

# Board of Directors Member Application Package 2025/26

CMHA Lambton Kent



Canadian Mental  
Health Association  
Lambton Kent  
Association canadienne  
pour la santé mentale  
Filiale de Lambton Kent

# Vision, Mission, Values



## Mentally healthy people in a healthy society.

As a leader and champion for mental health, CMHA Lambton Kent provides services and facilitates access to the resources people require to maintain and improve mental health. Our efforts promote community integration, build resilience, and support recovery from mental illness and addictions.



- Embracing the voice of people with mental health issues
- Promoting inclusion
- Working collaboratively
- Influencing the social determinants of health
- Focusing on the mental health needs of all age groups
- Using evidence to inform our work
- Being transparent and accountable



## Land Acknowledgement

CMHA Lambton Kent is dedicated to honouring Indigenous history, culture and traditions and we acknowledge that we live and work on traditional territory. This sacred land is the subject of the Dish with One Spoon Wampum Belt Covenant, an agreement between the Iroquois Confederacy and the Confederacy of the Ojibwe and allied nations, to share and care for the resources around the Great Lakes.



## Statement on Equity, Diversity & Inclusion

At CMHA Lambton Kent a diverse, inclusive, and equitable workplace is one where all employees, volunteers, students and clients, whatever their gender, race, ethnicity, creed (religion), national origin, age, sexual orientation or identity, education or disability or any protected ground under the Human Rights Code, feel valued and respected. We are committed to a non-discriminatory and unbiased approach to inclusion including practice, environment and communication channels. We respect and value diverse life experiences and cultures and work to ensure that all voices are valued and heard.

# A Message of Thanks!

Thank you for your interest in joining the CMHA Lambton Kent Board of Directors. Your expertise and dedication are highly valued as we navigate the complex landscape of mental health and addiction services.

Our Board of Directors plays a pivotal role in shaping our strategic direction, ensuring long-term financial stability, and guiding our crucial community work. Board members are passionate, experienced individuals who bring diverse perspectives and a shared commitment to improving the lives of those affected by mental health and addiction challenges. They provide critical oversight, ensuring our organization operates efficiently and effectively. Furthermore, they actively advocate for increased resources and awareness, championing our cause within the community.

Board members also serve as vital connectors, building strong relationships with key stakeholders and fostering partnerships that enhance our reach. Their dedication enables us to innovate, adapt, and remain at the forefront of mental health and addiction care, ensuring we meet the evolving needs of our community.

The need for robust mental health and addiction services has never been more critical, particularly given the unprecedented challenges we face today. The escalating rates of anxiety, depression, and substance use, exacerbated by recent societal shifts, demand immediate and sustained action. CMHA Lambton Kent is committed to providing a comprehensive range of essential services, including crisis support, community-based programs, housing assistance, and advocacy. We are working tirelessly to reduce stigma, promote mental wellness, and ensure that everyone in Lambton and Kent has access to the support they need to lead fulfilling lives.

Serving on our Board of Directors offers a unique opportunity to make a tangible and lasting impact on the lives of individuals and families struggling with mental health and addiction challenges. We seek dedicated individuals who are deeply passionate about our mission, fully committed to our core values, and willing to dedicate their time and energy to this important work.

To learn more about CMHA Lambton Kent and the vital role of our Board of Directors, we encourage you to visit our website at [www.lambtonkent.cmha.ca](http://www.lambtonkent.cmha.ca). For any inquiries or to discuss how your skills and experience can contribute to our mission, please contact Cheryl Reidstra at [criedstra@cmhalambtonkent.ca](mailto:criedstra@cmhalambtonkent.ca) or 519-337-5411 ext 3229. We welcome your questions and look forward to the possibility of collaborating with you.

Thank you again for your interest in serving on our Board. We eagerly anticipate hearing from you.

Sincerely,

Fraser Godfrey, Chair  
Rhonny Doxtator, CEO



*Fraser Godfrey*  
**Fraser Godfrey, Chair  
CMHA Lambton Kent  
Board of Directors**



*Rhony Doxtator*  
**Rhony Doxtator, CEO  
CMHA Lambton Kent**

# More About Us

CMHA Lambton Kent facilitates a wide range of innovative and individualized services for more than 7,000 adults and youth each year living throughout Lambton and Kent counties. At the invitation of each of the respective communities, CMHA Lambton Kent delivers care in the communities of Kettle and Stony Point First Nation, Aamjiwnaang First Nation, Walpole Island and Delaware Nation with programs and services available for Indigenous Peoples living in urban and rural communities throughout the region.

As leaders in the mental health sector, CMHA Lambton Kent is affiliated with CMHA National and CMHA Ontario and locally, is a proud member of both the Chatham-Kent Ontario Health Team and the Sarnia-Lambton Ontario Health Team. As a non profit, we gratefully accept donations to our organization and rely on funding from Ontario Health, the Centre for Mental Health and Addictions (CAMH), the County of Lambton and the Municipality of Chatham-Kent.

