

CANADIAN MENTAL  
HEALTH ASSOCIATION  
MONTREAL BRANCH

# A YEAR OF TRANSFORMATION



Canadian Mental  
Health Association  
Montréal

ANNUAL REPORT  
**2019-2020**

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## 2019-2020 ANNUAL REPORT

### EDITORIAL DIRECTOR

Geneviève Fecteau | Executive Director

### WRITING

Ariane Charlebois | Communications Advisor  
Geneviève Fecteau | Executive Director

### REVISION

Ariane Charlebois | Communications Advisor

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## WORD FROM THE PRESIDENT



At the end of the third year of our 2017–2022 strategic plan, we are feeling a great sense of satisfaction. This year unfolded under the banner of **transformation** and concluded as the pandemic hit our community.

On the heels of our 40<sup>th</sup> anniversary, we took on new mandates, maintained the activities that for years have made our reputation, and developed new ones. Montreal Walks handed over its unifying event to us after 10 years at its helm. We generated new momentum by transforming it into Celebrating Mental Health. Despite these uncertain times, over 350 people participated in this day to celebrate mental health in an atmosphere of music and humanity. Over the past year, we also spearheaded the creation of the Quebec Division, which is now standing on its own two feet.

Our offices underwent major renovations to make our team's work environment conducive to collaboration and growth and to provide better hosting facilities for conferences and training.

On the governance front, we continued reorganizing our board of directors. Last year, we welcomed Sandrine Léonie Siewe, Benoit Desgroseilliers, and François Nolet-Levesque as new board members. Their involvement brought new energy and expertise to the board. For the coming year, we will be saying goodbye to Esther Paquet, Jean Rémy Provost, François-Nolet Levesque, and myself.

Jean-Rémy, François, and I will dedicate our energies to developing the Quebec Division. I would like to thank everyone for the time, energy, and expertise they brought to the board over the years. I would also like to express my gratitude to Ron Rayside, Léo-Roch Poirier, and Natalie Bertrand, who have been solid, committed board members for years and who will be with us for the coming year to provide continuity in governance.

Thanks to the talent and perseverance of our director Geneviève Fecteau, our finances are solid, and our future is bright. I would like to thank the Ministère de la Santé et des Services sociaux for the mission financing it provides our organization and the emergency funds made available to adapt to COVID-19. I would also like to thank our financial partners. The CMHA-Montreal would not be the great organization it is without its dedicated, diligent personnel. We would like to emphasize how grateful we are for their commitment and adaptability during a challenging time.

On a personal note, it is with a sense of sadness that I am stepping down as president and member of the organization's board of directors. The past 13 years on the board have been one of the most enriching professional and personal experiences of my life. The CMHA-Montreal Branch has a thorough understanding of the challenges we face in mental health. I learned to explore these challenges with all of you in a spirit of inclusion, humanity, diversity, and, of course, humour. This type of organization is rare, and I thank you for giving me the opportunity to be part of it. Sadness aside, I continue to have a strong sense of confidence. As you can see, the recruits to our board of directors bring invaluable experience, expertise, and diversity. I am leaving you in good hands, and it will always be a pleasure to collaborate with the Montreal Branch.

A handwritten signature in black ink, appearing to read "K Hetherington".

