



SCHIZOPHRENIA
SOCIETY OF ALBERTA

40 YRS
1980-2020



2019 - 2020 Annual Report

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OUR MISSION

To improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research.

BOARD OF DIRECTORS

Thomas Raedler, Chair
Curtis Boyd, Vice Chair
Dwayne Perry, Treasurer
Julia Loney, Secretary
Vintti Jakhar, Director
Imogen Pohl, Director

OUR POSITION STATEMENT ON RACISM AND INJUSTICE

For 40 years, the Schizophrenia Society of Alberta (SSA) has sought to improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research. We provide support to Albertans affected by schizophrenia, whether directly or as family, friends and caregivers. The SSA stands in solidarity with Black, Indigenous, and People of Colour (BIPOC) and other marginalized communities, and in particular, with our clients, employees, volunteers and supporters. Our goal is to ensure that everyone living with schizophrenia and psychosis has the supports they need to lead a meaningful and fulfilling life, regardless of race, ability, gender expression and identity, sexual orientation, religion, or other considerations.

OUR FOCUS

SUPPORT

INCLUSION

ADVOCACY

MESSAGE FROM OUR BOARD CHAIR



Dear Members, Friends and Volunteers of the Schizophrenia Society of Alberta:

It has been my honor and pleasure to serve as the Chair of the Board of the Schizophrenia Society of Alberta. My two-year term started at the 2019 AGM on September 21, 2019.

2020 was supposed to be a year of celebration for the Schizophrenia Society of Alberta. First and foremost, we were planning to celebrate the 40th anniversary of the founding of our organisation in July 1980. We were also planning to hold our Strides of Hope Walks in several cities in Alberta on World Schizophrenia Day on May 24, 2020. Last, and not least, Rubyann and team were making preparations for the 9th Annual Campaign Kickoff on October 24, 2020, which was shaping up to be another exciting event in Lacombe.

And then COVID-19 interfered with all of our plans. Together with the rest of the province, the Schizophrenia Society of Alberta had to abruptly stop all face-to-face activities in mid-March 2020. Together with the rest of the province, the Schizophrenia Society of Alberta is slowly starting to re-emerge from the lockdown. However, it will be many months until we will be back to our previous routines. Thanks to the creativity and ingenuity of our staff and volunteers, we are now able to offer many online activities and thus continue to provide ongoing help and support to our members and their family-members. Eventually we will resume our face-to-face activities. Eventually we will also have an opportunity to get together and celebrate again.

COVID-19 has caused tremendous suffering and hardship in our province and world-wide. So far, the pandemic shows no signs of slowing down. As of the end of August 2020, over 13,000 Albertans have been diagnosed with COVID-19. Please remember that over 40,000 Albertans are affected by schizophrenia. We need to renew our efforts to support those affected by schizophrenia as they lead fulfilling and meaningful lives. We also need to continue to spread the word that 'THERE is HOPE in living with SCHIZOPHRENIA'.

I would like to thank the Board Members of the Schizophrenia Society of Alberta for their ongoing support over the last year. A special thank you goes to Doug Race and David Krebs, who completed their terms on the Board of the Schizophrenia Society of Alberta after the 2019 AGM. I would also like to thank Kent Teskey, who left the Board of the Schizophrenia Society of Alberta earlier this year as he took advantage of new opportunities. My thanks also go to the Executive Director and the SSA team across the province for their ongoing efforts to improve the lives of people affected with schizophrenia. Another special thank you goes to all the members, family-members and volunteers of the Schizophrenia Society of Alberta, who have been supporting us over the past year. I hope that you will continue to support us over the years to come as there remain plenty of challenges for those affected by schizophrenia as well as their families.

Sincerely,

A handwritten signature in black ink, appearing to read 'T Raedler'.

Thomas Raedler
SSA Board Chair

MESSAGE FROM OUR PROVINCIAL EXECUTIVE DIRECTOR



Although Covid-19 altered our programs, services and annual events for 2020, we have a lot to be proud of during the year, and especially through this time of uncertainty.

On May 24, 2019 we hosted our 2nd province-wide Strides of Hope Walk on World Schizophrenia Day.

