



Canadian Mental
Health Association
Saskatoon
Mental health for all

CMHA Saskatoon
ANNUAL
Report **2022-2023**



**CANADIAN MENTAL HEALTH ASSOCIATION
SASKATOON BRANCH**

ANNUAL GENERAL MEETING AGENDA

**Thursday, June 29, 2023 - 2:00 p.m.
Florence Room, Delta Marriott Hotel**

- 1. Welcome, Land Acknowledgement and Call to Order**
- 2. Introduction of Staff & Special Guests**
- 3. Approval of Agenda**
- 4. Approval of the AGM Minutes for June 28, 2022**
- 5. Slate of Directors for 2023/2024**
- 6. Bylaw Changes**
- 7. Auditor's Report**
 - a. Approval of 2022/2023 Audited Financial Statements**
 - b. Appointment of Auditor for 2023/2024**
 - c. Cheque Signing Authority – two signatures required.**
 - d. Donation Receipts Signing Authority – one signature required.**
- 8. President's Report**
- 9. Executive Director's Report**
- 10. Moment of silence to remember & honour those we lost in 2022/23.**
- 11. Motion to adjourn.**

Must have a CMHA Membership to be eligible to vote.

We acknowledge we are located on Treat 6 Territory & the Homeland of the Metis. We pay our respect to all the Indigenous People of this place & reaffirm our relationship with one another.

ANNUAL GENERAL MEETING
CANADIAN MENTAL HEALTH ASSOCIATION - SASKATOON BRANCH INC.
June 28, 2022, 1:04 p.m. – Meeting – CMHA Boardroom

Call to order at 3:02 P.M.

1. Indigenous acknowledgement, and welcome by Kelly Howey, President.
2. Introduction of Board members, Staff and Special Guests.
3. **Motion: To approve the June 28, 2022 Annual General Meeting agenda. Moved by Bill Pringle / Seconded by Alex Brown. Carried.**
4. **Motion: To approve minutes of Annual General Meeting of June 30, 2021. Moved by Amanda Neudorf / Seconded by Kaelen Both. Carried.**
5. Presentation of the slate of directors.
Motion: To accept 2022-2023 Board of Directors as presented. Moved by Jim Austin / Seconded by Amanda Neudorf. Carried.

2022-2023 board members are: Kelly Howey, Jim Austin, Andrea Landstad, Andrea Rohrke, William (Bill) Pringle, Lisa Kozmyk, Alex Brown, Marlene Mirasty, Sharon Acoose, Kaelen Both, and Teri Schroeder.

- 6a. **Motion: To accept audited 2021-2022 Auditor's Report/Financial Statement as presented by Jakub Rogowski, CPA, Deloitte. Moved by Andrea Landstad / Seconded by Bill Pringle.) Carried.**
- 6b. **Motion: To appoint Deloitte as Auditor for 2022-2023. Moved by Kaelen Both / Seconded by Amanda Neudorf. (Andrea Landstad (abstained) Carried.**
- 6c. **Motion: To authorize cheque signees (President, Vice-President, Treasurer, Executive Director (ED), and two alternate staff members to sign cheques); two signatures required; one being a Board member/one being ED/staff. Moved by Andrea Landstad / Seconded by Amanda Neudorf. Carried.**
- 6d. **Motion: To authorize the Executive Director and/or the President to sign donation receipts; one signature required. Moved by Amanda Neudorf / Seconded by Bill Pringle. Carried.**
7. **Motion: To accept President's Report. Moved by Jim Austin / Seconded by Kaelen Both. Carried.**
8. **Motion: To accept Executive Directors Report. Moved by Alex Brown / Seconded by Kaelen Both. Carried.**
9. Moment of silence to remember and honor the members, friends and families lost this year.
10. **Motion to adjourn 3:40 p.m. by Bill Pringle.**

Draft minutes prepared by Carolyn Burnett

CMHA - Saskatoon Branch Inc Annual General Meeting June 28, 2022

Members:

Bill (William) Pringle (Proxy voting for Teri Schroeder, Joyce Meyer, Lisa Kozmyk)
Kelly Howey
Kaelen Both
Rob Bagley
Amanda Neudorf (Proxy voting for Andrea Rohrke, Sharon Acoose, Marlene Mirasty)
Marilyn Elliot
Jim Austin
Andrea Landstad
Mark Allberg
Alex Brown

Guests:

Stacie Beever, NIAHC
Jakub Rogowski, Deloitte
Jonathon Allberg
Zoe Teed-McKay, SHA

Staff:

Faith Bodnar
Carolyn Burnett
Adelle Ratcliffe-Smith
Peter Warkentin
Morgan Wickett
Bart Voswinkel
Dave Wake
Margot Weiner
Ruby Villebrun
Ken Laing



CANADIAN MENTAL HEALTH ASSOCIATION – SASKATOON BRANCH

SLATE OF DIRECTORS

2023-2024 BOARD OF DIRECTORS

- **Andrea Stranden –Treasurer**, CPA, Manager MNP
- **Alex Brown – Board Member**. Co-Anchor CTV Morning Live Saskatoon.
- **Dr. Sharon Acoose – Board Member**, First Nations University of Canada
- **Teri Schroeder – Board Member**. RPN, RN, MCEd.
- **Kalen Both – Board Member**, Portfolio Manager, Senior Wealth Advisor, Scotia McLeod Wealth management
- **Marlene Mirasty – Board Member**. RPN, Indigenous Advisor, consultant, and mental health counselor and trainer.

NOMINATIONS TO THE 2022-2023 BOARDS OF DIRECTORS

- **Jim Austin** – retired from the Government of Canada in collections with Revenue Canada, Jim joined the CMHA Saskatoon Board in 2019. He is a strong advocate for people with mental health needs. Jim's lived experience with mental health needs brings depth and wisdom to his role on the Board of Directors.
- **David Fittes** – is new to CMHA Saskatoon and is a lawyer with McDermid Lamarsh, with roots in Central Alberta. David gives back to the community through engaging with Legal Aid and offering pro bono services to those in need. David believes everyone should have access to justice. David lives with bipolar and is looking forward to merging his legal acumen with CMHA Saskatoon.
- **Kelly Howey** – human resources/leadership development/wellness consultant. Kelly joined the CMHA Saskatoon Board in 2019, including the past 2 years as President. Kelly brings deep skills in organizational development, leadership and strategic planning and has guided CMHA Saskatoon over the last 2 years in growing our capacity, services and profile.
- **Lisa Kozmyk** – with a background in human resources and accounting, Lisa works in the indirect tax field and has previous experience includes benefits and pension, compliance, and operations. Her

passion for mental health comes from directly experiencing the effects it can have on life, both from her own experience and from members of her family who are currently affected by their own mental health status. Lisa joined the Board most recently in 2019 and has also served as a Board member in prior years in various positions.

- **Bill Pringle** – is retired, with a background in Communications and Marketing, Bill is a nationally recognized leader in mental health and divides his time between numerous local, provincial, and national projects and initiatives as well as being on the Board of CMHA Saskatchewan Division. He is committed to breaking down barriers and stigma regarding mental health. Bill has also served on the CMHA National Board of Directors, was a member of the Persons with Lived Experience Caucus and is an advisor on 3 working groups with CAMH in the development of 988, Canada's Suicide Prevention Line.

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NOTICE OF PROPOSED BYLAW AMMENDMENTS

Please be advised that the Board of Directors of the Canadian Mental Health Association Saskatoon Branch has approved the proposed the following new Bylaws for the Membership to vote on at the AGM June 29, 2023:

New Bylaw

6.1.a. Immediately after serving a term/s as President, the Past President shall sit as a non-voting member of the Board for a period of one year.

Rationale – the Past President provides continuity for the incoming President.

New Bylaw

6.7. a. A Board member who misses 2 board meetings during a year, may be asked to take a leave of absence from their position.