We provide a range of programs and services to support people in our communities, many of which are delivered in partnership with local health and social service agencies. From Crisis Intervention and Specialized Short-Term Services to Integrated Client Services, all services are free and self referrals are welcome (a diagnosis is not required). CMHA Lambton Kent is the lead agency for the Youth Wellness Hubs Ontario (YWHO) in Chatham-Kent and in Sarnia Lambton and for two MobileCare, Community Health Outreach programs in our region. In 2025, it was announced that Lambton County would be receiving funding for a Homelessness and Addiction Recovery Treatment Hub (HART Hub).

To learn more about our organization, our culture and our progress over the last decade, we encourage you to review our more recent Annual Reports, ([link here](#)).

## 2025/2026 will be an important year

In 2025/26, we will be embarking on the first year of our soon-to-be released Strategic Plan ([link here](#)), preparing for our fourth survey with Accreditation Canada and we will be welcoming a new CEO to our organization.

Each of these initiatives are a significant undertaking and we will be relying on our Board of Directors to guide the organization through the opportunities and challenges that will come our way.



## #DYK

CMHA Lambton Kent has achieved Accreditation with Exemplary Standing three consecutive times and is preparing for a fourth in 2026?

# Programs & Services



## Getting Started with CMHA Lambton Kent

Clients can reach out to CMHA Lambton Kent directly by calling, walking in to one of our offices or filling out a referral form on our website. If a client is working with a doctor, nurse practitioner or other health care provider, they can also refer the client using the referral form on our website. A link to the Referral Forms is on the top of every page on our website so it is easy to find.



Most people get started with CMHA Lambton Kent by connecting with the Mental Health First Response Team, MobileCare or through one of our YWHO offices. Indigenous Peoples may choose to start by connecting with a member of the Indigenous Services Team to talk about their needs.

Once that first connection is made, the CMHA Lambton Kent team member will work with the client to complete an assessment and together they will determine the next steps for the client. These next steps could include: internal CMHA services, external supports and services or both.

You can learn more by reviewing our Getting Started with CMHA Lambton Kent Information Sheet ([link here](#)).



## Crisis Intervention & Specialized Short-Term Services

- Mental Health First Response Team (MHFR)
- Discharge Planning
- Rapid Assessment and Treatment (RAIT)
- Mental Health and Engagement Response Team (MHEART)
- MobileCare -Community Health Outreach-
- Mental Health And Social Services Team (MHASST)
- Justice Services
- Gladue Court, Indigenous People's Court
- Emergency Housing
- Psychotherapy Service
- Ontario Structured Psychotherapy (OSP)

## Integrated Client Services

- Case Management
- Early Detection & Intervention Services (EDIS)
- Long Acting Injectable and Clozaril Monitoring Clinic
- Family Support Program
- Indigenous Services
- Geriatric Mental Health Team (GMHOT)
- Behavioral Supports Ontario (BSO)
- Sarnia Lambton Youth Wellness Hub (YWHO)
- Lambton Mental Wellness Centre
- Supportive Housing

### #DYK

CMHA Lambton Kent is one of only a few CMHAs in Ontario with an Indigenous Services Team?

# About the Board of Directors

Governing our organization is one of the most critical roles someone can play at CMHA Lambton Kent. That is why we recruit a variety of skill levels for every seat on the board.

## What is the Job of Board Members?

“Effective Governance...means ensuring that the appropriate process and structures are in place to direct and manage an organization’s operations and activities, and to ensure that they function well. The ultimate goal of good governance is to ensure the effectiveness, credibility and viability of the organization”.

## What will be expected of me as a Board Member?

- Board Members are expected to attend and actively participate in board meetings (one meeting per month – 9 per year), and occasional special meetings and planning sessions.
- In addition, Board Members monitor the strategic plan, business plan, and annual budget, and help make decisions that guide the organization’s progress.
- You will also participate in regular evaluation of the board’s performance.

## Responsibilities of the Board

- Ensure the organization moves forward fulfilling its mission and vision
- Monitor the Organizational Strategic Business Plan
- Ensure that the CEO has the resources for the organization to fulfill its mission and to finance its programs
- Provide financial oversight and accountability
- Maintain effective governance of the organization by using broad policies and objectives
- Ensure legal and ethical integrity and accountability of the organization
- Recruit and orient new board members and assess board performance
- Select and appoint a CEO to whom responsibility for the management of CMHA Lambton Kent is delegated

## General Expectations of the Board

- Regularly participate in board meetings, committees and important related meetings
- Make a serious commitment to participate actively in board and committee work
- Stay informed about board and committee issues, prepare for meetings, and review and comment on minutes and reports
- Get to know other board members and build collegial working relationships that contribute to consensus
- Be an active participant in the board evaluation and planning efforts
- Avoid any conflict of interest
- Disclose all material facts and relationships, and refrain from voting when there is a conflict of interest
- Maintain confidentiality
- Participate in fundraising or special events

# Application for Board of Directors

## Part 1: Instructions

To apply for a position on CMHA Lambton Kent's Board of Directors, please complete the following form and submit it with a copy of your resume.

