



COAST
MENTAL HEALTH
FOUNDATION

ANNUAL IMPACT REPORT 2018 - 2019
GROWING HOPE, THRIVING IN RECOVERY



WELCOME



ENDING STIGMA CHANGING LIVES

Your support for Coast Mental Health Foundation helps people living with mental illness to grow and thrive.

Although we may all experience mental illness at some point in our lives, few will ask for and receive the help they need, in large part because of stigma. By supporting community-based mental health care, you help break this silence, and offer support to people who need it most.

Coast Mental Health's care is based on three pillars that support recovery: housing, support services, and employment/education. Services, programs and resources are customized around each client's changing needs and abilities. Above all, Coast believes in the value and potential of each and every client who is served. Recovery is a lifelong process, and your kindness ensures that clients can access these services for as long as they need them.

Coast Mental Health Foundation connects generous community members like you with Coast Mental Health's programs to promote growth and excellence. Thank you for changing and saving lives in our community.

Leonard Schein, Board Chair **Isabela Zabava**, Executive Director

OUR GUIDING PRINCIPLES

Coast's Shared Vision: A community that embraces and honours people with mental illness, so they may thrive and contribute.

Coast Mental Health Foundation Mission: Coast Mental Health Foundation raises public awareness and resources to promote recovery and transform the lives of people with mental illness through exceptional and innovative community-based services at Coast Mental Health.



Every day, people living with mental illness experience negative treatment and isolation. By standing up for community-based mental health care, you are leading the way in ending stigma and providing the programs and services people with mental illness need to recover.

While hospitals play an important role in treating acute mental illness, many people need help after discharge to avoid relapse and to rebuild a life in their community. That's where Coast steps in: with your help, these vulnerable people receive support to find stable housing, reconnect with their community, build independence, and develop skills to gain and maintain meaningful employment. Innovative programs are developed and provided to those who need them most, making lasting recovery possible. In addition to hands-on services, Coast facilitates anti-stigma community engagement programs, such as tours of Coast programs by high school students, client-led art and digital storytelling community events, and Guest Chef Nights in conjunction with our Culinary Skills Training program.

Put simply: Coast believes that everyone deserves a home, a job,

and a friend. With Coast's 45+ years of experience and your support, together, we are making this possible.

Today, thousands of Coast Mental Health clients live in 51 thriving communities across the Lower Mainland, proving that an end to stigma is in reach, and recovery is possible.



WITNESS YOUR IMPACT

If you would like to see first-hand how your support is making a difference, please contact Meghan Boswell at meghan.boswell@coastmentalhealth.com or 604-675-2317 to arrange a private tour.

HOUSING

Safe, stable housing is the foundation for recovery. Coast Mental Health's 'housing first' approach connects people living with severe mental illness with housing that meets their needs. With your help, we are able to offer a range of housing and supportive services throughout the Lower Mainland.



Over **1,250** clients received housing support at



51 Coast sites throughout the Lower Mainland

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YOUR SUPPORT IN ACTION

In the last year, Coast added three new housing facilities to our recovery support network. Maple Ridge Modular ("Royal Crescent") provides 53 residents with the support they need to pursue long-term mental health. Camille House in Vancouver is a 10-bed, long-term, licensed mental health care facility for women. And *tə cecəw* ("The Beach") offers meals and 24-hour support to 46 residents in Vancouver's Little Mountain neighbourhood. To further alleviate homelessness in Maple Ridge, we will be opening an additional 51-unit residence in Fall 2019.

Through your generosity, hundreds of Coast residents benefitted from in-house breakfast programs. Other clients built greater independence through programs teaching cleaning and nutrition skills. Thanks to you, our housing programs offer shelter, care, and support for sustained recovery to almost 1,300 residents.

myself esteem went from 0-10. I was very over whemed. I was on cloud 9 I couldnt belve it, I was dealta Lucky card. I Love it here.

To respect Bill's request for privacy, his photo is not included here. These are his words.

