

Annual General Meeting 2011-2012 Report

Celebrating 53 Years

*Supporting individuals with disabilities
and their families since 1959*

Mental Health and Community Living

WHAT'S THE CONNECTION?

Key Note Speakers:

**BRAD EMBREE
&
JOANN POIRIER**

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COMMUNITY LIVING – WEST NORTHUMBERLAND

MISSION STATEMENT

Community Living – West Northumberland is committed to providing quality support for people with disabilities to live, learn and work as valued citizens in the community.

SERVICES OVERVIEW

We provide services to people aged 6 and up who have a disability. We are committed to providing a range of supports and services that are as individualized as possible and meet the needs of children, youth, adults and families. We strive to work in collaboration with people supported, families, friends, caregivers, community partners and other service providers.

SERVICE PRINCIPLES

- Our organization provides supports and services on an individualized basis
- Each support plan will recognize each person's needs, wishes, abilities and aspirations
- Support plans will be adjusted to respond to people's changing needs and choices
- We encourage people to exercise their rights
- We teach people the responsibilities that accompany rights
- We believe people should direct their own lives
- We will help people become as independent/interdependent as possible within their community
- We work to ensure people access their community and its resources

- We assist people to access education
- We support people to obtain employment and to engage in meaningful work
- We help people to access recreational activities of their choice



Message from the Executive Director

Cathy Timlin, Executive Director
Community Living-West Northumberland

On behalf of the Board of Directors of Community Living-West Northumberland I would like to welcome you to our 53rd Annual General Meeting. As I sat down to write the message for this year I found myself reflecting on our Mission and Vision Statements. These statements help to guide us in a direction of community, acceptance and inclusion. The words, also reflect our accomplishments, the challenges we face and the directions we see ourselves undertaking.

The work of this organization is also a reflection of the vision of our founders who fought tirelessly to see their children part of a more accepting community; having the opportunity to participate in school and perform work the same as you and I. While we know we have come leaps and bounds in these directions, I still find myself asking the question “is today really that different”? It may be 50 years or so later but the drive to see each and every person with a disability actively engaged in activities of their choice, in their own community surrounded by their friends, family and neighbors remains the same.

Our accomplishments and there have many, continue to strive towards meaningful opportunities and inclusive communities for people regardless of their ability. This past year we have been able to add more community based activities and the community events we have held have included friends and neighbors wanting to take part.

The challenges continue to include the effects of the economic crisis we still find ourselves in and the lack of funding that affects organizations, families/caregivers and the people supported. Challenging ourselves and working collaboratively with others to find more innovative options remains constant.

Future directions include sustainability and diversity of funding, at a time when government instability has become a major concern for all publically funded social service organizations. Engaging our community to increase awareness of who we are and what we do for people is vital.

This year we introduced questionnaires for both our parents/caregivers and the people supported. The response has been overwhelming and we appreciate the feedback we have received. We are working through the responses and want to respond to the suggestions, concerns and comments. We will continue to seek feedback in order to assess and understand how the services we are providing are meeting the needs in our community.

This year we are implementing a pilot project that offers a variety of activities to people in the evenings.

We are exploring different options to see what interest's people have and we hope this type of support evolves. We are open to suggestions and ideas of activities that people are interested in pursuing.

The theme of this year's Annual General Meeting is "Mental Health and Community Living. What's the Connection?" You may ask, does Community Living provide this type support when they are known to have deep roots embedded in supporting people with intellectual disabilities. Our organization has slowly grown over the years to include services that support a similar number of people with other forms of disabilities and their family/caregivers. Our success has been evident by the increase in people and family/caregivers supported. Our Lakeshore Family Network supports families and caregivers who have family members with a mental health diagnosis. We offer information, support group meetings and training sessions to better equip them to assist their loved one. Our Multi-Sensory Room is open to all members of our community and has proven worthwhile to those with a mental health diagnosis. Our EARN program supports a broad base of people with a diagnosis that can include mental health and learning disabilities. These services all speak to the evolution of our services from an organization who only supported those with an intellectual disability.

Our staff members have spent a great deal of time developing skills and expertise in supporting people and their family members. I am very proud of the accomplishments we have had and the ability of our staff members to branch out and become effective providers of services to those with other disabilities. I want to thank the community, our partners and funders in believing that our assistance can make a difference in people's lives. We are grateful for the funding we receive from United Way Northumberland, Employment Support Funding and The Port Hope Health Care Foundation and from our community donors.

It is our hope to continue to grow in a direction that assists all disability groups and their families to making positive contributions and lead successful lives.

I'd like to express my appreciation and thanks to our members, the people and their families/caregivers, our staff members, our volunteers, our donors, those who provide funding to us and the Board of Directors for their continued support.

~ Cathy Timlin ~



SPEAKER BIOS

KEYNOTE SPEAKER BRAD EMBREE

Brad Embree is a peer support worker with the Canadian Mental Health Association and is currently completing his diploma in Social Services at Fleming College.

Brad has lived experience with a number of mental health issues including addiction.

JOANN POIRIER

JoAnn Poirier has an extensive and diverse background in mental health services, working as a Registered Nurse in mental health for 15 plus years.

JoAnn has worked within Northumberland Hills Hospital, Community Mental Health Program for the past seven years. In her current position of Clinical Case Manager for the Lynx Early Psychosis Intervention Program, JoAnn works with youth between the ages of 15 and 35 who are experiencing the early stages of psychosis.

During her career, JoAnn has been responsible for providing direction, leadership, support and guidance to various sectors of the mental health system. She has worked directly within the areas of ACTT, case management, court diversion, housing and family support programs.

In 2007, JoAnn was honored with the Northumberland Hills Hospital's prestigious "Excellence in Leadership Award". This distinction is awarded on the basis of nominations from within the hospital team, and acknowledges extraordinary employees who go above and beyond the call of duty to make a difference at NHH.

The World Health Organization defines mental health as "a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."



BOARD OF DIRECTORS 2012 - 2013

OFFICERS

Patrick Houlihan	President
Doug Burke	Vice-President
Pat Lyon	Secretary Treasurer
Hugh Parker	Past President

CONTACT US

Community Living-West Northumberland

275 Cottesmore Avenue
Cobourg, ON
K9A 4E3
Telephone: (905) 372-4455
Fax Line: (905) 372 -2783
Website:
www.communitylivingwestnorthumberland.ca
Email: communitylivingwn@yahoo.ca

DIRECTORS

Lynn McMillan	Lisa Ing
Bonnie Johnston	Christopher Godsell
William Bachellier	

MANAGEMENT TEAM 2012 – 2013



POSITION/DEPARTMENT
EXT.

NAME

PHONE NUMBER AND

Executive Director	Cathy Timlin	905 372-4455 ext. 232
Finance Manager	Bob Evans	905 372-4455 ext. 234
Manager	Patti Galloway	905 372-4455 ext. 229
Manager	Ann Moring	905 377-4455 ext. 225
Human Resources/Manager	Judy Rahme	905 372-4455 ext. 226
Administrative Assistant	Diana Dennee	905 372-4455 ext.227
Employment Assistant Resource Network Manager	Jennifer Lean	905 377-9920 ext. 23