



Mental
Health
Estrie

ANNUAL REPORT 2018-2019

Annual General Meeting • June 13 2019

*Recovery
of hope
& Hope
of recovery*

Profile

Mission Statement

Mental Health Estrie is committed to providing information, support, education and advocacy to English-speaking caregivers & individuals affected by mental illness in Estrie.

Membership and Volunteers

- 65 members (membership is not a requirement for services)
- Facebook: 312 followers / 290 members (up from 187 a year ago)
- 6 Board members provided 700 hours for administrative tasks and activities
- 70 volunteers contributed over 1000 hours to activities
- Bishop's University Fashion Show Volunteers:

4 coordinators	- 2700 hours
18 committee members	- 5550 hours
125 volunteers	- 5250 hours
Total	=13 500 hours

Phone calls and Visits

- Approximately 550 phone calls and visits in 2018-2019 from individuals, families and health and social services providers, seeking support and / or information & referrals.
- 42 client support group meetings took place, with an average of 7 participants, 22 individuals involved throughout the year.
- 21 family support group meetings took place, with an average of 3 participants, 13 individuals involved throughout the year.

Where to find us:

257 Queen St., Office 900
Sherbrooke QC J1M 1K7

www.mentalhealthestrie.com

How to contact us:

TEL: 819-565-3777
FAX: 819-565-4160
mhe.info@bellnet.ca

Office Hours

9:00 a.m. – 4:30 p.m.
(Monday-Thursday)

Find us on Facebook

Board of Directors 2018-2019



Esther Barnett
President
Waterville



Irene Briand
Vice-President
Sherbrooke



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Treasurer
West Bolton



Holly Moore
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Paulette Losier
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Lynne Beattie
Canton de Hatley



Barbara Drexel
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Jo-Anne Anderson
Canton de Melbourne



Judy Ross
(Exec. Dir. Emeritus)
Magog

Staff



Tanya Gibson
Executive Director
Sherbrooke

President's Report



This past year has been interesting and busy. Our application for funding from the CIUSSS de l'Estrie CHUS' Addiction and Mental Health department was approved and we proceeded to launch a project to enhance awareness of mental health services for the English-speaking community in the Estrie region. Risha Dave, our 2018 summer student, was hired to coordinate the project. A pilot session was offered in Richmond in November and 5 other sessions were planned. Thank you to Paulette Losier and Judy Ross for the many hours they spent working on this application.

This year we were fortunate to receive support from new sectors of the community. These included: Corey Morin from Domino's Pizza, who held a fundraiser during Mental Health Awareness week; the Catholic Women's League in Sherbrooke; the Lennoxville Curling Club; the Order of the Eastern Star (currently fundraising for MHE) and the Bishop's University Fashion Show and related activities. These groups donated funds to MHE and the resulting publicity helped to make more people aware of our services. Our applications to the Townshippers' Research and Cultural Foundation and the Scowen Foundation also yielded positive results. For some time now, the MHE Board of Directors has been aware that our only employee, Tanya Gibson has been overwhelmed with the work of managing office duties, facilitating support groups; attending meetings etc. We feel our budget will now permit us to alleviate her workload and thus have begun the process of hiring another individual to help with some of these tasks.

We have been very fortunate to have Heather Thomson sitting at our meetings and helping with various events. We will officially welcome her as a member of the board at our annual meeting.

Our Executive Director Tanya Gibson manages to keep this organization running smoothly despite looming deadlines, needs of clients and a myriad of administrative duties. I want to thank her for her dedication and determination to carry out our mission.

The board of MHE is an amazing group of people. Their willingness to give their time and expertise to the cause is truly commendable. In addition to Board members we have many volunteers. They are there for the HUGS project in the fall, our Méchoui in the spring and numerous other tasks. Please know that all your efforts are truly appreciated.

A handwritten signature in cursive script that reads "Esther Barnett".