BILL CARSON'S STORY

Our new modular housing facility, *tə cecəw*, in Vancouver's Little Mountain neighbourhood is the first step out of homelessness for people with complex health needs. Before Bill Carson moved in to *tə cecəw*, he was living mostly outside for the last four years: underneath stairs or in an abandoned vehicle, occasionally sleeping on a friend's couch. When he first saw his unit, he was overwhelmed with emotion. As a grandfather to two boys, Bill is thrilled to have a place to call his own. "I'm so happy to be here. My self-esteem went from zero to ten," he says. "Being here means that I don't have to sleep outside in the cold weather any more. I needed a place to call my own. The people that work here really care. Living in Coast housing has changed my life."

"Being here means that I don't have to sleep outside in the cold weather any more. I needed a place to call my own."

In addition to stable housing, clients at *tə cecəw* can access daily meals and 24-hour recovery support. Beyond the independent units, there are also shared communal spaces like a kitchen and garden, encouraging residents to gather together to build community.

SUPPORT SERVICES

Coast's support services are based on working directly with clients to develop individualized plans for recovery. Through a range of programs, people living with mental illness are provided with everything they need to thrive. Your support helps clients access a network of recovery services, build confidence and skills, and lead richer lives.



13,091 hours of support provided by trained Peer Support Workers

414,076 meals served across Coast's facilities



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YOUR SUPPORT IN ACTION

Our Resource Centre continues to accept new members almost daily. On average, the centre sees 150 clients per day, with nearly 54,750 interventions – staff-assisted client interactions – per year. Services provided meet a wide range of needs through meals, peer support, and connection with community services. You have made it possible for the Resource Centre to remain open seven days per week, and offer a variety of support programs that would not otherwise be possible.

This year, we launched a life-skills course for youth who need extra psychosocial support before applying to our Peer Support Worker training program. Through your generosity, we also launched our new Cognitive Rehabilitation (brain fitness) program at Riverview to help address cognitive challenges related to mental illness. We will be working to expand this program to other Coast facilities over the next year.



KC PEARCEY'S STORY

Clients benefit in many ways from the Resource Centre programs. Many begin by simply accessing basic services such as the meal program, showers, or laundry. But there are also far-reaching social benefits to participating in Resource Centre life.

KC Pearcey first accessed the Resource Centre when he was accepted into the Peer Support Worker training program. Since then, he has also benefitted from meals and other services at the centre. KC says “I want

people to know that there are a variety of great services at the Resource Centre that are helpful to low income people and folks that require a community to belong to. I feel that I am able to thrive in my recovery journey. I am also able to give back to my community and help others, which brings much meaning to my life. There are a lot of great people at the Resource Centre including members and staff. It is wonderful to make new friends and feel supported with my goals for recovery and wellness.”

“I want people to know that there are a variety of great services at the Resource Centre that are helpful to low income people and folks that require a community to belong to.”

EMPLOYMENT AND EDUCATION

Education and employment are powerful tools for someone on the road to recovery. These programs are both a milestone and a driver for mental health. Through a variety of programs, clients build self-confidence, life skills and financial independence. Employment programs prepare clients for meaningful work, and a brighter future.

 **58** clients employed through the Coast Clubhouse Employment Program

 **24** Employment Contracts secured

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YOUR SUPPORT IN ACTION

Last year, our supporters helped expand the Coast Clubhouse Employment Program through the purchase of two vehicles, providing even more clients with opportunities for paid work experience. Your support also made possible an educational bursary program for clients who want to increase their employable skills to re-enter the workforce on their own terms.

Your generosity was instrumental in establishing Coast's Youth Social Educational Clubhouse Program. The 33 youth enrolled in the program have unique mental health challenges requiring customized support, and have already made amazing progress. Through this program, participants are developing their strengths and building a career that works for them.

Youth with mental illness often have under-developed work skills. With help from the donor-supported Culinary Skills Training and Work Experience program, young clients can develop confidence and experience.



SAM AXELSON'S STORY

Sam Axelson first learned about Coast's Culinary Skills Training program from a social worker who knew he enjoyed cooking. When he started class, Sam says "I just really loved the fact that I'd be able to cook my heart out without anybody holding me back."

He quickly discovered the boost to his well-being that came with the program. "The program has so much to offer beyond cooking," he reflects. "The teachers: all of them are next level teachers. Not only do they teach well, but the way that they show their care for their students made me want to show up every single day. And it also made me want to cook more."

