who show up and come along folks every single day, thank you.

2. "**Build Capacity in our Systems and Infrastructure**" We have had significant growth over the last few years, and we know that we need to implement effective systems and processes to support us in doing our work. There has been noteworthy efforts made towards this, including but not limited to a new accounting and property management software, and new IT equipment and moving to our own organization IT tenant. We also continue to work with our partners in developing our new 40 Townhomes in Salmon Arm, "Magnolia Place".

3. "**Create a Healthy and Resilient Community through Collaboration, Partnerships and Programs**" Partnerships are key to our work, we work in partnership everyday in everyway. We are connecting and working with partners to explore affordable housing options in rural communities of our region. We are pleased to have received grant funds from Community Action Initiative (CAI) and looking at working with partners in supporting youth with grief and loss in relation to the toxic drug crisis. We do not do this work alone; collaboration and partnerships to deliver programs is the core of our work.

4. "**Take Action and Meaningfully Advance Truth and Reconciliation**" Justice Murray Sinclair often used the metaphor of a mountain to describe the journey of Truth and Reconciliation. While the path to reconciliation is challenging and requires sustained effort, it is both a just and necessary journey. We have described for you a mountain, we have shown you the path to the top, we call upon you to do this climbing. This is not a simple journey or one to take lightly. We have significant work as an organization on our journey. We appreciate the support of Rise Up Wellness Society and we have received funds from the Shuswap Community Foundation to start to chart a path forward.

It has been a full year of great work and always learnings. We invite you to continue on this journey with us into the 2025/2026 year. Thank you for your commitment to CMHA

Sylvia Siemens, Board Chair Dawn Dunlop, Executive Director

2024—2025 Board of Directors:

Chair – Sylvia Siemens **Vice-Chair –** Gudrun Malmqvist
Secretary/Treasurer – Leah Shaw **Directors –** Cassandra Attfield, Debbie Braby, Melissa Jameson, Tracy Nash

Learning Studios / Wellness Programs



2481 people walked through our doors between April 1, 2024 – March 31, 2025

- **282 weekly connections through the Studios Newsletter**
- **100+ community awareness and education events**

Hudson Thrift Shoppe



- 821 Instagram followers
- 544 Facebook followers
- 52 Store volunteers

Therapeutic Volunteering/Skills Training

- TVP – 18 participants
- CVP – 6 volunteers
- Recycling – 38 participants
- Light Cleaning and Floor Mopping – 52 participants



Food Security

- Toast & Toppings – 364 participants
- Thursday Lunch – 589 participants
- Social Recreation Monthly Cooking – 77 participants
- Monthly Pancake Breakfasts – 240 participants
- Daily beverage/snack offering

Family Support Services

- 12 Monthly Family Support Group sessions
- 64 Individual Family Support sessions
- Family Wellness Retreat for 8 families. **Goal:** To offer caregivers rest, stress reduction, and tools for wellness and resilience, emphasizing land-based healing and cultural practices.



Wellness Planning & Service Navigation

- 602 requests for help navigating services
- 22,400 minutes spent connecting individuals to services and support
- 1,083 printed Shuswap Survival Guides distributed



Community Engagement

- **North Shuswap** - 11 In-person visits to offer Psychosocial Support and Resource Navigation
- **Make My Day Project** – creating and sending cards with art, poems, and/or positive messages/quotes to isolated and lonely people – 1800 cards mailed out
- **Volunteer Appreciation** Week – 50 volunteers honored
- Annual Community **Beach Day** – 35 participants
- Annual **Community Holiday Lunch** – 117 participants

Ride Don't Hide

Move More. Give Back. Feel Better.

October 6th 2024 Gravel Ride at Larch Hills









We hope that you enjoyed spending the day with us walking/biking through the picturesque trails of Larch Hills and connecting in the Challet afterwards over some really delicious butter chicken.

