



Mental Health Foundation
We have a better future in mind.™

2020

A Year in Review

Message From CEO



Deborah J. McKinnon
President & CEO
Mental Health Foundation

**Never has
our collective
personal
understanding
of the challenges
of mental health
and addictions
been deeper.**

In February of 2021, it was my privilege to join the Mental Health Foundation in its mission to support, enhance, and transform mental health care through philanthropy. The increasing reach of mental health issues means an unparalleled urgency to raise support for an historically underfunded cause.

Our passion for this cause is intense, and we have rolled up our sleeves to build capacity and increase fundraising to support thoughtful investments that provide immediate support, relief and wellness.

The following pages describe just some of the programs and services you have helped support. You provided COVID-19 relief funding for necessities such as food, access to communications tool and online Caregiver Education. You ensured continued success and growth of Access 24/7, Alberta Hospital Edmonton and its Day Hospital program, and ongoing treatments and research with rTMS. You supported patient care through customized efforts like *Text4Hope*, *Text4Amal*, and *MoreGoodDays*.

You made a difference in someone's journey – even in their survival. Behind the names of these programs are real people managing their mental illnesses.

With vision for the future, you helped us invest in innovative services at Kickstand that will change the way young people and their families access help in Alberta. A virtual clinic is already underway, and we look forward to establishing its first physical location in the near future. This transformative program will make a difference today and for years to come.

While things continue to shift in the world around us, we face forward. At the Mental Health Foundation, we are focused, we are determined, and we are optimistic.

Every day, people we know and love access programs that change their lives for the better, thanks to the generosity of our donors. People like you. We carry their stories around in our heads and hearts. We know there will be many more who need your support in the year to come. Those who struggle on the front lines right now and those for whom the full toll of the pandemic will reveal itself as time goes on.

We are determined to build the Mental Health Foundation for Albertans who need mental health support. To support new patient journeys, thanks to donors who care. Because mental health is essential. Now and always.

Thank you for your support, vision and commitment!

How Albertans are Feeling

Alberta is experiencing the highest self-rated levels of anxiety Canada-wide since the onset of COVID-19.



1/3 have said effects of mental health have impacted their ability to function.



1/4 of Albertans have increased their alcohol consumption.



1/3 have increased their cannabis consumption.



14% have thought about suicide in the past year.

Addiction and Mental Health 2020-2021

The efforts of each individual Addiction and Mental Health program – and every staff/physician within – has a direct, positive impact on the big picture of healthcare during this global pandemic.

1,180,616 community visits for addiction and mental health services across Alberta.

Despite an initial decrease in April of 2020, hospital admissions for addictions and mental health quickly exceeded numbers experienced in the past 3 years:

- Individuals seeking help were much more acutely ill than in the past
- 17,029 unique patients made 29,052 visits to the Emergency Room for mental health reasons
- Over 75% of these individuals had not received any mental health care within the previous year

Since August 2020, an increasing number of emergency room visits across Alberta have been related to intentional self-harm in youth under 18.




Thanks to dedication of staff, wait time to receive a bed has decreased by **500%**.

Extraordinary measures in desperate times



Extra support during the pandemic meant addiction and mental health patients in intensive programs had extra help to take care of their basic needs so they could focus on recovery.

“ Thank you for buying me a phone and minutes when I was unable to buy my own. **I have felt so lonely during the pandemic** because I am not able to see my parents and friends and a phone helped me stay in touch with my workers too.”





Covid-19 made it harder for some folks to access necessities, as services they had previously relied on became disrupted.

Emergency funding helped reduce the risk of transmission to these individuals and helped with the impact of isolation.

From food kits that allowed newly housed people to stay home and cook dinner when satellite food bank sites were closed, to leisure and exercise items that improved the quality of life for individuals who had to isolate in transitional housing, hundreds of addiction and mental health clients were positively impacted.

Seemingly small gestures can mean the world.

After many years of living rough, Clara had an apartment to quarantine in but, on her limited AISH income, could not afford a vacuum. She struggled to keep it clean and free of pests.

Her mental health case worker accessed the Emergency Essentials program offered through the Mental Health Foundation as a response to COVID-19. When Clara was presented the new vacuum she was surprised and grateful for the generous gift.

She felt like she mattered to someone.

