



2025-2026



Annual Report

*evolving
together*



-  *Hear from our Board Chair & CEO*
-  *Financial Statements & Summaries*
-  *Achievements & Initiatives*
-  *Impacts & Statistics*

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EMPOWERMENT INCLUSION WELL-BEING



AUTONOMISATION INCLUSION BIEN-ÊTRE



A Message from our CEO

Over the past year, AMHS-KFLA has continued to evolve in response to the changing needs of our community. Guided by our Strategic Plan and informed by the voices of clients, families, staff, partners, and community members, we have remained focused on delivering a range of high-quality health services that are compassionate, responsive, and accessible, supporting the individual needs and goals of the people we serve.

Our Strategic Plan is grounded in a simple but powerful principle: listening to what people need and responding in meaningful ways. Throughout this annual report, you will see examples of how that commitment has shaped our work. From expanding access to care through innovative programs such as the Brief Intervention Therapy Service (BITS), to strengthening peer support options, enhancing data and quality improvement capacity, and creating more welcoming and inclusive spaces, we are continuously adapting to better meet the needs of those we serve.

One of the most significant areas of focus this year has been housing. A cornerstone priority in our Strategic Plan, we know that housing is fundamental to health and well-being. We have continued to work alongside community partners to support individuals experiencing housing instability and complex health challenges. Our Community Housing redesign reflects our commitment to providing services that are person-centred, integrated, and responsive to today's realities. By examining how services are delivered and identifying opportunities for improvement, we are building a stronger foundation for individuals to access the supports they need to thrive.

This year also demonstrated the power of partnership. Meaningful community impact is only possible through collaboration, and we are deeply grateful for the many organizations, agencies, municipalities, and community groups that work alongside us every day. We extend our sincere thanks to Ontario Health, the United Way, the City of Kingston, and our many funding and community partners who continue to invest in the health and well-being of our region.

We end the year from a position of financial strength and stability, reflecting the careful stewardship of our resources and the continued confidence of those we serve and support. This sound financial foundation allows us to sustain our programs, invest thoughtfully in our priorities, and remain responsive to the needs of our community. Those needs remain significant: over the past year, we supported 7,096 individuals through our programs and services and recorded more than 219,000 client contacts, underscoring both the breadth of our reach and the importance of the work we do.

Most importantly, I want to thank our staff, clients, volunteers, and leaders. Every day, they bring compassion, expertise, innovation, and resilience to their work. Their dedication ensures that individuals and families receive support during some of the most challenging moments of their lives. The accomplishments highlighted in this report are a direct result of their commitment to our mission and values.

As we look ahead, we remain focused on contributing to and building a system of care that is accessible, equitable, connected, and informed by the people we serve. Together, we are creating opportunities for healing, stability, recovery, and belonging.

Thank you for your continued support as we continue evolving together.



Betty Jo Dean (she/her), CPA CGA, M.B.A
Chief Executive Officer



Words from our Board Chair

This past year has been one of growth, reflection, and continued evolution for AMHS-KFLA. As a Board, we are proud to support an organization that remains committed to responding to community needs while advancing its mission of improving mental health, addiction, and housing outcomes across the region.

The ongoing focused work in alignment with our Strategic Plan provides an important opportunity to work towards a shared vision for the future. As a Board, our role is to provide stewardship, oversight, and accountability to ensure those priorities are translated into meaningful action.

This year, the Board continued to strengthen its governance practices to support the organization's long-term success. We focused on enhancing governance processes, reviewing Board effectiveness, and ensuring we are well-positioned to provide strategic oversight in an increasingly complex service environment. We also began examining the composition, skills, and experiences represented around the Board table to ensure we have the knowledge, perspectives, and expertise needed to support the organization's future goals.

As part of this work, we remain committed to growing and strengthening the Board itself. Building diverse and complementary skills, experiences, and community connections will help ensure we continue to provide effective leadership and governance in support of the organization, its staff, and the people it serves.