KAREN HETHERINGTON

## OUR TEAM



**Geneviève Fecteau**  
Executive Director



**Ariane Charlebois**  
Communications Advisor



**Catherine Gareau-Blanchard**  
Senior Advisor and Trainer



**Emily Gervais**  
Communications Advisor  
*On maternity leave since November 2019*



**Émilie Jornet**  
Programming and Content Advisor



**Anne-Marie Lanthier**  
Administrative and Corporate Communications Coordinator



**Chloé Lasseur**  
Public Health Intern  
*Université de Bordeaux (March to June 2020)*

## COLLEAGUES WHO LEFT THE CMHA-MONTREAL DURING THE COURSE OF 2019-2020

**Annik Léveillé**  
Project Advisor

**Marie-Chantal LeBlanc**  
Project Manager on contract

**Carole Mallette**  
Office Automation Technician

## 2019-2020 BOARD OF DIRECTORS

### Executive

**Karen Hetherington | President**  
Retired professor from the McGill School of Social Work

**Ron Rayside | Vice-President**  
Architect, Rayside Labossière

**Benoit Desgroseillers | Treasurer**  
MBA, CHRP, ACC | Senior Director  
Talent Development | Finance Montréal

**Léo-Roch Poirier | Secretary**  
Retired scientific advisor, Institut national de santé publique du Québec

### Directors

**Natalie Bertrand**  
M.Sc. CRH – Professional Coach, Gestion Mieux-Être

**François Nolet-Lévesque**  
Attorney, Borden Ladner Gervais

**Esther Paquet**  
Program Manager, Faculty of Continuing Education  
Université de Montréal

**Jean-Rémy Provost**  
Executive Director, Revivre

**Sandrine Siewe**  
Attorney, Analyst, Dealer Regulation, Autorité des marchés financiers

## ABOUT US

### The Montreal Branch

A member of the Canada-wide network, the Canadian Association for Mental Health – Montreal Branch is a non-profit organization founded in 1979 to promote mental health and prevent mental illness. With social determinants as the cornerstone, our efforts are targeted for the entire Montreal community, with particular attention to specific populations (young people, seniors, work environments, entrepreneurs, care workers, people living alone).

The CMHA-Montreal Branch promotes the transfer of knowledge, resources, and skills. It actively participates in and implements mental health policies. These efforts to increase the availability and quality of mental health services and its collaboration in the fight to reduce social inequalities are testimony to its global approach. Through its inclusive approach, it emphasizes the importance of community and social determinants in the quest for well-being. Because of this, its positioning confirms the impact of environments on mental health, and its approach promotes the involvement of a range of societal actors for the cause.



### Canadian Mental Health Association National Network

The Canadian Mental Health Association (CMHA) was founded in 1918. It is one of the oldest volunteer organizations in Canada. This year, it provided direct services to more than 100,000 Canadians through the combined efforts of over 10,000 volunteers and employees who work in more than 135 communities across the country.

#### **Our efforts are based on three main approaches:**

- ▷ Social determinants of health
- ▷ Process of adaptation
- ▷ Social innovation

#### **Our activities and services are organized around three areas of focus:**

- ▷ The transfer of knowledge and information
- ▷ Awareness raising
- ▷ Social innovation and sociopolitical action

#### **Our service offer falls into two categories:**

- ▷ Practice support
- ▷ Services to the community

#### **The target clientele is broken down into different categories:**

- ▷ Aging and mental health
- ▷ Youth and mental health
- ▷ Work and mental health
- ▷ Mental health for all

## 2017-2022 STRATEGIC PLAN

In 2017, the CMHA-Montreal adopted a new strategic plan. Its theme is ***Montréal, une collectivité en bonne santé mentale!*** (**Montreal: a community in good mental health**). Through it, we are pursuing and updating our promotion-prevention mission in mental health, reflecting the Montreal community as a whole.

The year 2019-2020 is the third of the five-year plan. Its theme was transformation.

