

## 2022 Results Report for Weyburn and Area

### Instructions

- This results report is for the application for funding approved December 2021 for the period January 1, 2022 to December 31, 2022
- Type answers in the spaces provided.
- Answer all questions completely and do not direct to outside documents.
- To check a checkbox in the applicable questions, double-click on the checkbox and change the default value to “Checked” then click OK. An ‘X’ will appear in the box. If this does not work, put an X beside the box.
- Keep answers succinct and applicable to the question. The size of the box does not indicate the amount of content to be provided. The boxes will expand if you need to include more than the space displayed.
- Review this form to ensure it is complete.
- Email the completed form to [kgushuliak@unitedwayregina.ca](mailto:kgushuliak@unitedwayregina.ca).
- **The due date is January 31, 2023.**
- This Results Report will be considered as part of the application process if submitting an application in January 2023.
- For further information, questions, or request for accommodation, please contact Kristin Gushuliak, Community Grant Manager, [kgushuliak@unitedwayregina.ca](mailto:kgushuliak@unitedwayregina.ca)

### Section 1 – Organization Information

#### 1. The contact person for this report:

<b>Contact Name:</b>	Tasha Collins
<b>Contact Position Title:</b>	Program Director
<b>Email:</b>	<a href="mailto:tashac@cmhask.com">tashac@cmhask.com</a>
<b>Phone Number:</b>	306-842-7959

#### 2. Organization:

<b>Organization Name (legal name):</b>	Canadian Mental Health Association – Weyburn Branch
<b>Street Address or P.O. Box:</b>	404 Ashford Street
<b>Community/Region Name:</b>	Weyburn
<b>Postal Code:</b>	SK

## Section 2 – Program Information

<p><b>3. Name of program indicated on the application for 2022 funding:</b></p>	<p>Mental Health Programs and Services</p>
<p><b>4. Provide a one-line description of the program:</b></p>	<p>Providing Mental Health programs and services within our priority service areas.</p> <ol style="list-style-type: none"> <li>1. Advocacy</li> <li>2. Psycho-Social (Socialization, Recreational Services)</li> <li>3. Public Education</li> <li>4. Vocational Rehabilitation Services</li> <li>5. Self Help – Participants and families</li> </ol>
<p><b>5. Indicate the reporting Period:</b> (Most recently completed program cycle within the period January 1, 2022 to December 30, 2022 <u>(date)</u> to <u>(date)</u>):</p>	<p><b>January 1, 2022 – December 31, 2022</b></p>

## Demographics

Complete the following questions on demographics for the program. Please answer with a final number, not a range or percentage.

<p><b>6. How many different individuals have been served by the selected program?</b> (<u># of unique clients served as opposed to # of visits</u>)</p>	<p><b>108</b></p>
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7. Fill out the demographic categories that you have program data readily available for:

- In the first column, select all the Population Types highlighted in grey that apply to your program. (Clicking on the box should add an “x”, if not, enter an “x” next to the box.)
- Then select the primary populations who are served within each Population Type if applicable. You are asked to select a maximum of 2 within each population type to identify the primary populations being served.
- Finally, enter the number of each population served.

PRIMARY (max 2)	Number Served	Population Type
<input type="checkbox"/>		<b><i>Populations by Age</i></b>
<input type="checkbox"/>		Early Years (0-5)
<input checked="" type="checkbox"/>	36	School-aged (6-12)
<input type="checkbox"/>	21	Adolescence (13-17)
<input type="checkbox"/>	11	Youth (18-29)
<input checked="" type="checkbox"/>	32	Adults (30-64)
<input type="checkbox"/>	8	Seniors and Elders (65+)
<input type="checkbox"/>		<b><i>Populations Requiring Specific Care or Supports</i></b>
<input type="checkbox"/>		People experiencing homelessness
<input type="checkbox"/>		People with low income or living in poverty
<input checked="" type="checkbox"/>	32	People living with mental illness
<input type="checkbox"/>		People struggling with addiction
<input type="checkbox"/>		Persons with disabilities
<input type="checkbox"/>		People experiencing interpersonal violence or abuse
<input checked="" type="checkbox"/>	11	People living in group homes or supportive living (under the age of 55)
<input type="checkbox"/>		<b><i>Indigenous People</i></b>
<input type="checkbox"/>		Indigenous: First Nations
<input type="checkbox"/>		Indigenous: Inuit
<input type="checkbox"/>		Indigenous: Metis
<input type="checkbox"/>		Indigenous: Non-Status
<input type="checkbox"/>		Indigenous: Unspecified
<input type="checkbox"/>		<b><i>Racialized Communities</i></b>
<input type="checkbox"/>		All (Do not select all unless you regularly serve all the communities listed. Check the top 3 and note any others.)
<input type="checkbox"/>		South Asian

