

TOGETHER WE CAN BUILD A HEALTHIER COMMUNITY

McMan Calgary's Case for Preventative
Mental Health Supports



McMan





McMan Youth, Family and Community Services Association

VISION

Together we transform the lives of children, youth and families through sustainable supports and connections, leading to healthy and fulfilling lives.

MISSION

To support and encourage individuals and families to achieve their full potential as members of their community.

VALUES

Commitment, trust, empathy, respect, genuineness.

ACCREDITATIONS

Commission on Accreditation of Rehabilitation Facilities (CARF)
Canadian Accreditation Council (CAC)



THE NEED FOR MENTAL HEALTH SERVICES IN CALGARY CONTINUES TO CLIMB.

Mental health issues are multifaceted and complex, influenced by societal, economic, and cultural dynamics. Factors contributing to the rise of mental health issues in our community include:



- **Stigma** attached to seeking mental



- Impacts of **COVID-19 pandemic**



- **Food insecurity**



- **Affordable housing**



- **↑ addiction** issues



- **↑ workplace** mental health pressures including anxiety, stress and burnout



- **↑ youth mental health concerns** related to social media influences, cyber bullying, eating disorders, academic pressures and more.

Access to the right services at the right time when someone is experiencing a mental health concern or crisis is critical.

Right now, in Calgary, gaps exist in the choices available to individuals and families. Community-based crisis counselling, corporate employee assistance programs, private counselling, or acute interventions (hospitalization) may not fit the needs of an individual or may not be readily or financially accessible.

McMan Calgary's DBT Skills Program offers a program approach to mental health that is focused on early intervention and personal skill building, that is evidence-based and a proven approach that builds lasting resiliency and strengthens the ability of individuals to navigate home, school, work, and community.

Canadian Association of Mental Health reports about 20% of youth are affected by a mental illness or disorder

Alberta Children's Foundation reports about 114,000 youth and young adults, in Alberta alone, experience mental health concerns each year with an estimated 4,820 that will attempt suicide; the second leading cause of death for 16–24-year-olds across Canada.

Addiction and Mental Health (AMH) are a growing concern with about 10,000 emerging adults currently accessing addiction and mental health services in the Calgary Zone alone



ACCESSIBLE - AFFORDABLE - TIMELY

DBT SKILLS TRAINING PROGRAM

Dialectical Behavior Therapy (DBT) is a type of cognitive-behavioral therapy originally developed by psychologist Marsha Linehan in the late 1980s. It was initially created to treat individuals with borderline personality disorder (BPD) and has since been adapted for use with other mental health conditions characterized by difficulties in regulating emotions, such as depression, anxiety disorders, and eating disorders. Our DBT Skills Training program was originally introduced into McMan with the help and support of founding partners, former clients of McMan, who experienced the tragic loss of their own child to mental illness.

There are four key areas taught as part of DBT therapy: Mindfulness, Emotional Regulation, Distress Tolerance and Interpersonal Effectiveness. They are designed to help individuals become more aware of their thoughts, emotions, and behaviors, and develop healthier ways of coping with distress while emphasizing the importance of balancing both acceptance and change.

McMan offers a fee-based 12-week DBT Skills Training program to help individuals recognize and address mental health issues before they become a crisis. Each weekly session is led by a master's degree clinician and a co-facilitator, both certified in DBT Skills Training.

McMan has been bridging a gap in mental health services through this accessible, affordable, and timely program for a few years now and continues to maintain waitlists for the program. We know this program is effective and, with your help, even more Calgarians can benefit from our DBT Skills Training.



- Course length: 12-weeks (24hrs of group therapy)
- Cost: \$1,095
 - Compared to private counselling at \$125-@225/hr
 - **~40% of participants require some level of financial assistance.**
- No formal diagnosis required
- Online and In-Person format

We all experience challenges regarding our mental well-being from time to time, but not everyone will experience a mental illness. However, mental illness indirectly affects all Canadians at some time either through their own experience, that of a family member, a friend, or a workplace colleague.

DBT SKILLS TRAINING OUTCOMES

- **600+** participants have completed McMan Calgary's DBT Skills Training between 2017 to 2024 (fiscal end – March 31st)

- Skills Training participants from 2023-2024 self-reported the following upon completion of the program:



- **86%** strongly agree or agree the skills learned have helped their relationships with friends and family since starting this group.



- **79%** either strongly agree or agree they are more in control of their emotions and moods than when they started this group.



- **81%** either strongly agree or agree they are more aware of their thoughts and feelings in the present moment.

- A follow up survey (3-6 months following graduation) completed by the same participants demonstrated:



- **81%** continued to use the DBT skills they learned.

