



Mental
Health
Estrie

ANNUAL REPORT 2019-2020

As presented to members of the board of Directors
December 2020

Date of Annual General Meeting to be Determined

*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

- 63 members (membership is not a requirement for services)
- Facebook: 374 followers (up from 312 a year ago)
- 7 Board members provided 700 hours for administrative tasks and activities
- 70 volunteers contributed over 1000 hours to activities

Phone calls and Visits

- Approximately 550 phone calls and visits in 2019-2020 from individuals, families and health and social services providers, seeking support and / or information & referrals.
- 38 client support group meetings took place, with an average of 8 participants, 26 individuals involved throughout the year.
- 20 family support group meetings took place, with an average of 3 participants, 10 individuals involved throughout the year.

Where to find us:

3355 rue College
Sherbrooke QC J1M 0B8

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

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(Exec. Dir. Emeritus)
Magog

Staff



Tanya Gibson
Executive Director
Sherbrooke



Jennifer Bauer
Intervener & Admin. Ass.
Magog

President's Report



During the last fiscal year the MHE board welcomed Heather Thomson as a new director. Heather is well known in our community and brings a wealth of knowledge from her time serving as chaplain at Bishop's University.

I feel that 2019 was dominated by the physical conditions at the Marguerite Knapp building where MHE was located. Leaking roofs, faulty plumbing were just a few of the problems that were quickly making us realize that our staff would no longer be able to work in such an atmosphere. We searched around the area for an alternate affordable location that would be agreeable to our staff and clients. It was not until late fall that we became aware of the facility at the top of College Street.

There followed negotiations and planning, with the actual move taking place at the end of the year thanks to help from Tanya Gibson's family and friends. The actual set up took some time and we are most grateful for the help of our volunteers Cheryl Graham, Daphne Nelson and Johanne Bilodeau. These ladies were also instrumental in organizing our HUGS campaign in the new building. A special thank you to Grace Mazzocca for her many hours volunteering to run workshops, speak at public engagements and help with administrative tasks.

During the relocation and all that entails, we hired a much needed new employee. Jennifer Bauer, who became Intervener and Administrative Assistant, started her new position in January 2020.

We had 1 Board meeting in the new location and then Covid-19 hit and we had to cancel all in person activities. Our staff and clients quickly adapted to the new reality and support groups continued on-line via ZOOM.

2020 marked our 15th year of operation. Many special events and celebrations were planned but have been postponed due to the pandemic.

I want to highlight the dedication of our staff: Tanya Gibson and Jennifer Bauer. Their professionalism and compassion are what makes this organization work so well. Judy Ross and Norma Salisbury, spend numerous hours keeping our finances in order and Paulette Losier has worked tirelessly in fundraising for special projects. Thanks to these individuals and all board members for their important contributions. We have many people who help throughout the year, and events such as our annual méchoui would not be possible without our dedicated volunteers.



Esther Stovold Barnett
President

Mental Health Estrie Finds a New Home



Mental Health Estrie is now located at 3355 College Street in Lennoxville. To access the offices of MHE enter by door #2 (the door on the right).

This past year, Mental Health Estrie's office moved from the Marguerite Knapp Building to 3355 College Street in Lennoxville. The move, while much anticipated due to the deteriorating state of the building, also left us feeling nostalgic and mournful. After all, it had been the only home MHE had ever known, and many memories had been shared there by a great number of community members. In 2001, MHE began as a hope, a dream, when Judy Ross (MHE Founder) began holding peer support group meetings out of the Marguerite Knapp building, in a space borrowed from Townshippers' Association. In 2005 Mental Health Estrie officially became incorporated, and acquired its own office space, which included a large activity room, with ample space in which to hold support group meetings.

The Marguerite Knapp Building, often referred to as a "one-stop-shop" or a "hub" where community members could receive several services in one visit, housed several organisations serving the English-speaking population. Upon learning that, for safety reasons, the organisations had to move, we not only considered finding a new space but were determined to find a way to stay together.

In December 2019, our new dream home became a reality when many of the organizations moved together to 3355 College in Lennoxville. In this new building, you will recognise many familiar faces you knew from the old building: Mental Health Estrie, Townshippers' Association, Quebec Anglophone Heritage Network, Townshippers' Research & Cultural Foundation and the Township's Sun.