<input type="checkbox"/>		Chinese
<input type="checkbox"/>		Black
<input type="checkbox"/>		Filipino
<input type="checkbox"/>		Latin American
<input type="checkbox"/>		Arab
<input type="checkbox"/>		Southeast Asian
<input type="checkbox"/>		West Asian
<input type="checkbox"/>		Korean
<input type="checkbox"/>		Japanese
<input checked="" type="checkbox"/>		Groups not otherwise specified – we have many people in our Art and Youth programs from racialized communities, however we do not have the exact statistics, I would hazard a guess that 40-60% of participants in these programs are from racialized communities.
<input type="checkbox"/>		<b><i>Gender and Sexual Identity</i></b>
<input checked="" type="checkbox"/>	53	Male
<input checked="" type="checkbox"/>	55	Female
<input type="checkbox"/>		Members of LGBTQ2S+ communities
<input type="checkbox"/>		Gender Unknown
<input type="checkbox"/>		<b><i>Newcomers</i></b>
<input type="checkbox"/>		Permanent Residents - immigrants
<input type="checkbox"/>		Permanent Residents - refugees
<input type="checkbox"/>		Temporary Residents
<input type="checkbox"/>		Unknown Status
<input type="checkbox"/>		<b><i>Single Parent Households</i></b>
<input type="checkbox"/>		Single mothers
<input type="checkbox"/>		Single fathers
<input type="checkbox"/>		Single grandparents
<input type="checkbox"/>		<b><i>Other</i></b>
<input checked="" type="checkbox"/>		Specify: We primarily work with people who live with diagnosed mental illness, or mental health concerns. We provide many different programming options, and encourage mental health promotion and maintenance; We do not keep individual demographics for all participants, participants would fit in many if not all the above noted groups. We do not have a way to know the demographics of every person who received services, attended an event, received training etc.

## Outcome Measurement:

Inputs	
Inputs are the resources required to fulfill your selected program.	
<b>8. Check off the key Inputs that apply to the identified program and directly led to the intended outcomes:</b>	
<input type="checkbox"/> Computers and other technology	<input type="checkbox"/> Professional Development/Training
<input type="checkbox"/> Curricula	<input checked="" type="checkbox"/> Staff
<input type="checkbox"/> Equipment	<input type="checkbox"/> Supplies and materials
<input type="checkbox"/> Facility or Program Space	<input type="checkbox"/> Utilities
<input type="checkbox"/> Facility Security	<input type="checkbox"/> Vehicles
<input checked="" type="checkbox"/> Funding	<input type="checkbox"/> Volunteers
<input checked="" type="checkbox"/> Other: Mental Health Programs and Services	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____

Activities	
Activities are the key tasks or services that demonstrate a reasonable response to the social issue identified and directly contribute to the program outcomes.	
<b>9. Check off the key Activities that you collected outputs on and that apply to the identified program:</b>	
<input type="checkbox"/> Assessment and Screening	<input type="checkbox"/> Outreach
<input type="checkbox"/> Case Management	<input type="checkbox"/> Provide Food
<input type="checkbox"/> Childcare	<input type="checkbox"/> Provide Shelter
<input type="checkbox"/> Counseling	<input checked="" type="checkbox"/> Raising Awareness or Public Education
<input type="checkbox"/> Crisis Support Lines	<input type="checkbox"/> Referrals
<input type="checkbox"/> Field Trips	<input type="checkbox"/> Rehabilitation or Therapy
<input type="checkbox"/> Home Visits	<input type="checkbox"/> Transportation
<input type="checkbox"/> Non-Crisis Support Lines	<input checked="" type="checkbox"/> Workshops/Instructional Classes
<input checked="" type="checkbox"/> Other: Social/Recreational Programming	<input type="checkbox"/> Other: _____
<input checked="" type="checkbox"/> Other: Meals & Snacks _____	<input type="checkbox"/> Other: _____