Rationale – The CMHA Board of Directors currently meets every two months, with one additional meeting prior to the AGM for a total of 5 meetings/year. It can be difficult for a Board member to exercise their duties if they miss 2 or more meetings. The Board also recognizes that unexpected things can come up in people's lives. Therefore, this Bylaw allows for individual circumstances to be taken into consideration.

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September 1997
Amended June 27, 2002
Amended June 23, 2004
Amended June 21, 2006
Amended September 7, 2010
Amended June 20, 2013
New Bylaws June 20, 2019

BYLAWS OF

CANADIAN MENTAL HEALTH ASSOCIATION- SASKATOON BRANCH INC.

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1. Definitions

In these bylaws:

- 1.1 “Branch” means the Canadian Mental Health Association - Saskatoon Branch Inc.;
- 1.2 “Division” means the Canadian Mental Health Association in Saskatchewan Inc.;
- 1.3 “National Association” means the Canadian Mental Health Association national body;
- 1.4 “Association” means the members, volunteers, supporters and persons with lived experience who together constitute the Canadian Mental Health Association - Saskatoon Branch Inc.;
- 1.5 CMHA Saskatoon Branch means the same as the Canadian Mental Health Association-Saskatoon Branch Inc.
- 1.6 “Board” means the Board of Directors of the Branch.

2. Purpose and Objectives

Canadian Mental Health Association -Saskatoon Branch Inc. exists so that people in the Saskatoon Community have improved mental health. The majority of resources will be devoted to promoting the mental health of all people.

The objective of the Branch is that:

People with mental health needs will have a personally satisfying quality of life by having:

- meaningful work
- adequate financial resources
- satisfying relationships
- recreation and leisure opportunities through maximum feasible community inclusion.

3. Membership

- 3.1 CMHA Saskatoon Branch membership shall be granted to individuals, societies, partnerships or corporations, who pay the designated membership fee and support the vision and purpose of the organization. When a membership is purchased it is in the Branch, the Division and the Canadian Mental Health Association National.
- 3.2 All membership funds collected by the CMHA Saskatoon stay at the Branch.
- 3.3 Membership is effective from April 1 to March 31 during the year of purchase.

4. Financial

- 4.1 The Branch may enter into contracts with funders and suppliers.
- 4.2 The Branch accepts the principle of providing support to the Canadian Mental Health Association Saskatchewan Division.
- 4.3 The Board makes decisions on capital expenditures.
- 4.4 Any member can view the Financial Statements of the Branch by making an appointment to do so.

5. Member Meetings

- 5.1 The Board of Directors will decide when and where Annual and Special General meetings are held. Notice of all such meetings shall be forwarded to the membership not less than 15 days prior to meetings.
- 5.2 A Special General Meeting of the members may be called at any time by the Board of Directors or upon written request of not less than 5% of the members in good standing. Notice of such meeting of not less than 15 days shall be given to the members.
- 5.3 At any Annual or Special General meetings, quorum is 15 members in good standing.
- 5.4 Each Branch member in good standing is entitled to one vote at Annual

and Special General meetings.

- 5.5 At meetings of the Members, motions shall be decided by a show of hands, except when a ballot is requested by the Chair of the meeting or demanded by a minimum of five Members. Such motions shall be decided by a majority of votes of the Members present, unless otherwise required by the Bylaws of the Branch or by the provisions of The Non-Profit Corporations Act.
- 5.6 The Chairperson will call the vote on a motion and the result shall be deemed the decision of the meeting. If a vote result in a tie, the Chairperson shall cast the deciding vote. At General Meetings the Chair declares the resolution or motion is approved or defeated by the number or proportion of votes.
- 5.7 At Annual or Special general meetings, a member in good standing may hold the proxy vote for up to 3 members if those members provide their written consent prior to the meetings.