The theme of this year's report, *Evolving Together*, reflects not only the work happening across programs and services but also the work of the Board. Effective governance requires continuous learning, adaptation, and collaboration. Just as the organization evolves to meet changing community needs, the Board must evolve to provide the leadership and oversight necessary to support that journey.

On behalf of the Board of Directors, I extend my gratitude to our staff, leadership team, volunteers, partners, and funders for their dedication and contributions throughout the year. Your commitment to serving our communities is inspiring, and we are honoured to support this important work.

We also thank our fellow Board members for their thoughtful leadership, governance, and stewardship. Together, we remain committed to advancing the Strategic Plan and ensuring AMHS-KFLA is well-positioned to meet the opportunities and challenges ahead.

We look forward to continuing this journey in service of healthier, stronger communities.

Brian Devlin
Chair, AMHS-KFLA
Board of Directors



Vision & Mission



➔ Vision

An inclusive community where people can access integrated services that support their recovery journey and positive sense of well-being.

➔ Mission

As a health organization, AMHS-KFLA provides responsive, high-quality, community-based addiction and mental health services that empower individuals with severe, persistent challenges to become well and achieve their full potential. Our work is accomplished in collaboration with many networks of service providers.



SCAN



Scan or click the QR code to learn more in our 2024-2027 Strategic Plan.



2025-2026 Board of Directors



EMPOWERMENT INCLUSION WELL-BEING  AUTONOMISATION INCLUSION BIEN-ÊTRE

Our volunteer Board of Directors provides oversight, strategic guidance, and stewardship that help position the organization for long-term success.

As we continue to expand and strengthen board membership, we aim to ensure a diverse range of perspectives, expertise, and lived experience are represented at the governance table.

We are deeply grateful to each board member for the time, dedication, and leadership they contribute in support of our mission and strategic priorities.

Brian Devlin Board Chair
Jennifer Foster Vice-Chair
Linda Hall Treasurer

Carrie Bailey Member at Large
Kevin Guo Member at Large
Pytor Hodgson Member at Large
Marie-Line Jobin Member at Large
Emily Leslie Member at Large
Dr. Kim Morrison Member at Large



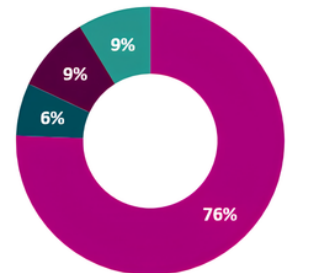
Financial Health & Wellness

AMHS-KFLA ended the 2025-26 fiscal year end with a modest surplus retained by the Agency. Throughout the fiscal year, the Agency remained committed to responsible financial stewardship, ensuring resources were strategically invested to strengthen our workforce and support evolving community needs that enable us to provide responsive, high-quality, community-based care.

Addiction and Mental Health Services – KFLA For the Twelve Months Ending March 31, 2026		
	2026	2025
Revenue		
Ministry of Health/Ontario Health East	23,181,627	23,455,660
Recoveries and Other Revenue	4,448,506	4,617,180
Total Revenue	27,630,133	28,072,840
Expenses		
Salaries and Wages	16,447,202	15,828,658
Employee Benefits	3,598,719	3,517,549
Purchased and Contracted Out Services	1,697,569	3,176,440
Staff Education and Travel	281,258	231,191
Other Supplies and Services	2,488,346	2,576,892
Occupancy Costs and Repairs	2,351,061	2,230,955
Total Expenses	26,864,055	27,561,685
Excess of Revenue over Expenses Prior to Capital Activities	766,078	511,155
Asset and Amortization Items	(300,657)	(314,238)
Excess of Revenue over Expenses	465,421	196,917

Evolving together starts with our people

With 76% of our annual expenses dedicated to our employees, we recognize that our staff expertise, compassion and innovation are at the heart of every service we provide.