"The program has so much to offer beyond cooking, the teachers: all of them are next level teachers."

At the start of his studies, Sam lacked the confidence to prepare a meal even for himself. With support, Sam learned to trust himself and his skills. Today, he is head produce manager at a boutique grocery store.

Your generosity provides supportive training programs for young people like Sam so they can learn how to manage their symptoms in a work environment, grow their confidence, and find meaningful work that supports their recovery.

COURAGE TO COME BACK AWARDS



Each spring the Awards recognize five remarkable people whose stories of triumph over extraordinary adversity inspire courage in the lives of others facing challenges, and fight stigma by showing what is possible.

By engaging the community to add their support to making a difference, the gala also ensures that Coast Mental Health can continue to provide compassionate, meaningful support for anyone with the courage to come back from mental illness.

On April 24, 2019, nearly 1,700 people gathered at the Vancouver Convention Centre to celebrate the recipients of the 21st Annual Courage To Come Back Awards (presented by Wheaton Precious Metals), raising a phenomenal \$2.5 Million in support of life-saving programs and services at Coast Mental Health.

On behalf of Event Chair Lorne Segal, O.B.C., D.Litt. (Hon.), LL.D. (Hon.), President of Kingswood

Properties Ltd., and everyone at Coast Mental Health, we share our profound gratitude to our guests and supporters, our dedicated volunteers, and the courageous recipients who inspired this tremendous event.

To read the moving stories of this year's recipients, visit couragetocomeback.ca/2019-recipients

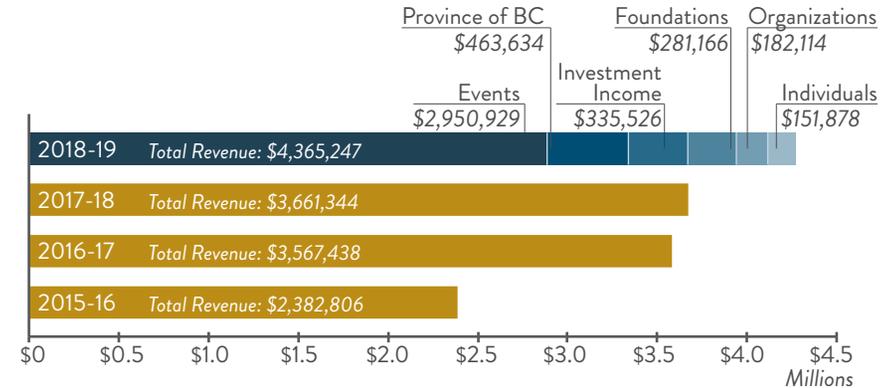
"I feel small, but encouraged that my telling my story is helping others understand, empathize, and have hope for people living with mental illness."

Erin Emiru – Mental Health Award

PERFORMANCE REPORT

You are instrumental in ensuring the life-changing programs of Coast Mental Health continue to help clients grow and thrive. Thank you!

OVERVIEW OF REVENUE AND FUNDING SOURCES



Your inspiring generosity has changed the lives of thousands of British Columbians. Many of the programs that define Coast's unique and successful approach to community-based mental health care fall outside the scope of established government funding. Your kindness means that the over 4,500 clients we support each year have access to some of the most effective, high quality programs, facilities and skilled professionals in the province.

In the last year, your support made it possible for our Resource Centre to provide support and meals every day of the week, for our Clubhouse to develop and provide new services for young people living with mental illness, and for over 30 other programs to be offered to clients across the Lower Mainland. Thank you for your vision, compassion, and generosity. You are making recovery possible for people living with mental illness!

If you have any questions, or would like a copy of our audited financial statements, please contact Isabela Zabava at: isabela.zabava@coastmentalhealth.com or 604-675-2393.



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NEED HELP?

If you or someone you know is having a mental health or substance use crisis, call 911 or go to your local hospital emergency room, or call the Crisis Line at **310-6789** (no area code needed).

If you can't see a way out, call the Suicide Hotline NOW.

Suicide Hotline:
1-800-SUICIDE
(1-800-784-2433)



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