Mental Health Estrie's new premises provide increased office space and a separate entrance (enter by door number 2), fresh paint and new carpeting! This year, MHE and building partners had planned on inviting the community to an open house to show off our new space. While this has been postponed, we look forward to greeting everyone when circumstances permit.

A special thank you to the Eastern Townships School Board for renting MHE a space in the Marguerite Knapp Building for nearly 14 years.

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

Given the lack of English-language services in the Eastern Townships for those like myself dealing with a loved one with mental health issues, MHE's Families and Friends support group is a lifeline. The workshop facilitators are understanding and experienced. I hope this valuable and essential resources continues.

-Family Peer Support Group Member

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.

***20 meetings took place with an average of three participants.
A total of 10 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 offered me a compassionate non-judgemental voice in my time of need, provided assistance in my search for professional help (in my first language) and welcomed me to a support group which I did not know existed nor would have ever imagined attending. MHE is skillful in offering help at any stage of a mental health struggle and can serve as a first contact to someone in need.

-Peer Support Group Member

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 2019-2020. Activities and workshop's included:

- ◆ A Workshop on Mindfulness & Meditation
- ◆ Creation of a wellness toolbox
- ◆ Coping skills brainstorming activity
- ◆ Uplifting quotes activity
- ◆ Art based activities
- ◆ Guided meditations
- ◆ Relaxation Techniques
- ◆ A summer potluck
- ◆ A celebration potluck in our new office space

***38 meetings took place with an average of eight participants.
A total of 26 individuals involved throughout the year.***

MHE has always been there providing care and concern for those in need. It is thanks to the meetings offered that so many have been able to move forward. Meetings offer an opportunity to share and learn from others. They offer a respectful and non-judgemental place where we are treated equally and accepted for who we are. This brings a sense of togetherness. It is of the utmost importance to keep our English meetings available. The staff are generous with their time in group and over the phone and provide helpful information. MHE helped me get past the issues I was facing. I gained insight, understanding and self-confidence bringing me to where I am today. MHE was a blessing for me to have. It totally changed my life!

-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 MHE Welcomes New Staff Member

This past January, MHE enthusiastically welcomed Jennifer Bauer CCC, PPCC to our team, as Intervener & Administrative Assistant, doubling the manpower to respond to the needs of the community. Jennifer has a Bachelor of Arts from Queen’s University with a major in psychology and a minor in health studies. She also has a Master of Arts in Counselling Psychology from Adler University and a Professional and Personal Coaching Certificate from Concordia University. In addition to her studies, Jennifer has a background in community work, with experience working in an eating disorders clinic (practicum), a youth center and a residential treatment center for individuals living with an addiction with or without a mental illness. Jennifer’s skills knowledge and experience are a tremendous asset to her role at MHE, where she facilitates support group meetings, provides one on one support, and responds to inquiries from community members seeking information and referrals.

The addition of a second long-term employee was a long anticipated goal of Mental Health Estrie, which has been operating with only one long-term employee, since 2016. Hiring additional staff was made possible thanks to important financial support from the community and an increase in funding from the provincial government (see page 18).

A sincere thank you to Jennifer for all of her hard work, empathy and resourcefulness and her dedication to providing the best possible care to those who reach out to MHE.



Jennifer Bauer, Intervener & Administrative Assistant joined the team in January of 2020, doubling the manpower to respond to the needs of community members.

1.5 Practical Experience for B.U. Student

Practical Experience for Bishop's University Students

This year marks our 15th Anniversary serving English-speaking community members impacted by mental illness in Estrie. For almost as many years Mental Health Estrie (MHE) has partnered with Bishop's University to promote the mental health and well-being of local Townshippers. For the past 13 years, MHE has welcomed a student from the Bishop's University Psychology Program, with a concentration in Applied Psychology, to carry out a 13-week practicum. Through this course, students are offered the opportunity to carry out 6 hours a week in a community setting such as hospitals, schools, and community organizations that provide support for at risk populations. This partnership is mutually beneficial: students have the opportunity to learn from MHE and its members through the sharing of real-life experiences, while expanding MHE's manpower to respond to the needs of the community.

In January 2020 Pier-Olivier Paradis joined our team, providing one on one support and co-facilitating two peer support groups for family and friends and individuals affected by mental illness.