Esther Stovold Barnett
President

1. Services to Families & Individuals

Outline

Mental Health Estrie provides a friendly and confidential environment where people can discuss issues of mental health:

- ✓ Support groups
 - For Family & Friends
 - For individuals coping with mental illness
- ✓ One-on-one assistance: in person, via telephone or e-mail.
- ✓ Information and referral services
- ✓ Educational sessions animated by professionals in small group settings at the office of MHE
- ✓ Promotion of and participation in distance education programs such as those offered by AMI Québec and Friends for Mental Health

MHE is committed to eliminating stigma through public awareness, including:

- ✓ Educational events for the region of Estrie, led by professionals in the area of major mental disorders and recovery
- ✓ Information sessions on mental health subjects and promotion of services available in Estrie led by MHE staff or volunteers
- ✓ Information booths at public events staffed by volunteers

MHE Offers tools to better understand mental illnesses and assist in the process of recovery:

- ✓ A lending library of books, videos, DVD's and periodicals
- ✓ A documentation centre offering free and up to date literature

1.1 Information & Referrals

Assistance, information and referrals are provided on an individual basis in person by telephone, via email or Facebook. Referrals are made to government health services such as:

- ✓ The CIUSSS de L'Estrie-CHUS (including the CLSCs in each MRC and the Emergency department of the Hotel-Dieu and clinics).
- ✓ Urgence Détresse / Info Santé.
- ✓ Other mental health service providers and community organizations e.g. JEVI (suicide prevention) and Dunham House (addictions and mental health) to name just two.
- ✓ Community organizations involved in health and social services e.g. CALACS (support to victims of sexual aggression) ARRIMAGE (eating disorders), Lennoxville & District Women's Centre etc.
- ✓ And to AMI Québec (Action on Mental Illness) in Montreal—the oldest mental health community organization in Québec serving the English-speaking community.

1.2 Peer Support Group for Families & Friends

I am so grateful to have a group that I can go to and share my concerns and troubles with other people who understand what it is like to have a loved one with mental health issues. Sometimes things are manageable and weeks can go by without the need to attend, but thank goodness it is there when I need it. We suffer alone and are unable to help our loved ones for the most part, and attending the group helps us to accept that things are what they are, and that somehow we'll get through another day. It is support that cannot be provided by someone who doesn't share this experience.

-Family Peer Support Group Member 2019

The Peer Support Group for family, friends and caregivers is held the second and fourth Wednesday of every month, from 10 a.m. to noon.

Facing mental illness in the family is a daunting task. Being able to share with others – or simply listen – provides new strength to cope with difficult and/or ongoing situations.

This support also contributes to one's own well-being and reduces the burden put on close friends.

***21 meetings took place with an average of three participants.
A total of 13 individuals involved throughout the year.***

One-on-One Support

In addition to the two peer support groups for individuals and family members, Mental Health Estrie's one-on-one services are also very important. Not everyone who reaches out to MHE is seeking group support. Some are looking for individual guidance. Individuals, families and friends continue to reach out to MHE for knowledge, resources, support and accompaniment on their path to reaching their goals.

***Approximately 140 personal visits to MHE for one-on-one support
by families and individuals in 2018-19.
MHE also receives many phone calls, emails, and messages via social media.***

1.3 Peer Support Groups for Individuals

Mental Health Estrie is composed of a wonderful group that allows its members to express and exchange their thoughts and ideas in an English setting. It offers not only an opportunity to interact with others, but also a supportive environment where confidentiality and trust are the key ingredients. Respect of each other as well as a sense of belonging and of being listened to gives this group its own wonderful uniqueness. I appreciate having this group to go to and would highly recommend Mental Health Estrie to anyone seeking or needing the support that this group has to offer.

-Peer Support Group Member 2019

The peer support group for individuals with a lived experience of mental illness meets weekly on Monday from 1 – 3 p.m. Meeting time is divided between peer support and activity as needed.

Activities are animated by MHE facilitators, special guests or group members. Thank you to Townshippers' Research & Cultural Foundation who supported the financial cost of these activities through a Grant in 2018-2019. Activities and workshop's included:

- ◆ Homemade Stress Balls
- ◆ Coping Skills Toolboxes
- ◆ Boundaries
- ◆ Personality Disorders & Attachment Theory
- ◆ Non-Violent Communication with guest speaker Simon Stankovich Hamel
- ◆ Personality Disorders
- ◆ Holiday Activities
- ◆ A Christmas lunch and gift game provided by and in the shared company of members of the Order of the Eastern Star

***42 meetings took place with an average of seven participants.
A total of 22 individuals involved throughout the year.***

The services that Mental Health Estrie (MHE) is providing to the English community in Sherbrooke are of utmost importance to this area. 18 years ago, I was diagnosed with Bipolar Disorder and was hospitalized. When I was discharged there were no group therapy sessions in English in the Eastern Townships. The only option was to go to Montreal for help and that was just not feasible for someone in the depths of bipolar depression. So, I suffered in silence.