Outputs	
Outputs are the anticipated products of the program's activities that will produce the desired intended outcomes for the program's participants.	
<b>10. Check off the key Outputs that you collected data on and that correspond to the Activities selected above and enter the number produced:</b>	
<b>Example:</b> <input checked="" type="checkbox"/> # of calls	<b>25</b>
<input type="checkbox"/> # of assessments completed	

<input type="checkbox"/> # of calls	
<input type="checkbox"/> # of childcare spaces provided	
<input type="checkbox"/> # of counseling sessions conducted	
<input checked="" type="checkbox"/> # of educational materials distributed – Door Hangers/clings	5700 hangers, 700 clings
<input type="checkbox"/> # of field trips	
<input type="checkbox"/> # of home visits completed	
<input checked="" type="checkbox"/> # of meals served	1507
<input type="checkbox"/> # of new connections made	
<input type="checkbox"/> # of referrals made	
<input type="checkbox"/> # of rehabilitation/therapy sessions conducted	
<input type="checkbox"/> # of shelter spaces provided	
<input type="checkbox"/> # of specialty services that are culturally appropriate delivered	
<input type="checkbox"/> # of transports	
<input type="checkbox"/> # of web inquiries	
<input checked="" type="checkbox"/> # of workshops/instructional classes taught – approx. # of ppl	20 presentations – 1086 ppl
<input checked="" type="checkbox"/> Other: Snacks served	193
<input checked="" type="checkbox"/> Other: # of participants – Mental Health programming	32
<input type="checkbox"/> Other:	
<input type="checkbox"/> Other:	

<b>11. Indicate any changes made to inputs, activities and outputs compared to what was indicated on the application. Provide an explanation of why changes were made and what you learned throughout the process (i.e. did you add, remove or make changes to the planned inputs, activities or outputs listed on the application?):</b>
<b>Inputs:</b>
<p><b>Activities:</b> Also not included was our Mental Health Week (MHW) - Creating Connections campaign which ran throughout MHW in May 2022, with the distribution of 5700 Door Hangers with resources to support services, we also moved forward with distributing and hanging up 700 window clings in our community with a QR code directing people to our website for support services available.</p> <p>I did not include those who attended our Mayor’s Luncheon (Sold out – 198 ppl), or participated in our Suicide Awareness Semi-Colon event (111 tattoos) into our stats above.</p>
<p><b>Outputs:</b> As reported above we did 20 presentations, 2 of which were recorded so I was unable to include how many people watched the recorded presentations to the South East Cornerstone Public School Division, one on CMHA our programs and services, and the other on Mental Health vs Mental Illness.</p> <p>Outputs for MHW educational information distributed accounted for above.</p>

**12. Did the program meet its targets and/or achieve its intent? Please explain.**

Yes our program met our targets, and in some cases exceeded them. Our Mayor's Luncheon was a huge success with a sell out for the first time, our door hangers and window clings were not a planned output, but we certainly expanded our reach, as well as provided our community with a connection to Mental Health resources if needed. We were also able to expand our community reach by participating in 2 parades and having a display at Riverside Park over the holidays.

Our regular mental health daily programs are well attended, and we look forward to serving our community well into the future.

**13. Impact Story - Provide at least one Impact Story that highlights how your program made a change in the life of a participant. The most useful stories highlight a specific positive change resulting from the program, and then clearly states how the change is linked to United Way's Focus Area Outcomes\* All That Kids Can Be, Poverty to Possibility or Healthy People Strong Communities (maximum of 400 words). These stories could be used in United Way marketing materials and may be edited to fit the communication medium.**

**If possible, provide the name of the person who appears in the story, a photo and a signed photo release form (you can use your own form or one provided by United Way).**

The outcome our programming directly relates to is Healthy People Strong Communities.

This year CMHA Weyburn participated in both the Summer Parade, and the Parade of Lights this winter for the first time – we won Best Float by an Organization in both Parades – not sure how we are going to top that moving forward. We also chose to have a display at Riverpark Sparkles for the holiday season.