### Components of the 2017–2022 Strategic Plan:

#### Orientation 1

Increase our **political** presence and influence

#### Orientation 2

Strengthen our program and activities **offer**

#### Orientation 3

Expand our sphere of activities to better reach the  
**Montreal community**

#### Orientation 4

Optimize our communication strategies to increase  
our **visibility**

#### Orientation 5

Ensure the **sustainability** of the CMHA-Montreal

## 2019-2020: TRANSFORMATION

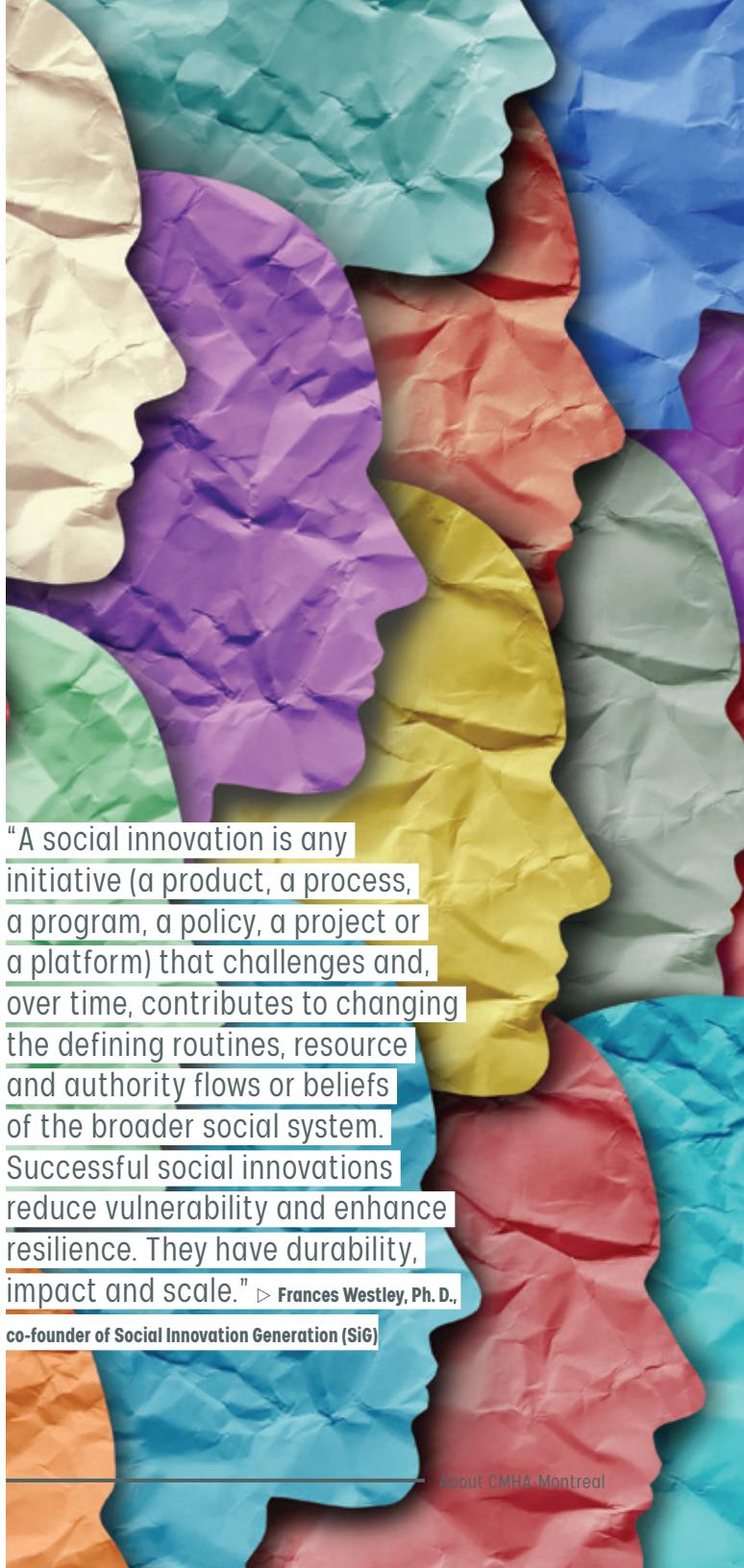
At the end of 2017, the CMHA-Montreal welcomed a new executive director and began executing its new strategic planning. The following year was marked by the withdrawal of a major financial backer that cut around a third of the organization's mission financing. As a result, finances were the focus in managing the organization, and this had an impact on all areas, including organizational structure, governance, and the service offer to pursue our promotion and prevention mission in mental health.

After this transition period, the CMHA-Montreal entered an important phase of transformation. The process was guided by a new social innovation approach. This shift was made possible thanks to an effort conducted with Esplanade Montréal and its Impact 8 – Collision program.

This year, we wound down activities in the Intercultural Relations program and disbanded its expert committee. We decided to redefine our efforts with respect to diversity, inclusion, and the fight against racism, and this will take shape in the coming years. We also officially stopped publishing the magazine *Équilibre* for both economic and strategic reasons related to **redefining our service offer**. However, we will ensure that these informative articles are more accessible and circulate on our platforms.

Additionally, we are currently redesigning and updating of our training and intervention guides. Our activity and service modalities are also being reviewed to be more appealing and accessible to target clienteles. Methods of financing the organization are also on the table to enable diversification and longer-term planning.

With more activities for the general public, more partnerships with actors outside the usual network of the organization, and a



**bilingual shift** in its activities, the CMHA-Montréal offer will be more accessible and inclusive. Last year we wanted to offer certain activities in webinar format. COVID-19 considerably accelerated this effort, and **new technologies** will now be part of our reality.