- **79%** say participation in the DBT Skills Group improved their ability to manage emotional situations.

Studies show mental health concerns account for ~30% of short- and long-term workplace disability claims and are double the cost of a leave due to a physical illness.

CAMH COST TO SOCIETY

DBT IS ACCESSIBLE & TRANSFORMATIVE

"DBT has changed my life forever"

"As someone who suffers from traits of borderline personality disorder, I have immensely struggled to find something that can help me manage these traits. This group (DBT) has helped me learn the skills I need to function in society.

DBT has truly changed every aspect of my life for the better. It has changed my life forever. Without this group I wouldn't be on the path to law school and early graduation. Although the beginning is hard, with hard work and the determination your life will become changed for the better, and that's a promise. DBT has been one of the best things to happen to me."

- Parents of DBT Participant

"I highly recommend DBT Skills Training group to other parents"

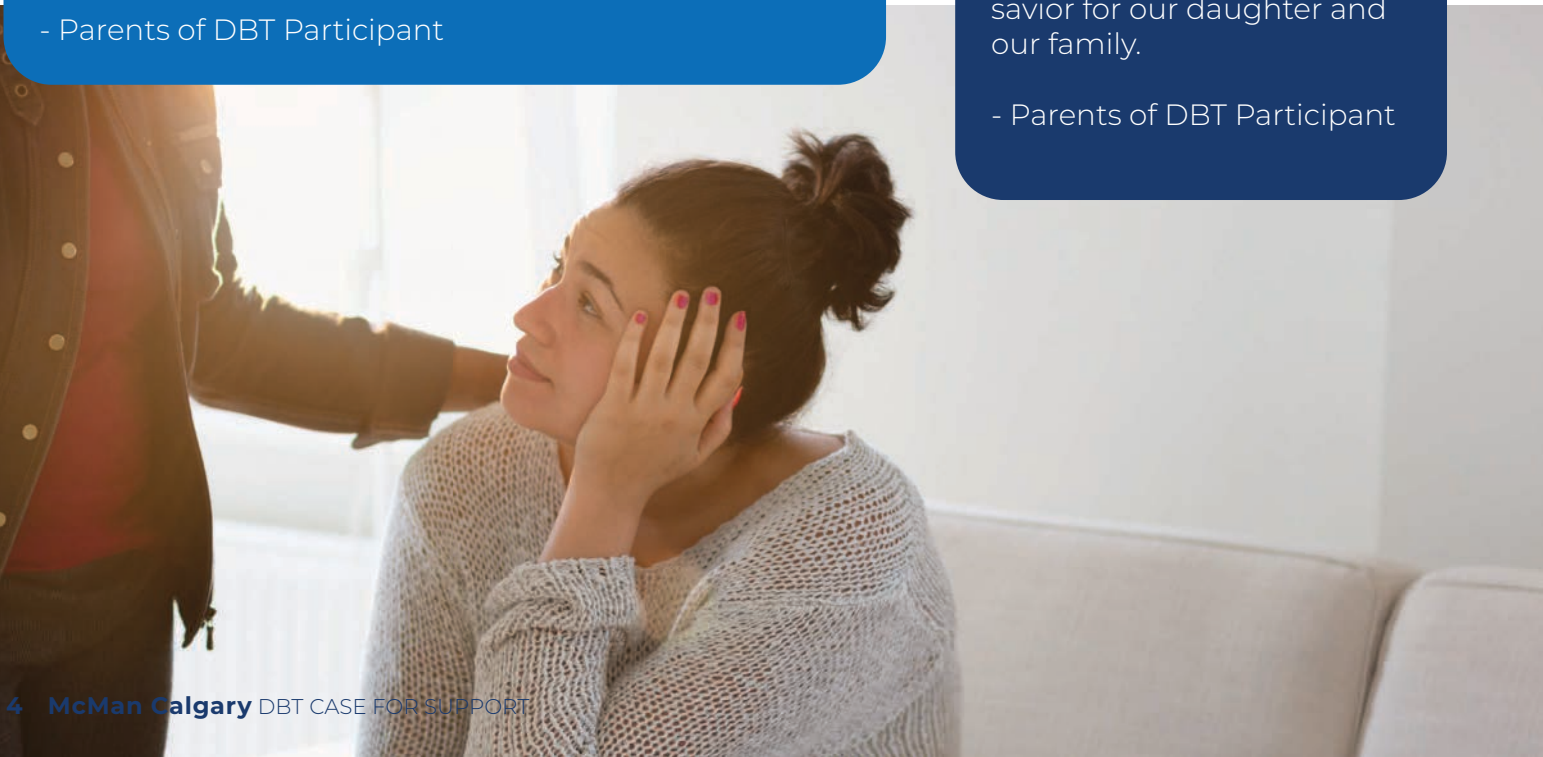
Our son attended the DBT Skills Training group for teens in the summer of 2022. We saw a marked difference in his mood, outlook, and confidence during and after his time in this group. He never complained about going and always shared only positive feedback with us after each session. I would recommend the DBT Skills Training group to other parents as we found it very practical and informative for our teen.

