



Celebrating 20 Years of Success

Subway Brunet & CMHA Champlain East Golf Tournament

Here's a quick look at the positive impact you've helped us make

Talking About Mental Illness

TAMI is an anti-stigma program that helps to increase the understanding of mental health/illness

 Sessions **1,356**  Participants Reached **33,891**

Student Interventions

 Participants Reached **165**

Wellness Programs

(Living Life to the Full, Mood Walks, In the Know, etc...)

 Sessions **51**  Participants Reached **385**

Mental Health Promotion Presentations

 Sessions **553**  Participants Reached **21,244**

LivingWorks Suicide Prevention Training

 Sessions **338**  Participants Reached **958**

Awareness Campaigns

 Sessions **80**  Participants Reached **16,377**

HEADSTRONG

CMHA was part of the Mental Health Commission of Canada's regional youth anti-stigma summits HEADSTRONG.

 Participants Reached **600**

Over the last two decades

73,828 community members supported.

**Your support also helped us to create and maintain
crucial community partnerships including:**

Prescott and Russell Community Agency Partnership (CAP) which shares information and collaborates on prevention and public education activities delivered to youth.

CMHA and the Eastern Ontario Health Unit formed a partnership and created the **Suicide Prevention Coalition of Champlain East.**

CMHA Ontario and CMHA Champlain East worked collaboratively on the first ever **Hybrid Living Life To The Full** program in schools during the pandemic. Three CMHA youth volunteer facilitators under the age of 30 were trained to deliver the program to **208 students.**

CMHA was selected to participate in a national evaluation project with the Mental Health Commission of Canada to determine best practices to reduce stigma. The report **“Opening Minds in High School: Results of a Contact-Based Anti-Stigma Intervention”** evaluated CMHA’s Talking About Mental Illness (TAMI) education program.

mentalhealthcommission.ca/opening-minds

“This course helped me in my role to identify and deal with circumstances that come up.”

“I rate the relevance of my learning a solid 9 out of 10.”

“This program helped improve my mental health and overall well-being.”

“I have learned I can problem-solve issues and approach stressful situations more effectively.”

 WWW.CMHA-EAST.ON.CA
 [CMHA CHAMPLAIN EAST](#)

THANK YOU