These events not only raise the profile of CMHA Weyburn within our community, but more importantly, they provide our participants an opportunity to be involved in community activities. It also provides a sense of belonging, pride, accomplishment, and acceptance. Our participants were involved in both parades, from helping with decorations, to putting the floats together, as well as riding in the parade. The participants also helped with the construction and holiday display at riverside park where our message was there are gifts we can give ourselves over the holidays to promote and protect our mental health.



Quote - Charlotte R – Helping with the parade floats and sparkle tour in the park made me very excited because I felt like I was useful, and they kept me busy. I was also able to use my creative skills to help solve problems.

Summer Parade



Riverside Sparkles, holiday display



**14. Provide additional quotes from participant children, youth, families/caregivers or individuals.**

**If possible, provide the name of the person who provided the quote, a photo and a signed photo release form (you can use your own form or the one provided by United Way).**

**Mayor's Luncheon – 200 ppl in attendance – education, mental health promotion, guest speaker Lauren Kohl who spoke about her own mental health experience.**



**15. If there are any additional information/comments you would like to provide, enter it here. (E.g. Information about the effects of COVID-19 on programming, any changes to the organization, challenges, etc.)**

The outcome our programming directly relates to is Healthy People Strong Communities. Through our work, we not only provide daily mental health social, recreational, and vocational programming, but we also provide educational workshops and learning opportunities along with advocacy and self-help programs and services. Our work provides improved access to other programs and services as well as assisting our participants in need of navigating support services such as applying for SIS and SAID benefits, along with advocating for physical and mental health needs.

**16. Acknowledgment:** Provide a list of the ways that your organization recognized United Way Regina for the funding over the past year. If possible, provide a screen shot of social media posts.

Website - <https://weyburn.cmha.ca/about-cmha/>

Attached Separately

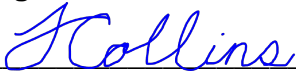
Pamphlets

Mental Health Week – Luncheon Invitation, Luncheon Agenda

**By signing below:**

Agency signing authorities certify that they have the power to bind the agency, and further, they affirm that the total contents of this application are true, complete and accurate.

**Signature:**



Executive Director/CEO Signature

January 18, 2022

Date

tashac@cmhask.com

Email address

## Appendix A

### United Way Focus Areas:

- **All That Kids Can Be:** Improving access to early childhood development programs, helping kids stay on track in school and graduate from high school.

#### **Success in School**

- Children are ready for school
  - Children and youth are successful in school
  - Youth make a healthy transition to adulthood
- From **Poverty to Possibility:** Increasing opportunities for individuals and families to move from living in poverty to become more independent and self-sufficient.

#### **Food Security, Housing Stability, Employment and Financial Literacy**

- Access to affordable, nutritious and appropriate food
  - Increased consumption of nutritious and appropriate food
  - Improved access to emergency shelter
  - Improved access to affordable housing
  - Increased access to supports to maintain stable housing
  - Increased support to find and maintain employment
  - Improved financial stability and avoidance of financial crisis
  - Improved access to affordable goods & services needed to support independence and stability
- **Healthy People, Strong Communities:** Improving access to social, health-related support services including systems navigation to find help when they need it the most.

#### **Personal Wellbeing and Safety and Connected to Supports**

- Improved mental health
- Improved safety especially victims of interpersonal violence and abuse
- Increased help to better navigate support systems
- Improved access/availability to services and supports



## LUNCHEON AGENDA

- **Master of Ceremonies**
  - Joni Hagen
- **Welcome and Introduction**
  - Tasha Collins
- **Prayer of Thanksgiving**
  - Erskine Sandiford
- **Greetings - City of Weyburn**
  - Mayor Marcel Roy
- **Greetings - SK Health Authority**
  - Terry Romanow
- **Greetings - CMHA SK Division**
  - Phyllis O'Connor
- **Vocal Ensemble**
  - Conducted by Kendra Gonczy Accompanied by Colleen Weimer
- **Guest Speaker - Lauren Kohl**
  - Sponsored by Industrial Electric

### **This year's MHW theme is Empathy**

We are asking everyone to #GetReal with each other. We may be different, but that doesn't make us rivals. Let's stop polarizing and start empathizing. Be there for each other when times are hard and be ready to listen. You don't have to agree to understand, and you don't have to fix it to help.