Throughout the course of his placement, Pier-Olivier prepared workshops on mindfulness and meditation. During support group meetings, he shared the valuable theory learned in his courses and offered new perspectives, helping members to consider alternative ways of thinking. Pier-Olivier's passion relates to existential issues, such as responsibility and isolation, which began when he enrolled in a course taught by Dr. Dale Stout on the Psychology of Death & Dying – another existential concern. He has a newfound interest in Dignity Therapy, a relatively new therapy that aims at helping individuals with terminal illnesses to cope with imminent death, while helping their families prepare for their departure.

In March, due to the health crisis and safety measures, Pier-Olivier's practicum came to an unexpected and abrupt end. We are very pleased to announce that thanks to the support of the Canada Summer Jobs Program, Pier Oliver will be joining MHE as Office Assistant in June 2020.

Appreciation is extended to Dr. Claude Charpentier of the Bishop's University Psychology Department for including MHE in the practicum program. We look forward to this continued partnership.



Pier-Olivier Paradis in February 2020 promoting the services of Mental Health Estrie to students at Champlain Regional College for "Bell Let's Talk", as part of his Practicum from the Bishop's Psychology Program.

1.6 Community Experience for a Future Professional

Over the past several years, Risha Dave has worn several hats at Mental Health Estrie, as she works toward a Master's 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 planned and carried out a series of 6 educational events taking place in 6 MRCs throughout Estrie, between November 2018 and May 2019 (see page 14 for more details). Risha joined MHE once again as Mental Health Support Worker and Administrative Assistant for the summer of 2019, thanks once again to the CSJ program.

A big thank you to Risha for all of her very capable work and for her passion and commitment in 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.



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

1.7 A Former Practicum Student Returns to her Roots



This past year, we were reminded of the wonderful long-term outcomes and collaborations that can arise as a result of community partnerships, when a former practicum student reached out to us with the hope of reconnecting with English-speaking Townshippers. In the spring of 2017, Brienne Marcoux carried out a 13-week Practicum at MHE, in collaboration with the Bishop's University Psychology Department. That summer, thanks to the Canada Summer Jobs Program, MHE hired

Brienne as our summer student. Brienne went on to continue studies, in a Masters in Psychotherapy at Yorkville University, where she was once again offered the opportunity to carry out a practicum, this time in counselling. Brienne connected with a Clinique in Quebec City, where she received supervision from a Psychologist. Deeply aware of challenges related to accessing mental health services in English in our area, Brienne also reached out to MHE. Twice per week Brienne made the long drive from Quebec City to Lennoxville, to meet with 4 clients, and practice the skills she had learned in her studies. We deeply appreciate Brienne's efforts and thoughtfulness, to return to our community and offer this unique opportunity to individuals who may not otherwise have had the means or access to such services. A sincere thank you on behalf of MHE and those to whom Brienne provided this support.

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:

- ◆ The Lennoxville & District Women's Centre's OWLS (Outstanding Wise Ladies Sharing) on the services of MHE and matters related to mental health
- ◆ Townshippers' Associations "Health Link" Group, on matters relating to mental health and the HUGS campaign.
- ◆ Members of the Lennoxville United Church, on the services of MHE during their mental health awareness initiative titled "You are Not Alone."
- ◆ Students in the "Community Psychology" class in the Bishop's University Psychology Program.

2.2 Presentations to the General Community



Partnership with Pro Bono Students Canada: Estate Planning

For the second year in a row Mental Health Estrie partnered with Pro Bono Students Canada. This partnership pairs students from the University of Sherbrooke Faculty of Law Department with a community resource, to work on a project selected by the organization. This year's project was on Estate Planning for parents or loved ones caregiving to someone with a mental illness and in particular, examines options related to trusts. A public information session planned for the spring of 2020, was cancelled due to the pandemic, however the handbook prepared by student volunteers is available at our office, or by email.

2. Public Engagement 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 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 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 was 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 aimed to demystify myths, break the stigma surrounding mental illness, and empower the community with knowledge to help themselves and others.

Project Coordinator Risha Dave, developed and implemented 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 was distributed at the remaining events. The remaining five sessions took place during the month of May 2019, in Brome-Missisquoi, Coaticook, Haut-St-Francois, Memphremagog and Sherbrooke.