- Parents of DBT Participant

"Truly a saviour for our daughter"

I really can't recommend this therapy enough! - the team have been amazing; we have seen a huge improvement in our daughter since taking this therapy where other therapies and medication have failed to help. This truly has been a savior for our daughter and our family.

- Parents of DBT Participant



CAN YOU HELP US MAKE THIS LIFECHANGING PROGRAM ACCESSIBLE TO ALL?

Many McMan clients are low-income earners or receive government support services, such as AISH or Alberta Works. Our data shows that nearly 40% of our clients require some form of financial assistance, ranging from 10%-70% of program cost support. Currently, we are seeing our young adult population (19-29yr) requiring the most significant financial support. Working participants, or parents of teen/youth participants (15-18 yr) typically have access to workplace benefits that can pay for mental health supports.

THE DBT SUPPORT FUND

Our goal is to sustain an annual \$100,000 support fund to ensure that no one is turned away from learning life changing mental health skills because of financial need. Your charitable donation will be used to support equitable access to DBT Skills Training for low-income earners identified through our application process and administered by McMan Calgary.

We will work with donors to the DBT Support Fund on a recognition plan for your gift that is meaningful to you and in alignment with Canada Revenue Agency guidelines.



WE ARE McMAN CALGARY & AREA

McMan Calgary & Area has been building brighter futures for children, youth, and families for over 40 years, supporting more than 4,000 individuals annually. We provide comprehensive, tailored services, including housing, mental health support, family reunification, and life skills development, to empower individuals to overcome challenges, gain stability, and achieve independence.

A cornerstone of our work is connecting clients to natural supports and families, ensuring they have long-term, sustainable connections beyond our support. By continually adapting our programs to Calgary's evolving needs, we foster resilience, address immediate and long-term challenges, and build stronger, healthier communities.