6. Directors and Officers.

- 6.1 The affairs of the Branch are governed by a Board of Directors. The Board will consist of a maximum of 11 Directors.
 - a. Immediately after serving a term/s as President, the Past President shall sit as a non voting member of the Board for a period of one year.
- 6.2
 - a. The Directors of the Branch are elected at the Annual General Meeting.
 - b. The Board elects the President, Vice President, Treasurer and Secretary from its members at the first Board Meeting following the Annual General Meeting.
 - c. The President shall act as Chairperson at all Board and General Meetings, and in their absence, the Vice President shall so act.
- 6.3 Members of the Board are elected for a two-year term.
- 6.4 The Board may appoint advisors to the Board to act as consultants or assistants to the Board. These advisors do not vote on any Board business.

- 6.5 Board members can sit for a maximum of four, 2-year consecutive terms. A Board member who has completed their 8 years on the Board, may be elected back to the Board after a 1-year absence.
- 6.6 Any person who is employed by the Branch or is otherwise receiving compensation or remuneration directly or indirectly is not eligible to be a member of the Board.
- 6.7 The Board shall meet at least six times each year.
a. A Board member who misses 2 board meetings during a year, may be asked to take a leave of absence from their position.
- 6.8 Nominating Committee
- a. Every year the Board appoints a Nominating Committee that prepares a slate of nominees for election as directors. The Board of Directors approves the slate of nominees.
- b. Additional nominations for election as directors may be made by the Membership, provided that the nomination:
- i. is in writing and signed by the nominating Member;
 - ii. contains the written consent of the nominee; and
 - iii. it is received at the office of the CMHA Saskatoon Branch at least 3 weeks prior to the Annual General Meeting.
- c. Additional nominations from the Members may be included in the slate of nominees prepared by the Nominating Committee.
- d. The slate of nominees shall be sent to all Members, with the notice calling for the Annual General Meeting at least 15 days prior to the Annual General Meeting;
- e. If there are more nominees than vacancies, then an election will take place at the Annual General Meeting.
- f. The Chairperson will prepare ballots for the election. The Chairperson will appoint scrutineers.
- g. Every Member present is entitled to one vote at election.
- h. CMHA Saskatoon Branch does not accept nominations to the Board of Directors from the floor at Annual or Special General meetings.
- 6.9 The Board may fill any office or Director positions on the Board, that become

vacated between Annual Meetings of the Branch.

- 6.10 The Standing Committees of CMHA Saskatoon Branch are the Executive Committee, and the Finance Committee. The Executive Committee shall be chaired by the President and the Finance Committee shall be chaired by the Treasurer. Both the Executive and Finance Committees shall be established at the first Board meeting following the Annual general Meeting.

The Board may also establish Special Committees as necessary.

- 6.11 Board Directors may only be removed by an Ordinary Resolution at a meeting of the members.
- 6.12 If a question or motion arises that requires a vote by the Board of Directors, a Director may send out the motion by email to all Directors. For the vote to be valid, an email moving and seconding the motion and a quorum of votes must be received by the President by email.

7. Borrowing Powers

7.1 The Branch can decide to borrow money. Borrowing funds requires the approval of the Board of Directors.

8. Financial Review

- 8.1 The Board of Directors shall ensure that a financial review is completed annually.
- 8.2 April 1- March 31 is the fiscal year of the Branch.
- 8.3 The Auditor shall submit the Financial Review at the Annual General Meeting.
- 8.4 The Branch submits a copy of the Financial Review to Division.

9. Symbol

The CMHA Saskatoon Branch uses the same symbol or logo as the National Association.

10. Amendments

Bylaw amendments are proposed in an extraordinary resolution and must be sent out to members at least 15 days prior to a general meeting.

Bylaw amendments require a simple majority of members present to be approved or defeated.

11. Liquidation of dissolution

- 11.1 The liability of Branch Board members is limited.
- 11.2 The payment of a dividend or any other distribution of the Branch assets (either during the Branch's existence or upon its dissolution), to its members or other persons who exercise control over it is forbidden.
- 11.3 In the event of the winding up of the Branch, all its assets shall be transferred to the Division.

