
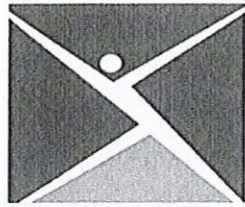




Funding Opportunity

Date:	June 11, 2021
Funding Program:	COVID-19 Safe Restart
Broad purposes as stated in the funding program description:	<ul style="list-style-type: none"> • addressing revenues shortfalls; • facility reopening and operating costs; • emergency planning and response costs; • bylaw enforcement and protective services like fire protection and police; • computer and other electronic technology costs (to improve interconnectivity and virtual communications); • services for vulnerable persons (e.g. persons living with disabilities, mental illness or addictions, persons experiencing homelessness or other vulnerabilities); and • other related costs.
Proposal:	<p>To allocate up to \$110,000 in one time funding for continuation of counselling support and a Community Based Victim Service Worker. The City of Williams Lake was only able to dedicate \$30,000 due to prior commitments/allocations of their COVID Safe Restart Funds.</p> <p>Please note: The CRD allocated \$70,000, which was matched by the District of 100 Mile House for a very similar project in the South Cariboo.</p>
What service will this application benefit?	Not applicable
Who are the service participants?	Central Cariboo and Chilcotin residents who access Mental Health Supports through Cariboo Chilcotin Branch of the Canadian Mental Health Association.
Are we ready to proceed?	This funding proposal will allow for a continuation of existing service levels while secure, stable long term funding is sourced.

Does the proposal fit within the Board's Strategic Plan or the annual Business Plan?	<p>Only in a general sense. There are no specific Strategic or Tactical Goals related to the provision of Mental Health supports. The only connection is a relationship to the Board's Mission Statement:</p> <p>Working in partnership with communities large and small to offer local, sub-regional, and regional services to ensure that the Cariboo Chilcotin is a socially, economically, and environmentally desirable region.</p>
What are the capital implications of the proposal?	The projects envisioned capacity sustaining/building in nature, not capital.
What are the short, medium and long term operations implications of the proposal?	The Cariboo Chilcotin continues to see an increasing call for mental health supports, with COVID only exacerbating the situation. This funding will allow the Cariboo-Chilcotin Branch of the Canadian Mental Health Association to seek stable and secure long term funding for the essential services they provide
Are there implications to property taxation for the service?	The services are not provided by a CRD service.
Does the proposal clearly fit in the guidelines of the funding program?	<p>Yes.</p> <ul style="list-style-type: none"> • services for vulnerable persons (e.g. persons living with disabilities, mental illness or addictions, persons experiencing homelessness or other vulnerabilities); and • Other related costs.
Proponent:	Cariboo-Chilcotin Mental Health Association
CFO:	
CAO:	



**Canadian Mental
Health Association**
Cariboo Chilcotin Branch
Mental health for all

April 7, 2021

John M. MacClean
Chief Administrative Officer
Cariboo Regional District

Cariboo Regional District
File No.1850-01.....

APR 09 2021

Referred ToCAO.....
.....

Dear John

Request

This proposal is on behalf of Canadian Mental Health Association – Cariboo Chilcotin Branch (CMHA-CCB) for one-time funding to support one counselling position, and one Community-Based Victim service worker for a total amount of \$140,000.00.

History and Need

The Canadian Mental Health Association Cariboo Chilcotin Branch (CMHA-CCB) is an innovative, non-profit society that has served the community of Williams Lake and area since the early 1970's. In April of 2005, the society merged with the Jubilee Care Society. We focus on at-risk client groups who face multiple barriers. Our programs target mental health consumers, disadvantaged youth, individuals and families of all types, serving more than 1000 individuals each year.

The services we offer include free, low barrier counselling for children, youth, families, and adults; Community-Based Victim Services who work with sexual assault victims and criminal harassment; low income housing for individuals who are at risk of being homeless; housing for 8 individuals living with persistent mental illness; supports for individuals who are difficult to house; Crisis Line (please see Appendix A for our agency pamphlet). CMHA-CCB's philosophy includes enabling individuals, groups, and the community of Williams Lake to increase control over, and to enhance their mental health; the importance of social justice; believing in individual and collective responsibility, and; access to appropriate and adequate resources and support, and that these elements are critical to mental health and a personally satisfying quality of life.

Before the wildfires in 2017, our counselling programs had a 2 month waitlist. After the wildfires, the wait time for counselling services was 4 months. In 2018, we received funding from Red Cross for one full-time counsellor, and one part-time counsellor. This reduced our wait time for services to 1 week. This Red Cross funding ends October 31, 2021, and our fear is we will be back to a 4 month waitlist.

To help put this in perspective, in 2019-2020, our Crisis and Counselling program provided 689 hours of supportive counselling. This doesn't include time spent training Crisis Line volunteers, supervision of the crisis line, and providing community education. The Red Cross counsellors provided 762 hours of counselling for a total of 1,451 hours. This is an increase from 2017 of 60%. Without these two counsellors, there will not only be an impact on the mental health of community members, but also on the staff providing services. The pressure, and mental health stress begins to accumulate for staff when they are not able to provide supports to clients.