Cheryl Riedstra  
Executive Assistant  
CMHA Lambton Kent  
210 Lochiel Street  
Sarnia, ON N7T 4C7

Email: [criedstra@cmhalambtonkent.ca](mailto:criedstra@cmhalambtonkent.ca)

## Part 2: Personal Identification

To ensure our board representation, we need to know who you are, where you live, and what you do or did. If some areas make you uncomfortable, leave them blank.

Name

Home  
Address

Home  
Phone

Home  
Email

Business Name  
and Address

Business  
Phone

Business  
Email

## Part 3: Eligibility Criteria and Conditions of Nominations

1. Applicant must be eighteen (18) or more years of age;
2. Applicants may not be an Excluded Person.  
“Excluded Person” means:
  - (i) any employee or staff member of the Corporation, Chatham-Kent Health Alliance (CKHA), Bluewater Health (BWH), a Branch or CMHA National; and;
  - (ii) any spouse (including common law or same sex spouse), dependent child, parent, brother or sister of a person listed in (i) above;
3. Undischarged bankrupts are ineligible to serve as a director.
4. Applicants will be required to provide a recent “Criminal Information Request” and a “Vulnerable Sector Check” obtained from the Chatham Kent or Sarnia Lambton Police Station to be placed in the Corporation’s files.
5. Directors must fulfill the requirements and responsibilities of their position, for example, preparing for and attending board and committee meetings, upholding their fiduciary obligations and working cooperatively and respectfully with other board members. Directors must comply with legislation governing the corporation, the corporation’s by-laws and policies, and all other applicable rules.
6. Directors must sign a Declaration confirming their agreement to adhere to their fiduciary duties and board and corporate policies.

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## Part 4: Your Background

Education/Employment History: (Where, When, Doing what?)

Please list board experience:

Please describe any linkages you may have had with various health care groups within Ontario Health (formerly the ESC LHIN):

Community Involvement: (Where, When, Doing what?)

## Part 5: Conflict of Interest Disclosure Statement

Directors must avoid conflicts between their self-interest and their duty to the corporation. In the space below, please identify any relationship with any organization that may create a conflict of interest, or the appearance of a conflict of interest, by virtue of being appointed to the board.



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## Part 6: Personal Motivation

Why do you want to join the Canadian Mental Health Association, Lambton Kent Branch Board? What do you bring to the group? What do you hope to learn:

Describe personal or family involvements with mental health & addictions issues:

## Part 7: Knowledge, Skills and Experience

The board seeks a complementary balance of knowledge, skills, and experience. Please indicate your areas of knowledge, skills and experience by completing Schedule A to this application.

## Part 8: Declaration

By submitting this application, I declare the following:

- I meet the eligibility criteria and accept the conditions of appointment set out above.
- I certify that the information in this application is true.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Application for Membership: Schedule A Board Knowledge, Skills and Experience Matrix

Please indicate your areas of knowledge, skills and experience by checking off the relevant boxes in the table below. It is not expected that you possess knowledge, skill or experience in all the areas set out in the table. Please indicate only those areas that apply to you.

### Accounting

None      Basic      Advanced

### Advocacy

None      Basic      Advanced

### Board and Governance

None      Basic      Advanced

### Business Management

None      Basic      Advanced

### Education

None      Basic      Advanced

### Ethics

None      Basic      Advanced

### Finance

None      Basic      Advanced

### Government and Government Relations

None      Basic      Advanced

### Human Resources Management

None      Basic      Advanced

### Mental Health Industry Specific Knowledge

None      Basic      Advanced

### Mental Health Industry Specific Experience

None      Basic      Advanced

### Labour Relations

None      Basic      Advanced

### Legal

None      Basic      Advanced

### Political Acumen

None      Basic      Advanced

### Public Affairs and Communications

None      Basic      Advanced

### Quality and Performance Management

None      Basic      Advanced

### Risk Management

None      Basic      Advanced

### Strategic Planning

None      Basic      Advanced

### Lived Experience (Mental Health)

None      Basic      Advanced

### Indigenous

Yes      No

### Bilingual

Yes      No

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## CMHA Lambton Kent

### Contact us



Chatham: 519-436-6100  
Toll Free Mental Health First Resonse:  
1-866-299-7447

Sarnia: 519-337-5411  
Toll Free Mental Health First Response:  
1-800-307-4319



[communications@cmhalambtonkent.ca](mailto:communications@cmhalambtonkent.ca)



[www.lambtonkent.cmha.ca](http://www.lambtonkent.cmha.ca)



### Visit us

Head Office: Chatham  
240 Grand Avenue West, Suite 100  
Chatham, Ontario N7L 1C1

Sarnia Office  
210 Lochiel Street  
Sarnia, Ontario N7T 4C7

Chatham-Kent Youth Wellness Hub  
140 King St West  
Chatham, Ontario N7M 1E2

Sarnia Lambton Youth Wellness Hub  
190 Front Street North  
Sarnia, Ontario N7T 5S3