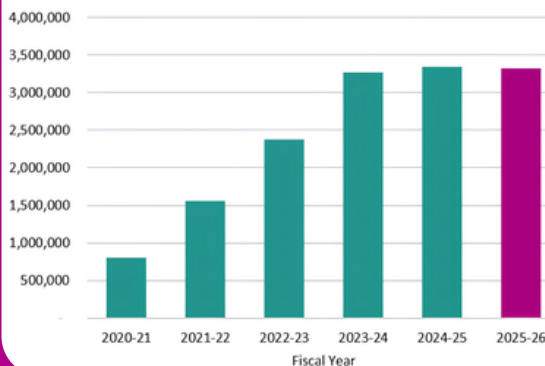
- Employee Investment
- Purchased Services
- Program Supplies and Services
- Property Maintenance

 **Learn More**

Scan or click the QR code to view our Audited Financial Statements on our website, including a comparison to the prior fiscal year



Community Investment



Collaboration is essential

Over the past six years, additional financial support from community partners has been instrumental in helping AMHS-KFLA respond to emerging needs and expand access to services.

This demonstrates that meaningful community impact is possible through strong collaboration.

Our Impact

by the numbers



4,128

Referrals for service received



7,096

Individuals accessed services



219,276

Total client contacts

Support Groups



10,479 ↑
155.9%

Clients participated in groups

65+ total groups offered



groups offered in person, virtually and online

Our People

260+
compassionate staff

30+
generous volunteers

Crisis Services

11,250

Calls to our 24/7 Crisis Lines

4,569

Crisis and Police contacts

of the above, total Joint Crisis and Police Responses

2,286

Housing Programs

13

AMHS-KFLA properties providing housing

154

Individuals supported in Housing

18,157

Total Resident Days across residential treatment programs

Our Impact

the voice of clients

The Ontario Perception of Care (OPOC) tool for Mental Health & Addictions (OPOC-MHA) tracks four key performance indicators across all Mental Health and Addiction agencies in the province. These indicators serve as standardized benchmarks for service quality and client outcomes across the sector.

AMHS-KFLA is performing well in client involvement and perceived service impact, closely mirroring or slightly leading provincial averages.

Continued emphasis on reducing wait times and enhancing discharge planning, especially for clients in ongoing care, will be key to improving overall alignment with sector standards.

Other notable highlights include areas where our combined agree and strongly agree responses reflect positive experiences with their care.

OPOC Indicator		AMHS-KFLA Combined Agree + Strongly Agree	Provincial Benchmark Combined Agree + Strongly Agree
	Wait time for services was reasonable	88%	89%
	Involvement in treatment decisions	92%	90%
	Discharge Planning Support	60%	69%
	Services helped me deal with life's challenges	91%	90%

99% *"I found staff knowledgeable and competent."*

99% *"I was assured my personal information was kept confidential."*

97% *"I was treated with respect by program staff"*

98% *"I was seen on time when I had appointments."*

Client OPOC Participation

391

OPOC Survey respondents across all MHA programs



OPOC Survey offered in person, by email, text, mail and online

49%

of those offered completed the OPOC Survey



Increase in response rates over previous year's survey

"Peer-to-peer dynamics make the program."

"Staff made me feel human and not like I'm some patient who needs help."

"I appreciate the flexibility for appointments, being able to use video calls and texting as needed instead of only having in person meetings."



Our Impact

the client wellness fund

About the AMHS-KFLA Client Wellness Fund

Our Client Wellness Fund helps provide practical, dignity-enhancing supports that contribute directly to wellness, recovery, and quality of life.

Every dollar contributed to the fund goes directly toward these client needs, as identified by our frontline staff who work closely with clients and understand where support can make the most immediate and meaningful difference.

For one client, the fund helped cover first and last month's rent, opening the door to a new apartment and a fresh start after a period of instability. When unexpected arrears threatened that housing, the fund stepped in again, preventing eviction and preserving that progress.

For another, something as simple as internet access restored connection to job opportunities, services, and community. For someone else, replacing lost identification through a birth certificate unlocked access to employment and benefits.