We were happy to see increased participation in each of the 6 communities, and grateful that several dignitaries came out to walk with us, helping to increase awareness and reduce the stigma around mental illness.

In October 2019, we hosted our Annual Fundraising Campaign Kickoff - "See Me, Not My Illness" with over 350 in attendance. Many commented that the evening was inspirational and fun! Our campaign ran until December 31st and were thrilled that we surpassed our goal of \$125,000 by \$10,000! To each of you who contributed to making that possible, thank you so much!

Our Indigenous Outreach Program, launched in 2018 to offer educational and peer support for those living with schizophrenia on reserves, reached 21 new communities in 2019.

Our Online Educational Speakers Forum saw a significant increase in attendance in 2019 and is experiencing an even greater increase during the Covid-19 Pandemic.

The pandemic is very difficult for those who are already vulnerable. When our branches became unable to offer in person support groups, we quickly implemented alternative ways to support our clients. Currently these include, individual telephone check-in support, online support meetings, and peer support conference call meetings. These programs have been so well received by those living with schizophrenia and their families that we increased the number of groups offered each week and added additional conference lines.

Our housing programs follow the COVID related directives from the Chief Medical Officer and adhere to our licensing standards. We have found innovative solutions to support the tenants during these unprecedented times.

I think one of the most innovative ideas was the make shift Tim Horton's coffee window. This was fun for the tenants and added humor at a time we all needed some. Thanks to all of the front line housing staff for supporting our tenants. On July 29th, SSA celebrated our 40th anniversary and even though our original plan was not possible because of the pandemic, we quickly changed course and hosted a video series with messages from our clients for 40 days leading up to our anniversary date. This was so well received, and I want to personally thank every client who volunteered to be a part of our celebration!

Each year, I am extremely grateful and thankful for everyone who has helped SSA thrive and offer support to those affected by schizophrenia. However, this year my list is a lot longer. A huge thank you to:

- everyone who, over the past 40 years, contributed to carrying out SSA's mission, without you we wouldn't be where we are today
- Board Member, Kent Teskey, who gave us 7 years of service. Kent, thank you for your expertise and support to move us forward
- my Board of Directors, for sharing SSA's mission and vision and being champions for mental health
- all the staff across the province for your flexibility and commitment to finding ways to continue with our programs and services
- our funders, donors, and volunteers
- health care and front-line workers across the province who are working to keep us safe
- and last but not least by any means, our clients, thank you for your flexibility and understanding during this challenging time. I know it has not been easy for you.

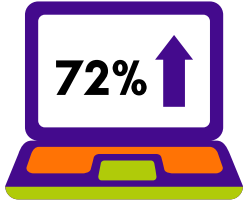
I look forward to a time when it will be safe for us to gather, to celebrate, and to work towards ending stigma and discrimination in person.

Sincerely,

A handwritten signature in black ink that reads "R. Rice".

Rubyann Rice
Provincial Executive Director

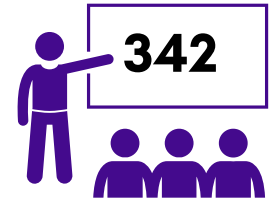
YEAR AT A GLANCE



Increase in SSA's Online Educational Speakers Forum attendees.



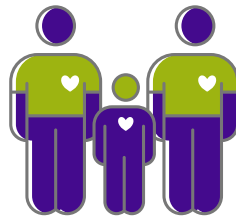
25,978 Albertans reached in the past year through SSA programs and services.



Community Education Presentations were made to **9368** attendees across the province.



New communities across the province were served through our Indigenous Outreach Program.



13,105 Clients were served through our Family and Peer Support programs



Tenants residing at SSA's supportive housing facilities appreciative of having a safe and caring place to live.