When everyone does well, our community thrives

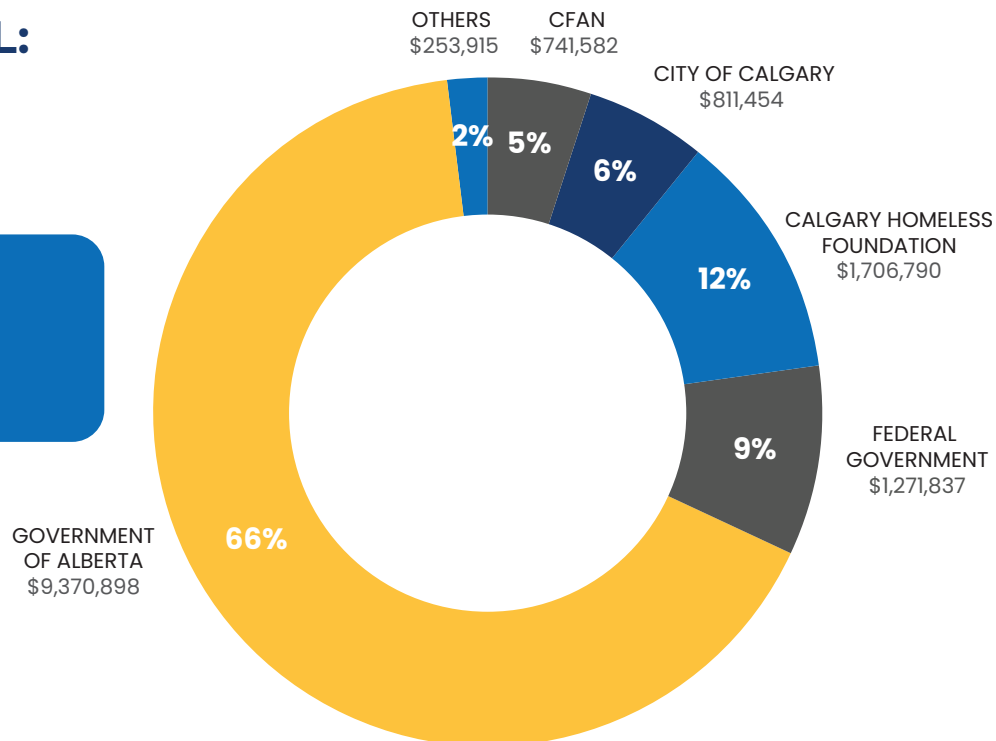
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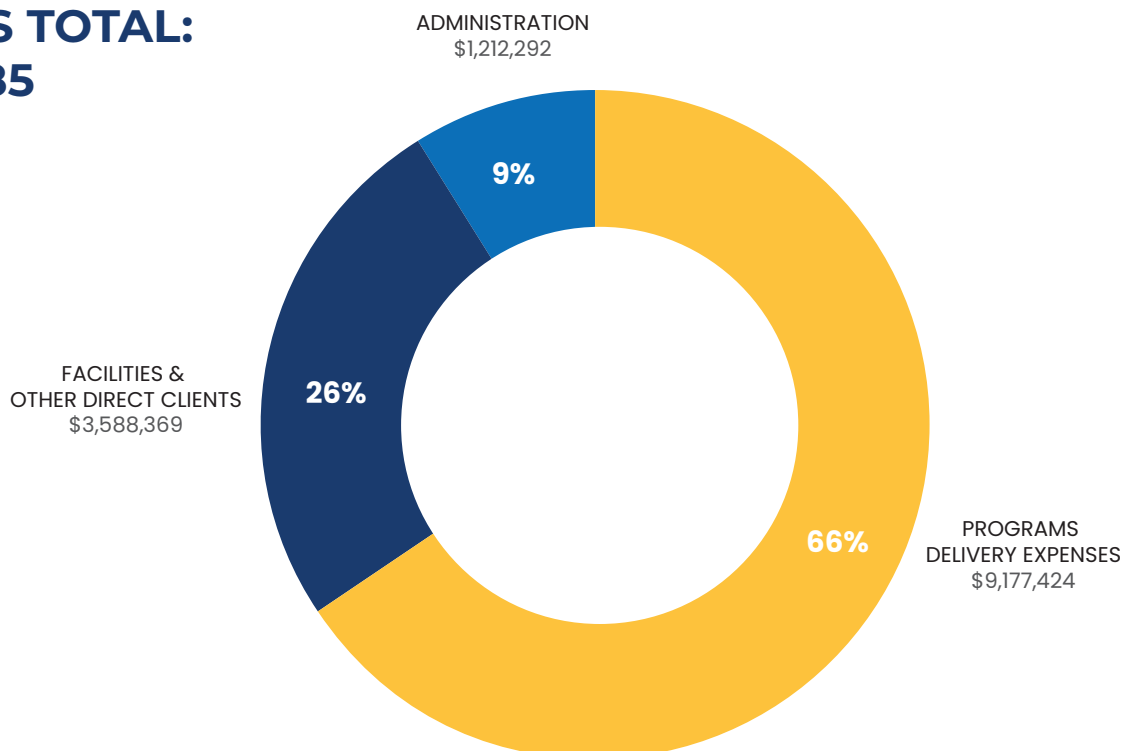
FINANCIALS 2023-24

REVENUE TOTAL:
\$14,156,476

McMan Calgary & Area's revenue for the 2023-2024 fiscal year was **\$14,156,476**; **92%** of our revenue went to direct client services.



EXPENSES TOTAL:
\$13,978,085



McMan Calgary & Area's 2023-24 financials were audited by Grant Thornton and found to be fair representation of our financial position as of March 31, 2024.

PARTNERS & DONORS

THANK YOU TO OUR 2023-2024 DONORS AND PARTNERS

PUBLIC & PRIVATE FUNDERS



COMMUNITY PARTNERS



GENEROUS DONORS (GIFTS AND IN-KIND DONATIONS)

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Great Western Interiors	Mrs. Michelle Vanderwal	West Coast Reduction Ltd.
		Westcor Construction Ltd.

We sincerely apologize if we have made a recognition error. Please let us know at funddevelopment@mcmancalgary.ca. Thank you so much for your support.



WE CAN'T DO THIS ALONE

YOU CAN MAKE A LASTING IMPACT ON THE LIVES OF THOSE IN OUR COMMUNITY

McMan Calgary would like to thank Fran & Andy Porter and Dr. Ed & Debbie Sands for their generous founding support in helping launch McMan's DBT Skills Training program.

Walk with us on our journey towards building a thriving community, where more children, youth, adults, and families feel connected and have the mental health resilience and confidence to lead healthy and fulfilling lives.

Learn more and make a gift here: <https://mcmancalgary.ca/>



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Please visit our website to learn more about McMan Calgary and consider becoming a donor to help the children, youth and families we serve in Calgary and the surrounding communities.