



2024 Change Can't Wait! Outcomes Summary

Change Can't Wait! pilot initiatives tested innovative ideas to support Calgarians struggling with mental health and addiction challenges while strengthening how they work together in the process.

FUNDING PERIOD:
Oct. 1, 2023 –
Dec. 31, 2024

COLLABORATIVE PILOT
PROJECTS FUNDED:

12

PARTNERSHIPS
ENGAGED:

46

- **Four** projects worked to enhance **culturally appropriate mental health and addiction services** for over **650 clients** and around **2,000 contacts**.
- Projects fostered mental wellbeing and natural supports, reduced stigma, and built organizational capacity (among other activities) through collaborative relationships between ethnocultural organizations, immigrant-serving organizations, and mental health service providers.

BEING WELL fosters wellbeing in community and increases understanding of mental health and addictions to reduce stigma.

1 RESILIENT PEOPLE & COMMUNITIES:

Five projects increased the ability of Calgarians to recover from difficult times. Among organizations reporting, **86%** of Change Can't Wait! participants reported an improved ability to cope with stresses and strains of everyday life.

2 REDUCED STIGMA:

Four projects addressed the complex social process which aims to exclude, reject, shame, and devalue groups of people on the basis of mental health and addiction.

GETTING HELP prioritizes community supports through increased access and navigation to services, when and where people need them.

1 IMPROVED SERVICE ACCESS AND NAVIGATION:

Seven projects increased service coordination and integration between the mental health and social services that serve Calgarians.

Projects built formal processes to integrate service delivery, connect clients to navigation tools, and expanded wraparound supports.

2 INCREASED KNOWLEDGE:

Nine projects helped ensure Calgarians know where to get help for mental health and addiction issues where and when needed.