



Greetings from Eden Health Care Services!

Every day at Eden, across all our wrap-around mental health services, we bear witness to the resiliency of our clients and patients as we support them on their mental health recovery journey. The year 2022 will be remembered at Eden as a year when we, as an organization, faced a recovery journey of our

own. Our Eden Mental Health Centre was hit by a once-in-a-century rainstorm in late August that caused significant flooding and damage to our building, resulting in the evacuation of our in-patient unit for five weeks while clean up and restoration work began. In the same way that we see the resiliency of our clients as they take steps towards their healing, Eden was called upon to display resiliency as we walked through this challenging experience.

While we are currently back in our building at a reduced capacity, the process of repair and restoration continues with a hope of completion by summer of 2023. We were reminded once again that we engage in this sacred work together with the support and partnership of many: our patients and their families, staff, and community partners such as Southern Health-Santé Sud, Shared Health, Mental Health and Community Wellness department, Salem Home, and our governance group consisting of the Mennonite church conferences of Manitoba.

Eden is deeply appreciative of the support and prayers we received from the communities we serve. We are looking ahead to the upcoming year where we will focus on strategic planning and continued development of our hubs of mental health services in Steinbach and Winnipeg along with our primary hub in Winkler. Thank you for supporting our mission of providing hope, healing and community to those on their mental health journey.

Sincerely,
Brad Unger
CEO, Eden Health Care Services

UPDATES FROM THE MENTAL HEALTH PROGRAMS OF EDEN



EDEN HEALTH CARE SERVICES

Provides management and shared services for the Eden programs

- Provided oversight to all the Eden programs with combined budget of \$14.5 million and 160 staff members
- Celebrated one year since the opening of the Eden mental health services hub at the Eden East Mental Wellness Centre in Steinbach
- Closely partnered with Southern Health-Santé Sud to provide leadership to regional mental health programming as well as participation with provincial mental health leadership teams



EDEN MENTAL HEALTH CENTRE

Mental health hospital in Winkler as well as outpatient psychiatry consultation and Community Mental Health programming in partnership with Southern Health-Santé Sud

- Patient numbers reduced during restoration work which includes repairing patient rooms, nursing station, dining area, and allied health assessment area
- Outpatient psychiatry consultation continued uninterrupted during our evacuation and demand grows steadily for this service with a 40% increase in referrals over the last four years
- Pathways Community Mental Health program, together with Southern Health-Santé Sud has expanded services through the addition of a psychologist and addiction support staff this last year



EDEN HOUSING AND SUPPORTS

Manages 145 housing units in Steinbach, Winkler, and Winnipeg. Housing options are on a continuum and include: group home, integrative supportive housing, independent living with mental health supports, or independent living

- Completed 13 suite renovations and improvements to safety and security in Winkler and Steinbach housing units
- Established collaborative relationship with Eden Mental Health Centre and Community Mental Health Program to enhance the mental health program at our eight bed group home in Winkler
- Invested in a partnership with Riverwood Church in Winnipeg to offer Housing Support Services and clinical consultation to their new addictions recovery program at Riverwood House



SEGUE CAREER OPTIONS

Provides employment services for job seekers in and around the Winkler and Steinbach communities

- Wellness U30 program provides life, work, and health support to young people ages 15-30 while they prepare to enter the job market
- Additional programs assist adults experiencing barriers to employment and persons with disabilities by offering vocational assessments, work experience placements, group sessions, and one-on-one support



RECOVERY OF HOPE COUNSELLING

Fee-for-service counselling therapy for individuals, couples, and families in Winnipeg, Winkler, Steinbach, Portage la Prairie, and Altona

- Ongoing demand for counselling resulted in 20% increase in the number of Masters-level counselling therapists hired in the last two years
- Launched workshop series on topics including resiliency, collaborative parenting, and cognitive behavioural therapy with mindfulness (CBTm)
- Provides a *Sliding Fee Scale Program* for individuals from low-income households to receive discounts for counselling therapy with generous support from Eden Foundation, Winnipeg Foundation, and individual donors



EDEN FOUNDATION

Arms-length fundraising organization that raises funds to support Eden's mental health work in Manitoba

- Raised over \$450,000 from fundraising events:
 - Winkler | Head for the Hills biking event, Tractor Trek, Caroling for a Cause
 - Steinbach | Tractor Trek & Peace Trek in partnership with Mennonite Heritage Village
 - Winnipeg | Ride for Recovery of Hope
- Provides critical support to Eden programs including Recovery of Hope's *Sliding Fee Scale Program* and church partnership CARE program, Eden Mental Health Centre's volunteer program, Segue Career Option's service delivery operations along with project funding for repairs/renovations to Eden Mental Health Centre and Eden Housing apartments