



Filling the Gaps



Mental Health **Foundation**
Annual Review 2019 – 2020

Message from the Board

Right up to mid-March things seemed relatively normal.

The Mental Health Foundation team was working full throttle finalizing details of our signature fund raising event, our annual breakfast. Programs were printed, guests invited, the stage set and scripts written and rehearsed. All but the bacon was frying. We were ready to go... although searching frantically for a supply of hand sanitizer.

On March 10, with Covid cases rising and growing awareness of the pandemic in our midst, we cancelled the next day event.

A big decision for a small organization. It was the right thing to do.

Within weeks patterns changed – the world moved online to virtual mediums, masks became essential accessories and front line workers were hailed as heroes.

While the physical impacts of the pandemic are tragic and shocking, the mental impacts have only begun to be seen. Alongside stark reminders to limit spread of the virus, we've witnessed growing awareness and increasing concern regarding the pervasive and long-term implications for our mental health.

A crisis can clarify vision. It highlights knowledge gaps and motivates purposeful action. It unites the community towards a common goal through a common refrain: "we will get through this together."

Recognizing the urgent need and supported by our passionate donors, the Mental Health Foundation moved to action. You helped us launch Text4Hope—a virtual mental health service accessed by almost 50,000 Albertans—only two weeks into lockdown. The concept has caught on: a growing suite of targeted virtual tools addressing the specific mental health needs of youth, those with cancer, and others is being provided.

Thanks to you, the Foundation continued to support vital initiatives like Access 24/7. By the end of its first year, the centre fielded more than 70,000 calls and served almost 20,000 clients in person.

Beyond individual clients at the centre, family members now have increased access to the information they need to support their loved ones through family peer support services.

Donor support has also allowed the Foundation to expand its support to research projects dedicated to improving outcomes for patients. These include EMDR therapy for youth, exercise-based interventions, and enhanced clinical services incorporating brain stimulation. The results will help advance treatments.

Covid has required us all to pivot. We continue to support the advancement of Integrated Youth Services in Alberta, for now in virtual form. Seeing the urgent need for remote services, the development of online tools for youth has been accelerated. A brand, website, and virtual services will be launched in coming weeks.

The Mental Health Foundation does more than talk about its vision of an accessible, easy-to-navigate and fully integrated addictions and mental health care system in Alberta. With your help, we're building it.

Perhaps the greatest challenge faced by mental health organizations is to ensure no one slips through the system due to lack of awareness, services, programs or funding. Your ongoing contributions help us fill the gaps, from early interventions to acute care. At a time when even the most basic activities have been disrupted, your support is more important than ever.

You've helped us deliver high impact services that make a difference in the lives of Albertans. We need to do more, the time to act is now and your investment will have an impact.

Thank you for your support.

Mary Pat Barry
Board Chair, Mental Health Foundation

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Financial Snapshot 2019 – 2020

Statement of Revenues and Expenditures Year Ended March 31, 2019

Revenue	2020	2019
Donations and Fundraising	\$ 2,266,513	\$ 1,506,419
Alberta Health Services funding	54,000	54,000
Investment Income	49,183	56,528
	2,369,696	1,616,947
Direct Fundraising Expenditures	144,473	148,600
	2,225,223	1,468,347
Expenses		
Administration	429,036	307,046
Excess of Revenue Over Expenses Before Other Income (Disbursements)	1,796,187	1,161,301
Other Income (Disbursements)		
Realized gain on marketable securities	(2,557)	37,606
Unrealized gain (loss) on marketable securities	(108,338)	27,398
Disbursements	(1,537,775)	(804,984)
	(1,648,670)	(739,980)
Excess (Deficiency) of Revenue Over Expenses	\$ 147,517	\$ 421,321

Because of you, we
allocated **over \$1.5 million**
to mental health programs
in 2019 – 2020

Learn more online at:
mentalhealthfoundation.ca

Snapshot of Programs you Supported:

Alberta Hospital Edmonton
All in for Youth
Camrose Open Door Association
EMDR Therapy for Youth
Exercise-based Interventions
Family Connections
Machine Learning for Predictive Diagnosis
Peer Support Training
Wellness Recovery Network

Donate today to help us ensure sustainable mental health funding is available to meet our community's needs.

At this uncertain time, your gift will allow us to move quickly when urgent needs arise.

Email amber@mentalhealthfoundation.ca or visit mentalhealthfoundation.ca to learn more.

Mental Health Foundation
6th Floor, 9942 108 Street, Edmonton, AB T5K 2J5
780.717.6214



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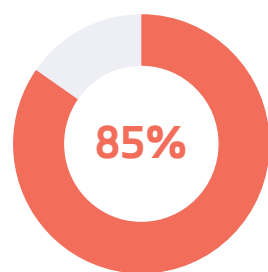
Your Support is Filling the Gaps

The donor difference in numbers.

