



CMHA Annual Report

Cowichan Valley Branch 2024-2025

VISION

Mentally Healthy People in a Healthy Society

MISSION

As a locally-based champion for mental health, CMHA-CVB facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness and addiction.

Canadian Mental Health Association-Cowichan Valley Branch is honoured to provide care and services in the unceded traditional and ancestral territories of the Qu'wutsun, Meluxuh (Malahat), Halalt, Lyackson, Pneluxutth' (Penelukut), Ts'uubaa-asatx, Ditidaht, Stz'uminus people.

Table of Contents

Section	Page
Board President's Report	2
Executive Director's Report	3
Human Resources Report	4
• Recruitment and Retention	4
• Employee Relations Initiatives	4
• Labour Relations	4
Operations Report	5
• Sobering Centre Improvements	5
• Shelter Location Improvements	5
• Youth Shelter Launch & Renovations	6
Program Reports	
BounceBack®	7
Child, Youth, and Family Connections	9
• Family Capacity Program	9
• Rainbows	10
• Malahat Girls Club	10
• Sexual Abuse Intervention Program	10
• Youth Centre	12
• Youth Connect One-to-One Program	14
• Mischa Lelum	15
Warmland House Services	15
• Warmland House	15
• Cold Weather Shelter	16
• Moving Forward Program	17
• Rent Subsidy Program	18
• Transitional Housing Program	18
• Sobering and Assessment Centre	18
Coldest Night of the Year	19
Donors: Stronger Together	20

Board President's Report 2025

- Laurie Harding, Chair

Once again, the board pauses to reflect on the year at CMHA-CVB to consider the accomplishments, challenges, and tragedies that this year has brought. Looking back on this year, we can see that the forces to create change and address inequity are bigger than any individual. We recognize each person who showed up to bring all they could, and more, to provide health and wellness for unhoused relatives and neighbors struggling with mental health issues.

We want to especially recognize our past president and board member, Bruce Farquhar for the years of not only supporting the CMHA-CVB organization, but for his day-to-day work answering the call for help in BC Emergency services. He was a dedicated paramedic, father, and friend who is profoundly missed. Bruce worked hard for our community and your gentle kindness will live on in our hearts. May you find peace dear friend.



Bruce's determination to create change is celebrated in the accomplishment at CMHA-CVB in the last year. The opening of the Youth Emergency Shelter, Misha Lelum and all the work that entailed to open a safe home for unhoused youth in the Cowichan Valley is one such accomplishment that Bruce helped to bring to fruition. We remain steadfast in our mission as a locally based champion for mental health, to facilitate access to the resources adults and youth require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness and addiction. Many thanks to the countless community heroes who support us in this mission every single day.

With gratitude and much respect,

Laurie Harding
President, Board of Directors

Executive Director's Report

As I have had the opportunity to reflect on the past year, it is clear that our work has been driven by the increased needs for services in the Cowichan Valley.

As an organization, we have experienced immense growth in our operations and have surpassed the expectations of our CMHA-CVB strategic plan. We have implemented changes throughout the organization to support our work, our employees, and the people we have the honour of serving including the opening of Mischa Lelum (Youth Emergency Shelter). We have also had a year that brought with it challenges. Together as a team, we have met most of these through collective wisdom of our leadership team and a commitment to work through the hard stuff.

Growth and expansion are often a platform for learning – and in this new wisdom we have also experienced and witnessed many successes. We have created new opportunities for program enhancement here at CMHA-CVB. Many of these are reflected in this annual report, which demonstrates we are enhancing and increasing programs and services to support the needs of the most vulnerable within the Cowichan Valley community. This is also a reflection of the hard work of our CMHA leadership team and staff.

It is my honour to share our AGM report with you, to continue to showcase our good work, and to demonstrate our collective value in working together.

I am grateful for the leadership of our Board of Directors, our leadership team, and all the CMHA-CVB staff for their commitment to our vision, mission, and mandate. This report is reflective of their collective strength and wisdom, as well as their caring and concern for those we serve. Through our commitment to strengthening best practice – it is our hope that our actions clearly demonstrate that “Everyone Matters”. It is these demonstrated values that will continue to guide CMHA moving forward.

We can not do this work alone, and we are extremely grateful to community members who have supported our work by walking with us, volunteering, and through generous donations. To all the folks we have the honour to serve, who have given us feedback on how to make our services a better fit - thank you for guiding our work...we hear you. Thank you as well to all our community partners in the Cowichan Valley for working collaboratively with us. Through your partnerships, we demonstrate that “We are Better Standing Together”.