For the past 2 years I have been both a volunteer and a client of MHE. Attending group meetings, I can see how discussion in a **safe space** is helping so many people. Listening with **no judgement** is vital to recovery and MHE fosters this attitude. Tanya is a wonderful facilitator! She is patient, sensitive and puts everyone at ease. Inclusiveness is what Tanya and MHE espouse and we are lucky to have this organization. Everything must be done to continue to develop this essential service!

-Peer Support Group Member

1.3 Peer Support Groups for Individuals *cont'd*

Stanstead Mental Health Project: “After the Rainbow Comes the Sun”

This program aims to reduce the isolation of individuals living with moderate to severe mental health problems in the Stanstead area. Participants meet once a week for 30 weeks, to enjoy activities, a meal, and some form of physical activity.

The program provides participants with the opportunity to set goals and the tools to pursue them. The “tool box” includes the development of greater self-esteem and social skills, as well as the opportunity to work on attitudes and behaviors, thus equipping participants to face personal life challenges.

MHE has been a member of the Steering Committee since its inception in 2009, alongside partners: Centre D’Action Bénévole R. H. Rediker, the Centre des services sociaux et de santé Memphremagog (CSSSM) and Townshippers’ Association.

Coordinator Elsa Mongeau, is assisted by a dedicated group of volunteers who generously donate their time in support of the regular weekly activities, as well as special excursions. MHE staff participate in special outings each year, such as an end of the season barbeque and a Christmas lunch.

1.4 Practical Experience for B.U. Student

For the twelfth year, Mental Health Estrie welcomed a psychology student from Bishop’s University to complete a 13 week practicum. From January to April, Melissa Major co-facilitated support group meetings and provided one-on-one support.

During her Practicum Melissa prepared workshops on *Setting Boundaries*, and *Personality Disorders & Attachment Theory*. Additionally, Melissa habitually shared her vast knowledge on issues concerning mental health, the functioning of the brain and ways to promote wellness and self-care.

Melissa will be graduating from Bishop’s in June and plans to pursue a degree in Clinical Developmental Psychology at York University.

Appreciation is extended to Dr. Claude Charpentier of Bishop’s University for including MHE in the practicum program and thus allowing us to share real life experiences with the students interested in making a difference in the future.



Melissa Major, a student from Bishop’s University psychology program, benefited from a practicum at Mental Health Estrie.

1.5 Community Experience for a Future Professional

Over the past year, Risha Dave has worn several hats at Mental Health Estrie, as she works toward a degree in Counselling Psychology at Yorkville University. We first met Risha in the summer of 2018, when thanks to the support of the Canada Summer Jobs (CSJ) program, she joined MHE as our summer student. Risha was hired as a Mental Health Support Worker & Administrative Assistant, and carried out 8 weeks at MHE. During this time, Risha facilitated support group meetings, provided one on one support, planned activities and workshops, and carried out numerous tasks related to office maintenance. In the fall of 2018, Risha was hired as Project Coordinator on a project made possible thanks to the financial support of the CIUSSS de l'Estrie-CHUS, which aims to promote awareness of mental health services to the English-speaking community. Risha has been working hard on developing a series of 6 educational events to take place in 6 MRCs throughout Estrie, between November 2018 and May 2019 (see page 12 for more details). Risha will be joining MHE once again as Mental Health Support Worker and Administrative Assistant for the summer of 2019, thanks once again to the CSJ program.



Risha Dave, Coordinator of MHE's Project to Promote Mental Health Services to the English-speaking Community, and Summer Student 2018 & 2019

A big thank you to Risha for all of her very capable work and for her passion and commitment to helping to improve the lives of English-speaking families and individuals affected by mental illness in Estrie. We have no doubt that she has a very promising career in counselling upon the completion of her studies.

