



COAST
MENTAL HEALTH
FOUNDATION

GRATITUDE REPORT 2021/2022
OPENING DOORS



WELCOME

Isabela Zabava and Elaine Reynolds

For 50 years, your generosity has opened doors for the Lower Mainland's most vulnerable people living with mental illness.

Coast's care is based on three pillars for recovery: housing, support services, and employment and education. For some, the entry to help is housing. For others, it's the art room at the Resource Centre. And for some, it's job readiness training at the Clubhouse. Once that door opens, your donations make it possible for Coast's staff to offer support and hope on the road to recovery.

The need for community-based mental health services continues to grow. The opioid crisis and the COVID-19 pandemic have been devastating for mental health. Thanks to your steady support, Coast continues to safely care for clients in need. Your donations also help Coast innovate with virtual programming and services to save lives.

Through Coast Mental Health Foundation, your donations encourage growth and excellence for Coast Mental Health's programming. Kind people like you hold the key to opening the door to a brighter future for our clients, and we are grateful to you.

Isabela Zabava, Executive Director | **Elaine Reynolds**, Board Chair

OUR GUIDING PRINCIPLES

Coast's Shared Vision: a community that embraces and honours people with mental illness so they can 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.



TOGETHER, WE OPEN DOORS

As demand increased this year for mental health services, your donations sustained and supported us.

In the last year, we faced two ongoing emergencies: COVID-19 and the worsening opioid crisis. On average, six people die every day in British Columbia due to drug toxicity and a lack of care. Your generosity is helping to open the door to recovery for those in urgent need.

Your donations provide essentials like housing and meals. Beyond that, you also make possible the programs and services which can lead to recovery, hope, and a fulfilling life. With your help, we're helping people find a road to recovery out of crisis.

Coast provides high quality, innovative programs bridging the gap in care between hospitals and the community. Many of our most impactful programs wouldn't have gotten off the ground without your philanthropic support. Some examples include the Young Adult Program and the Peer Support Program. Thanks to you, Coast is able to adapt programming and save lives. Despite the challenges of COVID-19, we've expanded

successful programs like Cognitive Rehabilitation, including a virtual version that offers care and connection during the pandemic. With your support, we're helping thousands of clients open the door to hope.



28 programs supported by **philanthropy**



102 client lives saved through **overdose reversals** and **first aid** provided on site

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

Please give us a call to learn more about how you are making a difference.

Meghan Boswell,
Senior Fund Development Officer:
604.785.1910

HOW HOUSING SUPPORTS RECOVERY

Hope for recovery begins with stable housing. When you donate to Coast Mental Health Foundation, you give people vulnerable to mental illness the key to a safe place to live and access to the supports they need. Through your generosity, Coast was able to provide housing to 1,444 clients in 52 housing sites across the Lower Mainland.



1,444 clients who received housing support at



52 housing sites throughout the Lower Mainland

UPDATE

Thanks to you, we're meeting essential needs like housing, food and friendship.

Burnham Place welcomed 68 tenants this year. It is named for a special person: Coast CEO Darrell Burnham. For 35 years, Darrell has worked to advance community-based mental health through supports like housing. At Burnham Place, tenants get round-the-clock care, with meals and medication. Staff help with recovery planning and skills training. Just across the street, Coast's Clubhouse offers activities, education and employment opportunities.

Coast is grateful to community partners. This year, Coast operated 21 beds in the Easter Seals program, which offers temporary housing for people in crisis. Partnering with BC Housing, Coast transitions clients in this program to long term permanent housing. Your generosity is changing lives.

At Coast, housing is more than just the bricks and mortar; the supports and services offered on-site can make all the difference to someone's recovery. Whether it's nutritious meals, education and employment programs or groups like gardening and music therapy, we make sure that each client is connected to the support they need. Programs that are only made available because of your continued support.



KEVIN'S STORY

“Without Alouette Heights, I would still be homeless,” says Kevin, a resident at Coast’s Alouette Heights apartments in Maple Ridge.

