



**COAST**  
MENTAL HEALTH  
FOUNDATION

ANNUAL IMPACT REPORT 2019 / 2020

A HELPING HAND IN THE FACE OF ADVERSITY



# WELCOME

Photo taken before social distancing rules were put in place

## Your support for Coast Mental Health is spreading courage and hope for people living with mental illness.

Coast Mental Health's care is based on three pillars for recovery: housing, support services, and employment and education. Safe housing is the strong foundation that other programs build on to help clients as they recover. And you are the key: your generous support goes directly to programs that encourage growth and recovery, making a difference in the lives of the clients we serve.

With your help, we are working through the challenges of the COVID-19 pandemic. Coast Mental Health's programs have adapted to ensure staff and clients stay healthy and are supported. But there's no doubt that the pandemic has impacted our organization and our clients, who are particularly vulnerable. With the cancellation of the Courage To Come Back Awards, it will continue to test our resiliency in the year to come. Thank you for ensuring that clients continue to receive support on their road to recovery. With a helping hand, we can all get through these hard times together.

**Isabela Zabava**, Executive Director

**Leonard Schein**, Board Chair

## 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.







# A HELPING HAND IN THE FACE OF ADVERSITY

Everyone needs shelter, a friend to talk to, and a job to do. That is why Coast Mental Health provides housing, support services, education and employment.

In addition to the essentials, Coast offers additional projects and services that lead to recovery and a fulfilling life. Many of our most effective projects—such as the Youth/Adult Peer program or Cognitive Rehabilitation—would not be possible without your support. By donating to Coast, you ensure innovative community-based mental health care continues, and you make hope possible for thousands of people living with mental illness, even in the face of incredible adversity.

The COVID-19 pandemic is having a major impact on our community. Important changes at Coast Mental Health include securing PPE (Personal Protective Equipment) for staff (masks, gloves, scrubs etc.), take-away meals, personal care packages, tech solutions to connect clients with mental health teams, and extra support for employment programs.

Coast Mental Health is committed to continuing to support our clients as they find stable housing,

reconnect with their community, build independence and develop skills, in spite of the changing landscape we now live in.

Your help saves lives and sustains clients as they navigate the mental health crisis accompanying the pandemic.

**40+**  Programs supported by **philanthropy**

**Would you like to see how your donations are helping clients today?**

Please give us a call, and learn more about what we do at Coast.

Meghan Boswell,  
Senior Fund Development Officer:  
**604.675.2317**

# HOUSING

Housing builds a strong foundation for recovery from hardship and mental illness. Coast helps connect people living with mental illness to housing that supports their changing needs and abilities on the road to recovery. Thanks to you, Coast Mental Health provided enriched lives and support to 1,371 people accessing our housing supports.



**1,371** clients  
received housing support at



**52** Coast sites throughout  
the Lower Mainland

## UPDATE

On September 10, 2019, Coast Mental Health opened Garibaldi Ridge in Maple Ridge. In partnership with BC Housing and the BC Rapid Response to Homelessness program, Garibaldi provides 51 homes and support to people who were experiencing or at risk of homelessness.

As a community partner with three sites in Maple Ridge, Coast is helping to heal the community. We offer 24-hour support, including a dedicated full-time nurse funded through BC Housing, outreach services and a range of inpatient and outpatient supports with Fraser Health.

Your support builds on the confidence that safe housing brings. Across Coast Mental Health's 52 sites, nourishing meal programs, therapeutic gardening and art programs, self defense training, adventure therapy, recreation and outings, bikes, and art, poetry and craft activities enrich the residents' daily lives by offering community, connection and support.



Photos kindly provided from Wendy's private collection

## WENDY DALTON'S STORY

For clients who have experienced homelessness, stable housing can be life-changing. Wendy Dalton has lived at Dunbar Apartments since 2011. "It's given me my life, and I don't just mean physically but mentally," she says. "It took a year or two to get used to it, I'd never really lived in an apartment before. [But now] this building is my home. This building is my community. This is my world, and I'm happy here."