OUR ONLINE OUTREACH

48

**new communities
accessed our
online
programs in
2019 - 2020**

- New communities reached
- Communities continuing to access our programs

OUTSIDE OF ALBERTA:

BC: Chilliwack, Doig River Band Office, Richmand, Surrey, Vancouver, Vernon

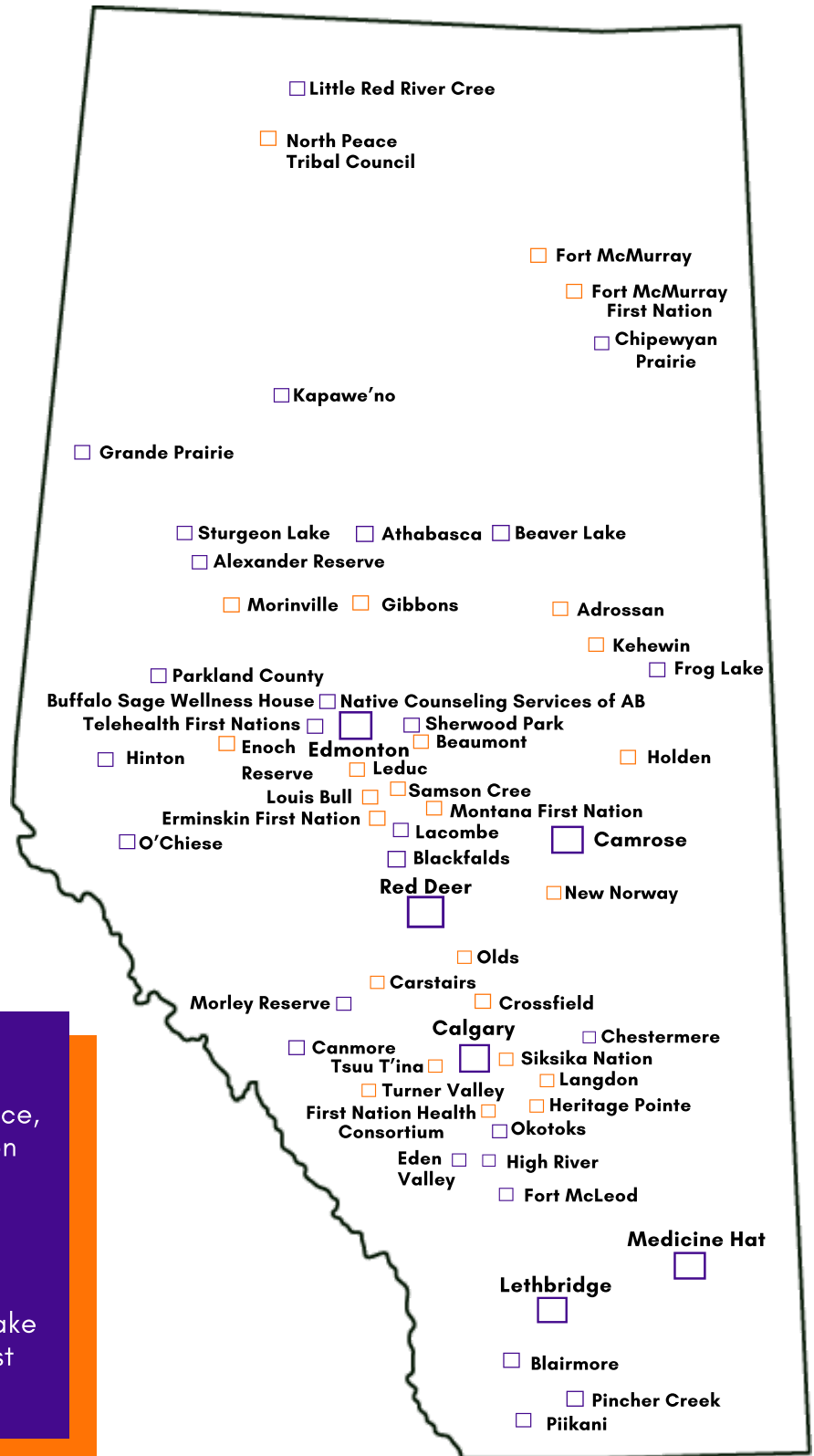
NB: Aylesford

NL: Outer Cove, St.Johns

ON: Maple, Toronto

SK: Battle River Treaty 6, Meadow Lake Health Centre, Little Pine, Flying Dust

Other: Doha, Qatar



WHAT OUR CLIENTS ARE SAYING

“ The SSA has given a chance for my brother to see opportunities instead of being defined by the schizophrenia label. He is now able to move his life forward with a supportive job and our family has a better understanding of this illness and we know that the Schizophrenia Society of Alberta is always there when we need them. ”