In line with our strategic plan, we focused on developing communication strategies and integrated **social marketing** principles to our practice in all areas of our service offer, visibility efforts, and search for financing.

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**The year 2019–2020 also marked the end of the mandate from the CMHA National Office for the Montreal Branch to create and mentor the new Quebec Division, which is now operating autonomously.** The Branch will continue to work with the [Quebec Division](#) to foster its development.

The transformation also applied to the organization's offices, which underwent major renovations during the summer of 2019 as part of our lease renewal.

#### A few words about the Impact 8 program

This is a three-month program offered by Esplanade Montréal, custom designed to support social enterprises in launching their impact project and structuring their entrepreneurial approach. Participants are guided to build an entrepreneurial project on solid foundations, to ensure its sustainability and increase its impact.

To join this community and benefit from the Collision program, we took part in a competition where we presented our social innovation project to a jury. This was a team effort, first with other businesses and then individually with coaches assigned to our organization.

We were supported by coaches David Godbout and Suzanne Gagnon for the organizational component and Édith Perreault for the marketing component.



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# **2019-2020 REPORT OF ACTIVITIES**

### INTERCULTURAL RELATIONS

#### Target clientele

Psychosocial responders, specialized or not in mental health, working with people from cultural communities.

#### Objectives

- ▷ To reflect on issues around intercultural interventions to understand difficulties related to immigration and distinguish them from those associated with psychological distress or more severe sorts of mental disorders.
- ▷ To offer strategies, and reference, support and prevention tools.

#### Trainer

Célia Rojas-Viger

#### Resources

- ▷ Trainings, conferences and intervention guide (in both languages).



#### Expert Committee

**Pascale Annoual** | Art Ethnotherapist – Arts, Racines et Thérapies

**Stéphane Hernandez**, Social Worker | CIUSSS Centre-Ouest-CSSS de la Montagne

**Salima Mousouni** | Intercultural Relations Consultant

**Célia Rojas-Viger** | University professor, lecturer, and researcher – Université de Montréal

**Angela Stoica** | Teacher, Commission scolaire de la Pointe-de-l'Île

**Fatima Téjérina** | Teacher, Commission scolaire de Montréal

**This year, we offered the Intercultural Relations training course twice at our offices to a total of 30 people.**

Our partner, the Community Health and Social Services Network (CHSSN), offered participants in its 2019 annual conference our *Intercultural Relations guide*. It distributed **242 copies** to members from a range of health and social services organizations in Quebec.

## **AGING AND MENTAL HEALTH** **AGING IN GOOD MENTAL HEALTH**

### **Target clientele**

Professionals who work with the elderly, specializing or not in mental health.

### **Objective**

- ▷ To offer points of reference for a better understanding of aging.
- ▷ To offer strategies, and reference, support and prevention tools.

### **Trainer**

Renée Massé

### **Resources**

- ▷ Trainings, conferences and intervention guide (in both languages).

Our regular training was offered once to a dozen participants.

We offered a new half-day training course as a pilot project entitled **Mental Health Among Seniors, to seven people.**

**Abuse by loved ones: an unacknowledged reality** was presented by our guest speaker, Dr. Sophie Éthier, Ph.D. (Gerontology), Associate Professor, École de travail social et de criminologie, Université Laval, **to 18 people.**



### **Expert Committee**

**Élaine Clavet** | Social Worker, Résidence Berthiaume-du-Tremblay

**Bernadette Dallaire** | Professor, École de travail social et de criminologie – Université Laval; Co-Director, Institut sur le vieillissement et la participation sociale des aînés (IVPSA-U. Laval)

**Alexie Giguère-Groulx** | Community Worker with Seniors, Centre communautaire de loisirs Sainte-Catherine d'Alexandrie

**Ginette Henri** | Retired nurse, consultant on mental health among seniors

**Lise Labonté** | Occupational therapist and trainer on contract with the CMHA-Montreal

**Marie-Michèle Lord** | Occupational therapist, Ph.D., postdoctoral researcher, Western University and CÉRRIS, lecturer, UQTR

**Julien Rougerie** | Program Manager, Fondation Émergence

**Renée Massé** | Retired nurse and trainer on contract with the CMHA-Montreal

### YOUTH AND MENTAL HEALTH

This year, we relaunched our youth component by offering consulting services to new partners and redesigning our facilitation guide. **The guide, previously entitled My Life: It's Cool to Talk About It (translation of *Ma Vie, c'est cool d'en parler*), is now entitled *Adapt* and presented in the form of individual booklets that include the revised content of the initial guide.** It is a more accessible format, is easy to download as a PDF, and allows for topics to be added as they are developed.