Respectfully,

Lise Haddock
Executive Director CMHA-CVB

Human Resources Report

- Vanessa Day, Manager, Human Resources

Human Resources touches every aspect of managing an organization's most valuable resource, its people. It helps recruit, develop, and retain the best talent while striving to create and maintain a positive, healthy workplace culture. The 2024-25 fiscal year was a challenging one for the HR department, with three different HR Managers overseeing the function during the year.

Workforce Overview – as of March 31, 2025

- Total number of employees: **80**
 - Full-time employees: **33**
 - Part-time employees: **24**
 - Temporary employees: **3**
 - Casual employees: **20**

Recruitment and Retention

Recruitment was a key focus of the year especially with the requirement to staff the new Mischa Lelum Youth Emergency Shelter. We expanded our recruitment efforts to include posting on secondary school job boards and attendance at job fairs. We have also reached out to community partners who may be able to assist, however the current job market is highly competitive, and candidates often have multiple job offers.

The turnover rate for the year was 26.25%, slightly higher than the non-profit average for Canada. However, we fared well against BC's non-profit turnover rate of 50% - the highest in Canada.

- New hires: successfully filled **32** positions
- Terminations: **21** employees left the organization

Employee Relations Initiatives

Efforts to engage employees through the introduction of recognition and rewards programs continued.

- New employee rewards program implemented: **Perkopolis**

HR continues to be challenged by a high number of employee relations issues typically involving conflict resolution, attendance, and performance concerns.

Shelter Location Improvements

Safety and security remain top priorities at our shelter location. This year, we focused on strengthening our surveillance and emergency response systems:



- **Expanded Camera Coverage:** Three new security cameras were installed in the main stairwell, improving visibility and incident prevention.
- **Integrated Panic System:** Our panic buttons were upgraded to integrate with the new camera system, allowing for faster and more coordinated emergency responses.
- **Climate Control Upgrade:** A standalone air conditioning unit was added to the kitchen area to mitigate extreme summer temperatures and improve working conditions.

Youth Shelter Launch & Renovations

We successfully completed renovations for our new **Youth Shelter**, a vital addition to our services for vulnerable youth in the Cowichan Valley:

- **Interior Renovations:** All necessary updates were completed to bring the facility up to operational standards.
- **Fire Safety Upgrade:** A sprinkler system was installed throughout the house to meet safety regulations and protect residents.
- **Wellness Space:** The garage was fully renovated and transformed into a **home gym**, offering youth a dedicated space for physical activity and mental wellness.

Looking Ahead

These operational achievements lay a strong foundation for future growth. As we continue to expand our services and improve our facilities, we remain focused on creating safe, inclusive, and empowering environments for all individuals who rely on CMHA Cowichan Valley.

In Memoriam

It is with great sadness and heavy hearts that we share the sudden passing of our teammate and friend Don Smith.

Don was our “handy guy” who was committed to making everything work in our CMHA buildings. He took on the challenges of never-ending repairs with patience and with tool-box full of skills, laughter and smiles.



Our prayers and condolences are with his wife Theresa, his family, friends, and the Cowichan community. He will be greatly missed by his CMHA family.

Rest in peace Don.

Program Reports

BounceBack®

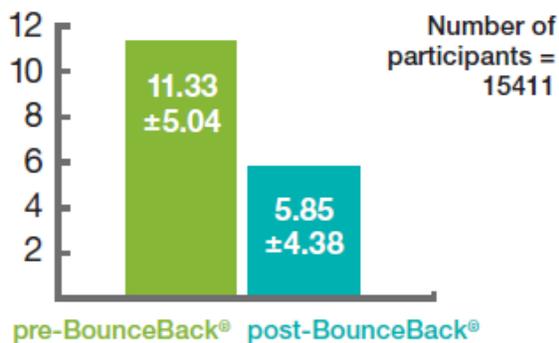
- Kate Bradford, Team Lead & Coach - BounceBack®

BounceBack® is a free, skill-building mental health program for BC residents aged 13 and over who are interested in improving their wellbeing. The BounceBack® program is designed to help people learn new skills and manage life’s challenges through self-help workbooks, worksheets and video clips.

