

The History of CMHA Durham

1959-2021



**Canadian Mental
Health Association**
Durham

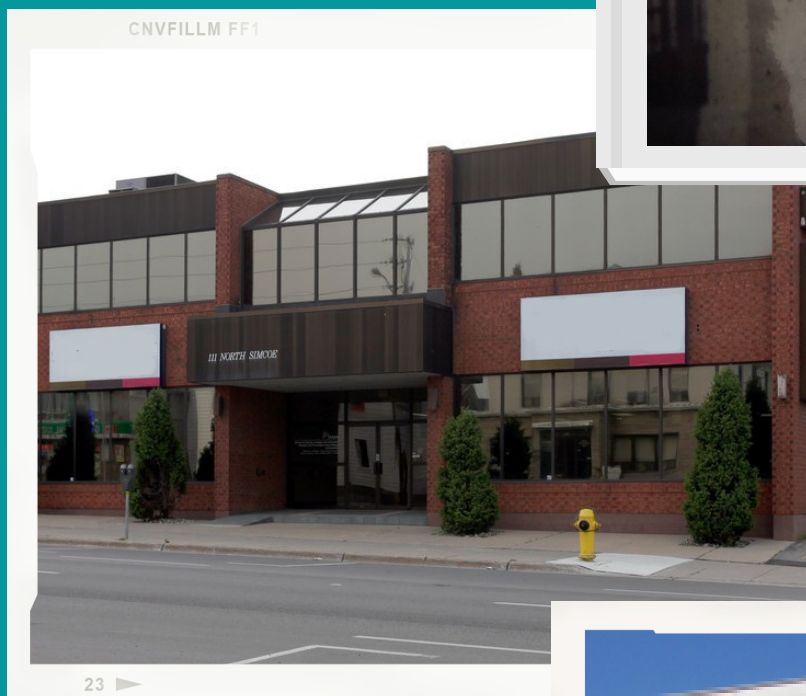
Moving Up

Since 1959 CMHA Durham has transformed from a small house into a several office units and then into a cornerstone of Downtown Oshawa



187 Simcoe St South

1984-2006



111 Simcoe St North

2006-2021



60 Bond St West



Canadian Mental
Health Association
Durham

Housing Leaders

Our reputation as leaders in working with for profit and not for profit builders and landlords has made CMHA Durham a sought after community partner.

2016



Bond St Lofts



2017

Ritson Residence

2019



New View Homes

A BRIEF HISTORY OF CMHA DURHAM

How CMHA Durham has evolved from a little white house to a leader in community Mental Health

1959

CMHA Durham was primarily a volunteer organization with only two staff members operating out of a small white house at 187 Simcoe St South.

Services included a friendship garden and support that would eventually become case management.

1973

The agency opened Kirkland House, a Men's group living house providing 24 hour support located in Bowmanville.

1974

An applications for housing, self help and social rehabilitation was submitted and approved.

1981

In June Linda Gallacher starts as CEO, then called executive Director.

1983

CMHA Durham offers group living in 6 homes across Durham region with total capacity of 25 persons

1984

After 25 years at 187 Simcoe St South the Agency moves to its new location at 111 Simcoe St North. At the time the agency had 11 full time employees.

1985

Linda Gallacher, with leaders from across the province, helps found the organization that will become Addictions and Mental Health Ontario, an advocacy group that supports more than 220 agencies across Ontario.

1986

Sandra Rundle begins as bookkeeper then moves onto Finance Administrator before becoming the Director of Corporate Services and creating the department that will provide financial and human resource support to the agency.

1987

CMHA Durham buys Petre house named in honor of Helen Rundle, who's maiden name was Petre. The house offers support to 8 residents 24 hours a day.

1988

More group living houses are purchased including Byron house and the 'new' Kirkland house at it's current center street location.

1999

CMHA Durham begins offering back office programs such as payroll, bookkeeping and other administrative services to the community.

2001

The agency receives funding for 70 head leased units, the corporate services department is started to provide support for the expansion



2003

CMHA Durham becomes the [first community mental health organization](#) to received [accreditation](#) in Ontario and the second in all of Canada.