#### CMHA Weyburn Funding Supports



# To Become a Member at CMHA Weyburn's Branch

- Sign me up as a Member of CMHA Weyburn.
- I am making a Donation to CMHA Weyburn.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town/City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

## Type of Membership

Participant (Consumer / Volunteer)	2.00
Personal	15.00
Supporting	30.00
Professional / Organizational	50.00
Patron	150.00

**To make a Donation, just list your donation amount and type of payment, below. Please call us at 306-842-7959 if you have any questions.**

## Payment enclosed

Amount: \$ \_\_\_\_\_

- Cheque
- Money Order
- Credit Card (Visa - MasterCard - Amex)

Card # \_\_\_\_\_ Expiry Date: \_\_\_\_\_

**Please send completed form with payment to:**

CMHA Weyburn Branch  
404 Ashford Street, Weyburn SK, S4H 1K1

*Thank you for your generous support!*



Canadian Mental Health Association  
Weyburn

SCAN FOR MENTAL HEALTH RESOURCES



CMHA Weyburn Branch is grateful for funding & support from:



CMHA Weyburn Branch 404 Ashford Street Weyburn SK, S4H 1K1

Telephone: 306-842-7959

Fax: 306-842-3096

Email: [tashac@cmhask.com](mailto:tashac@cmhask.com)

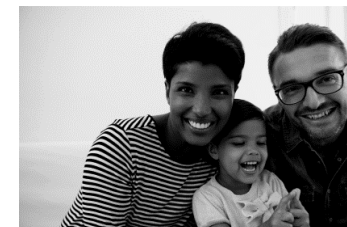
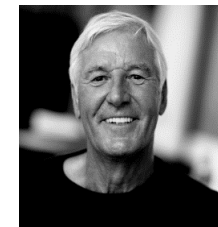
Web: [www.weyburn.cmha.ca](http://www.weyburn.cmha.ca)



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Canadian Mental Health Association  
Weyburn  
*Mental health for all*



**Advocacy**  
**Social Programming**  
**Public Education**  
**Vocational Rehabilitation**  
**Self-Help**

**CMHA WEYBURN BRANCH**



## OUR SERVICES

For more info visit our website [www.veyburn.cmha.ca](http://www.veyburn.cmha.ca)

### ADULT PROGRAMMING

#### Advocacy

CMHA Weyburn provides advocacy in many ways, by helping to identify resources to assist consumers of mental health services. CMHA Weyburn Staff provides support to people with lived experience, their families and supporters to contribute to meaningful solutions which can help lead to a better quality of life.

#### Psycho-Social (Socialization & Recreational Services)

Our Branch provides structured recreational, socialization and education activities for community members living with mental illness. These activities promote positive social interactions, build confidence, a sense of belonging and provide access to community. Activities may include community events, tours, bowling, swimming, arts/crafts, billiards, skating, gym, movies, walks and much more. We also offer opportunities to learn new skills or build on the ones you already have, with our Lifeskills/Wellness program, Writer's Group, and Art Program.

#### Public Education

CMHA Weyburn provides public education in many forms. We provide information on the services and programs offered within our centre, as well as presentations on Mental Health and Mental Illness, selfcare, stress, etc. We facilitate safeTALK, Suicide Alertness for Everyone, and partner to facilitate ASIST, Applied Suicide Intervention Skills Training workshops. CMHA Weyburn hosts an Annual Mayor's Luncheon during CMHA's Mental Health Week, to raise awareness of issues related to mental illness and mental health in our community.

#### Vocational Rehabilitation Services

Our Vocational Rehabilitation Services (VRS) offers participants the opportunity to gain valuable employment skills, experience and work as part of a team to provide services. Our VRS include: refuse hauling, lawn mowing, snow removal, and small moves, as well as a meal program Monday to Thursday. We offer one on one vocational training as well as some Volunteer Services through the branch.

#### Self-Help (Consumers & Families)

CMHA Weyburn offers Lifeskills/Wellness programming every week. These provide instruction in designated subjects held in either a group setting or individually as required for the purpose of guidance, support or correction. The sessions cover a wide variety of topics which are determined by the needs and wishes of the clients. Topics covered range from hygiene and social skills, to budgeting, and procrastination. We also offer evening programs in the form of an Adult Art Program, as well as support groups when need is identified and resources are available. Drop In services, resources, and staff are available during regular programming hours.