"One of the things I value most about the Client Wellness Fund is that it lets me respond to what my clients need in the moment. Whether it's medication, a phone, or a SIM card, these supports help people stay connected, engaged in their care, and moving forward."

- Ryan S., AMHS-KFLA Transitional Case Manager

From removing barriers to participation in programming to supporting small but essential personal needs, the Client Wellness Fund helps ensure clients can focus on their recovery in a more stable and supported way.

"We were able to use wellness funds to purchase an air conditioner for R.D., and the impact was actually much greater than simply making his apartment more comfortable during the summer."

R.D. is an incredibly talented artist whose work has been featured in a number of local galleries. Prior to receiving the air conditioner, he was really struggling with the heat and humidity in his apartment, which was making it difficult for him to comfortably work on his art. He was also experiencing issues with cigarette smoke from neighbouring units entering his apartment, which was adding to his discomfort."

He had begun feeling increasingly helpless and discouraged because he wasn't able to engage in his art to the degree he normally would, while also feeling pressure to complete new pieces for local galleries."

Once we were able to purchase the air conditioner for him, R.D. described the difference as essentially a complete 180. He felt that the overall air quality and comfort of his apartment had significantly improved, the heat and humidity were much more manageable, and he was once again able to comfortably spend time painting and creating without the same interruptions."

He repeatedly expressed how grateful he was for the support and really sang our praises for helping him obtain it. For R.D., the air conditioner wasn't simply about keeping cool, it helped him get back to an activity that provides him with purpose, enjoyment, and a meaningful connection to his community."

- Shawna A., AMHS-KFLA Case Manager, Community Housing

Evolving Community Housing



This year has been one of transformation and growth for AMHS-KFLA Community Housing.

Guided by our strategic focus on housing solutions for clients, we continue to adapt our services to meet emerging community needs, while ensuring that the voices and experiences of our residents inform the way we deliver support. As a team, we have embraced these opportunities for growth, innovation, and collaboration.

By strengthening partnerships across the health and social service sectors, enhancing integration with internal clinical teams, and fostering meaningful collaboration with landlords, neighbours, and community agencies, we are building a more responsive and connected housing system.

As we reflect on our accomplishments over the past year, we are incredibly proud of the evolution within our program area, and we remain committed to enhancing our services to better support our clients and to share this progress with our community.

Together, we are creating pathways to housing stability, recovery, and improved quality of life for the individuals we serve.

**106**

Individuals living independently supported by our Community Housing Programs

**100+**

Unique Individuals supported with a rent supplement, making housing affordable



Achieved a reduction in evictions and discharges through enhanced supports

OPOC- Supportive Housing Indicator	AMHS-KFLA Combined Agree + Strongly Agree	Provincial Benchmark Combined Agree + Strongly Agree
 I feel like part of a community where I live	80%	80%
 General maintenance issues are taken care of to my satisfaction	93%	80%
 Overall, I feel safe and comfortable in my home	93%	80%
 My living situation is contributing to my overall well-being	80%	88%



Evolving Staffing

Enhanced clinical leadership & expertise with a dedicated Clinical Manager, providing clinical oversight across our community housing continuum.

Transitioned the Agency Landlord role from our Property Operations team to our clinical team, bringing a stronger clinical perspective to housing support and allowing our Property team to focus fully on property maintenance and creating safe, well-maintained homes.

Realigned our Housing Case Manager roles to provide more focused, consistent support within our community homes, helping staff to build stronger relationships with residents and more proactively support housing stability and quality of life.

Evolving Support

Introduced monthly resident meetings and weekly staff check-ins in each of our homes, creating more consistent opportunities for connection, feedback, and collaboration.

Established a dedicated women-only home, providing a safe, welcoming, and supportive housing environment to meet the unique needs and experiences of women.

Strengthened relationships with neighbours through responsive communication and proactive problem-solving, contributing to positive, connected communities.

Redesigned our Stabilization program with expanded staff capacity, enhanced roles, increased service hours, a new food program, and strengthened clinical programming.

