

Pacific Coast Apartments

Pacific Coast Apartments (PCA) has been providing safe, stable homes for 96 people living with mental health challenges since 2011. Residents live independently in self-contained apartments, with access to supports that foster wellness and community connection.

- 72 units are tenanted through referrals from BC Housing's Supportive Housing Registry.
- 24 units are dedicated to Vancouver Coastal Health's STOP HIV/AIDS initiative.

Our community at PCA is diverse. Many residents live with diagnosed or undiagnosed mental health challenges. Some have experienced homelessness or precarious housing, while others come from social housing and benefit from additional supports.

At Coast Mental Health, we focus on empowering clients to build stability, foster independence, and connect with a supportive network. Our team works alongside residents to promote wellness, social inclusion, and recovery.



Quick Fact

The Culinary Training program is conducted at PCA and there is a crossover between the program and clients. The students from the program share the building's common space and the kitchen.

Learn more: www.socialcrustcafe.com.



About Coast Mental Health

Coast Mental Health provides services across a wide spectrum of the housing continuum, from connecting people who experience episodic and frequent homelessness to providing homes to those who have the capacity to live independently.

We believe in three essential pillars of sustained recovery: Housing, Support Services, and Education & Employment.

We have over 50 years of experience serving 5,000 people every year through our programs and services. Our more than 50 facilities across Greater Vancouver and the Lower Mainland continue to grow because of our specialized expertise and community-based support services in mental health.

Our Model

Pacific Coast Apartments staff support each tenant in maintaining their housing, applying a Psychosocial Rehabilitation model that meets people wherever they are on their recovery journey. The team works to build on each person's strengths and help them create supports and a sense of community both within Pacific Coast Apartments and beyond. This approach increases tenants' confidence and skills, encourages collaboration with neighbours, and supports greater independence.



Philosophy

- Based on psychosocial rehabilitation principles (mutual respect, skill building and strengthen-ing self-efficacy)
- Client-centered (client-centered goals, informed decisions)
- Strength-based (building on client's skills, knowledge and interests)
- Culturally relevant (connecting to cultural background and the individual's spiritual foundation)
- Trauma-informed (building trust, avoidance of re-traumatizing, emotional regulation)

Supports provided:

- Medication support and administration
- Recovery planning and goal setting
- Life skills training (e.g., cooking, budgeting)
- Social and recreational programs (art groups, bingo, trivia, music appreciation, movie nights)
- Community outings (coffee outings, seasonal activities)
- Accompaniment to appointments
- Connection to offsite addiction recovery and counselling services
- Daily safety checks (every tenant seen at least once every 24 hours)



For more information about our programs and services at this location, please contact us at PacificCoastApt@coastmentalhealth.com