2006

CMHA Durham officially opens its headquarters at [60 Bond Street East](#). The new location allows all the agencies services to be offered in one highly visible, central location close to public transit.

2006

CMHA Durham is [Accredited](#) for a [second time](#).

2009

The agency receives it's [third accreditation](#) and forms the [Quality Improvement and Risk Management Program](#). The program will grow provide support to other CMHA branches and Mental Health associations.

2010

The [Transitional Rehabilitative Housing Program](#) (THRP) is introduced, for clients deemed not criminally responsible to transition back into the community in a supported and supervised environment.

2012

The [NPLC](#) assumes responsibility for the [Clozapine](#) blood work monitoring system. The agency also adds an [on-site pharmacy](#) with [PharmaChoice](#).



2005

The [Assertive Community Treatment Team](#) begins, it has the distinction of being one of the rare ACT teams not operated out of a hospital facility.

2006

The success of the initial head leased units leads to funding for [a further 100 units](#). To support this, [corporate service expands](#) to provide facilities and property management taking those responsibility away from case managers so they can focus on providing support to clients.

2007

CMHA Durham moves to a [central intake](#) model. The department starts with one full and one part time staff and handles all the agencies intakes as well as other community mental health organizations in Durham.

2010

The [Nurse Practitioner Led Clinic \(NPLC\)](#) officially opens. It is the only NPLC in Canada that is fully integrated with a community mental health agency.

2012

CMHA Durham is [accredited](#) with [exemplary standing](#).

2015

CMHA Durham joins [social media](#). Starting with a twitter account the agency now offers information about our services on Facebook, Instagram and LinkedIn as well.

2016

In collaboration with PFLAG the **Nurse Practitioner Led Clinic** begins offering Primary and post surgery care to the **LGBTQ community** that other providers do not offer.

2017

Partnering with **Mahogany management** CMHA Durham enters the **Ritson Road project**. The housing program offers affordable, accessible units with office space for housing staff to provide on site support

2018

The **Nurse Practitioner clinic** introduces the **Care and Dignity in Death Program (CANDID)** the program provides quality end-of-life care to homeless individuals and offers the respect and dignity all people deserve in their final days of life.

2019

After the success of the Ritson Road project **Mahogany management** offers CMHA Durham another housing opportunity in **Bowmanville**.

2020

Mahogany Management announces plans to build a second apartment in **Bowmanville** with 31 units for CMHA Durham

2016

The **Bond St Lofts** open next door to CMHA Durham's 60 Bond St Office. CMHA Durham oversees all the units and provides maintenance and tenant support through **corporate services**.

2016

The agency is **accredited** with **exemplary standing** again.

2017

The **Health Information Management** team is formed to help ensure the protection of client data while facilitating necessary access to provide the best possible care.

2019

The **Recovery College Wellness Centre** opens. The programs first semester is booked within three days of registration opening, even with increased classes demand remains steady through 2020.

2020

Team Leads joined **Harvard ManageMentor**, the program helps leaders with on-going development in areas such as Executive Excellence, & Leadership Evolution.



Appendix 1

Poems by Helen Rundle

Helen Rundle was one of the founding staff members of CMHA Durham. She worked as an administrative assistant for 18 years, and then as a board member for nearly a decade after that. She served under the agency's first Executive Director, Katie Jackson, Beryl Bassingthwaite, Suzanne Hopkins, Steve Lurie and Ron Coristine before working with our current CEO Linda Gallacher.

Her contribution to the fabric of the agency led to a group living home christened as Petre, Helen's Maiden name, in 1987.

Through her career with CMHA Durham Helen recorded her thoughts about the agency and the people who serve it with her own gift of poetry.

Helen passed in February 2018, however she leaves behind a legacy of community service that lives on today. This appendix collects a selection of Helen's work documenting milestones and significant staff members in the history of CMHA Durham.

LINDA CLEMENTS GALLACHER - 1992

In the month of June, eleven years ago,
Linda began work at CMHA.
Rehabilitation Supervisor was her title back then
And a hard worker she proved every day.