Evolving Systems

Streamlined waitlist management processes to improve efficiency, reduce administrative delays, and help individuals connect with housing and services more quickly.

Strengthened housing policies and processes, updated occupancy agreements and developed a comprehensive Resident Handbook.

Increased collaboration with our internal clinical teams, community partners, and housing providers to create more coordinated and responsive supports.

Developed communication protocols, agency guides, and tracking tools to support consistent information-sharing and proactive risk management among our internal team.

Evolving Partnerships

In partnership with a local motel, we launched an innovative temporary housing solution, providing safe, supportive shelter to 36 individuals over the past year.

Strengthened and expanded relationships with private landlords, creating additional housing opportunities for clients.

Leveraged our Housing Specialist role to deepen engagement with local landlords and relationships across the housing community.



Brief Intervention Therapy Service (BITS)

Timely access to mental health support can make all the difference to an individual's recovery and well-being. This year, we took an important step forward by launching the Brief Intervention Therapy Service (BITS), a new approach designed to better support individuals while they are on a waitlist for ongoing counselling services with our Counselling & Treatment program.

BITS provides up to three counselling sessions for individuals who are not in immediate crisis but are experiencing mild to moderate distress. Through focused, solution-oriented conversations, clients receive practical coping strategies, support to stabilize their current challenges, and guidance to help them move forward.

This approach reflects our strategic priority of improving timely access to services while ensuring that care is both evidence-informed and client-centred. Rather than asking clients to wait without support, we are evolving our system to meet people earlier, often when intervention can have the greatest impact.

Why BITS?

In our region, those seeking to connect to publicly funded care may experience wait times of four to six months to access standard psychotherapy services.

During this time, distress can grow, needs can change, and people may turn to crisis or other health services that could otherwise be avoided.

BITS was created to respond to this gap, offering meaningful, early support that reflects our commitment to accessible, responsive, and person-centred care.

Benefits of BITS



Provide timely access to care



Stabilize acute distress and prevent escalation



Deliver evidence-informed brief interventions



Help clients develop coping tools for those awaiting longer-term services



Assist in triaging clients who may require more urgent or intensive care

→ BITS Goals & Impacts

A core goal of BITS is to help prevent small challenges from becoming crises. By offering early intervention, the program helps individuals build coping tools, manage stressors such as anxiety or relationship concerns, and stay engaged in their mental health journey.

At the same time, BITS plays an important role in triaging and system navigation. Through brief engagement, clinicians can better understand each person's needs and ensure they are connected to the right level of care: whether that means continuing on the waitlist, accessing more urgent services, or, in some cases, determining that different agency or community supports may be more appropriate.

The Impact of BITS



Our BITS program was launched in October 2025



From launch until March 31, 2026, 36 clients accessed BITS



88.5% of participants successfully completed the program

Beyond the numbers, we have seen encouraging qualitative outcomes. BITS has strengthened alignment with crisis services, improved secondary screening processes, and provided new insights into how we can better support clients earlier in their care journey.

BITS is an example of how we are working to respond and support the changing needs in our region and within our systems of care. By listening to client needs, identifying service pressures, and embracing innovation, we are building a model of care that is more flexible, proactive, and connected.

As we continue to refine and grow this service, we remain focused on our shared goal: ensuring that every person who reaches out for support is met with timely, compassionate, and effective care.



Where Art, Culture & Healing Meet

Originally unveiled in 2025, the artwork created by local Indigenous artists, Jaylene Cardinal and Dakota Ward of WC Creatives, has become a meaningful part of AMHS-KFLA's 552 Princess Street lobby environment, inviting reflection on healing, belonging and the importance of Indigenous perspectives in health care.

Developed through the *Indigenous Spaces and Places* initiative, an Indigenous-led collaboration between Three Things Consulting, the Frontenac Lennox & Addington Ontario Health Team (FLA OHT), Kingston Community Health Centres (KCHC) and regional health-care partners, the piece represents the strength of relationships and a shared commitment to reconciliation.