12. Relationship with Canadian Mental Health Association in Saskatchewan

- 12.1 All bylaws and operations of CMHA Saskatoon Branch accurately reflect the **Memorandum of Agreement** between the Canadian Mental Health Association in Saskatchewan Inc. (Division) and The Canadian Mental Health Association - Saskatoon Branch Inc.

If the Memorandum of Agreement changes prior to an update of these bylaws, the Memorandum of Agreement will take precedence until bylaws are updated.







Faith Bodnar, CMHA Executive Director

We saw a growing awareness of post pandemic mental health impacts in all areas of our programs and services for 2022–2023. The support of our sister agencies in the community, CMHA Branches and CMHA Saskatchewan Division helped us adapt and meet ever changing needs as well as new demands for service and support. The growing gaps in access to mental health care exposed and deepened a health system in crisis. CMHA Saskatoon peer led support groups resumed in person meetings, while continuing to offer virtual access and new groups emerged, including a Men's Mental Health Group. In person visits and drop in traffic to our office grew as we welcomed the community back to our space.

Our work over two years with the Saskatchewan Health Authority to develop a supported independent living program, came to fruition this fall with the launch of **Coming Home**, our first ever residential program. We are funded to support 16 people to access quality, inclusive, affordable housing in Saskatoon and are already experiencing the pressure of more than 35 people waiting for a new home. The scope of need is broad and includes single people and families with children, all seeking a better home from which to build their lives. We are incredibly grateful for the partnership of the SHA and the National Affordable Housing Corporation as we deliver and grow this much needed initiative. We have begun to reach out to private landlords, as the major source of housing, offering mental health supports to tenants while requesting designated suites for our clients.

Our online [Wellness Hub](#), features free, self-directed workshops and content you can view anytime on your desktop or mobile device. Current workshops include family dynamics, workplace mental health, stress in the workplace, healthy relationships and teens, mental health for seniors and COVID fatigue and podcasts from our Teenz Table

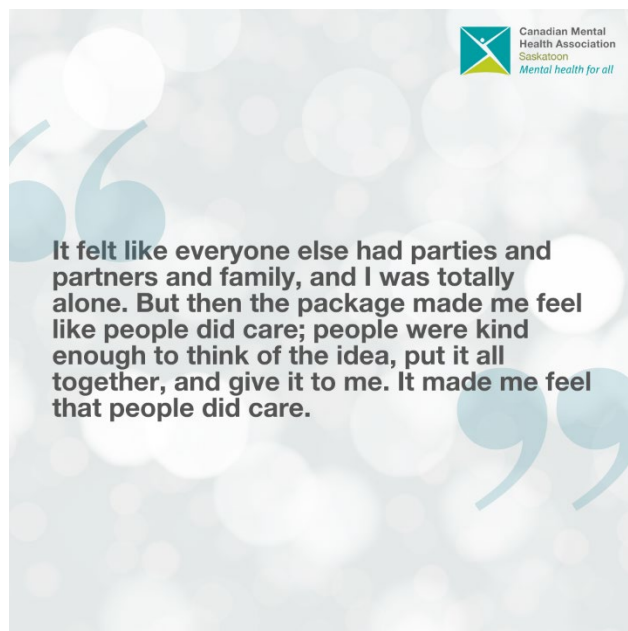
Current Courses

 <p>7 Lessons COVID Fatigue</p> <p>FREE Enroll</p>	 <p>17 Lessons Healthy Relationships: Dating Violence</p> <p>FREE Enroll</p>	 <p>7 Lessons Mental Health in the Workplace</p> <p>FREE Enroll</p>
 <p>7 Lessons Mental Health: Seniors</p> <p>FREE Enroll</p>	 <p>7 Lessons Stress in the Workplace</p> <p>FREE Enroll</p>	 <p>6 Lessons Strong Families: Assertive Communication</p> <p>FREE Enroll</p>

Talk group. We upload new content regularly and look forward to expanding our offerings and now link with CMHA Saskatchewan Division's H.O.P.E. Learning Centre to expand access to both learning and educational programs. As virtual learning becomes a permanent part of our lives and in-person training resumes, the hybrid approach is here to stay.