#### Target clientele

Teachers, relatives, and health professionals dealing with children aged 12 to 15

#### Objectives

- ▷ To promote mental health among young people to develop their emotional and social skills and resilience.



#### Main partnerships this year for the youth component

##### Montreal Science Centre

We were an expert partner for the Health From Head to Toe exhibition, which ran from October 5, 2019, to January 20, 2020. We helped develop the *Mental Health, Mind Matters* and other components, taking part in content development, creating an information sheet for teachers and parents, and offering visitors our youth facilitation guide *My Life: It's Cool to Talk About It*.

##### Direction de la santé publique

We sat on the scientific committee to develop the half-day event on youth mental health entitled *Détresse, anxiété et environnements favorables à la santé mentale* (distress, anxiety and environments conducive to mental health). This took place during the Journées annuelles de la santé publique (annual public health days) in November 2019.

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## WORK AND MENTAL HEALTH

Mireille Doré's training course *Psychological Health at Work – Manager's Roles and Challenges* was presented once at the CMHA-Montreal to **14 participants**.

### Target clientele

Managers

### Objective

- ▷ To promote mental health in the workplace and a better work-life balance.

### Trainer

Mireille Doré



### WORK AND MENTAL HEALTH PRIORITIZING MENTAL HEALTH IN THE WORKPLACE TOGETHER

This interactive training raises awareness in workplaces about the importance of mental health. We developed the course with funding from Canada Life in 2018. In 2019, we continued the pilot project and presented it to three businesses, with 54 participants. At the end of the pilot phase, we integrated this interactive training to our regular service offer with a new format of three sessions and the new name *Working it. Fostering psychological healthy cultures at work.*

#### Target clientele

All actors in the workplace (employees, volunteers, and managers)

#### Objectives

- ▷ To help start a dialogue on psychological health at work.
- ▷ To be an **incubator for strategies** to foster well-being and caring at work.

#### Trainer

Marie-Ève Corriveau



#### Expert Committee

**Guylaine Carle** | Occupational psychologist and coach

**Sophie Meunier** | Occupational psychologist and professor, UQAM

**Marie-Claude Pelletier** | President and founder, Groupe Levia and Global-Watch.com, health and quality of life at work

**Marc Thomas** | Coordinator, Service to Delegates and Social Delegates, FTQ

**Guillaume Veilleux** | Executive Director, Accès-Cible

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## ADDRESSING SOLITUDE AND DEVELOPING YOUR NETWORK

This is a series of six workshops offered in seniors' organizations. **The project will be financed for the third time by the Ministère de la famille through its Québec Ami des Aînés program starting next year to begin a three-year development phase to deploy the program across Quebec.**

### Target clientele

People aged 55 and older

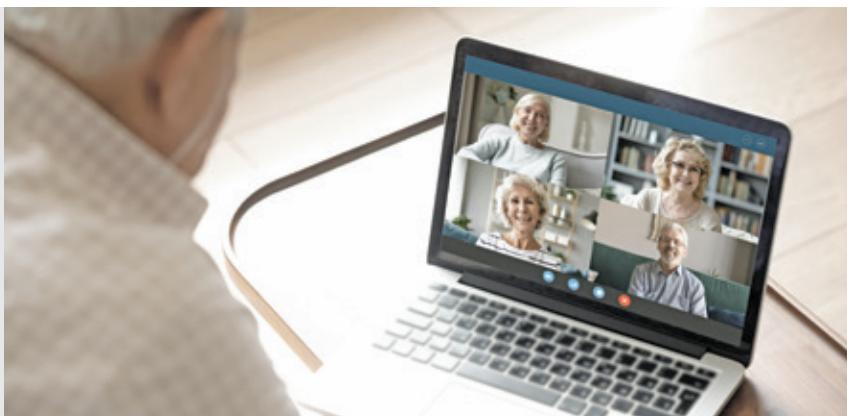
### Objectives

- ▷ To increase the well-being of seniors by focusing on maintaining autonomy and the importance of a solid social and support network.

