



**COAST**  
MENTAL HEALTH  
FOUNDATION

**GRATITUDE REPORT 2022/2023**  
**BUILDING A BETTER FUTURE**

Coast volunteers help clients build a better future through art



 WELCOME

Elaine Reynolds and Isabela Zabava

## For someone living with mental illness, your support can be life-changing.

At Coast, our care is based on three pillars for recovery: **housing; support services; and education and employment.** Each pillar builds a strong foundation for a better future.

For many folks, the entry point to our care is housing. For others, it's a healthy meal at the Clubhouse or peer support training at the Resource Centre.

Once clients connect to Coast, your kindness makes it possible for us to help clients with individual planning and support services. These supports help our clients build a path to recovery and develop skills to lead a fulfilling life.

We could not do this life-changing work without you. Coast Mental Health Foundation connects your compassion and generosity with the people that need it the most. Through good times and tough times, you are helping us to build a brighter future together.

Thank you, on behalf of our clients, for your support this year.

**Elaine Reynolds**, 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:** to raise 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.



This year the Rabble Rousers created a podcast about their experience of living with mental illness

## For over 50 years, Coast has bridged the gap between hospital care and the community.

This year you ensured new and existing programs could continue to offer the tailored support clients need, even as the demand for mental health services continues to rise.

Healthy meals, peer support training, employment opportunities, bursaries and brain training are just some of the resources available to those who need them. We are also offering expanded services that increase well-being, like music and adventure therapy. None of this would have been possible without you.

This year has also seen an expansion in support for youth, with a new offering in Maple Ridge and additional services in Vancouver. The Rabble Rousers program continues to gather momentum, while tried-and-tested Peer Support gives folks the opportunity to give back.

With an average of seven people a day dying by overdose in the Province, the ongoing poisoned drug crisis continues to have a huge

impact on our clients. Your support enables us to address substance use disorders as part of a comprehensive approach to mental health support.

Thank you for your support. Your continued kindness is helping clients in need to build hope for the future.



**45** programs funded through **philanthropy**



**~5,000** people served across the organization every year

**Would you like to organize a visit, or find out more about how your donations are helping clients today?**

We'd love to show you how you're making a difference.

Meghan Boswell,  
Senior Fund Development Officer:  
**604.785.1910**



# HOUSING

## HOW HOUSING SUPPORTS RECOVERY

Access to housing changes lives; it can be the first step to recovery. Coast connects people living with mental illness to housing that supports their needs. With your generous support, we're able to help folks feel at home with enhanced services like meals, therapeutic gardening and music therapy.



**1,084 homes + 251**  
rent subsidies provided at



**53 facilities** operated by  
Coast Mental Health

## UPDATE

### Housing can be a place to grow.

In November 2022, Coast Mental Health opened Coast Eagle, a new 14 bed facility with 24 hour support and monitoring, meals, peer support and more. Coast also started renovations on a number of buildings at *səmiq'ə?elə* (Riverview Hospital grounds), which will greatly enhance client outcomes.

This year, your generosity made it possible to offer more folks music therapy and therapeutic gardening at home, improving wellbeing. Nourishing meals also allow people to focus on their recovery without worrying about going hungry.

Thank you for supporting programs that enhance everyone's quality of life - you are changing lives.

# VICTORIA'S STORY

## Making music together can be healing.

This year, music therapy was expanded to more housing sites. Now, clients like Victoria can look forward to music therapy afternoons. “Some music is inspiring, others are stimulating and some can be relaxing too,” she explains.

Victoria lives at Ananda House and enjoys the activities offered there thanks to kind people like you. She participates in art therapy and gardening - and she has always loved music. Ian, a music therapist, encourages residents to express themselves and learn to use music as a positive coping mechanism. The benefits extend to everyone in the house - just listening to a session brings a smile to people's faces.

Vanja, the program manager, explains the benefits to music therapy; “Folks recovering from mental illness have the opportunity to improve their self-esteem. It can regulate mood and sleep. And music improves cognitive function.”

Programs like music therapy are only possible because of you. When you give to Coast Mental Health Foundation, you're supporting programs that bring joy and healing to those who need it most.