Access personal stories and content to accompany this report by visiting the web version at [mentalhealthfoundation.ca/2019-20-annual-review/](https://www.mentalhealthfoundation.ca/2019-20-annual-review/)

How Albertans are Feeling

*based on a survey of 6,000 Albertans at the start of the COVID-19 pandemic



Almost 85 per cent of respondents reported moderate to high stress.

53%

met criteria for moderate to severe generalized anxiety disorder

60%

expressed anxiety about contamination with germs since the pandemic began

54%

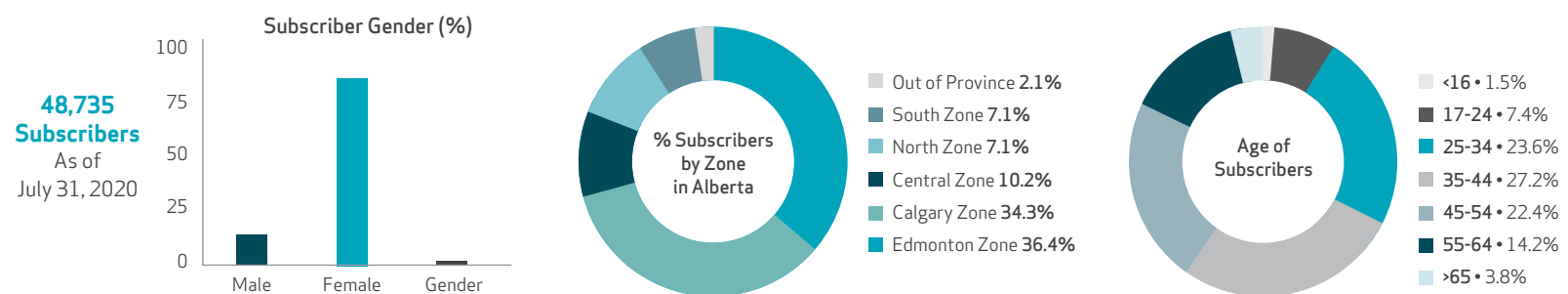
stated they washed their hands excessively since the pandemic began

Text4Hope

Launched two weeks into the pandemic, Text4Hope is a new mobile tool to support Albertans' mental health.

When bad things happen that we can't control, we often focus on the things we can't change. Focus on what you can control; what can you do to help yourself (or someone else) today?

Within 1 week of lockdown, local organizations rallied together to donate **\$498,375** to get Text4Hope off the ground.



Simple measures can help.

Even the daily reassurance provided by Text4Hope.

After 6 weeks, anxiety levels in subscribers fell by **20 per cent.**

Research from Text4Hope will help inform crisis response in the future

8 peer-reviewed papers in publication
3 manuscripts in pre-print (awaiting peer review)
5 manuscripts in submission

→ Residents of Alberta can subscribe to the program by texting "COVID19HOPE" to 393939. A free service, each subscriber receives three months of daily supportive text messages crafted by a team of clinical staff.

Breaking the Silence

Socially-distanced and smashing stigma together.

Breaking the Silence is a free annual event where community members move, engage, and learn about mental health together.

27

free virtual mental health sessions

\$80K

raised for 6 partner organizations across Alberta

831

participants and 78 teams

281

attendees of virtual mental health sessions

294K

impressions and 8.3K engagements online

*Edmonton Community Foundation and Calgary Foundation each provided \$10K in matching funds for organizations participating in Breaking the Silence in Edmonton and Calgary

“

We want to show people that there is help available. There is hope.”

-Raju Virk, cofounder

Integrated Youth Services

Striving for More Good Days for youth through creation of new virtual services.

The Alberta Integrated Youth Services Initiative (AB-IYSI) is working to change how young people access care in our province. As a result of the pandemic, and thanks to donor funding, the team pivoted to creating services that help youth and caregivers while we all socially distance.

Virtual Services

Launching late 2020



Text4Hope for Youth

Created in collaboration with a youth advisory committee.



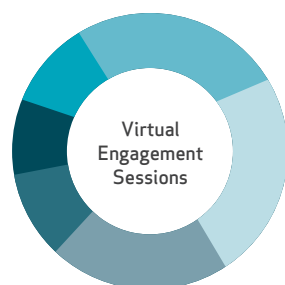
Virtual Clinic for Youth

Remote support in real time.

Website will offer additional interactive features, including a chat bot and virtual toolkit.

Engaging youth in planning ensures new services are tailored to young people.