A series of six educational events took 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 reached 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 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 Cowansville
- ◆ Magog Women's Fair
- ◆ Richmond Health Fair
- ◆ Champlain Regional College "Bell Let's Talk" Event

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.



HUGS (Hats, Underwear, Gloves, Socks and Scarves) items ready to be delivered to local shelters.

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.

H Hats, headbands, balaclavas	271
U Underwear	159
G Gloves / Mitts	174
S Socks	782
S Scarves, neck warmers	170
Articles of warm clothing	112
Numerous toiletries	
Total number of items:	1668 +

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).

Additionally MHE participated in other community partnerships:

- Table de concertation communautaire Lennoxville
- Partners for Health and Social Services Network Estrie (PHSSNE)
- 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 CJMQ 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.

63 members in 2019-2020

4. Administrative Activities

4.1 Administration

Six 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, 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. In 2019, MHE received our first significant increase, an additional recurring income of \$20,361.00, ensuring that MHE will receive \$57, 929 per year.

We are encouraged by this increase in funds, however our reality remains that we are funded at less than 12% 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 Third Annual Méchoui Fundraiser

In celebration of Mental Health Week, Mental Health Estrie held its third annual Méchoui Fundraiser in May of 2019. For the third 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 the past three years, it is expected that MHE will continue to hold an annual Méchoui Fundraiser for years to come.



Nearly 200 community members gathered to support Mental Health Estrie at its Annual Méchoui Fundraiser in May of 2019, in recognition of Mental Health Week.

4. Administrative Activities cont'd

Year-long Fundraiser Carried Out by the Order of the Eastern Star

Worthy Grand Matron Janet Patch of Mansonville, who carried out her year alongside Worthy Grand Patron Robert Weidner, selected Mental Health Estrie as her cause for this year-long fundraiser. The seven chapters of the Order of the Eastern Star (three of which are located in the Eastern Township's) collaborated on this province wide initiative to raise nearly \$16 000 for Mental Health Estrie. Founders, Judy and Lynn Ross accepted the donation at a banquet held in Granby in October of 2019.



In addition to financial support, numerous items and funds were collected for the HUGS for the Homeless campaign, and members of the Order prepared a delicious Christmas lunch to enjoy with members of Mental Health Estrie's peer support group for individuals in the recovery process.

Our deepest gratitude to all members of the Order of the Eastern Star, to all who contributed to this fundraiser, and to Worthy Grand Matron Janet Patch for selecting MHE and validating the important work we carry out.



From left to right: Worthy Grand Patron Robert Weidner, Worthy Grand Matron Janet Patch, Lynn Ross (MHE Founder,) and Judy Ross (MHE Founder), accepting the results of a year-long fundraiser carried out by the Order of the Eastern Star.

4. Administrative Activities cont'd

Dominos Supports Mental Health Estrie in Recognition of Mental Illness Awareness Week



Paulette Losier (MHE Director & Chair of Fundraising) and Esther Barnett (MHE President), receive a donation from Dominos Sherbrooke after a week-long fundraiser held in October 2019.

In honor of Mental Illness Awareness Week, for the second year in a row, Dominos Sherbrooke held a week-long fundraiser donating to MHE for each medium pepperoni pizza sold. Thank you to Corey Morin for this generous contribution.

Thank you to all of the social clubs, businesses and individuals who continue to support Mental Health Estrie. Your gifts have made a real difference in the lives of many in our community.

Applications for Project Funding

In 2019-2020 applications were made to *Townshippers' Research and Cultural Foundation (TRCF)*, as well as *The Tillotson Coaticook Region Fund*, and *Canada Summer Jobs*.

All of these applications were successful. Townshippers' Foundation supported MHE in 2019-2020 with a grant to support activities and guest speakers for the client support group (see page 8). The Tillotson Coaticook Region Fund supported MHE with a grant to expand the lending library and to purchase our first laptop. For the third year, MHE was able to hire a summer student in 2019, thanks to the support of the Canada Summer Jobs program (see page 11). Thank you to Paulette Losier, Judy Ross and Esther Barnett, who each generously donated their time to write grant proposals.

4.4 Professional Development

Staff and board members participated in the following learning opportunities:

- Mental Health First Aid Training for Seniors – Mental Health Commission of Canada
- 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, 2020 is available from the office.