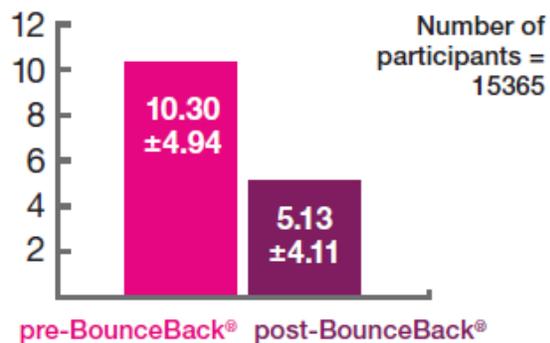


BounceBack® materials are centered on an evidence-based approach called cognitive behavioural therapy, which has been shown to be highly effective in lowering anxiety and increasing mood.

Patient Health Questionnaire (PHQ-9 : Depressive Mood)



General Anxiety Disorder (GAD-7 Assessment Scale)



BounceBack® provides access to materials and resources that can all be customized to fit individuals needs. Participants will have access to workbooks, activities, videos, and a trained coach. BounceBack® Coaches provide support and encouragement, answer questions and keep participants motivated over 4-6 telephone sessions. Coaching services and materials are available in multiple languages and can be accessed online or can be mailed free of charge.



The CMHA-CV BounceBack® Team loves getting out into the community to promote our program across Vancouver Island and the Gulf Islands.

The Vancouver Island BounceBack® team received 759 referrals in 2024/25.

“I wish that doctors would share this program. I was put on leave and told go home and go for daily walks. Which is great but no other resources were given to me. A friend happened to also be on leave and told me about this program, and I am so thankful she did. Also, my coach was amazing, so understanding, encouraging, a listening ear and excited for me as worked my way through the program. I am so grateful for her”.

– A Vancouver Island adult participant

“The program was a big help in many ways that I wasn’t even aware of. My coach felt like a new friend almost and seemed very in tune with my feelings and gave some very good advice. I really looked forward to our sessions on the phone”.

- A Vancouver Island adult participant

Child, Youth, and Family Connections

- Adam Flegel, Manager - Child, Youth and Family Connections, Youth Center/Youth Connect

Family Capacity Program (FCP)

The Family Capacity Program offers no-cost therapeutic support to families through a strengths-based approach promoting family resilience and strengthening healthy family relationships. Parents are supported in a therapeutic environment, allowing families to gain tools and strategies relating to positive parenting, goal setting, effective communication, healthy boundaries, family separation, and other challenges.

A Family Capacity Outreach worker provides ongoing service support through practical strategies that align with the counsellors' interventions and allows the family to build and develop skills in the home and community environments.

"Being able to reach out for support whenever I needed guidance with something I wasn't so sure of doing on my own."

- Family

"A neutral person to talk things through."

- Family

Family Capacity Counsellor

- Number of families receiving interventions: **41** (35 parents and 6 children)
- Number of sessions: **277**
- Number of hours parents/caregivers and children receiving interventions: 293

Family Capacity Outreach Worker

- Number of families/children receiving outreach/home-based interventions: **12**
- Number of hours families/children receiving outreach/interventions: **86.5**

The program continues to observe a strong need for services, highlighted through the increase in referrals and complexities of families being referred. This reporting period observed a 55% increase in number of sessions and a 37% increase in number of parents/caregivers receiving interventions from the previous year.

The Family Capacity Outreach Worker continues to be a vital component in the

"I found it most helpful when I'd receive extra help looking for furniture online or new recipes to try as well as looking at different mom groups in the area. There's a lot of things I found very helpful; it's like I had an extra set of eyes and hands :)"

- Family

overall programs service creating a therapeutic synergy and strengthening the collaboration between the outreach worker and the counsellor by utilizing the outreach worker as a practical support to the interventions created by the counsellor was tremendous success.

The Outreach Worker facilitated several groups this year that focused on grief and loss (Rainbows) as well as community belonging, confidence and cultural education (Malahat Girls Club). These groups were well attended and seen as a success in the community.

"My experience was really great I enjoyed the advice and feedback given to me when I needed help figuring something out"

-Family

"The availability of practical help and support. The hands-on help is invaluable."

-Family

Rainbows

Rainbows is a 12 week-long, grief and loss peer support group for children. It is staffed by CMHA employees and provided at no charge. Rainbows has been and remains one of the few support programs for children who are struggling with grief and loss.