[Read more about Victoria's Story here.](#)



*Music therapist Ian visits Ananda House weekly*



*Some of the instruments Victoria and her neighbours can play*



*Art by Victoria*

# SUPPORT SERVICES

## HOW SUPPORT SERVICES ENHANCE RECOVERY

Support services help Coast clients find their personal road to recovery. Each client receives individualized help for their changing needs, whether it's through peer support training, brain training or art, music and adventure therapy. Thanks to you, approx. 5,000 clients were supported this year to access our services.



**576,800** meals served  
across Coast Mental Health's facilities




**241** members participated in  
Coast Mental Health's **Young Adult  
Programs**

## UPDATE

This year, your compassionate support continued to provide nourishing meals, basic needs and outreach at our drop-in centres, as well as peer support training. With your help, we also increased access to art therapy and music therapy.

Your generosity also allowed us to expand our support for Young Adults (YA). We extended youth program hours to evenings and weekends, supported counselling services and launched YA Brain Training with dedicated staff at the Young Adult Clubhouse. You also helped expand our outreach to young adults in Maple Ridge, providing early diagnosis and intervention, and giving youth vulnerable to mental illness access to support.

Together, we're working to meet the surge in demand for young adult mental health support.



“Working with Coast is great. I’m not on my own.”

## BRIDGID’S STORY

“Working with Coast is great. Even if I don’t have a counsellor right now, I have Ainsleigh. So I’m not on my own,” explains Bridgid.

Ainsleigh is Bridgid’s Youth Outreach worker. Outreach Workers connect with vulnerable youth in the Maple Ridge area who are at risk of homelessness, live with mental illness, or substance use disorders.

Thanks to you, Ainsleigh is helping Bridgid to find stable housing and learn budgeting skills. Outreach workers are instrumental in helping young adults like Bridgid navigate the systems of care. They act as advocates, helping youth find mental health supports like access to specialized treatment.

“My pharmacy gave me a really hard time about one of my prescriptions, but Ainsleigh stepped in and worked with them to fix the issue so that I could get my medication,” shares Bridgid.

Today, Bridgid is making plans for her future. She’s enrolled in an employment program and hoping to attend a post-secondary program in a few years.

Thanks to your generosity, youth like Bridgid can build the support they need to thrive.

[Read more about Bridgid’s Story here](#)

# EMPLOYMENT AND EDUCATION

## HOW EMPLOYMENT AND EDUCATION SUPPORT RECOVERY

Employment and Education programs help our clients to see a brighter future. Education programs teach job skills. Employment programs build on this with supportive training opportunities and work placements. With your help, these programs help folks recovering from mental illness to find their place in the community.



**207** clients/tenants/members  
employed across Coast Mental Health's  
facilities



**26** people completed training in the  
Peer Support Worker Program with  
**92%** graduating to working contracts  
within Coast

## UPDATE

Thanks to you, folks in our Employment and Education programs are building confidence.

In 2022, Coast's Clubhouse Employment Program added residential landscaping and year-round contracts. We also launched a Building Service Worker program. Monthly training sessions are helping clients learn valuable skills while connecting them to work opportunities.

Thanks to your support, Peer Support workers started a new relationship with BC Children's and Women's Hospital. Our peer support workers are also proud to work with the City of Vancouver's Better Together project. Peer Stewards will train at Coast's Clubhouse to work in Mount Pleasant. There, they will offer support for neighbours experiencing poverty and mental illness.

Your compassion is providing training and support for peer support workers to connect with hundreds of folks as part of their journey to recovery.



*“When you sit on the edge of life and death, one act of kindness is the difference between life and death.”*

To respect Shurli’s request for privacy, her photo is not included here. These are her words.

## SHURLI’S STORY

Your support has a ripple effect when our clients are able to help others the way they’ve been helped.

After an undiagnosed mental illness left her homeless and living on the Downtown Eastside, Shurli Channe found support through Coast Mental Health. Now Shurli is not only an active Board Director with Coast Mental Health, she continues to work as a Peer Support Worker, heading up the tax clinic. “Coast Mental Health saved my life,” says Shurli.