2. Public Engagement

2.1 Presentations by Mental Health Estrie Staff and volunteers

Mental Health Estrie is pleased to present to groups on a variety of topics. This past year, speaking engagements included presentations to:

- ◆ Champlain Regional College Special Care Counselling students in collaboration with the ROC de L'Estrie (Regroupement des organismes communautaire) on the nature of a career in a community organization.
- ◆ Lennoxville Vocational Training Centre students in the Home Care program on intervening with individuals experiencing a mental health problem.
- ◆ Members of the Mansonville Youth Centre

An introduction to MHE and the work carried out by the organization was presented to:

- ◆ Partners working in the health and social services sector at the networking event "Creating Connections," hosted by Townshippers' Association.
- ◆ Community members at the event "Allies in Autonomy" held in Borough's Falls, an event to promote services available for caregivers friends and families, hosted by the Centre d'action bénévole de la MRC de Coaticook.
- ◆ Members of the Order of the Eastern Star, at a reception held in honor of the election of the Worthy Grand Matron, Janet Patch, who has chosen MHE as the recipient of fundraising efforts to be carried out between the fall of 2018 and 2019.
- ◆ Members of the Catholic Women's League of the Saint-Patrick Church in Sherbrooke.

2. Public Engagement cont'd**2.2 Presentations to the General Community****Information Session: Medical Law and Mental Health**

Mental Health Estrie partnered with Pro Bono Students Canada to present on the topic of Medical Law and Mental Health. One of the most frustrating and common experiences for a loved one who is caregiving to someone with a mental illness, is how to help someone who cannot recognize that they are unwell. This phenomenon which can be described as a lack of awareness, is called Anosognosia and affects 50% of people living with schizophrenia, and 40% of people living



Pictured above, students from the University of Sherbrooke Faculty of Law Department and Tanya Gibson, MHE Executive Director, following a presentation on Medical Law and Mental Health.

with bipolar disorder. It can also accompany illnesses such as major depression with psychotic features. Treating these mental health conditions is much more complicated if lack of insight is one of the symptoms. All too often, family and friends meet a number of roadblocks with regards to helping a loved one with anosognosia to receive treatment, especially if the person refuses professional help. This education session, geared toward better equipping family and friends to understand what options are available, discussed laws surrounding consent to treatment, confinement in an institution and access to medical files.

This project was presented in collaboration with student volunteers from the University of Sherbrooke Faculty of Law Department (as pictured above). In addition to the information session held in the spring of 2019, a handbook was prepared and distributed, titled "Information Guide on Medical Law and Mental Health." The handbook can be viewed and printed via the website of Mental Health Estrie at <http://mentalhealthestrie.com/wp-content/uploads/2019/03/Mental-Health-Laws-2019.pdf>

2.2 Presentations to the General Community *cont'd*

Information Sessions: Promoting Mental Health Services to the English-speaking Community

Thanks to the financial support and collaboration of the CIUSSS de L'Estrie-CHUS' Mental Health and Addictions Department, Mental Health Estrie carried out a project to promote mental health services to the English-speaking community of Estrie, through a series of six interactive educational events to be carried out between the fall of 2018 and the summer of 2019.

Regardless of mother tongue, it can be a challenge to know where to seek mental health treatment and support. This can be compounded for members of the minority language English-speaking community, as promotional services are often dispersed in French, or dispersed via French media sources and events. To further add to this challenge, not all services are available in English, whether at the hospitals, the CLSCs or at the community level. The aim of this project is to bring together community members, mental health professionals and community partners who provide mental health services, both at a local and regional level, to enhance awareness of what is available to the English-speaking community.

In addition to this goal, this project also aims to demystify myths, break the stigma surrounding mental illness, and empower the community with knowledge to help themselves and others.

Project Coordinator Risha Dave, will develop and implement the events. The series began with a pilot presentation in November of 2018, in the Val-St-Francois region. Representatives from the local CLSC spoke on how to access mental health services at the CLSC, and community partners each presented on the services offered by their organization. This was followed by a Q & A. Handouts containing contact information on a variety of resources and where to seek professional help were also distributed. A resource list of mental health service providers and community organizations is in development and will be distributed at the remaining events. It is our hope this document will be an easy guide that can be placed on one's fridge for easy access. The remaining five sessions will take place during the month of May 2019, in Brome-Missisquoi, Coaticook, Haut-St-Francois, Memphremagog and Sherbrooke.