- Number of youth participating: **11**

Malahat Girls Club

The Malahat Girls Club: Circles of Care, Circle of Courage (CCCC) Program creates a safe, respectful, engaging meeting for Indigenous individuals identifying as girls aged between 9 and 14. This weekly program has two intentions: to provide an environment conducive to learning and building skills that will support participants in their navigation of the critical development phase that characterizes this age, and to assist participants in developing tools and providing resources that can be utilized to promote resiliency in future challenges. work. At the end of August, the Malahat program celebrated the success of the program with a BBQ gathering and speeches of gratitude for the youth, families, and the community. CMHA's involvement with the Malahat program was concluded at the end of August.

- Number of youth participating: **10**

Sexual Abuse Intervention Program (SAIP)

SAIP is a community-based intervention program providing a range of appropriate, timely, and accessible assessment, treatment and support services for families with children and youth who have experienced sexual abuse, and children under the age of 12 with identified sexual behavior concerns. The clinician's role as a SAIP counselor is to work with children, youth, and their families to help alleviate trauma related symptoms which will help reduce the likelihood of adverse long-term consequences of child sexual abuse trauma.

The SAIP Counsellor works from a strength-based, culturally relevant, collaborative, holistic perspective, always striving to meet the families where they are at in their healing journey, and this is done by offering support through differing therapeutic lenses, psychoeducation, art activities, play therapy, and nature-based activities. This program also supports and fosters building on community resilience by partnering with other community initiatives and agencies. SAIP is a program where people can self-refer or be referred by community agencies and/or partners such as CYMH, Schools, RCMP, and other professionals.

- Number of children and families supported/receiving interventions: **26**
- Number of sessions: **261**
- Number of hours children receiving interventions: **255**

With limited services to support children with sexual abuse trauma, this program remains a vital asset in the community. The referral process, accessibility and no-cost model has had a notable impact on the families utilizing the program. More specifically, the referral process that can come from various professionals, community agencies, and self-referral has been impactful. This was strategically intentional as it has reduced barriers and stigmatization of accessing these programs and services.

Youth Centre

The Youth Centre provides accessible prevention and diversionary support services to youth 12 to 19 years of age Monday to Friday from 10am to 6pm through a range of programs and activities. We strive to build a safe, inclusive space that fosters connectivity through mentorship and healthy relationship development.

Here, staff work diligently building social skills capacity and provide informative solutions for healthy lifestyles, aiming to nurture the growth of self-esteem, belonging and self-confidence.

In addition, the Youth Centre offers pro-social and recreational participatory activities as well as daily access to arts/crafts, games, movies, video and table games designed to promote physical, mental, social and emotional well-being.



...being able to make connections and be social with other youth"

- youth 17 years

- Number of youths accessing the program: **3629**

- Number of group activities/events: **30** with **341** participants
(Holiday events, Pride celebration, summer recreational activities)
- Number of Lunches provided: 1694
- Number of new clients: 150

"I come to the youth center because it is a safe place to go after school and I can talk and hang out with staff. I like to come to the youth center in the summer so I can attend the excursions because they are fun"

- youth 16 years old

The youth center continues to be a valuable support and service to the community. This is demonstrated through significant increases of 54% in youth accessing the program comparatively to last year. Additionally, the program increased and enhanced its group activities by 233% resulting in a 425% increase in youth participating in the group activities. The ongoing generosity of KFS sponsored several of the activities again along with the purchase of radio and digital advertising to promote the activities.

Over the course of the year, the Youth Centre participated in 3 unique community initiatives providing supplementary support to youth or fundraising strategies that benefitted the programs operations and delivery of service namely, Coldest Night of the Year, Surepoint Annual Charity Golf Tournament at the Cowichan Golf and Country Club, and the CMHA Push-Up Challenge

A daily lunch program was established in May through the generosity of Khowutzun Forest Services to provide youth with wholesome lunches. The 1694 lunches provided amounted to an

"I enjoy coming to the youth center for the food and people"

- youth 15

average of 154 lunches per month over the 11 months of its implementation. This program not only addressed the identified food security need but also contributed to a direct correlation to an increase in youth engagement.

The youth programs were successful in obtaining a grant from the United Way to provide cultural learning opportunities and experiences to youth. The programs leadership team created a partnership with the Sacred Cedar Center to host 6 cultural workshops and

integrate these experiences into the youth centers programming. The cultural learning experiences observed 33 youth participate in these opportunities which was met with great success in the community. Youth enhanced their cultural learning and knowledge participating

"When I attend the Youth Center, I feel supported and welcomed."