Linda's rise up the ladder of success was swift,
In fact - just three months to the day,
When the Executive Director she became,
‘Cause Ron Coristine was moving away.

“You can do the job, Linda”, Ron exclaimed,
And promised to help her adjust,
But the date of the move came a little too fast
And the cry heard was, "Montreal or bust".

So Linda’s training became a thing of the past
As Ron handed her the agency keys,
"No problem, you'll do it" Ron confidently said,
"Now I'm leaving - out of my way, please".

In the meantime, before she decided yes or no,
Linda approached me about how I would feel,
She'd heard me say I didn't think I could work,
With a woman's hand on the agency wheel.

But misconceptions cleared up, with her eyes on a goal,
That Linda visioned through thick and through thin,
She guided the agency through the tough years ahead
AS CMHA progressed from where it had been.

Linda's leadership qualities and finance expertise
Had the agency forging ahead.
It set an example for others to follow
And to the top was where Linda led.

Her name became known across the province
From government to Ontario Federation,
And Linda was seconded to do another job
To which she'll bring her expertise and dedication.

So Linda we wish you all the success
That contentment and happiness brings
And the knowledge that your accomplishments are many
As your praises this agency sings.

SANDRA RUNDLE-1986

Sandra once worked for Durmach
Which was used by C. M. H. A.
As a training program for members
Who could be out in the work force some day.

Now Linda, our Executive Director
Thought so much of Sandra that she
Seconded Sandra for her bookkeeping skills
That were utilized by this agency.

So when the bookkeeper's position became vacant
Sandra was quickly hired full time,
She worked hard to streamline the sys tern
So there wouldn't be a waste of her time.

Now I thought so much of Sandra
I introduced to her to our oldest son
Soon they were married and to our family
A loved new daughter and granddaughter had come.
Sandra has over and over again
Proved her worth all through her days
She's hard working, dedicated, conscientious
An asset to this agency in all ways.

10 YEARS OF SERVICE

Tonight marks a milestone in the lives of three people - a ten year association with Canadian Mental Health.

Dot who wanted so much to work with the members and had to settle for a secretarial position for over a year until there was a staff opening at Clubhouse.

Stan who brings care and concern for all those in housing. You 're a tall one Stan - but one whom everyone can look up to in addition to your height.

Keith with his happy-go-lucky charm who has such deep feelings and good, sound judgement.

I think it says a lot for all staff, who over the last couple of years have taken on extra duties and done so cheerfully and willingly. Who feel that this organization is a worthwhile one, who share a camaraderie and respect for each other. I don't know of any other organization that could have carried on its work so well in the absence of the Executive Director.

As a Board member, I want to thank you all for making this agency a viable one in the community and a model for others to follow.

I would like to take a minute to tell you of the things that I remember about Patti, especially her infectious laugh when she thought she was putting one over on you. Although we didn't see much of each other after I retired, I still considered her to be a good friend.

REMEMBERING PATTI BATTEN-
2008

I first met Patti when she finished school
and came in 1980 to CMHA.
To work for a drug addiction program
to last for 365 days.

Patti was supposed to work for a year
But before that time was up,
She was seconded to the rehab program
to bring their numbers up.
Patti's duties there were varied,
And she brought to her position -
Lots of laughter and lots of love
And her whole - hearted dedication.

Patti's skills in art and writing
Were utilized in many ways
And the clubhouse program
She completely filled her days.

Then the housing program beckoned,
And in patti's loving passion
For the members and their troubles,
she listened with compassion,

You could tell patti all your troubles,
And no one else would ever know,
for patti would listen and never tell
when life had dealt someone a blow.

We miss you patti, very much,
Your friendship was dear to all,
Your time with us was all too short,
But your loving spirit, we'll happily recall.

CMHA DURHAM 50 YEARS LATER-2009

From small beginnings in '59
C.M.H.A./Durham grew.
From a staff of two with volunteers,
to a varied special crew.

For those unpaid volunteers,
Who knitted, stitched and sewed,
And loyally showed up every day,
to them, much thanks are owed

More staff were carefully chosen,
A very special breed,
Guarding each member's dignity and pride,
became their only creed.