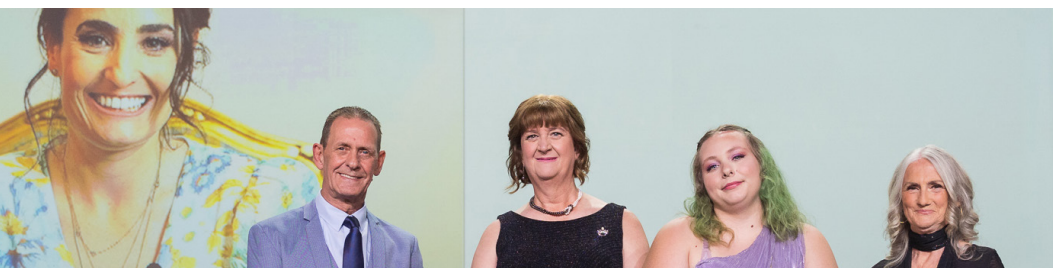
The Peer Support program is entirely funded by donors like you. Over the years, hundreds of folks have been trained and employed by Coast, health authorities and other community organizations, impacting thousands of lives. For example, by filing their taxes, Shurli alone has helped hundreds of people access funds that are essential for survival.

“Coast Mental Health saved my life.”

Shurli takes extra time with each client. “When you sit on the edge of life and death, one act of kindness is the difference between life and death.” she says. Shurli is looking forward to being able to help more people this year at the tax clinic.

[Read more about Shurli’s story here.](#)

# COURAGE TO COME BACK AWARDS



25<sup>th</sup> anniversary Courage To Come Back Awards recipients: Rachel Goldman (Medical), John Oakley (Addiction), Jodi Gray (Mental Health), Danielle Laviolette (Youth), Pat Henman (Physical Rehabilitation)

**The Courage To Come Back Awards is Coast Mental Health's signature gala and each year recognizes five remarkable people whose stories inspire acts of courage and compassion, and ensure that Coast Mental Health can continue to provide compassionate, meaningful support for anyone with the courage to come back from mental illness.**

On June 9th 2023, over 1,700 people, gathered at the Vancouver Convention Centre to celebrate the recipients of the 25th Anniversary Courage To Come Back Awards (presented by Wheaton Precious Metals) raising a phenomenal \$2.7 million in support of the life-saving programs and services of Coast Mental Health.

On behalf of Event Chair Lorne Segal, O.B.C., D.Litt. (Hon.), LL.D. (Hon.), President of Kingswood Properties Ltd., Eric Carlson, CEO of Anthem Properties and Honourary Chair and everyone at Coast Mental Health, we share our profound gratitude for our guests and supporters, our dedicated volunteers, and the courageous recipients who inspired this tremendous event.

Each award recipient shared their own courageous story of triumph over adversity, making it clear that it is not the challenge itself but the way one responds to it that defines success. To read the inspirational stories of this year's recipients, visit [couragetocomeback.ca](http://couragetocomeback.ca)

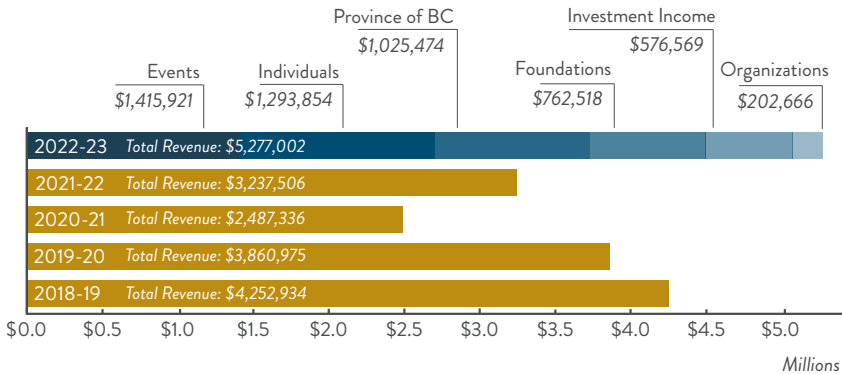
**"Helping others became a major theme in my life and gave me purpose and hope for my future. It feels good to be able to give back to others in the same situation I have been in."**

Jodi Gray,  
Mental Health Award

# PERFORMANCE REPORT

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

## OVERVIEW OF REVENUE AND FUNDING SOURCES



The inspiring generosity of our supporters 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 thousands of 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 kindness made it possible for a huge expansion in our services for young adults, for more people to access music therapy and for 45 other programs to reach folks across Greater Vancouver. Your continued support is making recovery possible for people living with mental illness, thank you for your vision and generosity.

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).



## 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)**

## BOARD OF DIRECTORS 2022/2023

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**COAST**  
MENTAL HEALTH  
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