#### Drop In Services

CMHA Weyburn offers Drop In services, we welcome community members to stop by our centre, where they can:

- Learn about our programs and or services
- Join us for a cup of coffee
- Join in on the programming in progress
- Ask for assistance from staff with resources, referrals, or support, as well as have a conversation.

We are very flexible in our approach to programs offered through the centre. We are client centred and offer programming that suits the needs and interests of our participants.

#### Youth Programming

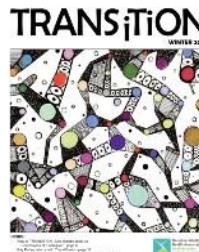
CMHA Weyburn has offered Youth Programming when resources are available. If you would like to know more, or are interested in youth programming, please contact the branch to find out if we are currently offering any youth programs.

#### Volunteer Opportunities

CMHA Weyburn is always accepting volunteers, whether it is visiting the centre, helping with programming or events, or facilitating specific skills to participants. We offer many programs within the centre, if you have a specific skill and would like to offer help facilitating in the learning process please contact us at 306-842-7959.

#### TRANSITION Magazine

TRANSITION is a truly unique publication, published twice annually by CMHA Sask. A print subscription to TRANSITION is available with purchase of an annual CMHA Weyburn Personal Membership for \$15. You can also read TRANSITION on our website, just click on Get Involved > then click on Transition Magazine.



## Why become a Member?

**By becoming a member of CMHA you provide hope for the 1 in 5 Canadians who are directly affected by mental illness.**

### Your CMHA membership includes:

- a CMHA Weyburn membership card
- a CMHA membership purchased at your local Weyburn Branch office includes membership with CMHA Saskatchewan Division and CMHA National Offices
- the opportunity to vote for members of our governing Board of Directors
- a free subscription to CMHA Saskatchewan's TRANSITION magazine

To become a CMHA Weyburn member complete the form on the backside of this page, call us at 306-842-7959, email [tashac@cmhask.com](mailto:tashac@cmhask.com) or visit our location at 404 Ashford Street in Weyburn.

MENTAL HEALTH WEEK MAY 2 - 8, 2022 #GetReal

# YOU'RE INVITED!

## CMHA Weyburn's Annual Mayor's Luncheon

Featuring Guest Speaker: Lauren Kohl

Tickets - \$25.00 each (Tables of 8 available)

Date: Tuesday May 3<sup>rd</sup>, 2022

Time: 11:30 – 1:00pm

**MEAL SERVED 11:30AM**

Location: McKenna Hall

317 3rd St NE, Weyburn



Get your tickets or RSVP by April 26<sup>th</sup>, 2022

Contact CMHA Weyburn for tickets: [tashac@cmhask.com](mailto:tashac@cmhask.com) or 306-842-7959

### About Guest Speaker: Lauren Kohl

Lauren Kohl is 20 years old, and resides in Montmartre Saskatchewan. Lauren has many passions and talents that include professional dog grooming, dancing, piano playing, as well as instructing as a dance and piano teacher. She is also looking forward to attending the University of The Fraser Valley in the pre-vet program this upcoming fall! Lauren has been struggling with her mental health since she was 12 years old. At such a young age, she was confused, scared and unable to see the light ahead of her without the help of her parents. Throughout the years, she has tried many remedies and tools to help her along her mental health journey. Lauren started sharing her experience to those around her, and it has been nothing but rewarding for herself and those who have heard her story. She is excited about the opportunity to share the tools that have helped her get through those dark, tough days, and to shed some light for others that may be working through their own struggles.

### Mental Health Week Events

- **May 2<sup>nd</sup> – 8<sup>th</sup>, Community Initiative** - Door Hanger resources
- **May 3<sup>rd</sup>, Annual Mayors Luncheon** - Guest Speaker: Lauren Kohl will be sharing her story. Luncheon at McKenna Hall – 11:30 to 1:00pm
- **May 4<sup>th</sup> & 5<sup>th</sup> - Book Sale** –Blue Earth Environmental on 3<sup>rd</sup> Street hosting Used Book Sale, 10am – 3pm both days all proceeds donated to CMHA Weyburn.

Branch  
Fundors:

