



ANNUAL REPORT

2024-25



Canadian Mental
Health Association
Kelowna & District

Operators of

• FOUNDRY •
KELOWNA

Message from the Chair & CEO

As we present the 2024-2025 Annual Report, we do so with deep gratitude, reflection, and a steadfast sense of purpose. This year, more than ever, has reinforced what we, at CMHA Kelowna, have long believed: that the way forward is together.

In the face of persistent and growing challenges--rising mental health concerns, housing insecurity, the toxic drug crisis, and the soaring cost of living--our team, our partners, and our community have continued to meet adversity with resilience, compassion, and action.

At the heart of our work are the people we serve; individuals and families seeking hope, connection, and support when they need it most. This year, that commitment remained unwavering. In the summer, our Community Roots team performed what many would call impossible--re-housing 20 residents at risk of homelessness after receiving sudden eviction notices. In a tight and unforgiving housing market, this team exemplified what's possible when commitment meets community need.

Our youth-focused programs, including Family and Natural Supports initiative and the Bright Mindz Youth Housing program, continued to make life-changing impacts. National recognition through the *Making the Shift Youth Homelessness Prevention Awards* reminded us that local work can be a model for the entire country. These programs are preventing the next generation from falling through the cracks--and giving them tools to build strong, supported futures.

Community events like *Ride Don't Hide - The Payton & Dillon Budd Memorial Ride* broke records in both attendance and fundraising, with over 600 riders and more than \$210,000 raised. These milestones show us the power of collective care and the incredible generosity that defines our community.

Our counselling services expanded to meet a growing need--from walk-in support for youth at Foundry Kelowna to accessible virtual counselling for adults and couples. We know that sometimes the most powerful thing we can offer is someone to talk to--and this year, thousands of people found that at CMHA Kelowna.

We also rolled out new programs like *Links to Employment*, focused on supporting marginalized individuals to build skills, knowledge and connections for meaningful employment, in partnership with primary care clinics in the community. We started pre-development work on a housing project that will see 49 units of affordable housing for seniors, families, and Indigenous people. We also re-focused our energy on community education, providing mental health sessions to employers across the community, in support of mentally healthy workplaces.

Behind each initiative and every story of impact is the dedication of our team, the vision of our leadership, and the commitment of our Board. We thank outgoing Board member Mike McGreer for his many contributions, and warmly welcomed three new Board members, bringing new energy and fresh perspectives to our governance.

To our staff, volunteers, partners, funders, and donors: your work, support, and belief in our mission have allowed us to meet our community's most urgent needs with both courage and compassion.

As we look to the year ahead, we do so with clarity, purpose, and hope. We will continue to focus on strengthening our organization from within--and continuing to work in partnership with community, ensuring that those who come to us for support receive the highest quality care.

Thank you for being the heart of CMHA Kelowna. Together, we are building a future where everyone has the opportunity to thrive.



Mike Gawliuk
Chief Executive Officer



Cam McAlpine
Board Chair

Board of Directors

Board Chair
Cam McAlpine

Vice Chair
Terry Beaudry

Treasurer
Deborah da Silva

Secretary
Mike McGreer

Directors

Sean Pihl
Kwame Boateng
Siobhan McManus
Marc Proulx
Aman Hundal
Jenn Goodwin
Kyle Ramsey



Canadian Mental
Health Association
Kelowna



STRATEGIC PLAN
2022-2025



Impact Highlights

The **2024 Payton & Dillon Budd Memorial Ride** welcomed **605** Riders & Striders, sparking conversations around mental health and suicide prevention, raising over **\$214,968**.

The **2024 Push-Up Challenge** saw **791** participants sign-up and push for better mental health, raising more than **\$60,000**.

Family & Natural Supports program received an **Honorable Mention** from **Making the Shift Youth Homelessness Prevention Awards**.

A Way Forward Podcast: Conversations on Mental Health was nominated as Kelowna's Best Podcast in the *KelownaNow - Best of Kelowna Awards*.

The **Links to Employment** program was launched, assisting participants in improving their well-being through employment, short-term training or volunteerism.

In its second year, the **REnEW** program saw an increase in participants & **11 graduates** who all secured employment following the program.

The Central Okanagan Rent Bank received a total of **619 preassessments**, distributing **\$192,935** in financial support.

Foundry Kelowna

Operated by CMHA Kelowna, Foundry Kelowna is an integrated youth and family clinic that unites partner organizations to provide coordinated services addressing the primary care, mental health, substance use, counselling and social service needs of youth aged 12–24 and their families and caregivers.

1,598 UNIQUE CLIENTS

8,395 APPOINTMENTS

Walk-In Counselling (WIC)

Foundry Kelowna's Walk-In Counselling (WIC) program saw significant growth in 2024-25. Foundry Kelowna expanded its service hours (ages 12-24) to Monday-Friday from 12pm-5pm and Thursdays from 12pm-7pm, allowing for more youth to access services and receive the support they need.

349 YOUTH ATTENDED

753 WALK-IN COUNSELLING SESSIONS

Youth Peer Support

The demand for Youth Peer Support at Foundry Kelowna increased significantly in 2024-25 for both group and one-on-one peer support services. Foundry Kelowna's "Tuesdays with Peers" group saw, on average, **11** youth per session, highlighting the need for safe, inclusive spaces where young people can connect and for supportive peer relationships.

41 UNIQUE YOUTH ATTENDED

376 PEER SUPPORT SESSIONS

Empowering people to live their best lives



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“I was feeling very different than how I am feeling now... I **feel found**. I feel calm. I feel connected.”

- **Shaina**

Foundry Kelowna Participant

Family Supports & Services

Family supports and services are a crucial aspect of Foundry Kelowna, providing parents and caregivers access to relevant programs and services based on their individual needs. In the past year, the Family Navigation team supported **210** clients across **469** appointments.

The **Family and Natural Supports (FNS)** program is designed to support youth at-risk of or experiencing homelessness by connecting them with family or natural support systems—like teachers and coaches, mentors, and other adults in the community. The program provides flexible individualized services to foster and strengthen relationships between youth and their family or other important adults in their lives and community through mentorship, guidance and skill-building.

464 CAREGIVER SESSIONS

209 UNIQUE CAREGIVERS

61 UNIQUE CAREGIVERS ATTENDED GROUPS



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“I was able to express myself freely without judgement and get the support and resources I needed.”

- Family & Natural Supports Client

Bright Mindz Youth Housing Initiative

Bright Mindz is a youth housing initiative comprised of 18 micro suites for youth between the ages of 17-24 who are on the path towards adulthood. These independent suites provide a safe, supportive environment where they can continue to increase their level of education, develop life skills and natural supports.

10 RESIDENTS PREPARED FOR TERTIARY SCHOOLING
6 WERE ACCEPTED INTO POST-SECONDARY INSTITUTIONS

Since the program opened, Bright Mindz has housed 56 youth experiencing or at-risk of homelessness. Of those 56 youth, **82% have successfully transitioned to the next step.**

CMHA Kelowna Housing

CMHA is committed to providing housing to people from across the community. We operate Supportive Housing for unhoused individuals, and those at-risk, affordable housing through Rosemead Apartments, and scattered-site housing, in rental units across the community. In total, we offer over **300 units of housing for youth and adults in our community.**

Meals Matter Program

The Meals Matter Program provides three daily meals to adults and youth in CMHA Kelowna's Supportive Housing, ensuring food security and supporting mental health amid rising food costs.

57,074 FROZEN MEALS PRODUCED
2,884 SOUPS DELIVERED
2,884 HOT BREAKFASTS DELIVERED (Every Friday)

Empowering people to live their best lives



“To have someone in your corner... [to know] other people are going through the same thing, too. I was feeling down and [CMHA Kelowna] picked me up.”

- Supportive Housing Resident

Links To Employment

The Links to Employment Program supports job seekers facing multiple barriers in finding training, volunteer work or employment. In its first year at CMHA Kelowna, it has already received **34 referrals** and welcomed **28 new clients**.

The program is delivered by a team including an Occupational Therapist for mental and physical wellness, two Vocational Counsellors for personalized employment support, and a Peer Support Worker who guides participants through their vocational and recovery journey.

Foundry Works & Education Program

Foundry Works & Education is a supported employment and education program for youth interested in working, going to school, or completing a training program. Foundry Works & Education helps youth build the skills and experiences needed to achieve their goals through one-on-one employment counselling, support with resumes, cover letters, and applications, financial support, and more.

REnEW Program

In 2024, in partnership with FortisBC, the REnEW (Residential Energy Efficiency Works) program welcomed **12 participants** from the Foundry Works & Education program to engage in a four-week training program that provided classroom and hands-on field instruction, equipping students with job-ready skills and creating future opportunities.

11 GRADUATES WHO ALL SECURED EMPLOYMENT

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“I got to **learn so much...** When I enter a jobsite, I'll feel like I'll know what I am doing. **I will have that pride in me.**”

- REnEW Participant

Community Roots Outreach Services

The Community Roots Outreach Team supports individuals who are experiencing homelessness or at-risk of homelessness. Providing vital frontline support, CMHA Kelowna's Outreach Team distributes food, extreme-weather supplies, tents & tarps, harm reduction kits, and connection to safety and housing services.

3,650 INDIVIDUALS SUPPORTED IN THE COMMUNITY

3,500 FOOD KITS DISTRIBUTED

1,600 INDIVIDUALS RECEIVED ESSENTIAL COLD-WEATHER GEAR

Central Okanagan Rent Bank

The Central Okanagan Rent Bank program helps to increase the housing stability in our community for individuals who are experiencing short-term financial difficulties. The rent bank offers interest-free repayable loans as well as access to relevant support services to eligible renters in the Central Okanagan (Kelowna, West Kelowna, Lake Country and Peachland).

In 2024-2025, the Rent Bank served as a crucial safety net for renters facing financial instability, receiving a total of **619** preassessments over the year.

\$192,935 IN FINANCIAL SUPPORT PROVIDED

Applicants often applied for help with multiple housing-related expenses, resulting in **224** requests for rent arrears, **362** for next month's rent, **91** for first month's rent, and additional needs such as utilities, security deposits, and pet deposits.

Empowering people to live their best lives



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“This assistance was critical in ensuring my family and I could **remain in our home**, while also receiving the necessary support to navigate **such a challenging time**.”

- Central Okanagan Rent Bank Recipient

Virtual Counselling

Our virtual, team-based counselling uses Solution-Focused Brief Therapy (SFBT) to help you identify strengths and goals, supporting positive change—all from the comfort of the client's home via video or phone.

186 UNIQUE CALLS
497 COUNSELLING SESSIONS DELIVERED

Supportive Housing Counselling

CMHA Kelowna's Supportive Housing sites offer counselling services to residents, which are regularly and consistently accessed. New initiatives in the 2024/25 fiscal year included psycho-educational counselling groups at Gordon Place, and the addition of the Synergy program.

115 UNIQUE CLIENTS SERVED
775 COUNSELLING SESSIONS

Synergy

In its first year, Synergy—CMHA Kelowna's innovative community hub—became a vital access point for streamlined support, helping individuals obtain ID, access mental health services, and navigate complex systems like Income Assistance, PWD applications, and tax preparation.

67 INDIVIDUALS SUPPORTED
23 BIRTH CERTIFICATES WERE OBTAINED
15 INDIVIDUALS ACCESSED COUNSELLING

Empowering people to live their best lives



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“Counselling is one of my favourite times. It's when I feel like I'm being seen.”

- Supportive Housing Counselling Client

Wellness Development Centre

The Wellness Development Centre (WDC) is a place where individuals dealing with mental health issues can connect with others, engage in wellness-based activities, learn and improve mental wellness, and contribute to a vibrant community. This year, the WDC saw **238 new referrals** and **5,037 participants** attending different groups, activities, and events.

1,298 INDIVIDUAL MEALS PROVIDED

Peer Support

Peer Support connects people with shared mental health experiences to reduce isolation, foster empowerment, and create a space of acceptance and understanding.

462 PEER SUPPORT PARTICIPANTS ATTENDED
94 PEER SUPPORT GROUPS

Seniors Art Program

The Seniors Art class is a supportive environment for seniors to be creative and socialize. The projects are designed to be suitable for diverse skill levels including seniors who are brand new to art. Activities range from painting and mixed media to mosaic and jewelry making.

108 PARTICIPANTS ATTENDED
47 PROGRAM SESSIONS

Empowering people to live their best lives



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“This place has **opened so many doors**.
I’m not afraid to say that this place has
saved my life many times.”

- **Rhonda D.**

Wellness Development Centre Participant

In the Community

The Payton & Dillon Budd Memorial Ride *Ride Don't Hide*

Each year, hundreds gather at Sutherland Bay Park for The Payton & Dillon Budd Memorial Ride: Ride Don't Hide—an event that sparks mental health conversations, shares stories, and promotes hope through support for CMHA Kelowna.

605 REGISTRATIONS

\$214,968 RAISED THROUGH DONATION & SPONSORSHIP

Thank you to the Thomas Alan Budd Foundation and all of the event sponsors and volunteers for making The Payton & Dillon Budd Memorial Ride - Ride Don't Hide possible.