“ SSA's many programs have helped me to turn my illness into something positive. Most recently has been the Online Adult Peer Support Group, which I look forward to every week. The sense of community, of working together, is something I love to be a part of. It is good to know that the SSA is always there for me. Congratulations on 40 years! ”

“ Congratulations to the Schizophrenia Society of Alberta on 40 years of service! Since I've been employed with you, I finally have an answer to the most dreaded question.... "what do you do for a living?" ”

“ For the first time in years, I have an address. ”

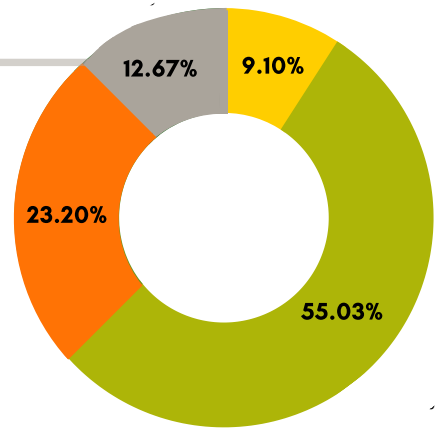
“ Since your Community Education Presentation and the stories of your two co-presenters who have lived experience, we have seen a decrease in staff fear, an increase in staff compassion, and a client who feels more understood and supported. We cannot thank you enough. ”

“ It's a valuable life line. I can't control the problems outside of myself with regards to being a caregiver. It's a tough go and SSA's online support gives me strength and holds me together. ”

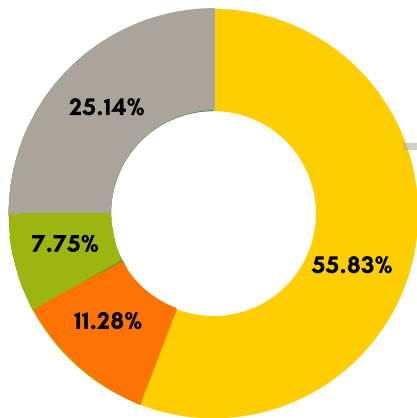
FINANCIAL SUMMARY

REVENUE FROM GRANTS

- Alberta Health Services
- Homeward Trust
- United Way
- Other



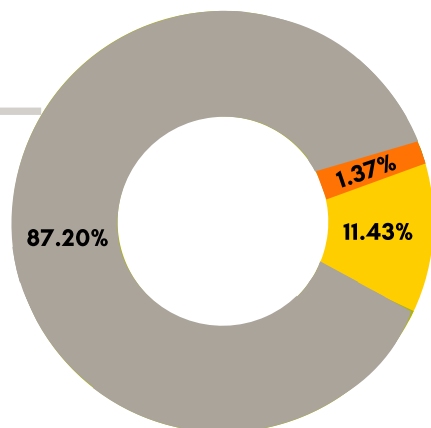
REVENUE



- Grants
- Donations
- Fundraising
- Other Revenue






EXPENSES

- Administration
- Fundraising
- Support Programs and Advocacy



LOOKING FORWARD

Spring and summer 2020 has been a stressful time for everyone and even more so for those living with schizophrenia. While the uncertainties around Covid -19 make it more difficult to plan for the future, what we are certain of is that:

-  we will continue our current online educational presentations, online support programs, individual phone support, and conference call support groups
-  we will seek out opportunities with stakeholders and mental health professionals to improve access to timely treatment and support
-  we will continue to reach out to indigenous communities offering parallel programming through our Indigenous Outreach Program
-  we are collaborating on the creation of a resource guide for families that will be available in 2020-2021
-  we will continue to find innovative ways to advocate for those affected by schizophrenia and educate our communities to reduce stigma
-  we will be seeking additional and/or alternative funding sources to continue operations should we experience funding cutbacks due to covid-19

OUR FUNDERS



United Way
Central Alberta



United Way
Calgary and Area



homeward trust
edmonton



Alberta Health Services



Otsuka



CSU⁵²



Community
Initiatives Program

THE CITY OF
Edmonton



United Way
Lethbridge &
South Western Alberta
Change starts here.



Battle River Community Foundation

OUR 2019 - 2020 SPONSORS



HLS Therapeutics®





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