- youth age 17

"I have come to the Youth Center lots and making friends. I started to take advantage of the amenities such as the pool table and video games. My personal favorite is the pool table and improving as well as making connections with staff like Dan and Shawn"

- youth 17

in drum making, cedar bracelets/roses, nature and storytelling, and deer processing.

The hours of operation transitioned to operating the program to 10:00am to 6:00pm as of December 2024. The shift allowed youth to access a safe and welcoming space after school hours, to which a need was identified.

Youth Connect One-to-One Program

The Youth Connect One-to-One Program is a youth resiliency mentorship program that focuses on increasing the development and functions of vulnerable and at-risk youth. The Youth Connect Program supports youth in the community and meets youth where they are at providing support to reach goals, connect with school counsellors/instructors and social workers, and engage in healthy life and living skills. In addition, outreach workers provide support in enhancing the youths' community connections, community resources and programs while increasing their overall sense of community belonging. Referrals for the program can come from community and professional agencies, families and through self-referral throughout the Cowichan community area.

- Number of youths receiving One-to-One support: **29**
- Number of mentorship hours for One-to-One support: **313.5**

Mischa Lelum – Youth Emergency Shelter

The Mischa Lelum Youth Emergency Shelter is a 24/7 therapeutic community-based crisis service that provides a temporary safe placement (1 to 14 days) for youth (15-18) that are experiencing homelessness, unstable/precarious living situations, serious crisis within their family/caregiver setting, have experienced a placement crisis/breakdown, or are in need of a temporary placement and support service. Mischa Lelum consists of three essential elements in its service continuum namely, overnight shelter, drop-in day programming and outreach services. Through a therapeutic prevention focused environment, safety, stability, mental health, addictions and well-being are addressed in order to meet a youth's needs and support an intentional transition tailored to their individual needs.



Within a flexible and comprehensive continuum of service, the program provides support and services to reconnect youth with community services and family/natural supports which will assist them in moving forward to a more stable living situation and addressing any health, mental health and addiction concerns they may have. Emphasis is placed on reducing risk and placement breakdown, family reunification, and discharge to a stable placement, using an approach that highlights strengths, solutions, permanency needs, and meaningful connections with youth from a trauma informed service model lens.

Highlights

- The CMHA secured its contractual funding for the program in September 2024
- All renovations and operational licensing was completed in January 2025
- The program hosted its official opening on April 4, 2025 with a tour, ribbon cutting and official naming of the program to Mischa Lelum. The presentation was held at the Quw'utsun Senior Secondary Somena Long House.
- The YES program transitioned into its operations phase through a gradual implementation of the program that began in January 20, 2025. The program is expected to be fully operational in the near future.

Warmland House Services

- Cassidy Holt, Manager – Warmland House Services

Warmland House

At Warmland House, we are dedicated to serving the most vulnerable men and women in the Cowichan Valley by providing a safe, warm, and dry place for those in need. We support individuals facing poverty, the elderly, those with physical and mental challenges, people struggling with addiction, and the unhoused.

Every day, we offer breakfast and dinner to our clients. We provide lunch to the community and anyone in need when the local food bank is closed. In addition, we offer essential services like showers, clothing, phone access, electronics charging, toiletries, short-term storage, outreach support, free tax services, harm reduction programs, and laundry facilities.



This year has been particularly difficult for Warmland House. The unhoused population has grown, and the ongoing opioid crisis has increased the risks our clients face, including the threat of overdose and death. As a result, we have been challenged to meet the needs of a larger number of people requiring shelter, food, and care.

"Warmland staff for me was/is a life saver. Warmland and the staff, volunteers, and some of the residents helped me with introspection. This I cannot say enough how Warmland enabled me to recover and grow."

"You showed consistency in a world of chaos and confusion and that is more valuable than I could ever have imagined and I really just want to thank you for all the support as it was allot and regardless of your perspective of what you did I truly feel that you made a huge difference and my life had ample opportunity to go in a different direction again and you really helped me to stay focused on my goals and future." -Resident to our housing program

Cold Weather Shelter

Warmland House is authorized by BC Housing to activate a cold weather shelter during winter conditions that threaten the health and safety of unhoused individuals. When necessary, we follow established provincial protocols to make up to 15 additional shelter spaces available.