The Push-Up Challenge

The Push-Up Challenge is a free, national campaign that promotes connection, physical activity, and mental health awareness. Participants completed **2,000 push-ups** to raise funds for vital mental health programs at their local CMHA branch.

791 LOCAL PARTICIPANTS

\$63,732 FUNDRAISED FOR CMHA KELOWNA

Discovery College

Discovery College offers **free, inclusive courses** that help individuals build confidence and resilience. Through an educational approach, it promotes well-being by teaching skills like mindfulness, healthy boundaries, and self-care—all with a focus on supporting people.

213 UNIQUE COURSE COMPLETIONS



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“I loved the camaraderie between all the bikers. **Everybody was in the same mindset.**”

- 2024 Payton & Dillon Budd
Memorial Ride Participant

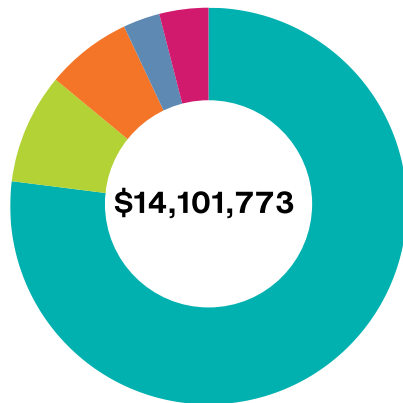
Financial Statement

Financial information from
April 1, 2024 - March 31,
2025.

This information has been
extracted from the audited
financial statements prepared
by management and audited
by Doane Grant Thornton
LLP.

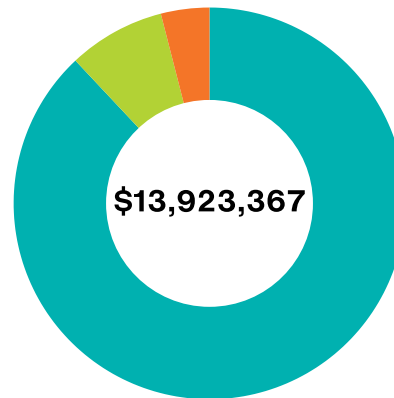
The full statements are
available at cmhakilowna.org
or by request.

Revenue



- Government Funding 77%
- Tenant Rent 9%
- Grants 7%
- Donations 3%
- Other 4%

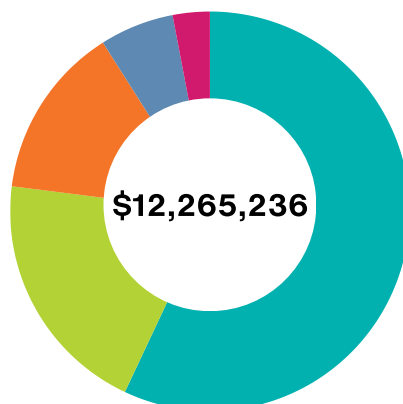
Expenses



- Programs & Services 88%
- Administration & Governance 8%
- Community Engagement & Education 4%

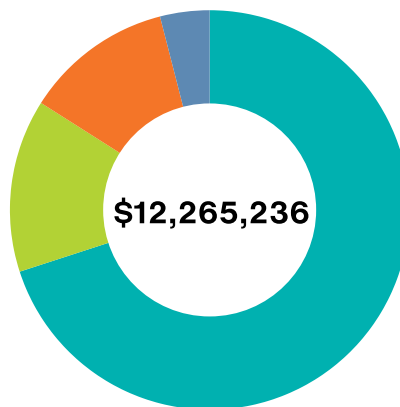
Programs & Services

(88% of our expenses)



- Housing 57%
- Foundry Kelowna 20%
- Homelessness Services 14%
- Nutrition 6%
- Wellness 3%

Breakdown of Program Costs



- Staff Wages & Benefits 70%
- Building Maintenance 14%
- Program Expense & Activities 12%
- Rent Supplements 4%

The way forward is **together**.

To learn more about CMHA Kelowna and how
you can support our vision of a mentally
healthy community, visit **CMHAKelowna.org**



**Canadian Mental
Health Association**
Kelowna

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KELOWNA

The Canadian Mental Health Association, Kelowna offices are located on the ancestral, traditional, and unceded lands of the Okanagan nation and syilx peoples. We are committed to sustaining relationships with Indigenous peoples based on respect, dignity, trust, and cooperation in the process of advancing truth and reconciliation.

CMHAKELOWNA.ORG

