



## Peace Country President for CMHA in Alberta

The Alberta Division of the Canadian Mental Health Association has elected **Kathleen Frei**, of Grande Prairie, as its President. She is the first person from the northern part of the province to hold this position.

Ms. Frei, a senior manager at Grande Prairie Regional College, is also the President of North West Region of CMHA and has served on the Division Board since 1998. In 2004, she received the Bette Hewes Award for Distinguished Volunteer Service. For the past two years, she has been Executive Vice-President.

Frei said: "It is my honour to represent CMHA as its provincial president. It promises to be an exciting year for involvement with mental health in Alberta, with pending legislation and the introduction of the Mental Health Commission of Canada. Our services are very much in demand and we look forward to working together with governments and other organizations to improve the quality of life for Albertans living with mental illness."

The election of the Executive took place the day after Alberta CMHA's AGM, held on September 29 in Edmonton. Completing the Executive are: **Dick Southworth** (Executive Vice-President) and **David Copus** (Vice-President – Finance) of Edmonton, **Suzanne Sirias** (Vice-President – Advocacy and Social Action) of Raymond, **Vincella Thompson** (Vice-President – Policy and Bylaws) of Fort McMurray and **Jodi Cohen** (Past President) of Calgary.

The AGM featured presentations of several special awards. Receiving the President's Cup, recognizing outstanding contribution to mental health and CMHA in Alberta, was **Bob Campbell** of Lethbridge. A previous President at the regional, provincial and national levels, Mr. Campbell is currently Past President of CMHA National. His strong, quiet leadership have given CMHA much-valued strength and stability, both internally and in its external relations.

Two awards were given to recipients in the southeast part of the province, with the **Oyen Echo** winning the Communications Awards for its excellence in providing coverage to mental health programs and issues and **Muriel Rogers** of Medicine Hat winning the Bettie Hewes Memorial Award for Outstanding Volunteer Services. The Professional Care Award was presented to **Barbara Lamoureux** of Fort Saskatchewan for her work with suicide prevention for young people through the Yellow Ribbon Program.

The Board also recognized **Dennis Anderson** as an Honourary Lifetime Member of CMHA. Mr. Anderson, a former MLA and provincial cabinet minister, has worked tirelessly on advocating for better mental health services, including taking on leadership roles at CMHA, starting the Chimo Project (using animals as part of therapy) and being a founder of the Alberta Alliance on Mental Illness and Mental Health. At an earlier ceremony in Calgary, the Board also recognized Calgary Board



Kathleen Frei



Dennis Anderson



Randy Findlay

member **Randy Findlay** with an Honourary Lifetime Membership for his distinguished service over many years.

The CMHA Alberta Division Board includes representatives from each of Alberta's eight regional CMHA offices, as well as its provincial Suicide Prevention Centre and several members -at-large.

The guest speaker was Alberta's Mental Health Patient Advocate **Sandra Harrison**. The text of her address can be seen on the web site at [www.cmha.ab.ca](http://www.cmha.ab.ca) , where one can also read CMHA Alberta's 2007 Annual Report.



Jodi Cohen presents the Professional Care Award to Barbara Lamoureux



Jodi Cohen presents the President's Award to Bob Campbell



Dr. Clarence M. Hincks



### C.M. Hincks Award

**Dr. Austin Mardon**, of Edmonton, Alberta, received the C. M. Hincks Award, which honours the founder of CMHA, **Clarence Meredith Hincks**, for his spirit and social commitment. It is our highest award and is presented annually to one outstanding individual or organization that has advanced mental health in Canada through their work/volunteer activities by working on behalf of people with mental illness.

### Names in the News

**Ione Challborn** is the new Executive Director of CMHA Edmonton. She brings with her a wealth of experience both administratively and in social services, particularly in the areas of family violence and women's shelters, as well as internationally with CUSO and Canada World Youth.

**Ryck Miller** has resigned from his position as Executive Director of CMHA Wood Buffalo for personal reasons. Ryck had been with CMHA in Fort McMurray for about a year and was very well regarded by his staff, Board and fellow Executive Directors in Alberta. He and his wife have moved back to B.C.