### Animator

Lise Labonté

The workshops were offered **to two organizations** for seniors on the Island of Montreal, and some **30 participants** attended.



### MENTAL HEALTH DEMYSTIFIED

The flagship program of our service offer, this interactive conference goes to the core of our mission, which is to inform, raise awareness, and equip the public with tools. It is available to everyone, with valuable content conveyed in simple terms.

#### Target clientele

General public

#### Objectives

- ▷ To answer frequently asked questions about mental health
- ▷ To develop concrete tools for well-being

#### Trainer

Catherine Gareau-Blanchard, senior advisor at the CMHA-Montreal

This year, **we offered it to five groups, reaching 180 people.**



**"Mental health is an integral part of everyone's well-being. But it can be hard to define."**

## CELEBRATING MENTAL HEALTH

We were chosen to take over Montreal Walks for Mental Health, organized for the past 10 years by the Montreal Walks for Mental Health Foundation. The CMHA-Montreal created an annual bilingual event to celebrate mental health and diversity, bringing together users, loved ones, professionals, and the general public in a festive atmosphere of awareness-raising and educational activities. We moved away from the walk format to be more welcoming to people with reduced mobility and to foster more discussion among participants.

The first edition took place September 14, 2019 at Olympic Park's Les Jardineries. Despite the uncertain weather, **over 360 people participated, along with some 30 community mental health organizations.**

This event was made possible through the tremendous generosity of our 12 volunteers who ensured that the day ran smoothly. Click to view the [video on Youtube](#) or visit the [Facebook page](#) of the event.

During the event, **we made a donation to the organization La Maison bleue** after a competition to recognize a community mental health organization's contribution.



## SERVICES TO THE COMMUNITY

### MENTAL HEALTH WEEK

The Canadian Mental Health Association's 68<sup>th</sup> Mental Health Week took place May 6 to 12, 2019.

Since it was created in 1951, Mental Health Week has focused on the fight against stigmatization and the promotion of mental health across Canada. In 2019, the campaign invited the public to #GetLoud to demystify mental health. The CMHA-Montreal took part by sharing messages from the CMHA on social media, hosting booths, and giving presentations to network partners.



### SOCIAL MEDIA PRESENCE

April 1 <sup>st</sup> to March 31 <sup>st</sup> , 2020	New Followers	Total Followers
Facebook	755	2,980
LinkedIn	163	470
Twitter	116	2,687
Instagram	-	257 (June 29, 2020)

April 1 <sup>st</sup> to March 31 <sup>st</sup> , 2020	Website Visits
acsmontréal.qc.ca	12 791

April 1 <sup>st</sup> to March 31 <sup>st</sup> , 2020	Recipients	Opening Rate
Newletters (13)	4,300 (Average)	18% (Average)

### BLOG POSTS

The end of 2019-2020 was marked by the arrival of COVID-19 within our community. We quickly organized so that the CMHA-Montreal team could work from home and developed an action plan to continue our mission to promote mental health and prevent mental illness. The first results of this new service offer were the dissemination of informative blog posts in both languages:

[Looking after your mental health in times of crisis](#)

[Making the most of staying home](#)

*These articles were posted on social media and shared many times by our partners and readers.*



## ASSOCIATION LIFE AND DEMOCRATIC FUNCTIONING

### Membership

Our members join us in **showing their support for the cause of mental health and supporting our promotion and prevention activities**. Membership is renewable annually. Individual and corporate memberships are available, and rates depend on the status.

### Number of members

As of March 31, 2019, we had **155 members**.

### Member profile

Private companies	4
Public and parapublic organizations	8
NGOs and social economy enterprises	92
Individuals without an income (students, users, retirees, the unemployed)	30
Individuals with an income	21

### 2019 board of directors and general meeting

Our board is made up of **nine people who sit as private individuals and are elected during the general meeting**. It met five times during the 2019-2020 fiscal year.

The 2019 general meeting marked the organization's 40<sup>th</sup> anniversary and was held June 13, 2019 at the Restaurant Robin des Bois, located at 4653 St-Laurent Blvd. in Montreal. Forty-seven people, including **34 members**, attended the event.