The funds raised helps us come alongside people, wherever they are at. $35,330.00 Thank-You!

ridedonthide.com

Thank you to our Sponsors:

BDO, SA Observer, Askews, Salmon Arm Toyota, Proair and York, Shuswap Orthodontics, Shuswap Veterinary Clinic, Avex Architecture, Nufloors Salmon Arm, Bounce Radio 91.5, Skookum Cycle & Ski, SASCU, Grace Bootsma, Dynamic Path Acupressure, KD Construction, Gordon Food Services, and Marsh Insurance

Affordable Housing

CMHA Shuswap-Revelstoke, in partnership with BC Housing and the Interior Health Authority, offers a variety of housing programs supporting Salmon Arm and the surrounding areas. Our programs provide safe and affordable housing for low and moderate income families, seniors and vulnerable populations.

Foxridge: In partnership with BC Housing and the Interior Health Authority Mental Health and Substance Use team, this property consists of 28 units of affordable housing for vulnerable individuals who may be at risk of homelessness.

The Maples: The Interior Health Authority Mental Health and Substance Use team offers support to all tenants in this program. A total of 8 units are available and provide affordable and safe housing.



Foxridge



The Terrace on Broadview

Clover Court: This affordable housing development consists of 38 apartment and townhome units for families and low and moderate income individuals.

The Terrace on Broadview: This development consists of 31 units of affordable housing for families and low and moderate income individuals.

680 Shuswap: This development offers 18 units of affordable housing for families and low and moderate income individuals.

Rotary Gardens: In this development geared towards seniors and people with disabilities, we offer 69 units of affordable housing.

Birch Place & Larch Place: This development consists of two buildings, containing 67 units in total. The program offers affordable housing for families, seniors and other individuals with low and moderate incomes.



Birch Place

Future Developments: CMHA Shuswap-Revelstoke recognizes the ongoing need for affordable, safe housing in Salmon Arm and the surrounding areas. We will continue exploring options and partnerships that deliver more units to the community.

Supporting Homefulness

Marshlands Shelter

Marshlands Shelter opened in December of 2023. It is a 25 bed, year round shelter, although during extreme weather events, an additional 6 beds are made available. From opening day until March 31, 2025, Marshlands Shelter hosted 220 unique individuals. On average, there are 22 guests per night. One of the goals of Marshlands Shelter is to be a stepping stone for guests; for 23 people, Marshlands Shelter has been the stop before finding housing.

Homeless Outreach

The Homeless Outreach program supports folks who are at risk of homelessness and those who are currently unhoused. One of they ways the program supports people is through rent supplements which provides funding to help people access and/or maintain housing. In the past year, $94,350 in rent supplements were provided. In addition to rent supplements, the Homeless Outreach program provide outreach services to people who are living without a home including providing water, snacks, items to protect them from the elements (ex: cooling towels in the summer, warm socks in the winter), connecting individuals to other resources, and assisting in completing the application process for housing programs. Over the course of the year, the Homeless Outreach Coordinators regularly connected with 75 individuals, making over 500 supportive visits to folks every month.

Housing Engagement

The Housing Engagement program offers supports to those who may be struggling to maintain their housing. The Housing Engagement Coordinator works alongside individuals for a series of three to six visits to address a variety of concerns, from belonging management to budgeting to connections to community resources.

4th Ave Supportive Housing

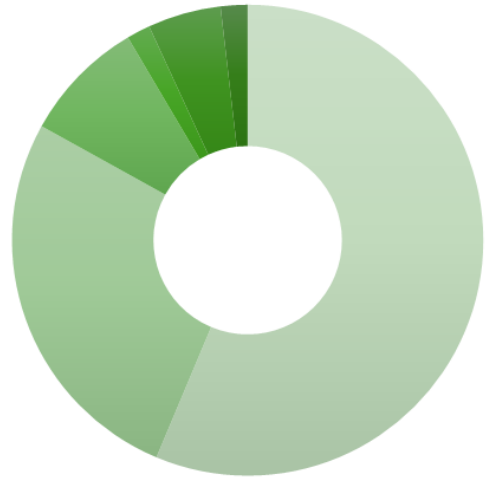
4th Ave works in partnership with Interior Health to provide a supportive home environment for up to 8 participants. Staff come alongside participants as they focus on their wellness, connect to community and learn to communally run a household. Referrals to this program come from IH.