A series of six educational events to take place from November 2018- June 2019 in the MRCs of:

Brome-Missisquoi, Coaticook, Haut-St-Francois, Memphremagog, Sherbrooke, and Val-St-Francois

In collaboration with representatives from the CIUSSS de l'Estrie-CHUS and community partners in the health and social services sector:

Mental Health Estrie, Arrimage Estrie, JEVI Centre de prevention de suicide – Estrie, Centre Prevention Suicide de Haute-Yamaska, Agression Estrie – CALACS, APPAMM-Estrie, Mon Shack, Lennoxville & District Women's Centre, Avante Women's Centre, , Centre des Femmes du Val-St-Francois, Le Rivage, Dunham House, Oasis Santé Mentale, l'Eveil, Mental Health Support Group, Brome Mental Health and Well being support group, la Maison des Aidants de Brome-Missisquoi, Centre L'Elan and Community Outreach Worker for the Haut-St-Francois Gabrielle Joncas-Brunet.

These events will reach over 130 community members throughout Estrie

2. Public Engagement cont'd

2.3 Distance Learning Opportunities

Mental Health Estrie actively promotes and participates in the distance learning programs of AMI Quebec (Action on Mental Illness) in Montreal. These programs are available throughout Quebec and are interactive, free of charge and animated by mental health professionals, such as psychiatrists, psychologists and social workers.

Online Learning

In order to reach a larger audience, AMI Quebec recently transitioned from tele-workshops to online learning. A variety of informative videos are already available. In addition to the live and previously recorded events, AMI Quebec has also been developing their YouTube Channel with a series of videos, including how to navigate Quebec's healthcare system.

Visit <https://amiquebec.org/learnonline/> for previously recorded and future online presentations.

Look up AMI Quebec on [Youtube](#)

Visit <https://soundcloud.com/amiquebec> for other previously recorded presentations

2.4 Public Information Booths

Kiosks at different events with free literature on a variety of mental health topics provide information to the general public while staff and volunteers are available to answer questions. Mental Health Estrie provided a kiosk at:

- ◆ Friendship Day in Lennoxville
- ◆ Townshippers' Festival in Richmond
- ◆ Townshippers' Open House
- ◆ Bishop's University (Mental Health Week)
- ◆ "Allies in Autonomy" Event held in Boroughs Falls
- ◆ Mental Wellness Fair in Knowlton

2. Public Engagement cont'd

2.5 Outreach

Walk in My Shoes: *HUGS* for the homeless

Each year Mental Health Estrie runs a campaign to collect **new** warm clothing for the homeless. What began as a Christmas project in 2007 evolved into an annual winter project, running from December through March. HUGS stands for Hats, Underwear, Gloves and Socks & Scarves. In addition to these items, cash donations go towards the purchase of other warm clothing, such as long johns, sweaters, jogging pants, jackets, boots etc. Items are collected and delivered to the Accueil Poirier in Sherbrooke, the local shelter for the homeless.

This initiative remains possible thanks to the generosity of Townshippers – individuals, organizations and businesses. A sincere thank you is extended to the church organizations and social clubs that provided significant funds for the necessary purchases. Special thanks go to **Clark & Sons** for their help in providing winter clothing.

Experience shows us that there is a much greater need for men's items – especially warm socks and gloves. We always receive more than enough items for women but over 75% of the recipients are men. In addition to warm clothing, toiletries are also accepted. For hygienic reasons, liquid soaps rather than bars of soap are appreciated. Thank you to students from the Community Psychology class at Bishop's University who ran a drive to collect HUGS items on campus this past winter 2018.



Interveners from the Accueil Poirier loaded three vehicles with items to be delivered to local homeless shelters. Over 60 gift bags were prepared for residents of the Accueil Poirier, Maison Wilfrid-Laurier and Maison Marie-Jeanne – transition homes for individuals reintegrating into society.