As for our Community Based Victim Services (CBVS) program, we had increased funding from Red Cross to enhance the hours of this program for another part time worker, due to the Wildfires of 2017, but this funding ended March 31, 2021,. CBVS caseload jumped to 112 in 2018, and then in 2019 it saw another increase to 117. Pre-wildfires of 2017, a regular case load for our program manager was 55. Since the Covid Pandemic, monthly intakes have increased and as of January 2021, Community Based Victim Services is now supporting over 140 cases. For the first time in the history of CBVS there is a wait list of 3 weeks to schedule an intake appointment with a victim support worker. Many of the cases which were scheduled for court in phase one of the pandemic, have been delayed due to no court sitting for three months and this has compounded the backlog of Provincial Court Matters and Supreme Court Matters for Williams Lake. As a result of delays in court, as well as the surge from the Pandemic, caseloads have increased. As well, the level of violence has increased to unprecedented levels. As a result of the increase, and intensity of the cases due to COVID-19, our worker has had to look at doing self-care, and really needs support with her caseload as it is no longer case management, but crisis management. Statistics, and news reports have shown that because of COVID-19, domestic violence has increased due to families having to isolate.

In Williams Lake, we have 3 Victim Services programs – The Aboriginal VS program works with Indigenous individuals who are victims of all crimes, the RCMP VS program provides immediate intervention and support and then refers out to Aboriginal and Community-Based Victim Services for ongoing support. CMHA-CCB's CBVS is a specialized program working with individuals of Power Based Crimes, who have experienced sexual assault, domestic violence or



criminal harassment. There is often a lot of training and education around Power Based Crimes. This refers to working with victims who have normalized the violence they have experienced, and this takes time and energy. Our CBVS worker also assists clients with Bail reviews, the court process, court orientation, court support, Pre-trial interviews with Crown Prosecutors office, safety planning, Priority Response Alarm Program in partnership with RCMP, and working closely with the Ministry of Children and Family Development, as well as other community agencies. The need for this service is not going to go down in the next year, in fact, it is likely to increase. I also, once again, want to take this opportunity to address the mental health of staff. Unfortunately, just as the community experienced the 2017 Wildfires and it's after effects, again, our community is experiencing the hardships of a Pandemic. Our workers are not only supporting clients and community members during the Pandemic, but they too are living through it personally and it is having an impact on them as well through vicarious trauma and a heightened crisis intervention. If staff's mental health is not good, they will not be able to provide the needed services you are looking to fund. The best way to support staff is to provide them with extra staffing support to manage their caseloads.

The best case scenario would be a support of \$70,000.00 for each program for a total of \$140,000.00. Please see Appendix B for the proposed budget. This would enable us to hire one more staff for counselling, and one staff for the CBVS program.

If you have any questions, please don't hesitate to contact me. Thank you for considering CMHA-CCB as a recipient of support from the City of Williams Lake. It is greatly appreciated!

I look forward to hearing from you!

Sincerely,



Janice Breck

Executive Director

Canadian Mental Health Association – Cariboo Chilcotin Branch



Appendix B

CMHA-CCB
Budget Worksheet for Counselling
(for 12 months)

Revenue

CRD	\$70,000.00
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Cost and Expenses:

Accommodation (rent)	\$4,000.00
Administration	\$7,000.00
Computer and maintenance	2,500.00
Office Supplies	\$1,943.86
Telephone	\$600.00
Insurance	\$500.00
Finance Service chargeout	1,500.00
Technical support/training	\$4,500.00
Staff Development	\$3,000.00
Resource Material	\$1,000.00
Wages (Loaded costs)	\$43,456.14
 Total costs	 \$70,000.00

Appendix B

CMHA-CCB

Budget for Community Based Victim Services

(for 12 months)

Revenue

CRD

\$70,000.00

Accommodation (rent)

\$4,000.00

Administration

\$7,000.00

Computer and maintenance

\$1,679.04

Office Supplies

\$2,000.00

Telephone

\$600.00

Insurance

\$500.00

Memberships (Eva BC)

\$400.00

Resource Material

\$3,000.00

Technical support/training

\$2,500.00

Staff Development

\$5,000.00

Wages (Loaded costs)

\$33,964.80

Finance Service Charge

\$1,500.00

Program Manager support (4 hrs/wk @ \$37.77 loaded costs x 52 wks

\$7,856.16

Total Costs

\$70,000.00

SUMMARY OF SERVICES/PROGRAMS

Advocacy Outreach/Support Worker—to provide community-based support and advocacy services to individuals who have been recently housed after being homeless or are at serious risk of being homeless. These individuals may be experiencing significant mental health issues and will have serious barriers to seeking or acquiring income, health and housing supports or services on their own.