The 2024-2025 cold weather program runs from November 1, 2024, to March 31, 2025. However, since opening the extra 15 beds on November 1, we continue to turn guests away as the demand in our community grows.

Cold Weather Temporary Shelter Occupancy		
Shelter Statistics	2024-25	2023-24
Nights Activated	148	96
Bed Usage	2,219	952
Male Guests	1,797	653
Unique Male Guests	105	104
Female Guests	386	299
Unique Female Guests	51	51
Unique Indigenous Guests	37	50

Warmland House Shelter Occupancy		
Shelter Statistics	2024-25	2023-24
Shelter Bed Usage	11,450	10,703
Male Guests	9,378	8,980
Unique Male Guests	203	203
Female Guests	1,993	1,722
Unique Female Guests	79	93
LGBTQ2S+ Guests	79	1
Unique LGBTQ2S+ Guests	4	1
Unique Indigenous Guests	62	70

Moving Forward Program

The Moving Forward Program empowers individuals seeking housing stability and improved quality of life through a strengths-based, trauma-informed approach. In close collaboration, staff assist each client in identifying personal challenges, setting meaningful goals, and crafting an individualized Moving Forward plan. This plan is regularly reviewed and adapted to meet each client's evolving needs, with support from both in-house and community resources. The program is designed to be flexible and responsive, emphasizing respect, dignity, and resilience in its approach.

Program goals focus on empowering clients to achieve stability and greater well-being. Staff connect clients to essential resources, healthcare services, and housing options that align with their needs providing a clear path toward sustainable independence. Guided by principles of cultural responsiveness, respect for diversity, transparency, and accountability, the program fosters a safe, inclusive environment. Available to those residing in transitional housing at Warmland House, the Moving Forward Program offers ongoing support, skill development, and resources to help clients secure and maintain stable, independent lives.

Rent Subsidy Program

Everyone faces challenges from time to time, and our Rent Subsidy Program may be able to assist individuals struggling to pay part of their rent or manage high utility bills.

For our clients staying on a night-to-night basis, we offer lockers to help keep their belongings safe, allowing them to participate in the community without the burden of carrying their items. The first step toward finding stability is speaking with our In-House Client Support Worker, who can help determine if the individual is interested in joining our Transitional Housing Program and working toward a life off the streets.

Transitional Housing Program

The Transitional Housing Program at Warmland supports up to 35 participants at any given time. The Bunkhouse Program is fed through the shelter program, and we have capacity for 11 participants. When a person is accepted into the Bunkhouse Program, the Tenant Support Worker and the Transitional Care Coordinator, will work collaboratively in order to support these clients in their basic needs, and in the Moving Forward Program. We will ensure our clients are receiving wrap around care to include support with their finances, health, education, employment and general day to day activities. A person can be a part of the Bunkhouse Program for up to 24 months. In the ideal scenario, a person who is assessed as doing well and meeting their own goals in the Moving Forward Program, will be offered the opportunity to move into an individual unit.

The Apartment Program has capacity for 24 participants. In the Apartment Program the same support will be provided, again for up to 24 months. Our goal is to prepare our clients for the eventual transition into community living. We have seen increased participant retention in the last year.

Since April 1, 2024

- Number of new Apartment participants: 17
- Number of new Apartment participants still in the program: 10
- Number of new Bunkhouse participants: 37
- Number of Bunkhouse participants who have moved to Apartments: 15
- Number of Bunkhouse participants who remain in the program: 0 (No one remained within this time frame individuals still occupied from previous)
- Number of participants who have successfully moved into the community: 10

The rates of termination of housing contracts was 14 in 2023/24 to 18 in 2024/25 (April 1st- March 31st) these numbers are for the bunkhouse, and apartment participants.

Sobering and Assessment Centre

The past year has been very busy for the Sobering Centre. Since May 2024, we have expanded our bed capacity to accommodate 11 clients, and we have increased our staffing levels to meet the rising demand. This expansion has allowed us to support more individuals who are

struggling with substance use and housing instability. Since opening in 2016, the Sobering Centre has provided a safe and welcoming space for people in need, offering a place to sleep and a break from life on the streets. In partnership with community organizations, we can connect clients to the appropriate level of care.