Kevin was diagnosed with schizophrenia about three and a half years ago. Until he came to Coast, he was precariously housed and had been in and out of hospital. Kevin credits stable and secure housing, and the programs and services offered at Coast with helping him manage his mental illness.

“Coast has given me a place to live. They helped me cope with situations and...made me more social again... Housing and stability have helped deal with my anger, my anxiety, and... my social life,” says Kevin.

“Housing and stability have helped deal with my anger, my anxiety, and...my social life.”

Alouette Heights provides 46 homes and wrap-around supports to folks at risk of homelessness. With your help, Coast offers round-the-clock care and healthy meals at this site. “If there weren’t food programs, I would be broke a lot quicker... And the food is much healthier than I would get otherwise,” says Kevin. For clients like Kevin, your support opens the door to a place recovery can begin: home.

SUPPORT SERVICES

HOW SUPPORT SERVICES ENHANCE RECOVERY

With your help, Coast connects clients to a range of services and programs to support recovery. During the pandemic, we've offered peer support, expanded cognitive rehabilitation programs and found virtual ways to connect with clients.



533,365 meals served
across Coast Mental Health's Facilities



60 young adults participated in
Coast Mental Health's **Young Adult Program**



198 clients access the Dialectical
Behaviour Therapy/Brain Training Program
each month

UPDATE

Support services encourage building healthy relationships and learning skills. Innovative initiatives led by Coast Peer Support Workers included cycling classes, craft groups, guitar lessons and bus trips. Thanks to you, these programs build confidence and hope.

Your donations also help Coast adapt programs to clients' needs. Our innovative Cognitive Rehabilitation (CR) program has expanded to seven Coast sites. This program helps clients improve skills like decision-making through fun games. Coast also launched a Virtual CR program to safely reach clients at home. To improve our training, we ask for client feedback and look for ways to do better. This year, our Young Adult Peer Support group also partnered with Fraser Health for an Indigenous-specific training.

Every day, your support helps thousands of clients access the support they need.



GURL23'S STORY

When you support safe spaces, beautiful things happen. “Coast Mental Health is my lifeline,” says Larissa, whose artist name is Gurl23. “I’ve made great friends and some of my best paintings.” Gurl23, who is an Anishinaabe two-spirit woman, has lived in Vancouver’s Downtown Eastside since she was seventeen years old.

When she discovered the Resource Centre’s art room, she started coming every day. Gurl23 began picking up contract work, and producing art for the City of Vancouver. “That professional atmosphere I felt from the art room,” she says, “really adds to that confidence.” Soon, she was working with the Museum of Anthropology and the National Gallery of Canada.

“Coast Mental Health is my lifeline...I’ve made great friends and some of my best paintings.”

Pandemic closures made her realize how important the art room was to her. “During the pandemic, I would walk up the alley and stare up at the art room windows,” she says.

Now that the doors are re-opened, Gurl23 has the stability she needs to maintain her mental health and make art. She’s also becoming a peer support worker. With your support, she’s inspiring her community.

EMPLOYMENT AND EDUCATION

HOW EMPLOYMENT AND EDUCATION SUPPORT RECOVERY

Education and employment help clients find hope for the future. Coast's education programs teach job skills. Our employment programs help clients build on those skills to find meaningful work. Thanks to the support of generous people like you, these programs help clients support themselves and contribute to their community.



161 employment opportunities for clients were created across Coast Mental Health's facilities



13,365 Peer Support Worker engagements with peers

UPDATE

For our clients, your support can lead the way to a better life.

This year, our Education and Employment services developed a four-day employment training program. The monthly course covers skills like teamwork, and managing hazards at work sites. The program leads to job opportunities with Coast's Transitional Employment Program and On-Site Solutions street cleaning team. Other opportunities include working with Landscaping with Heart, a social enterprise. Jobs include street cleaning, janitorial work, power washing and landscaping. These jobs build confidence for clients as they find their place in the community.

Coast also launched a Building Service Worker program. This was an additional training expansion to build new skills. Extra 1:1 support was offered after the program for any participants who wanted it. Thanks to your help, clients are supporting themselves, joining the community, and doing work they enjoy.