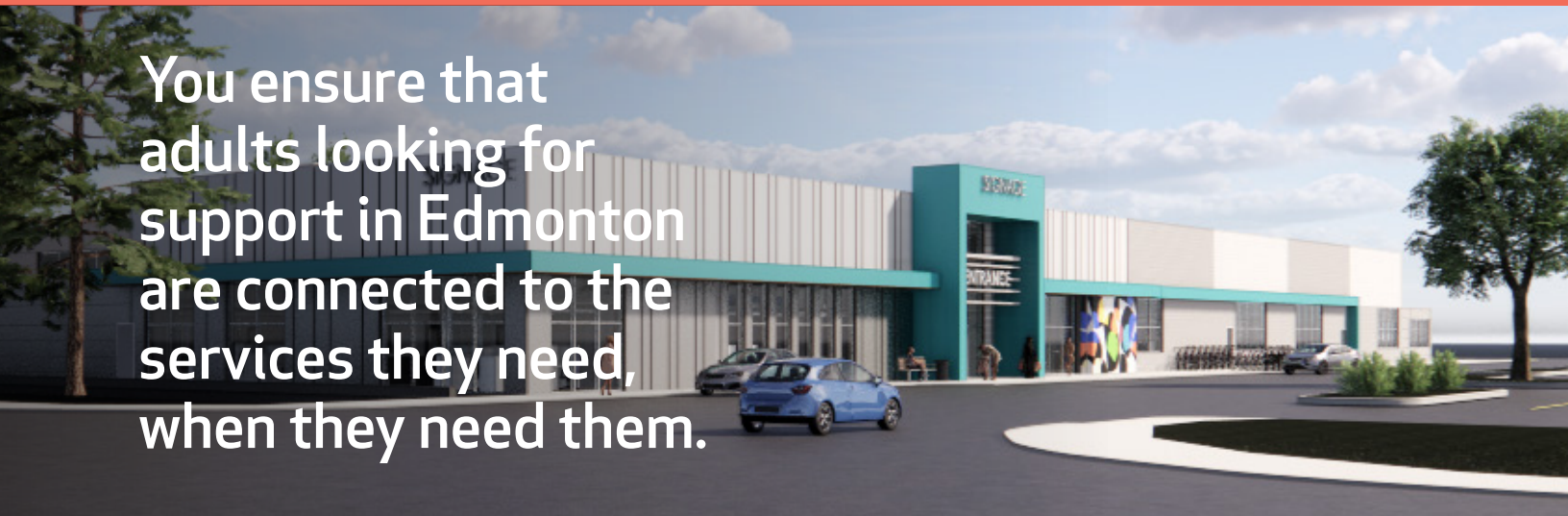
The small comfort of a vacuum made Clara's quarantine experience easier, and gave her pride in her ability to take care of her home going forward.

We don't always know what will make a difference for someone's mental health, but your support shows individuals like Clara that someone cares enough to help.

Food kits allowed newly housed people to stay home and cook dinner when satellite food bank sites were closed.

Donors Change Lives

You ensure that adults looking for support in Edmonton are connected to the services they need, when they need them.



Addiction and Mental Health Access 24/7

Thanks to the diligence of staff, full walk-in services at Access 24/7 never once altered due to the pandemic.



**Provided
24/7 support**
on the phone and in person



7,000+
calls every month



21K
clients served



The need is clear.

The impact is high. Your support of Access 24/7 has made a difference.

To our donors:

“We’ll be forever grateful for the support that you provided to help get this transformational program off the ground.”

- Mark Snaterse, Executive Director, Addiction and Mental Health Edmonton Zone

“We were there for people in whatever way they needed. We are proud to be there.”

- Family Peer Support Worker, Karolyn, on providing services during the pandemic

Staff reported more first time callers than at any other time. **What does this mean?** People who haven’t connected to mental health care before are now accessing it thanks to this service.

All because you cared.

Next spring, Access 24/7 will open in a customized centre in North Edmonton with more space and new programming opportunities, housed under the same roof as primary care.

You provided families in need with a guide as they travel the path of recovery together.

The pandemic put pressure on family dynamics, for mothers supporting children through at home learning, adult children taking care of their aging parents, and couples spending increasing time together.

Family peer support workers at Access 24/7 built relationships with family members to help navigate the unique challenges of life with Covid-19: emotional distress, unhealthy substance use, loneliness, and self-care for overwhelmed caregivers.

As Karolyn knows from lived experience, managing mental health “isn’t a short-term fix, it’s a long-term lifestyle”. Family peers provide the tools to understand the road ahead. **Your generosity made it possible.**

You made mental health support
accessible for kids in school,
**helping to bust stigma
for the next generation.**

Many families in Alberta reported
having a difficult time coping during
the pandemic.





Because of you, the shifting needs of students and families were taken care of as students at **All in for Youth** schools transitioned to remote learning.



71%

said that without the AIFY supports offered by the school, they and their families would not be doing as well as they are today.



For the last three years, AIFY has supported approximately

2,784

students across the five AIFY school communities.

Thanks to donors, hundreds of families were contacted to find out how they were doing and what they needed.

Food packages and activity kits were delivered to families who needed them, while others were connected to appropriate financial aid, assisted with online learning, provided with technology, and offered remote therapeutic support.

Despite hardships, many young people and caregivers began having more therapeutic and transformative conversations. Families were supported as they worked through new or intensified complexities - stress levels, family relationships, parenting challenges, coping, safety planning- in their lives.

“You can tell they really care about kids and they want the best for them. Like even... after school and even right now with the pandemic, they have been reaching out. They have talked to us. So... me and my daughter, we feel like we are important to them. And they really care.”

-All in for Youth Parent

Because of you,

parents and caregivers don't need to go it alone when it comes to promoting positive mental health.

It can be difficult to know where to find the right information, or to find support from people who understand your experience as a parent. Watching your child struggle is a unique pain.