Despite our efforts, the demand for these services continues to outpace availability. Since 2016, over 16,000 individuals have attempted to access our services, and as of April 1st 2024 - March 31st 2025, our turn-away rate stands at 20%, even with the added beds. The total number rejected is 759, with 356 of those individuals rejected due to criteria, and 403 individuals rejected for capacity. While we are proud of the support we provide, the Sobering Centre offers only a temporary solution—and a critical one at that. We do not provide detox services, counseling, treatment, or housing, all of which are in limited supply or unavailable in the Cowichan Valley.

The Sobering Centre could potentially do more by offering some of these services on an on-demand basis. Re-envisioning how we deliver care could lead to more timely responses for clients in need. However, without adequate housing and other support services, it is likely that the challenges will persist, and our operations will continue in much the same way.

Sobering and Assessment Centre		
SAC Statistics	2024-25	2023-24
Total Individuals Supported	3,035	1,776
Male	2,318	1,237
Female	717	539

Coldest Night of the Year

- Anne Marie Thornton, Community Engagement and Fund Development



On February 22, 2025, folks in Duncan joined thousands of others across Canada in The Coldest Night of the Year (CNOY) - a family friendly, winter walk in support of people experiencing hunger, hurt, and homelessness in the Cowichan Valley.

The event was organized in partnership with the Blue Sea Foundation. This was

CMHACVB's 4th CNOY fundraiser. Funds raised in Duncan are directed to the CMHA Cowichan Valley Branch's safe spaces and programs for unhoused youth. Our goal is to purchase a home to



provide Emergency Shelter space, and support services for youth in the Cowichan Valley. A history of event results is included below:

	2022	2023	2024	2025	Total
Teams	67	60	50	59	236
Walkers	494	370	316	322	1502
Donors	1236	996	731	812	3775
Volunteers	42	49	58	70	219
Sponsorships	5,500.00	11,043.00	6,000.00	22,100.00	44,643.00
Raised	95,007.00	88,640.00	63,988.00	89,293.00	336,928.00
Blue Sea Portion	23,751.75	22,160.00	15,997.00	22,323.25	84,232.00
Final Grant	71,255.25	66,480.00	47,991.00	66,969.75	252,696.00

Each year, we hope to build on the momentum of past events. Next year's event will be held on February 28, 2026.

Donors: Stronger Together

Monthly Donors

Debra Bateman	Christina Beckett	Marjorie Bolware	Jeannine Carriere	Dorothy Cauchie
David De Kleer	Fiona Dirom	Laura Faulkner	Geoff Friderichs	Laurie Harding
Michele Kennedy	David MacLeod	Gerald Newell	Rita Paddle	Meredith Potter
Karen Post	Rosalie Sawrie	Allan Smith	Douglas Thornton	

Financial Supporters

Alison Alrecht	Brandon Book	Marilyn/Geoff Bowman	Vanessa Bramhill	Karen Chaster
Marli Chiasson	Josianne Doyon-Lord	Victor Dunaitis	Jim Entzminger	Devyn Erickson
Bruce Farquhar	Irene Forsythe	John Forsythe	John/Christina Fransen	Lela Gammon
Catherine Gillespie	Gloria Shaw	Pam Goshorn	Mick Grainger	Naomi Gray
Marcy Green	Peter Hatch	Ruth Hawkes	Merry Hill	Olive Holman
Deborah Irvine	Shane Johnson	Ken Gallagher	Ken Klein	Randy Knott
Robert Kopp	Alexandra LaRoche	Laura Fisher	Susan Lee	Joseph Legault
Gordon Lowick	Wendy Lynden	Elsbeth MacDonald	Kate MacLeod	Peggy McLennan
Michael Ward	Allan Mikalishen	Francis Milne	Sarah Nelles	James Nelson
Marianne Rachwalski	Marianne Redfern	Rick Stordeur	Bruce Wilkinson	Thomas Workman

Community Supporters

Brentwood College	Cowichan Valley Quakers	Dr Frederick Swan	Dr Luc Beaudet	Duguid Family Fund (Victoria Foundation)
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Duncan Seventh Day Adventists	Grighthouse Services Inc	Kanah Bookkeeping	Knights of Columbus	PECSF
Royal Canadian Legion	St John Baptist Anglican Church	Sylvan United Church	TD Wealth	Khowutzun Forest Services

In Memoriam

In Memory of Theron Keel

Thank you to everyone who has joined in partnership with CMHA to support our work – and have worked together with us to improve the lives of so many in the Cowichan Valley. “We are better and stronger together”.