"Having Indigenous artworks in healthcare spaces is vital because they do more than art on the wall; they carry stories, traditions, and ways of seeing health that remind us healing is not only physical, but also cultural, emotional, and spiritual. Their presence acknowledges Indigenous identity, respects connection to Country, and creates a space where people feel seen, safe, and cared for."

- Jaylene Cardinal, Artist

"I can't help but feel happy and inspired each time I walk past this beautiful piece of artwork! It will serve as a daily reminder of our shared responsibility to hold one another accountable and stay committed to the work required of us as an agency—to ensure we are truly honouring and uplifting our Indigenous community."

- Shaun, AMHS-KFLA Staff

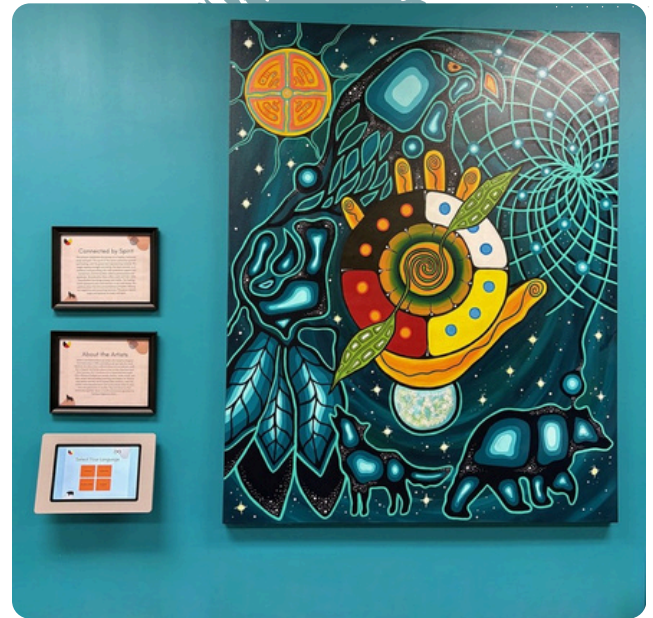
"It is an honour to showcase this piece where it can be appreciated every day by all who enter our doors. Its presence deepens our commitment to reconciliation and reminds us of the importance of recognizing and respecting the contributions of Indigenous peoples."

- Tara, AMHS-KFLA Staff

Drawing on Indigenous teachings and symbolism, *Connected by Spirit* inspires hope and balance for body and spirit.

The spiral symbolizes growth and healing, with the green leaf representing renewal. The eagle inspires strength and clarity, the bear reminds us of resilience and grounding, the wolf symbolizes support and connection, and the buffalo reflects perseverance and gratitude.

Grandmother Moon offers calm and rest, while Grandfather Sun brings energy and vitality. The healing hand represents care and intention in our well-being. The patterns show the interconnectedness of health, filtering out negativity and promoting harmony.



The tablet shares the story behind *Connected by Spirit* and introduces the artists and information about the meaning behind the art in five languages: English, French, Mohawk, Plains Cree and Ojibway, creating a more inclusive experience and broadening access to the knowledge and teachings that inspired the piece.

The addition reflects how meaningful initiatives can continue to evolve. *Connected by Spirit* stands as a reminder of an ongoing commitment to listening, learning and walking alongside our community.

Through community partnerships and finding new ways to share Indigenous voices, AMHS-KFLA and partners are creating spaces that foster learning, connection and belonging.



This year, the installation evolved with the addition of an interactive, accessible tablet mounted beneath the artwork.



Connecting Care & Community in Napanee

Recovery is about more than appointments and symptom management. It is also about connection, meaningful activity, socialization and a sense of belonging.

Off to a Good Start, a weekly drop-in group offered in Napanee through a partnership between AMHS-KFLA and Peer Support of South Eastern Ontario (PSSEO), brings these pieces together. The partnership brings the complementary strengths of each organization to the program, combining clinical support with lived experience and a strong peer and community focus.