Donors like you enabled the Caregiver Education team to go virtual and continue to provide access to mental health resources during a pivotal time.

So Albertan families could confidently be there for their kids when they most needed support.



138

mental health sessions were delivered



5125

individuals across the province



193 hrs

of virtual caregiver sessions

to



“ Thank you. This journey of learning is so helpful for my growing family.”

-Family Connections participant

“ It’s been AMAZING to connect with other people in similar situations as mine. Until now, I felt like the only one in the world with this problem. The skills we are learning and experiences we are sharing make me feel more confident in the approach I take with my loved one. I am learning how to be supportive but also true to my own emotions.”

Donors also made it possible for family members to continue accessing Family Connections, a program that empowers caregivers to support their struggling loved ones.

Because of you, these families:

Have an increased awareness of the need for self-care

Feel they have more skills and support to continue assisting their loved ones with mental health issues

Feel more hopeful about their loved ones’ future

Your support provided skills directly to family members, reducing their sense of burden, grief and depression, and allowing them to regain better balance in their lives.

You helped us welcome Kickstand to the world,

a new service built alongside young people to make access to mental health services a no brainer.



YOU ARE
AMAZING!



YOUR LIGHT
DESERVES
TO SHINE
BRIGHT!

100%

of the youth involved reported a positive impact on their mental health.



Thanks to donors like you, and the input of hundreds of youth, the Alberta Integrated Youth Services Initiative launched their new brand and website in December 2020.

At Kickstand, you aren't alone; you belong. And families tired of trying to figure out where to go for help can look no further.

Have a burning question about mental health? Young people can now access educational content at mykickstand.ca.

Looking for some positivity? Get 365 days of messages written by 40 youth from across Alberta free with More Good Days.

And stay tuned for Kickstand Connect, a virtual space for young people and families to access personalized support, no matter where they live.



Preserving your Pack.

Thanks to our sponsor Petsmart, patients entering treatment programs could relax knowing their most cuddly family members were in safe hands.

Anyone with a pet will attest to the benefits they provide for their mental health.

A partnership between AHS, Gears, and CAWS, the Preserve your Pack program reduced barriers to help seeking by providing pets a temporary home while their owners completed programs they needed to get well.

“

I wouldn't have gone or been able to concentrate on my therapy if I was worried about him. I can deal with myself more with him being safe. I know he was in good hands.

I found myself, I forgive myself, and I am still working.”

-Preserve Your Pack participant

You gave Albertans with depression another chance at recovery.

Despite delays during the first few months of the pandemic, 130 individuals have now finished their brain stimulation treatment in Edmonton.

Individuals receive brain stimulation when everything else has failed to lessen the suffering felt during depression.

It can feel like both a last chance and a light at the end of the tunnel.



The great news: the program is seeing significant improvements from patients, with staff describing the experience as watching a whole new person emerge.



Relationships matter. While patients receive treatment, they have an opportunity to socialize and engage in positive interactions, including the introduction of cognitive behavioral therapy.



Building capacity. 2.5 years ago, only one psychiatrist was trained to run the program. Now there are 10, increasing our ability to see more patients.

It can feel like both a last chance and a light at the end of the tunnel.

This moment in time has made the need for mental health clear.

We just need to meet the moment.

Please Donate Today

Ways to Give ←

The generosity of donors:

- Creates modern, well-designed mental health treatment spaces that contribute to healing and the therapeutic benefit of services
- Helps address the immediate needs of those suffering with mental illness and addiction by offering access to needed services
- Funds support systems that empower patients to get and benefit from the help they need, whenever they need it
- Supports breakthroughs in research that can change how mental health and addiction are thought and talked about.
- Strengthens community members' ability to uplift each other from skill-building workshops to virtual seminars

Your support matters. More lives changed. More lives saved. A better future starts with you, today.

Financial Snapshot

2020 – 2021

Statement of Revenues and Expenditures Year Ended March 31, 2021

	2021	2020
REVENUE		
Donations and fundraising	\$ 2,771,686	\$ 2,341,110
Investment income	44,339	49,183
	2,816,025	2,390,293
DIRECT FUNDRAISING EXPENDITURES	99,399	144,473
	2,716,626	2,245,820
EXPENSES		
Administration	472,088	449,633
EXCESS OF REVENUE OVER EXPENSES BEFORE OTHER INCOME (DISBURSEMENTS)	2,244,538	1,796,187
OTHER INCOME (DISBURSEMENTS)		
Realized gain (loss) on marketable securities	147,105	(2,557)
Unrealized gain (loss) on marketable securities	94,770	(108,338)
Disbursements	(2,055,608)	(1,537,775)
	(1,813,733)	(1,648,670)
EXCESS OF REVENUE OVER EXPENSES	\$ 430,805	\$ 147,517

Audited Financials ←

Board Trustees 2020 – 2021

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Thank You to Our Donors

[Donor Roll](#) ←





Mental Health **Foundation**

We have a better future in mind.™

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

mentalhealthfoundation.ca | info@mentalhealthfoundation.ca
780.342.7718

Donate Now ←



@MentalHealthAB