With regard to staff, three words come to mind,
teamwork, loyalty and respect,
professionalism guaranteed by all,
and used to good effect.

From psychiatric back wards,
to living here in the community.
That's where we've gone in 50 years,
it's what we've hoped to see.

It's the growing, expanding of programs,
Housing, self-help, self esteem,
Self-esteem first for children -then all,
is still this agency's dream.

It's the growth of programs for members,
To earn money in different ways,
to learn catering, find employment,
to make good use of their days.

It's the change in the members with a purpose in life
For opportunities to grow,
For a chance to live in a co-operative way,
when life hands out a cruel blow.

Well-balanced emotions are firmly secured
When others reach lovingly out
through friendship, laughter and caring
that's what mental health's all about.

In the community our role was growing,
And greater space was sought,
after much deliberation,
A large building was bought.

We aimed to expand our services
To make the health role complete
by including other organization,
by which our mission we'd meet.

We salute director Katie Jackson,
And all of those who came after.
Beryl Bassingthwaighe, Suzanne Hopkins, Steve Lurie,
Ron Coristine and Linda Gallacher.

We're proud of all who work on the board,
And all those committees too,
but we need more people to carry on
perhaps one of those could be you?

So here's to every one of those
Who all along the way
have shaped this caring agency
that you see here today.

And though the path seems awfully long,
Before our work is over,
These hopes, ambitions, dreams of our,
will come to bud, then flower.

For all of us are quite confident
That we will surely see -
-in time, mental illness a thing of the past
-and mental health a reality.

Appendix 2: CMHA History

1959

- CMHA Durham was primarily a volunteer organization with only two staff members operating out of a small white house at 187 Simcoe St South. Services included a friendship garden and support that would eventually become case management

1973

- The agency opened Kirkland House, a Men's group living house providing 24 hour support located in Bowmanville.

1974

- An application for housing, self-help and social rehabilitation was submitted and approved.

1981

- Linda Gallacher starts as CEO, then called executive Director. The agency has three other employees at this time.

1983

- CMHA Durham offers group living in 6 homes across Durham region with total capacity of 25 persons.

1984

- After 25 years at 187 Simcoe St South Agency moves to its new location at 111 Simcoe St North. At the time the agency had 11 full time employees. Currently 187 Simcoe st South is a residence for youth operated by the Murray McKinnon Foundation.

1985

- Linda Gallacher as Executive director of CMHA Durham helps found the Ontario Federation of Community Mental Health and Addictions programs (federated) (OFCMHA) with other founders from community mental health organizations across the province. The organization uses CMHA Durham's infrastructure for advocacy and administration and runs out of the 111 Simcoe St building. OFCMHA is now Addictions and Mental Health Ontario, an advocacy group that supports more than 220 agencies across Ontario.

1986

- Sandra Rundle begins as bookkeeper then moves onto Finance Administrator before becoming the director of corporate services and creating the department that will provide financial and human resource support to the agency.

1987

- CMHA Durham buys Petre house named in honor of Helen Rundle, who's maiden name was Petre, who recently retired after more than 25 years of service as the longest serving employee of the agency. The house offers support to 8 residents 24 hours a day.

1988

- More group living houses are purchased including Byron house and the 'new' Kirkland house at its current center street location.

1999

- CMHA Durham begins offering back office programs such as payroll, bookkeeping and other administrative services to the community.

2001

- The agency receives funding for 70 head leased units,
- Sandra Rundle as Director of corporate services starts to develop the corporate services department to provide financial and human resources support for the expansion.

2003

- CMHA Durham receives its first accreditation, becoming the first community mental health organization to receive accreditation in Ontario and the second in all of Canada.
- Case Management hires two nurses to offer primary care support to clients.

2005

- The Assertive Community Treatment Team opens. This multidisciplinary team is designed to increase the amount of time clients spend in the community as opposed to the hospital. CMHA Durham has the distinction of being one of the rare ACT teams operated out of a community organization instead of a hospital facility.
- The Community Treatment Team is also formed in partnership with LHO.
- Nursing services expand to provide primary care support to the entire agency.