H Hats, headbands, balaclavas	240
U Underwear	50
G Gloves / Mitts	70
S Socks	350
S Scarves, neck warmers	30
Articles of warm clothing	55
Numerous toiletries	
Total number of items:	760 +

The greatest needs are for MEN, especially

and



3. Community Engagement

3.1 Networking

A good working relationship exists with public and private mental health care providers in the Estrie region. MHE receives calls from social workers from various departments of the CIUSSS de L'Estrie, from the CHUS-Hotel Dieu, Centre des services sociaux et de santé (CSSS) of Memphremagog, Coaticook, Haut-St-François and Val-St-François, as well as community organizations such as JEVI, Dunham House, APPAMME, Centre l'Élan, Townshippers' Association, Lennoxville & District Women's Centre and Lennoxville & District Community Aid to name a few.

MHE continues to participate in the mental health committees of the CIUSSS de l'Estrie - CHUS:

- Table de concertation en santé mentale Memphremagog
- Steering Committee for the Stanstead Mental Health Project (in partnership with the CSSS Memphremagog, Townshippers' Association and CAB Rediker).
- The transitory Access to English Services Advisory Committee (An official Access to English Services Committee is currently being developed, and as such, the transitory committee will hold its final meeting in May of 2019).

Additionally MHE participated in other community partnerships:

- Table de concertation communautaire Lennoxville
- Partners for Health and Social Services Network Estrie (PHSSNE)
- Lennoxville borough Advisory Committee for Social and Community Development
- Haut-St-Francois Community Network

In 2017 MHE became a member of the *Regroupement des Organismes Communautaires de l'Estrie* (ROC de l'Estrie), a group that represents and advocates for community organizations in the health and social services sector.

3.2 Promotion of Services

Services and events are publicized via:

- Public service announcements in local newspapers, CBC radio and CJBQ radio
- Paid advertising in local newspapers for special events and workshops
- Community email bulletins (e.g. Townshippers' Association)
- Wide distribution of posters for special events
- Notices and emails sent to members and friends of MHE, community organizations and local churches
- Announcements on MHE's Facebook Page and website and Facebook ads

3.3 Membership

Services are offered to everyone and membership is not a requirement, however it is encouraged throughout the year.

65 members in 2018-19, up from 46 in 2017-2018

4. Administrative Activities

4.1 Administration

Seven meetings were held by the volunteer Board of Directors during the year to supervise and oversee the work of the Executive Director and volunteers, and to review the budget as well as many other tasks. This year Directors spent a great deal of time searching for funding sources, preparing grant applications and planning fundraisers and this is reflected in the number of hours given to MHE.

7 Directors provided 700 hours for administrative duties and other activities

4.2 Volunteers

MHE is fortunate to have a bank of dedicated volunteers to help achieve its goals by assisting at kiosks, helping with mailings, providing transportation, facilitating support groups, and helping with the Walk in My Shoes campaign – to identify only a few of the many tasks completed.

A key component to the success of any community organization is the strength of its volunteers; we are grateful for the help we receive. The generosity of volunteers in all forms, is an essential element for the continued development of MHE services.

70 volunteers contributed over 1000 hours to activities
Total volunteers: 77 Total hours contributed: over 1700

4.3 Funding

A) Provincial Government

Mental Health Estrie receives financial support from the *Programme de soutien aux organismes communautaires* (PSOC) of the CIUSSS de l'Estrie-CHUS (previously, the "Agence"). This program supports non-profit community organizations working in the health and social services sector.

Support from the PSOC program since 2011 has provided MHE with a base of recurring funding. However, the first grant of \$26,000 represented 50% of the total amount for which MHE was eligible. In 2015-2016, in light of the increase in demand of services and functioning of MHE, the PSOC program recognized that MHE had changed from classification "A" to "B." However, this achievement was not recognized in the annual grant funding, other than approximately 1.2% annually for the cost of living.

In 2015, MHE signed a three year contract with PSOC (2015-2018) to receive \$27, 619 annually. We were delighted in the fall of 2017, to receive our first ever increase, just over \$2000 per year, which brought us up to \$30, 000 annually. In 2018, each organization funded by the PSOC program received an additional \$5000 recurring increase. However our reality remains that we are funded at less than 10% of the recommended Provincial allotment for our classification. MHE continues to struggle with a shoestring budget and is unable to provide the level of services required.

