



CALGARY'S  
MENTAL HEALTH+  
ADDICTION STRATEGY

# 2024 Connect the Dots Outcomes Summary

TOTAL  
INVESTMENT:

**\$5m**

PROGRAMS  
FUNDED:

**38**

ORGANIZATIONS  
FUNDED:

**35**

UNDERSERVED COMMUNITIES SUPPORTED:

LGBTQ2SIA+  
COMMUNITY MEMBERS:

**1,888**

YOUNG ADULTS:

**2,869**

SENIORS:

**922**

PEOPLE WITH DISABILITIES:

**1,124**

INDIGENOUS PEOPLES:

**1,132**

ETHNO-CULTURAL  
COMMUNITY MEMBERS:

**5,674**

PARTICIPANTS  
ENGAGED:

**17,809**

CONTACTS  
REACHED:

**41,289**

VOLUNTEERS  
SUPPORTED:

**1,157**

VOLUNTEER  
HOURS SPENT:

**74,513**

PARTNERSHIPS  
ENGAGED:

**183**

**BEING WELL** Wellness at home, at  
school, at work and in the community

- 1 ENHANCED BELONGING:**  
**13** Connect the Dots programs reported improving Calgarians' belonging to their local communities. **88%** of participants reported a strong sense of belonging to their communities after taking part in the program.
- 2 BOLSTERED NATURAL SUPPORTS:**  
**11** programs worked towards improving Calgarians' social or natural supports. **87%** of participants reported improvements in their social or natural supports after participating in the program.
- 3 IMPROVED COPING:**  
**29** programs reported improving Calgarians' ability to cope with stresses and strains of everyday life. **84%** of participants reported improvements in their coping skills after taking part in the program.

**GETTING HELP** What you need, when,  
where and how you need it

- 1 EXPANDED ACCESS:** **17** Connect the Dots programs worked to improve access to mental health supports for Calgarians. **97%** of participants reported improved access to those supports after taking part in the program.
- 2 ENABLED COORDINATION:** **18** programs supported over **3,500 Calgarians** in receiving services through coordinated points of access.
- 3 INCREASED KNOWLEDGE:** **22** programs worked to improve Calgarians' knowledge about how to access mental health support and services. **93%** of participants reported improved understanding of how to access those supports and services after taking part in their program.