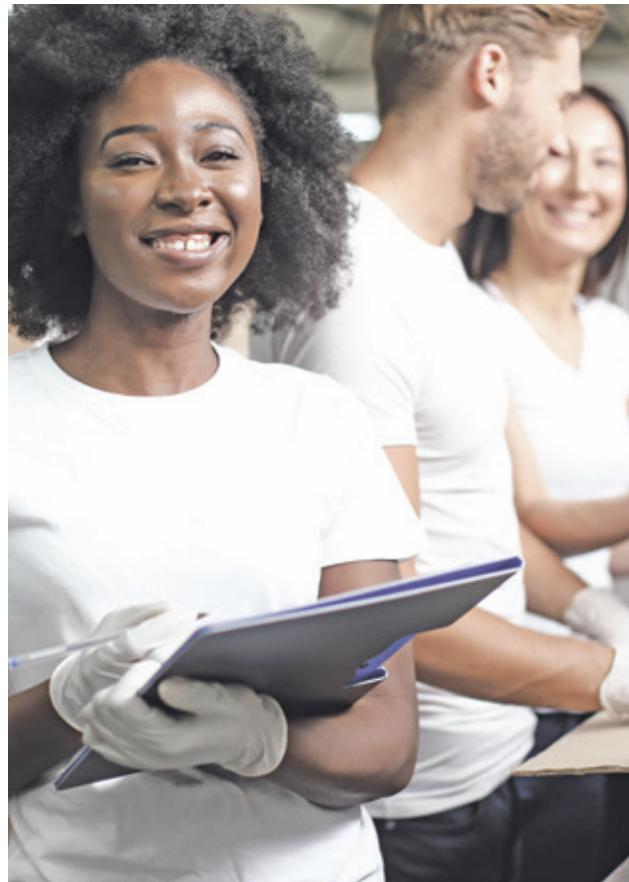
## COMMUNITY CONTRIBUTION TO OUR ACTIVITIES

### Our volunteers

Volunteers are one of the CMHA-Montreal's greatest assets. We are grateful for the commitment and diligence of our board members and working committees made up of volunteer experts.

**Number of volunteers who supported us this year:** **40**

**Number of hours devoted:** **over 300**





## CMHA-MONTREAL IN THE COMMUNITY

In an effort to inform and support members of our community to promote mental health, we offer presentations and conferences, run booths, participate in forums, working committees, and discussion groups, and share tools and content with partners who request it.

### Promotion and prevention tools

Last year, we produced cards and magnets to have important numbers on hand in the event of a psychosocial emergency. This year, we produced them again in **both languages and distributed more than 1000 units**.



### Participation in scientific collectives and research projects

#### Recovery College

We are proud to be one of the main partners for the Recovery College project in Quebec, headed up by Catherine Briand, principal investigator at the Centre d'études sur la réadaptation, le rétablissement et l'insertion sociale (CÉRRIS). This mental health service model, based more on an educational than a medical structure, enables the general public and people suffering from mental health disorders to develop and flourish while increasing their knowledge. With our experience in content dissemination and our expertise in mental health, we support the creation of modules for promotion and prevention in mental health and training trainers. The first courses took place in September 2019.

#### Crise UQAM

As a member of [CRISE](#) (Centre de recherche et d'intervention sur le suicide, enjeux éthiques et pratiques de fin de vie, under the direction of Brian Mishara), we are involved in a variety of projects and participated in theme days organized by this partner several times a year. This is an effective site for networking and support among community organizations and researchers.

### **Events we contributed to in 2019-2020**

- ▷ Association québécoise de la réadaptation psychosociale du Québec (AQRP) conference
- ▷ Université du Québec à Montréal (UQAM) – presentation to the psychology department
- ▷ The Association des naturopathes agréés du Québec's mental health and naturopathy conference
- ▷ Entracte – for the mental health of artists – the Association des Artistes entrepreneurs
- ▷ Social innovation week, Ideos HEC Montréal – Pôle en gestion des entreprises sociales
- ▷ Simplement différent podcast
- ▷ Folie Douce radio show
- ▷ Les Affaires conference – Psychological health, 12<sup>th</sup> edition
- ▷ Exhibition and sharing symposium – support for hiring people with disabilities organized by Correctional Service of Canada