Cedar Place

Cedar Place is a supportive housing program that opened in the fall of 2021. This program is a result of many years of work with BC Housing and continued engagement with many community partners to provide supports to residents. There are 38 homes within Cedar Place. Participants receive two meals daily; warm dinners served from the kitchen are enjoyed by all! Support Workers assist with connecting to community resources and partner agencies who provide outreach services at Cedar Place. The sense of community of Cedar Place continues to grow with Bingo nights, play-off watch parties complete with popcorn and occasionally banana splits, lots of crib tournaments and sharing of musical talents. This year we received a garden grant so you can expect to see more things growing around Cedar Place! While it is never the expectation that anyone needs to move on from Cedar Place, this year three people moved from Cedar Place into treatment and then second stage housing, one moved to long-term care and one moved into affordable housing.

Financials

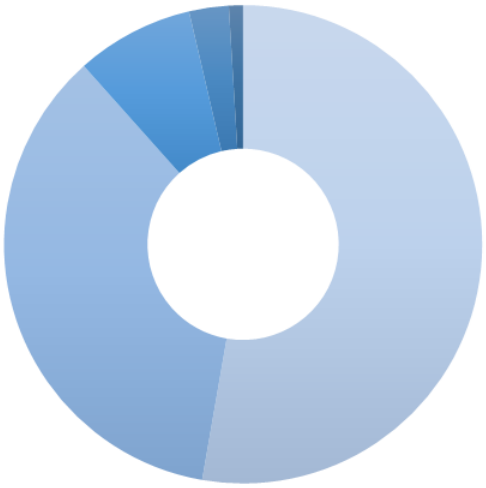
Revenue



- Government Funding 56%
- Rent 27%
- Wellness/Rehab 8%
- Thrift Shop 2%
- Grants/Donations/Fundraising 5%
- Other 2%

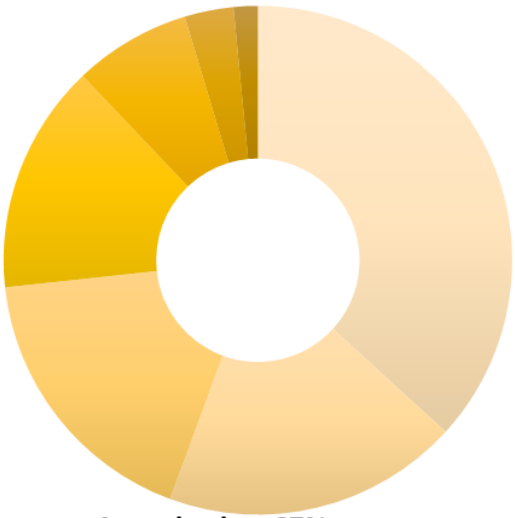
Financial information from April 1, 2024 to March 31, 2025

Expenses



- Payroll Costs 53%
- Operational Costs 36%
- Program Costs 8%
- Administrative Costs 3%
- Capital Costs + Grant Expenses 1%

Breakdown of Operational Costs



- Amortization 37%
- Mortgage Payments 19%
- Repair & Maintenance 18%
- Utilties 15%
- Insurance 7%
- Rent Expense/Strata Fees 3%
- Property Taxes 2%

This information has been extracted from the audited financial statements prepared by management and audited by BDO Canada LLP.
The full statements are available on our website.

Hudson Thrift Shoppe

The Thrift Shoppe is our social enterprise. While it is an ethical marketplace, it is also a safe place for many in our community to come and connect and contribute to society. The store offers skill-building opportunities from till training and customer service, to the art of relationships, conflict management, and beyond. During this past year, we focused on quality donation sources, volunteer engagement and our social media strategies to engage our community. We have more than 800 followers on Instagram!!

Check out our socials!

Hudson Thrift Shoppe-
Canadian Mental Health Association

hudsonthriftshoppe

We would like to extend our sincerest thanks to all of the volunteers, staff, local organizations, board members and businesses that have made this past year such a success.

Thank You!

Ways to get involved:

Become A Member • Volunteer • Join the Board • Work for us!

Ways to Donate:

Shuswap Community Foundation:

- Beryl Herdan & Al Neale Endowment Fund
- Canadian Mental Health Association, Shuswap/Revelstoke Endowment Fund

Canada Helps:

- Canadian Mental Health Association, Shuswap/Revelstoke BR

PayPal Giving Fund:

- CMHA-Shuswap/Revelstoke

In person