Eleanor Grona

Recent Annual General Meetings in Alberta saw the election of two new CMHA Regional Presidents: **Vincella Thompson** in Wood Buffalo and **Eleanor Grona** in the South East Region. They replace **Joan Brown** and **Carol Nieman** respectively. Joan has moved to Calgary and Carol will remain on as the Division representative to her Board.

The newly formed Mental Health Commission of Canada has several faces familiar to CMHA, including its recent interim CEO **Glenn Thompson**, who is currently serving in a similar capacity for the Commission.

**Rob Gray** has left his position as Communications Director for CMHA Calgary but has kindly continued in a contract position to help see the *My Mental Health* campaign through its final planning for its second and third phases.

Former CMHA Alberta Board member and 2002 - 2003 President's Cup winner **Richard Drewry** has returned to service as its honorary solicitor.

A sincere thanks goes out to **Lourdes Daskeo**, an Edmonton business owner, for agreeing to donate funds for a new computer server for CMHA Alberta Division.

## Amendments to the Mental Health Act (Bill 31)

CMHA across Alberta has been working hard for several months to provide input into proposed changes to the Alberta Mental Health Act, as outlined in Bill 31.

CMHA's stand on the issues presented can be reviewed through the following documents: Presentation to the Legislative Subcommittee; and Information Package to Alberta MLAs. Follow this link:

[http://www.cmha.ca/bins/content\\_page.asp?cid=284-285-1245-2076](http://www.cmha.ca/bins/content_page.asp?cid=284-285-1245-2076)

This is deemed to be a critical piece in not only the legislative changes proposed but also in the increased awareness it lends to mental health issues in Alberta, and the impact of such social determinants of health as housing, justice, education, employment, income and community supports and services.

## Around Alberta

### Eight More Beds in Calgary

Horizon Housing Society recently opened Hamilton House, a renovated eight-bed transitional and affordable housing project in Northeast Calgary. This \$803,000 project will provide housing and support to individuals with severe and persistent mental illness who no longer require the services of a hospital.

Required outreach support is provided by CMHA Calgary. Tenants are able to live in a healthy, protective environment within an accepting community that allows them to regain their dignity, independence and hope.

### Oh Canada

The Mental Health Commission of Canada recently completed a cross-Canada several-city tour, obtaining input on its initial areas of focus.



Chairman Michael Kirby headed a delegation which visited Edmonton and received feedback (see [http://www.cmha.ca/bins/content\\_page.asp?cid=284-285-1245-2076](http://www.cmha.ca/bins/content_page.asp?cid=284-285-1245-2076)) from CMHA Alberta. Kirby also recently attended a reception in Calgary to welcome the Commission and participated in a joint session with CMHA at its Annual General Meeting in Ottawa.

### My Mental Health

CMHA's *My Mental Health* campaign is now in its second phase of promotion of mental health awareness across Alberta. A third phase is also planned for early in 2008. You can view the material at [www.mymentalhealth.ca](http://www.mymentalhealth.ca).

### Small Donations Have Big Impact

Would you like to support the important week of CMHA but never have the cash to make a large donation? You can be a big donor with no noticeable impact to your cash flow through CMHA Alberta's new Monthly Giving Program. Your small monthly donations over an extended period of time can make a huge difference.

People can donate to any or all three levels of the organization, either through pre-authorized cheques or by credit card (Visa, MasterCard or American Express). It is also a highly efficient, non-intrusive way of raising funds and thereby one of the fastest growing methods of donating for those dedicated to an ongoing cause – such as mental health.

Sample forms can be found at [http://www.cmha.ca/bins/content\\_page.asp?cid=284-285-1245-2076](http://www.cmha.ca/bins/content_page.asp?cid=284-285-1245-2076) or by calling 780-482-6576.



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Canadian Mental Health Association  
Alberta Division  
328 Capital Place  
9707 – 110 Street NW  
Edmonton, AB T5K 2L9

Phone: 780-482-6576  
Fax: 780-482-6348  
E-mail: [division@cmha.ab.ca](mailto:division@cmha.ab.ca)  
Web: [www.cmha.ab.ca](http://www.cmha.ab.ca)