4. Administrative Activities cont'd**B) Community Support**

The very existence of MHE is dependent upon tangible help from the community. The generous financial support of individuals, organizations, social clubs and corporations is greatly appreciated and allows MHE to empower families and individuals affected by a mental illness on their journey of recovery.

Mental Health Estrie Holds Second Annual Méchoui Fundraiser

In celebration of Mental Health Week, Mental Health Estrie held its second annual Méchoui Fundraiser in May of 2018. For the second year in a row, the results were very encouraging, with nearly 200 tickets sold.

A sincere thank you to MHE Director, Paulette Losier for her organizational skills and for coordinating the event. This event could not have been the success it was, without the efforts of many volunteers, including the volunteers from the ANAF Unit #318 AKA the “HUT,” the active efforts of the Board of Directors in planning and organizing the evening, and the many volunteers who helped to set up, serve food and clean up. A special thank you to Clark and Sons for their assistance with ticket sales, and to the volunteer students from Bishop’s College School. Thank you to everyone who contributed to this supper, and to each person who supported MHE via ticket sales and donations.

In light of the success in 2017 and 2018, it is expected that MHE will continue to hold an annual Méchoui Fundraiser for years to come.



Over 200 community members came out to support Mental Health Estrie at the Méchoui Fundraiser held at the ANAF unit #318 AKA the “HUT,” in May of 2018.

4. Administrative Activities cont'd**Mental Health Estrie selected as Recipient of
Bishop's University Fashion Show Fundraiser 2019**

Mental Health Estrie was the recipient of the 2019 fundraising campaign carried out by students of the Bishop's University Fashion Show. This student run initiative, is coordinated by 4 individuals, 18 committee members and over 125 volunteers, who donate more than 13 500 hours to the Fashion Show and other fundraising events, between the fall and spring. The results of the 2019 fundraiser to benefit Mental Health Estrie broke records, with nearly \$15000 donated to MHE.



The Bishop's university Fashion Show 2019 raised nearly \$15000 for MHE. Pictured top left Fashion Show Coordinator Brea Latour and MHE Executive Director Tanya Gibson.

Additional Community Support came from:

Corey Morin of Dominos Pizza in Sherbrooke: In honor of Mental Illness Awareness Week, Dominos Sherbrooke held a week long fundraiser donating to MHE for each Pizza sold.

Lennoxville Curling Club: Donated profits from their annual Bonspiel.

Townshippers' Association: Donated in support of outreach activities and the lending library

Catholic Women's League in Sherbrooke: Donated to help with computer upgrades

4. Administrative Activities cont'd

Applications for Project Funding

In 2018-2019 applications were made to *Townshippers' Research and Cultural Foundation* (TRCF) in the as well as *The Scowen Foundation*, *Canada Summer Jobs*, and the *CIUSSS de l'Estrie-CHUS' Mental Health and Addictions Department*.

All of these applications were successful. Townshippers' Foundation supported MHE in 2018 and 2019 with a grant to support activities and guest speakers for the client support group (see page 7). An application submitted in the spring of 2018 was approved by the CIUSSS de l'Estrie-CHUS' Mental Health and Addictions Department, in support of a project to enhance awareness of Mental Health Services to the English-speaking community (see page 12). For the second year, MHE was able to hire a summer student in 2018, thanks to the support of the Canada Summer Jobs program (see page 12). In 2018 the Scowen Foundation supported MHE with a grant to purchase audiovisual tools and to upgrade computer equipment. Thank you to Paulette Losier, Judy Ross and Esther Barnett, who each generously donated their time to write many of these grant proposals.

4.4 Professional Development

Staff and board members participated in the following learning opportunities:

- Borderline Personality Disorder: What We Know and What We do – hosted by the McGill University Health Centre
- Mental Health First Aid Training – Mental Health Commission of Canada
- Conflict Resolution – hosted by Townshippers' Association
- First Aid Training – CSST

5. Financial Report

A "Review Engagement" was completed by Marie-Josée Fauteux, CPA Auditrice, CGA. A copy of the Financial Statements for the year ending March 31, 2019 is available from the office.