Residents receive around-the-clock support from staff - including breakfast three days a week, thanks to donations from Coast supporters like you.

"It is a GREAT breakfast," says Wendy. "You get a choice of cereals, two pieces of toast, two eggs, a yogurt, fruit. It's a very good start in the day for everybody here. And it's popular!"

"Coast is saving lives,  
and they're making  
people happy"

Housing has helped Wendy access the supports she needs to live well. "They have game nights, walks they go on. And they also help you out with anything at all. It's just a wonderful place. Coast is saving lives, and they're making people happy."

# SUPPORT SERVICES

Through a range of programs and peer support, Coast's services help clients build confidence and valuable skills. Coast knows that every recovery journey is unique and we work with each person's needs to meet them where they are. Thanks to your kindness, over 5,200 clients are able to access a network of services, develop their strengths and find their place in the community.



**38** Peer Support Workers

trained by Coast providing

**3,000+** interactions  
every month to clients



**474,500** meals  
served across Coast's Facilities

## UPDATE

You keep core projects running, and help launch unique new programs. Thanks to your generosity, the Resource Centre fed between 100–150 people a day this year. For many, a meal is a first step to building trust in our teams and services. Meanwhile, new offerings like Adventure Therapy were welcomed by clients ready to learn outside a class setting.

This year, our Young Adult Peer Support program passed a milestone when three Peer Support Workers became trained facilitators. This was a new level for the program and created an opportunity for meaningful work.

Also in 2019, our Cognitive Remediation program expanded from Riverview to new sites in the Lower Mainland. This innovative program provides “brain training” through games and technology, and helps clients improve their cognition.

*"Now, I am able to deal with life on life's terms. Thank you for your support that you give to Coast. I appreciate your help and it has really changed my life"*

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

## HERB'S STORY

Multiple studies have shown that cognitive remediation can aid recovery from severe mental illness and addiction. When Herb began recovery from 18 years of addiction through Coast Mental Health's Rehabilitation and Recovery Program, he started brain training...and noticed improvement.

"We play games and complete worksheets to exercise our brain," Herb explains. "During each group, I am using different parts of my brain. My memory has gotten much better, I have better coordination, and my thoughts are clearer.

I especially like the group facilitators. They teach in such a way that I can grasp the knowledge and put it to use in everyday life. And we really have fun playing the games!"

Thanks to your generosity, evidence-based cognitive

programs are helping clients heal. Through these therapies, Herb is using the skills he's learned to accept his past, and he is feeling positive about the future. "Now, I am able to deal with life on life's terms. Thank you for your support that you give to Coast. I appreciate your help and it has really changed my life."

**125** clients



access the Dialectical Behaviour Therapy/Cognitive Rehabilitation program **each month**

# EMPLOYMENT AND EDUCATION

Employment and education are powerful tools: work can be a path to independence and an important way to contribute to the community, while education programming teaches self-care, along with job skills. Education and Employment Programs are critical in helping clients build self-esteem and new abilities, encouraging them to grow and thrive.



**87** clients employed through Clubhouse/Transitional Program



**26** employee contracts secured for 2019–2020



**28** students enrolled in the Culinary Skills Training Program

## UPDATE

Education and employment help clients develop confidence as they recover. One example is Coast Mental Health's Culinary Skills Program, which offers specialized support to train youth in professional cooking. This year, 21 students graduated, and 18 graduates went on to find employment, gain experience through volunteering, or continue their education. Likewise, 60 young adults became involved in their own life planning and recovery process through the Clubhouse Youth Educational Program.

Serious mental illness can mean a higher risk of chronic illnesses such as diabetes. With your generous help, our new Healthy Living education program helped participants reduce their risk and adopt healthy habits.

Thanks to you, the Coast Mental Health Clubhouse continues to help engage clients in volunteering, jobs and education as they recover.





