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2018 IMPACT REPORT Vernon & District Branch



OUR BIGGEST SUCCESS

More than 200 riders cycled in the 7th annual Ride Don't Hide event at Creekside Park, raising more than \$60,000 for the Canadian Mental Health Association, Vernon & District Branch - our most successful event to date.

The largest mental health bike ride in Canada, taking place in 31 communities across the country, Ride Don't Hide raises much-needed funds that stay in local communities. Funds raised support a variety of community mental health programs and services, and help to eliminate the stigma of mental illness by inviting participants to "ride in plain sight."

"It is heartwarming to see such dedicated support from our riders, sponsors and volunteers," says Julia Payson, Executive Director of CMHA Vernon. "While our life experiences may vary, we share a common goal that connects and strengthens us. This is a movement; this is our community. We are coming together to end mental health stigma."

The Vernon ride is one of the most successful Ride Don't Hide events in the country, last year raising more funds per capita than any other community.

This year, local team 'Liam's Lunar Lemurs,' raised more than \$30,000, coming in as the top fundraising team nationally.

The team was established by volunteer event committee member Sheila Stainton, in memory of her son. "We are very thankful for the amazing support from the community and our volunteers year after year," says Stainton. "Without their donations, sponsorships and volunteer time planning and coordinating the event, the ride would not be where it is today."



Liam's Lunar Lemurs won the prize for top fundraising team in Canada. The team received a \$2,500 Cara restaurant gift card from CMHA National.

2018

Total amount raised: \$60,719

Sponsorships: \$22,000

Registrations: 191

Donors: 464

Riders: 253

Teams: 20

Special Guests

Michael Shratter - Founder & National Ambassador, Ride Don't Hide

Patrick Smith - CEO Canadian Mental Health Association, National Office

Dave McKenzie - Emcee

Mel Arnold - MP N. Okanagan-Shuswap

Eric Foster - MLA Vernon-Monashee

Volunteer Committee

Neil Blundell

Karyn Godard

Ryan Godard

Gary Horsting

Ruth Jantz

Ed Shratter

Sheila Stainton

Todd Strilchuk

Bill Trickey

Ryan Varley

Gina Watson

SAVE THE DATE

**Ride Don't Hide 2019 takes place
Sunday, JUNE 23 at CREEKSIDE PARK**

See you there!

IMPACT of FUNDS RAISED

CMHA Vernon & District Branch serves a diverse population in our community, from youth aged 7 to seniors 75+, providing affordable and supportive housing, social enterprises which offer employment training and opportunities for marginalized community members.

We provide educational programs to more than 1,200 community members, operate a 24/7 crisis line that takes more than 5,500 calls per year, and prepare and serve more than 6,400 meals in our nutrition programs. We also host and facilitate various community forums on mental health including recovery through dialogue for youth mental health and how poverty affects those living with mental health challenges.

As mental health awareness grows globally, CMHA Vernon & District continues to lead the way locally, providing education, employment and empowerment to individuals and families throughout the mental health continuum.