Facilitated by AMHS-KFLA staff alongside a PSSEO co-facilitator, the group offers a welcoming space where people can start their day with a 30-minute walk around the downtown area, a light breakfast, social time and opportunities for skill-building and support.

Weekly attendance typically ranges from 12-20 participants and is open to any member of the community who wishes to participate, with no long-term commitment or previous connection to our services required.

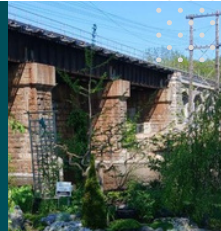
Off to a Good Start is one example of what it means to bring people, strengths and community together to support recovery and a stronger sense of belonging. By working together with partners and learning from lived experience, we continue to create more connected pathways of support.

For people transitioning from agency Case Management and Addiction Services, Off to a Good Start provides a natural step toward greater independence and community involvement, and for tenants in AMHS-KFLA's Napanee housing, this is an opportunity for community connection in their neighbourhood.

At its heart, the group reflects the value of building recovery around the whole person: not just services or symptoms, but relationships, meaningful activity and community.



co-facilitated group
sessions in 2025-2026



OFF TO A GOOD START

Enjoy some exercise, social
contact and breakfast! All are
welcome no need to sign up!
Just show up!



TUESDAY MORNINGS
9:30 am - 11:00 am

Join us at 70 Dundas St. East for a
walk and then a light breakfast!



Off to a Good Start promotes the notion that recovery is much more than formal appointments and structured treatment; it is also about having a place for connection, meaning, and creating opportunities to experience success and belonging.

**- Melissa, AMHS-KFLA
Staff Co-Facilitator**





ICH Community Engagement Committee

Over the past year, the Integrated Care Hub (ICH) Community Engagement Committee (CEC) has continued to evolve as an important forum for dialogue, relationship-building, and collaborative problem-solving within the ICH neighbourhood.

Since its establishment, the CEC has brought together neighbours, local businesses, ICH service providers, municipal representatives, community agencies, law enforcement, and people with lived experience. This diversity of perspectives has strengthened the committee's ability to understand concerns from multiple viewpoints and to identify opportunities for practical, shared responses.

A key evolution this year has been the continued broadening of participation and lived experience within the committee. The addition of a former AMHS-KFLA client, who accessed a number of our programs and services, including the ICH, during their recovery journey, has brought an important perspective to conversations about the ICH and its relationship with the larger community. Their participation reflects the committee's commitment to ensuring that people with direct experience of ICH services are part of discussions that shape understanding and community response.

The CEC has also continued to seek additional neighbourhood members, recognizing that meaningful engagement depends on hearing from people who live, work, and operate businesses in the surrounding area.

Regular dialogue has created opportunities for members to better understand the complexity of issues affecting the neighbourhood, share information across organizations, and work together on concerns that cross organizational and community boundaries.

The committee's work increasingly demonstrates the value of bringing different perspectives together early, before concerns become more difficult to address. Members have worked collectively to identify emerging issues, clarify roles and communication pathways, and develop practical responses to shared concerns.

Several community-driven initiatives have emerged through this collaborative approach, including neighbourhood clean-up activities, efforts to strengthen on-site service partnerships, outreach to increase neighbourhood participation, and the development and distribution of community education materials. Clearer response pathways have also been developed to help community members and partners understand where to direct specific concerns and how issues can be followed up.

These activities reflect an important shift from responding to individual concerns toward building stronger systems for communication, coordination, and shared accountability. This has included regularly sharing client stories, service information, and key statistics through the ICH website. These efforts are intended to provide a clearer picture of who the ICH serves, the services available, and the broader impact of the program.

Looking ahead: the CEC will continue to evolve as the ICH evolves to a HART Hub site, offering HART Connect services in Fall 2026. The focus will remain on creating meaningful opportunities for neighbours, businesses, service providers, municipal partners, and people with lived experience to share perspectives, build understanding, and work together.