Community Based Victim Services—provides justice related services to assist adult, female, male, and child victims of violence in relationships; adult sexual assault; child physical/sexual assault/abuse; criminal harassment; child witnesses and other forms of family violence. Service recipients will include victims of these crimes who may choose not to be involved with the criminal justice system.

Community Education—CMHA can provide a variety of workshops to meet the specific needs of a group or individuals or the organization representing them. E.g., Self-esteem, suicide awareness, depression, grief and loss, dating, relationships, etc.

Connect Parenting Group—helps parents and caregivers of pre-teens and teens to understand adolescent development and respond to difficult behaviours.

Crisis Line Volunteer Training—this training program is offered twice a year for those interested in becoming a volunteer with the crisis line.

Family Solutions—provides parents and families with individual, family and group support. Focus on improving understanding of family functioning, building healthy relationships and the development of effective parenting and reconciliation skills.

Supportive Counselling—short term counselling provided to individuals, couples or families experiencing difficulties in their lives.

Homeless Outreach Program—funded by BC Housing and Enforcement Branch, provides support and advocacy to homeless individuals in Williams Lake. The outreach Worker facilitate access to income assistance benefits, accommodations and other essential support.

Community Bridging to Housing First—this program offers support and rent supplements to people who are homeless. Staff work in partnership with other organizations and services to find housing, assist in the transition from homelessness to housing, working to support each participant to set and achieve their goals. There is a focus on recovery and making healthy choices.

Subsidized Housing—this program administers subsidized housing for consumers in Williams Lake and area. Funding is provided by the Interior Health Authority through BC Housing. The purpose of this program is to help individuals with mental illness to move out of substandard housing into more appropriate accommodations.

Jubilee House—this seven bed residential care facility has cooperative living arrangements located within walking distance to recreational facilities and downtown. The daily rehabilitation program offers a warm, supportive and informal atmosphere, where teaching skills and balance of social and recreational activities are offered.

Supported Opportunities Program—Provides clients with opportunities for paid supervised work in the community.

For more information please call 250-398-7736

Drop-in Friday-Clubhouse—provides an opportunity for family members and friends of any mental health client for social interaction.

For more information please call 250-392-4328

Acquired Brain Injury—in partnership with Interior Health Authority we provide support services to individuals living with brain injury in the Williams Lake area.

For more information please call 250-305-4330

Jubilee Place—33 supportive housing units for persons who are homeless or at-risk-of becoming homeless. Support services include housing, life skills training, rehabilitative social and recreational opportunities, and access to job skills training and educational upgrading.

For more information please call 778-412-7273

be mindful
of WILLIAM

Yes, I would like to begin or renew my Canadian Mental Health Association - Cariboo Chilcotin Branch Membership which automatically includes a BC Division membership

☐ Individual - \$5.00 ☐ Corporate - \$50.00

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Dr.

Name : _____

Address: _____

City/Province: _____

Postal Code: _____

Phone Number: (____)____-____-____

Email: _____

Yearly Membership Fee:
(expires at Annual General Meeting in October of each year)

I would prefer to pay by:
☐ Cash ☐ Cheque (payable to CMHA-CCB)

Your membership includes:

- A CMHA membership card, to show you care about mental health in BC
- A voice in the future direction of CMHA through the opportunity to elect the governing board and attend the Annual General Meeting
- A free subscription to the award-winning Visions Journal (a \$25 value)

☐ I would like to receive Mind Matters, CMHA BC's free monthly email newsletter

☐ I would like information of volunteering.

☐ I would like information of recognizing CMHA in my will.

In addition to my membership, I would like to donate \$ _____

CRISIS LINE

1-888-353-2273

provides
crisis/suicide intervention
supportive counselling
community information
referral information

**Crisis Line
Volunteer Training**
this training program is
offered twice a year for
those interested in becoming
a volunteer with the crisis line.

MISSION STATEMENT

As the Nation-wide leader and Champion for Mental Health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery from mental illness.

In BC, Mental Health, substance use and addictive behaviour are within the scope of the organization

**Programs and Services
provided to Williams Lake
and area are made possible
with funding from
the following**

**Ministry of Children
and
Family Development**

Interior Health Authority

BC Housing Society

Ministry of Justice

**Ministry of Housing
and
Social Development
through
Horton Ventures**

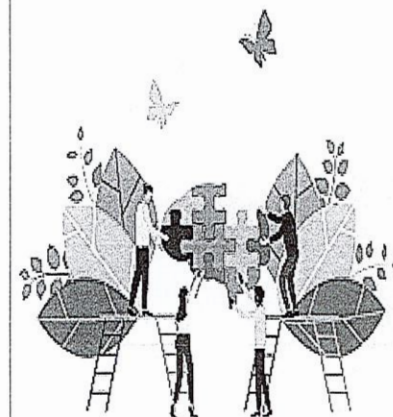
**Gaming Policy & Enforcement
Licensing & Grants Division**

Red Cross

Community Donations



**Canadian Mental
Health Association**
British Columbia
Mental health for all



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