### **Participation on working committees**

- ▷ Organizing committee for Journées annuelles de la santé mentale (Direction de la santé mentale)
- ▷ Scientific committee for a thematic half-day event for the Journées annuelles de la santé publique (Direction de la santé publique)
- ▷ The CMHA-Montreal is a Member of:
- ▷ Réseau local de services en santé mentale Coeur-de-l'Île
- ▷ Table des partenaires en santé mentale-Jeanne-Mance
- ▷ Comité conjoint santé publique et milieu communautaire
- ▷ Le Réseau communautaire en santé mentale (COSME)
- ▷ Réseau Alternatif et Communautaire des Organismes en santé mentale de l'île de Montréal (RACOR)
- ▷ Regroupement intersectoriel des organismes communautaires de Montréal (RIOCM)
- ▷ Association québécoise des parents et amis de la personne atteinte de maladie mentale (AQPAMM)

### **Participation on working committees (continued):**

- ▷ Association pour la santé publique du Québec (AS PQ)
- ▷ Association québécoise de la réadaptation psychosociale (AQRP)
- ▷ Société québécoise de la schizophrénie (SQS)
- ▷ Table de concertation des Ainés de L'Île de Montréal (TCAIM)
- ▷ Forum régional sur le développement social de l'île de Montréal (FRDSIM)
- ▷ Chamber of Commerce of Metropolitan Montreal
- ▷ Esplanade Montréal

### **THANKS TO OUR FINANCIAL PARTNERS**

#### **Our main funder, for mission support:**

Ministère de la Santé et des services sociaux du Québec

#### **Financial support to non-profit organizations (NPOs) renting space:**

Ville de Montréal

#### **Campaigns we took part in:**

Giving Tuesday  
Benevity Impact Fund  
Paypal Impact Fund

#### **Our donors who supported specific projects:**

CHSSN  
Fondation Jeanne-Esther  
The Côté Sharp family  
Ordre des psychologues du Québec  
Montreal Walks  
RBC

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## **EXCERPT FROM THE 2019-2020 FINANCIAL STATEMENTS**

### **Independent auditor**

Gosselin et Associés, located at 7930 20e Ave, Montreal, QC H1Z 3S7

### **Financing and reporting**

A non-profit organization, the CMHA-Montreal is financed primarily by the Ministère de la Santé et des Services sociaux du Québec, as part of its support program for community organizations (CIUSSS du Centre-Sud-de-l'Île-de-Montréal).

This report of activities is produced in keeping with the standards of Ministère de la Santé et des Services sociaux's document *La reddition de comptes dans le cadre du soutien à la mission globale* (reporting as part of global mission support).

### **Management and administration of the CMHA-Montreal**

This year, the Association's financial management was enhanced with the valued advice of its directors, particularly its secretary-treasurer, Benoit Desgroseillers and accounting consultant Pierre-Claude Beauchage from the firm La maison du T-A et de la M-E.

For program administration, major orientations are provided by the board of directors, which delegates to working committees the mandate to realize the Association's objectives through complementary activities. These committees establish their five-year action plans that receive the board's support before being implemented.

Finally, team members sit on working committees and follow up on decisions made. Reports on activities are regularly submitted to the board of directors and other authorities to which our association is accountable. Additionally, the evaluation of services is an integral part of the CMHA-Montreal's activities.

**CANADIAN MENTAL HEALTH ASSOCIATION  
MONTREAL BRANCH**

**Results (excerpted from audited financial statements)**

**Period ended March 31, 2020**

	<b>2020</b>	<b>2019</b>
<b>REVENUE</b>		
Grants:		
MSSS – PSOC mission grant	255,655 \$	246,202 \$
Ministère de la Famille (QADA)	-	84,394
Ville de Montréal	2,066	2,025
Donations and sponsorships	89,016	90,658
Management revenue	41,519	-
Self-financing activities	33,460	83,703
Other	931	31,391
Membership dues	4,980	9,230
Interest	186	1,005
	427,791 \$	548,608 \$
<b>EXPENSES</b>		
Administration expenses	420,374 \$	360,920 \$
Direct program expenses	52,368	50,380
QADA project	-	86,269
New technologies	14,198	10,946
Amortization and fixed assets	444	3,831
	487,384 \$	512,346 \$
(Deficiency) Excess of revenue over expenses	(-59,593 \$)	36,262 \$

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## BECOME A MEMBER

By becoming a member, you will contribute to the mission of CMHA-Montreal.

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## CONTACT US

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Monday to Friday, 9 a.m. to 5 p.m.

*Our offices close at noon on Fridays in the summer*



Canadian Mental  
Health Association  
Montréal