AMHS KFLA in the Community





Community Partnership Spotlight: Dynamic Real Estate Golf Tournament

One of AMHS-KFLA's most valued community partnerships continues to be the support provided through RE/MAX Finest Realty/Dynamic Real Estate Group's Annual Mental Health Golf Tournament Fundraiser.



Year after year, this event brings together local businesses, community members, sponsors, and advocates who share a commitment to improving mental health and addiction services in our region.

Through fundraising efforts and community awareness, the tournament has raised nearly \$75,000 for our Client Wellness Fund and has become a meaningful demonstration of how collective action can create lasting impact.

Beyond the funds raised, the tournament serves as an important opportunity to reduce stigma, foster conversations about mental health and build stronger connections between AMHS-KFLA and the broader community.



2025 Tournament Cheque Presentation

The ongoing dedication of Dynamic Real Estate and its partners helps ensure that local mental health and addiction services can continue to evolve and respond to changing community needs.

We are deeply grateful to Dynamic Real Estate, the tournament organizers, sponsors, volunteers, golfers, and supporters whose generosity continues to make a difference.

Thank you for your continued support!



Thank you to our Volunteers!

Throughout the past year, volunteers played an important role in advancing AMHS-KFLA's mission, strengthening services, enriching programs, and helping create welcoming, inclusive spaces for clients and families across our organization.

This past year, 21 volunteers contributed their time, skills, and lived experience across multiple programs and initiatives. Their efforts were complemented by the leadership and governance provided by our nine-member Board of Directors, whose commitment helps guide the organization through continued growth and transformation.

Our volunteers demonstrate the power of community involvement and partnership in supporting recovery, well-being, and inclusion. To every volunteer who contributed this year: thank you for your time, support and contributions.



Client & Family Advisory Council

The voices of people with lived and living experience help shape the future of our services through the Client & Family Advisory Council. CFAC volunteers share their perspectives and experiences to help strengthen care across the organization. Through meetings, feedback opportunities, and collaborative discussions with teams, members contribute valuable insights that help inform planning, program development, and service improvements.



Family Resource Centre Peer Group Facilitators

Volunteer peer facilitators are an essential part of FRC program delivery. Drawing on their own lived experience as family members or loved ones of individuals affected by mental illness or addiction, these volunteers facilitate peer support groups, provide empathy and encouragement, and help participants build practical strategies for communication, self-care, boundaries, and resilience.



Community Garden Volunteers

Our Community Garden Volunteers contributed to the maintenance and care of garden spaces that enhance the experience of clients, residents, and staff. Through planting, weeding, watering, harvesting, and general upkeep, these volunteers helped create vibrant outdoor spaces that promote wellness, connection to nature, and community pride. We also welcome volunteers to our garden through the Unity Way Day of Caring events each June.



Integrated Care Hub Volunteers

Volunteers help create a dignified, welcoming environment for individuals experiencing homelessness or hardship. Their contributions include supporting meal distribution, assisting with hygiene facilities, helping maintain clean and safe spaces, organizing donations, and connecting with visitors in compassionate and respectful ways, helping foster a sense of belonging and care for some of our community's most vulnerable residents.





Addiction & Mental Health Services | services de lutte contre les dépendances et de santé mentale
Kingston Frontenac Lennox & Addington

EMPOWERMENT INCLUSION WELL-BEING | AUTONOMISATION INCLUSION BIEN-ÊTRE

*Thank you to our funders, donors, staff, students, volunteers,
clients, and community partners for helping us to evolve, together.*



**For general information on
programs & services:**

1-888-488-6697
www.amhs-kfla.ca

**24/7 Crisis Lines
Kingston & Frontenac**

1-866-616-6005

Lennox & Addington

1-800-267-7877

Napanee:

70 Dundas Street East
Napanee, ON K7R 1H9
phone 613-354-7521
fax 613-354-7521

Kingston:

552 Princess Street
Kingston, ON K7L 1C7
phone 613-544-1356
fax 613-544-2346



**Ontario
Health**



United Way
Kingston, Frontenac,
Lennox and Addington