2006

- CMHA Durham officially opens its headquarters at 60 Bond Street East. The new location allows all the agency's services to be offered in one highly visible, central location close to public transit.
- The success of the initial head leased units leads to funding for a further 100 units. To support this massive increase, corporate service also expands to provide facilities and property management. This takes the responsibility of dealing with landlords, maintenance and tribunals away from case managers so they can focus on providing support to clients.
- CMHA Durham is accredited for a second time.

2007

- CMHA Durham moves to a central intake model. The department starts with one full and one part time staff and handles all the agency's intakes as well as other community mental health organizations in Durham.

2009

- After several successful accreditations, resources from multiple departments are merged to form the Quality Improvement and Risk Management Program. This new program forms a strategic integrated management system that monitors and continuously improves the care and services we provide to our clients. The program provides support to other CMHA branches and Mental Health associations.
- CMHA Durham receives its third Accreditation

2010

- The Nurse Practitioner Led Clinic (NPLC) officially opens after completing its one year pilot program in 2009. It is the only NPLC in Canada that is fully integrated with a community mental health agency.
- The Transitional Rehabilitative Housing Program (TRHP) is introduced. The program provides an opportunity for clients deemed not criminally responsible to transition back into the community in a supported and supervised environment. The program starts with 4 units and currently has 8.

2012

- The Nurse Practitioner Led Clinic assumes responsibility for the Clozapine blood work monitoring system. The agency also adds an on-site pharmacy with PharmaChoice, making CMHA Durham a true one stop destination for mental health and primary care.
- CMHA Durham is accredited with exemplary standing.

2015

- CMHA Durham joins social media. Starting with a twitter account the agency now offers information about the agency and its services on Facebook, Instagram and LinkedIn as well.

2016

- The Bond St Lofts open next door to CMHA Durham's 60 Bond St Office. The building offers 24 new, clean, affordable and centrally located units to individuals in need of housing. CMHA Durham oversees all the units and provides maintenance and tenant support through corporate services.
- The Collaborative Residents Enabling Assisted Transitional Engagement Program (CREATE) opens. The program offers high support housing in a collaborative partnership with Ontario Shores Centre for Mental Health Sciences.
- In collaboration with PFLAG the Nurse Practitioner Led Clinic begins offering Primary and post surgery care to the LGBTQ community that other providers do not offer.
- The agency is accredited with exemplary standing again.

2017

- Partnering with Mahogany management CMHA Durham enters the Ritson Road project. The housing program offers affordable, accessible units with office space for housing staff to provide on site support
- The Health Information Management team is formed. The team helps ensure the protection of client data while facilitating the necessary access to provide the best possible care.

2018

- CMHA Durham receives funding for Forensic Apartments, providing specialized support and subsidized housing for individuals with mental health issues who have had prior legal issues.
- The Nurse Practitioner clinic introduces the Care and Dignity in Death Program (CANDID) the program provides compassionate and quality end-of-life care to homeless individuals and offers the respect and dignity all people deserve in their final days of life.

2019

- After the success of the Ritson Road project Mahogany management offers CMHA Durham another housing opportunity in Bowmanville.
- CMHA opens its Recovery College Wellness Centre, the program takes an educational approach to improving mental health with an emphasis on strengths instead of problems. The programs first semester is booked within three days of registration opening, even with increased classes demand remains steady through 2020.

2020

- Team Leads joined the Harvard ManageMentor program, the program helps leaders with on-going development in areas such as Executive Excellence, & Leadership Evolution.
- Mahognay Management announces plans to build a second apartment in Bowmanville with 31 units for CMHA Durham

Annual Speaker Series

CMHA Durham hosts an annual speaker event featuring prominent public figures discussing mental health concerns. Previous speakers have included Mark Henick, Nova Nicole, Will Bowen, Mark Henick and Margaret Trudeau.

Agency Tours

CMHA Durham is a leader in innovative community mental health and primary care. That innovation has made drawn the attention of decision makers across the province. We have provided tours of our services to Dan Carter, Christine Elliot, Premier Ford and many others.