## MATT BELL'S STORY

At the Clubhouse, members can explore new opportunities whenever they drop in. Matt Bell tried the Healthy Living class in between work shifts at the Clubhouse earlier this year. “It helped me focus on my health and wellbeing. I really liked it, so I went every time that they had it on.”

The class ended up motivating him to quit smoking. “At first because I was smoking, I didn’t really agree with everything — I was kind of fighting it. But after two or three sessions, it really set in.”

Matt says that the social support and positivity that go with the group are important. “It always got me in a positive mood. It puts you in the right thinking for the day, or even the week! It’s definitely beneficial to your health.”

“On Thanksgiving, my mom said one thing she’s thankful for is for Coast Clubhouse. I said: ‘Me Too’”

“You can be yourself, you know you’re in a safe place and you know that they have the best intentions for you. On Thanksgiving, my mom said one thing she’s thankful for is Coast Clubhouse. I said: ‘Me Too’”.

# COURAGE TO COME BACK AWARDS

COAST MENTAL HEALTH'S  
*Courage*  
TO COME BACK MONTH July 2020

PRESENTED BY WHEATON PRECIOUS METALS

The Courage To Come Back Awards is Coast Mental Health's signature annual gala, recognizing five remarkable people whose stories of triumph over extraordinary adversity inspire courage, 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.

Due to COVID-19, the 22nd Courage To Come Back Awards presented by Wheaton Precious Metals was cancelled, leaving a huge funding gap. In its stead we chose to celebrate our five recipients, and the spirit of the awards during Courage To Come Back Month throughout July.

The Courage To Come Back Month provides an opportunity to announce and honour a different recipient each week, working with our sponsors and partners to amplify the message and inspire courage in the lives of others facing adversity right now.

On behalf of Event Chair Lorne R. 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 supporters, sponsors and partners.

We invite you to read more about our recipients by visiting [couragetocomeback.ca](http://couragetocomeback.ca)

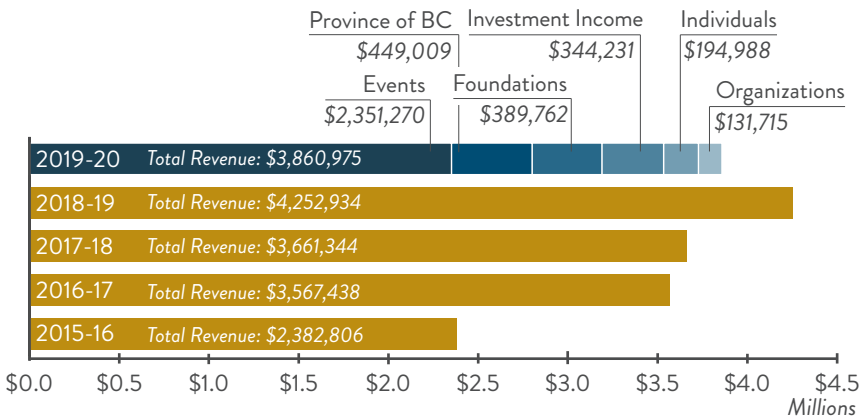
"I cannot think of a more relevant and inspiring message to share during a global pandemic than that of the Courage To Come Back Month. Our five incredible recipients show us that courage can trump fear."

Lorne R. Segal, O.B.C., D.Litt. (Hon.), LL.D. (Hon.), Event Chair, President of Kingswood Properties Ltd.

# 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 Mental Health’s unique and successful approach to community-based mental health care fall outside the scope of established government funding.

Your support has grown every year since 2015, and we continue on an upward trend—with the exception of 2018/19, when we exceeded all targets thanks to the 20th Anniversary of the Courage To Come Back Awards.

Your kindness means that the over 5,000 clients we support each year have access to more than 40 of the most effective, high quality programs across our 50+ facilities, supported by the most skilled professionals in the province.

If you have any questions, or would like a copy of our audited financial statements, please contact Isabela Zabava at:

[isabela.zabava@coastmentalhealth.com](mailto:isabela.zabava@coastmentalhealth.com).



## BOARD OF DIRECTORS 2019/2020

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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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