

CMHA Weyburn Annual Review

Thanks to the generous support of the Sun Country Health Region, Weyburn and District United Way, Community Initiatives Fund, Sask Parks and Recreation, as well as Sask Lotteries and the City of Weyburn, CMHA Weyburn was able to continue supporting our community members who are affected by mental illness. This allowed CMHA to offer quality programming to individuals living with mental illness, as well as youth within our community. 2016/2017 was another exciting year at CMHA Weyburn.



Our Youth Theatre program includes youth between the ages of 9 and 16. The program staff member promotes growth and development for youth by providing a safe, fun environment for youth to visit and participate in activities. This program allows the youth to grow, mature and become leaders through positive programming while having the opportunity to explore their creative side. Our objectives for the youth programming is to encourage self-esteem, confidence, inclusion, and leadership all while developing new skills.

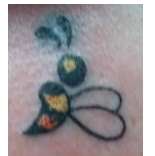
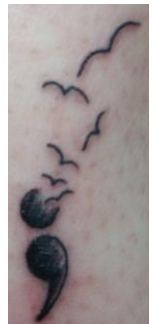


During mental health week in May of 2016 the theatre group performed their production "Summer Island". The group had two showings with over 120 community members in attendance. We received very positive feedback about the program and performance from youth, parents, caregivers and community members. In the fall the youth program focused on specific skill building as well as improv, this group performed at CMHA Weyburn's Christmas party in December. This program is gaining ground and respect within our community, and our goal is to find sustainable funding for this program so we can offer it to the community consistently for many years to come.

CMHA Weyburn holds many events throughout the year to increase awareness and public education. We also work with Sun Country Health Region to provide ASIST Training (suicide intervention training) for adults, and CMHA Weyburn provides safeTALK to community members as well.

Last year our Mental Health Week was packed full of wonderful events including:

- We hosted our annual Mayor's Luncheon with guest speaker Jane White
- We partnered with Under Your Skin to offer our community its first ever Semi-Colon Tattoo event. 55 Tattoos completed.
- Along with Détente Spa who offered manicures to the community by donation to CMHA Weyburn
- A meet and greet with Constable Jeffrey Bartsh who had raised awareness and funds for our branch by running a full marathon in uniform.
- As well as our youth theatre program held two performances



Our adult programs and services including socialization, educational and recreational services were well attended. We provide many different options some of which include free coffee for consumers and visitors, board games, TV/sitting area, walks, bowling, sewing, art program, writer's group, gardening, baking, playing pool, and day trips. There was a special opportunity this year where consumers who wanted to participate were treated to a half hour flight above Weyburn by a local pilot, this came to be after Bernadette Green (Staff member) donated a prize she had won, this was a unique experience I'm sure no one will forget.

Our Vocational training consists of our work crew, and meal program. The work crew consists mostly of men, they provide services to the community in the form of refuse hauling, lawn care, snow removal, small moves, along with a cleaning contract with Weyburn Livestock Exchange. Our meal program, where consumers (mostly ladies) work together to provide lunch for those attending the centre Monday through Thursday (Between 8 and 15 people). This program also works to provide lunches for our Community Connections Meetings, and lunches or baking for other events held at the centre like our annual Trade Show.

In terms of Self-Help we provide life skills programming on Tuesdays for consumers. This program covers a wide variety of topics from hygiene and coping skills, to budgeting and social skills. CMHA Weyburn Branch is a community resource drop in centre that can offer support, programming, links to other community resources, or just an ear for someone who needs one. We also provide meeting space for a local NA group that meets every Thursday at our branch.



Our community involvement included volunteering at the United Way Communithon as well as participating in the “adopt a planter” program through the City of Weyburn, where consumers helped to pick out and plant flowers as well as maintain a planter downtown Weyburn. We continue to help our local Salvation Army with refuse hauling when we can. Our partnership with Blue Earth has grown, we were again lucky to receive donations from a book sale we held where all the books were donated by Blue Earth and all proceeds from the sale came back to CMHA Weyburn branch. In December we held our 6th annual Trade Show, which again was very successful, our vendor list was full and we had over 100 visitors to the centre. This past February our centre held a new Valentine’s Day fundraiser where our consumers participated in making Dog Toys for our “Show your Puppy Luv” event. We sold the toys for \$10.00 ea, with a promise to share \$3.00 from each sale to our

Local Humane Society. Not only do these events raise the profile of CMHA within Weyburn, but they also connect our consumers with the community and provide programming at the same time. CMHA Weyburn also hosts and provides the meals for our Community Connections Meetings - working together with WASES, we developed these meetings as a place where many different service providers from our community could get together three times per year to talk about the services each entity provides. Allowing each provider a way to communicate, as well as recognize whether there are holes in the programs and services provided within the Weyburn and area community.



I am very excited about the direction our centre is moving towards, CMHA Weyburn has been able to raise the profile of mental health within our community, and I believe our new partnerships and relationships within the community will further this initiative. We are consistently working on ways to improve programs and services as well as looking for ways to provide new programs. CMHA Weyburn is happy to announce that once again we have received funding through Community Initiatives Fund to cover some of the wages for our third staff member working with the youth program. This enabled us to continue the theatre program from February 2017 into the fall program. We look forward to continuing this program and working towards establishing sustainable funding for this valuable program.

Thank you CMHA for a wonderful 2016-2017 year!

Tasha Collins
Program Director
CMHA Weyburn