- An online survey captured the thoughts of 132 participants (50 caregivers and 82 young people).
- 196 organizations/groups across Alberta were consulted.



Alberta Hospital Edmonton

A psychiatric campus of care with a recovery-oriented approach to mental illness and substance use.

Inpatient Services



295 beds



1836 admissions in 2019-20



160 Acre Therapeutic Grounds



Teaching Hospital affiliated with the U of A, MacEwan, and Concordia

Supporting the Zone



AHE opened two closed units to welcome mental health patients from the RAH and UAH so the hospitals could increase medical spaces in case of a COVID-19 surge.

The Royal Alexandra Hospital and University Hospital expressed sincere gratitude for their temporary home during COVID-19—especially the therapeutic grounds.

Working Together



AHE's Transportation team stepped up and helped move patients from the RAH and UAH to their temporary home at AHE and back again.



AHE Transportation also supported the entire zone by transporting PPE to community programs and safely transporting vulnerable clients to the Expo Centre.

Addiction and Mental Health Access 24/7

A year on, the program is established and providing vital services and resources to Edmontonians.

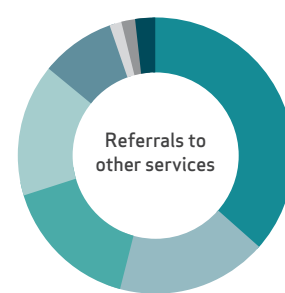
June 17, 2020, marked the one year anniversary of doors opening at Access 24/7.

19,942

unique clients were seen at Access 24/7 from June 1, 2019 to April 30, 2020 for a Total of 67,219 appointments.

72,791

calls were received at the Access 24/7 call centre from June 1, 2019 to April 30, 2020



“

On behalf of Access 24/7, I would like to take this opportunity to thank all of our donors for the contributions you have provided to us in making this service become a reality for the Edmonton zone and surrounding communities. By working together, and challenging the system, we are making the journey easier to navigate.”

Pam Coulson, Director, Urgent and Intensive Services Addiction and Mental Health, Edmonton Zone



Individuals in the Edmonton Zone can reach Access 24/7 at 780-424-2424. The line is always open.

Donors

50,000+

Calgary Foundation
Edmonton Community Foundation
Eldon and Anne Foote Fund
The Dianne & Irving Kipnes Foundation
RBC Foundation
Stollery Children's Hospital Foundation

10,000+

Baher Family Fund
Canadian Payroll Association
Edmonton Oilers Community Foundation
Flaman
David and Nancy Foreman
Keller Construction Ltd.
Leder Charitable Foundation
Otsuka Canada Pharmaceuticals
Poppy Barley Inc
Qualico
Telus Corporation

500+

Alberta School Employee Benefit Plan
Atami Management Inc.
Cameron Blair
Brownlee LLP
Cameron Development Corporation
Jessica Chiu
Covenant Foundation
Darren Currie
DIALOG
Diamonds & Dallies
Edwin Parr Composite School
Global Public Affairs
Carolyn Graham
Greg Badger Memorial Fund
Don Grundy
Fiona Hay
Heather Hicks
Chris Huebner
Jennifer Jordan Interior Design
JV Driver Group
Jill Kelland
Alyssa Lefair
Next Architecture
Parkland Youth Mental Health Hub - Stony Plain
FCSS
St. Albert Cosmopolitan Club
Tacada
Y Squared Consulting
YESS

1000+

Adam Abba-Aji
Abbey Lane Inc.
Accurate Network Services
AECOM
Akash Homes
Al-Terra Engineering Ltd.
Bryce Andre
Arrow Engineering Inc.
Assiff Law
ATB Financial
Leonard Austin
Bank of Montreal
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Mary Pat Barry
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Deb Manz
Melcor Developments Ltd
Penny Omell

250+

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Tania Doblanko
Edmonton John Howard Society
David Grauwiler
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Percy Woods
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How Donors Support the Community

Connecting young people to the right care sooner. 70% of mental health concerns begin in childhood or adolescence. Your support can help young people learn to manage their illness early.

Breaking down barriers to access in the community. Waiting for a crisis is not the best strategy. Your support ensures appropriate care is available in a timely manner.

Providing resources for acute mental illness. From innovative treatments, to supportive programming, your support ensures that the most ill individuals receive appropriate care.

→ Become a Donor

Support long-term initiatives as a monthly donor, or show your support for a specific mental health program with a one-time donation.

→ Host a Fundraiser

Turn your next party or event into a fundraiser in support of mental health.

→ Volunteer

Help out at events promoting or raising money for the Foundation.

Help us continue to fill gaps in care. Donate today at www.mentalhealthfoundation.ca/donate