Our core programs and services continue to evolve and expand:

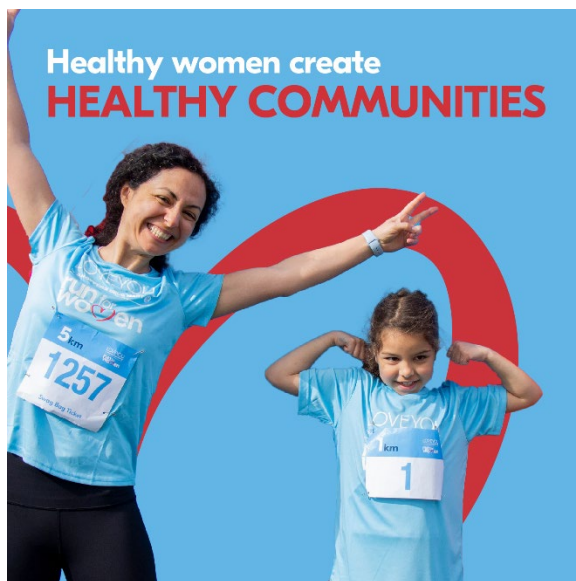
1. *Employment Services, Mental Health Supports, Life Skills, Job Development and Labour Consultation*
2. *Education and Awareness*
3. *System Navigation and Advocacy*
4. *Coming Home*
5. *Special Projects*



Once again, our **3rd Annual Holiday Hamper** program was a resounding success and 150 people received hampers at a time when meaningful connection is so important. People receiving hampers expressed appreciation, knowing that we were thinking of them over the holidays. The SGEU came on board once again and we initiated a matching program for people to provide a \$60 donation for a hamper. Again, our community stepped up and we were able to fund all 150 hampers.

We have had a Family Support initiative for almost three years with funding provided by the Dube family through the Saskatoon Community Foundation. We were able to leverage these funds and secure a grant from the Cameco Step Up for Mental Health fund to hire a Family Navigator, who works with families who have members with mental illness and/or substance use issues to help them navigate services and build capacity to support their loved ones.

Working with Anderson Marketing Group and Campfire Stories, a Saskatoon based film production company, we developed a video series including **20 Mental Health Minutes** and **40 Mental Health Bytes**. We launched these intimate and personal stories and reflections about mental health from people across Saskatoon in March. The official launch was marked by an intimate gathering where we thanked contributors. We will continue to share the [Mental Health Bytes](#) on our YouTube and social media channels.



Fund raising is always challenging. Post pandemic uncertainties continue as new trends and practices emerge in fund development. We are encouraged to see an uptake from the year before in the number of donors and groups organizing campaigns and events to support our work.

In June of 2022 we were part of our first ever in person **Shoppers Drug Mart Run for Women**, along with 18 other cities in Canada. What an amazing experience it

was with over 800 exuberant participants converging at Rotary Park on the banks of the South Saskatchewan River Park in June. Our deep thanks to Shoppers Drug Mart Head Office, Flow Marketing and the Shoppers Drug Mart owners and staff for raising the bar about women's mental health and generating much needed funds for CMHA Saskatoon. It's an honour to be part of this event.

CMHA Saskatchewan Division continues to provide us with a **Vocational Grant** that allows us to expand our employment programs. These core funds are critical in helping us innovate as we support individuals in securing and

maintaining inclusive employment. Our joint commitment to the values of real work for real pay propel our work.

We are grateful for the ongoing support of our funders, including the Saskatchewan Health Authority, Immigration and Career Training with the Province of Saskatchewan, the Saskatoon Community Foundation, the RUH Foundation, the United Way of Saskatoon, the Government of Canada, the City of Saskatoon and the hundreds of donors whose generosity and commitment ensures we can deliver services and programs to all who reach out to us.

My deep thanks go to our dedicated staff, volunteers and Board of Directors, who steward CMHA Saskatoon as we respond to our community and the people we support. With this incredible team we can meet the needs of our community and take part in building a Saskatoon where everyone belongs and is included.