DAVE'S STORY

Your donations open the door to meaningful work. Dave first came to Coast's Education and Employment services the way many clients do—through affordable and nutritious meals at Coast's Clubhouse.

He started talking to other members and volunteering. "I washed dishes (every lunch hour) for a couple of months. I just came in, did a couple of hours, then left. So I got to know some nice people here," he explains. With all kinds of opportunities and a supportive atmosphere, clients move at their own pace to build the skills they're interested in.

Dave decided to try job training. "We did a short course on working different jobs and after that I started out with Landscaping with Heart. We do lawn mowing, planting, weeding, pressure washing, ...it's a good job," says Dave.

"I'm working again and feel a lot better. I always feel good at the end of the day, because I know I've done something right."

Your donations power the programs that helped Dave transition to supporting himself again. For Dave, it's been life-changing: "I'm working again and feel a lot better. I always feel good at the end of the day, because I know I've done something right."

COURAGE TO COME BACK AWARDS



From left: Bernadine Fox, Casey Wright, Chloë Angus, Dr. Barney Williams, Kristen McBride

The Courage To Come Back Awards is Coast Mental Health Foundation's signature event, recognizing five remarkable British Columbians 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 event also ensures that Coast Mental Health can continue to provide compassionate, meaningful support for anyone with the courage to come back from mental illness.

The 24th Courage To Come Back Awards, presented by Wheaton Precious Metals, took place as a one-hour television show, airing on Global BC and streaming on vancouver.citynews.ca, on May 14, 2022. The show provided an opportunity to celebrate the five deserving recipients, while also sharing stories from the front lines at Coast.

Thanks to the generosity of our sponsors and people like you, to date, the Courage To Come Back TV show has raised over \$1.3 million!

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 supporters, sponsors and partners.

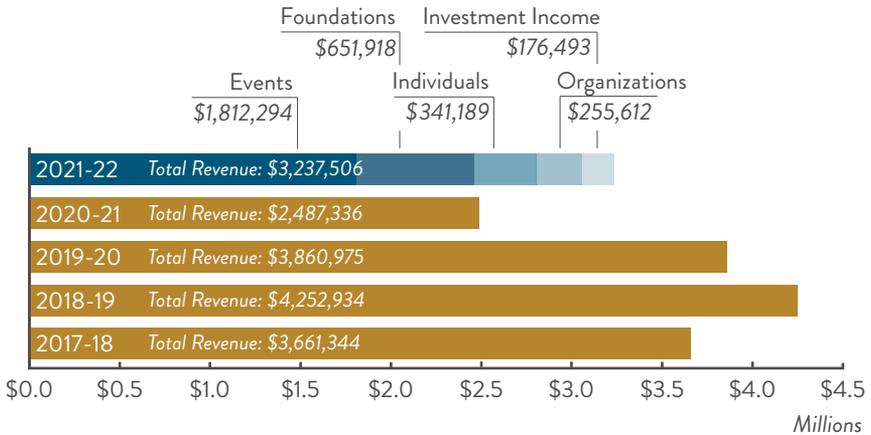
“Every single person—
regardless of their
background or history—
deserves an opportunity
to live a rich and fulfilling
life, free from stigma. I am
very grateful to all those
who donated. Thank you
for helping to provide
critical support for people
living with mental illness.
Thank you.”

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

PERFORMANCE REPORT

Your inspiring generosity has changed the lives of thousands of British Columbians.

OVERVIEW OF REVENUE AND FUNDING SOURCES



For 50 years, Coast has led the way in innovative and successful community-based mental health care with initiatives that fall outside the scope of established government funding.

The last year continued to present challenges in how we fundraise. With COVID restrictions still looming, we successfully moved the Courage To Come Back Awards to a TV show. The scope of the Courage 2 Go Further event grew. We launched Community Champions, a monthly giving group.

Your continued support opened the doors for over 5,000 clients to access needed services. Your generosity allowed Coast’s front-line workers to adapt programs and services, enabling them to continue to offer programs and services vital for our clients.

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

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)

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