

courage
TO COME BACK AWARDS

2012

WHO INSPIRES YOU

**A CALL FOR
NOMINATIONS**

DEADLINE **Feb 20, 2012**

A friend, a neighbour, a colleague?
Share their story and inspire others.



Scotiabank



**Global
BC**



COAST

It Is Easy To Nominate Someone Who Inspires You

WHO
INSPIRES
YOU

Nominees tell us they “just did what they had to” but their friends, families and colleagues say they are heroes who inspire them daily. Each person nominated receives a Certificate of Nomination and letter of thanks that recognizes their outstanding achievements. Each recipient will have his or her story featured in **The Province Newspaper**, covered on the **News Hour on Global BC**, and told on **News1130** radio. They will then be honoured at a gala dinner on May 17, 2012.



All residents of BC are eligible for nomination. You don't need to purchase a ticket to nominate someone.



Join co-hosts Deborra Hope and Kevin Evans at The Courage To Come Back Awards Gala on Thursday, May 17, 2012 at the Vancouver Convention Centre West.

Deborra Hope will interview the 6 Courage To Come Back Award recipients on the *News Hour on Global BC*. Check globalTVBC.com for dates and times.

Look for the 2012 Recipient stories in *The Province Newspaper* starting April 9th, 2012.

Nomination Information

WHO
INSPIRES
YOU

Nomination Categories ¹

Mental Health: A person who has demonstrated inspirational achievements overcoming the challenges of living with a major mental illness, and who has given back to his or her community.

Physical Rehabilitation: A person who has demonstrated inspirational achievements following major trauma or injury which has required extensive physical rehabilitation (*perhaps sustained in an auto accident, at work or during a recreational pursuit*), and who has given back to his or her community.

Medical: A person who has demonstrated inspirational achievements overcoming the challenges of serious medical conditions (*such as cancer, heart disease or AIDS*), and who has given back to his or her community.

Addiction: A person who has demonstrated inspirational achievements overcoming the challenges of addiction and has maintained recovery for at least the past five years, and who has given back to his or her community.

Social Adversity: A person who has demonstrated inspirational achievements in the face of discrimination, abuse, poverty, or other significant adversity, and who has given back to his or her community. (*In the case of new British Columbians, it may be the result of political upheaval or war experienced before settling here.*)

Youth: A young person, **under the age of 22 years as of December 31, 2011**, who has demonstrated inspirational achievements overcoming illness, injury, addiction, or social adversity, and who has given back to his or her community.

Nomination Guide

Tell the nominee's story of a courageous comeback accurately and in detail.² Please submit only one nomination form, but feel free to attach letters of support and testimonials.

It doesn't have to be a long submission, but be sure to include:

Nomination Criteria

1. Inspirational value, positive impact on others.
2. Contribution to the community/society.
3. The degree of difficulty in overcoming obstacles, level of determination and perseverance.
4. The nature of the misfortune and the impact of the obstacle on the individual's life.
5. Ability to reach goals in spite of setbacks/obstacles.

Nominations are due by Monday, February 20, 2012.

It is not necessary to purchase tickets to nominate someone. Teams of volunteer health professionals and community leaders will select one recipient in each category to be honoured with The Courage To Come Back Award. If your nominee is unsuccessful, please be aware he or she can be nominated again next year.

For ideas, check *The Province* Courage To Come Back website at theprovince.com/courage for a look at past recipient stories, or visit the Coast website at couragetocomeback.ca.

Any material submitted to Coast Mental Health will not be returned. Email can be sent as a text file or a MS Word attachment (Font: Times or Arial, 12 Point). *We regret that we cannot accept video or CD nominations at this time.*

If you have any questions about the nomination or selection process, please call toll-free **1-877-60COAST (1-877-602-6278)** or in Vancouver **604-872-3502** or email: courage@coastmentalhealth.com.

¹ Coast reserves the right to place nominations in their award categories.

² Coast makes every effort to verify nominee stories but takes no responsibility for errors or omissions.

Nomination Form

Tell us about your everyday hero and how they inspired you!

Nominee Consent Form

PLEASE PRINT ALL INFORMATION

I, _____
NOMINEE'S NAME

agree to be nominated by

NOMINATOR'S NAME

for The Courage To Come Back Award.

I hereby authorize and grant Coast Mental Health Foundation the rights to promote for publication and/or broadcast my life's story. This may include being interviewed, asked to speak publicly, videotaped, and/or photographed by Coast Mental Health Foundation personnel, news reporters, and broadcast personnel.

All interviews will be arranged through and approved by Coast for use with The Courage To Come Back campaign. I understand that Coast Mental Health Foundation owns all rights to the aforementioned promotional recordings and publications as they relate to Courage To Come Back Campaigns.

I agree that statements made by me regarding this nomination are true and represent my honest opinions, beliefs, and experiences.

TODAY'S DATE

Signature of Nominee (or parent/guardian if a minor).

MUST HAVE SIGNATURE TO BE VALID*

Please print parent/guardian name, if applicable.

Forward completed and signed form to:

Coast Mental Health Foundation

293 East 11th Avenue, Vancouver, BC V5T 2C4

Tel: 604.872.3502 Fax: 604.879.2363 Toll Free Fax: 1.877.602.5255

Email: courage@coastmentalhealth.com

Nomination Form

PLEASE PRINT ALL INFORMATION

I nominate:

Mr. Mrs. Miss Ms. Dr.

NAME _____

ADDRESS _____

CITY _____ PROVINCE _____ POSTAL CODE _____

TELEPHONE (BUSINESS) _____

TELEPHONE (HOME) _____

CELLULAR _____ FAX _____

EMAIL _____

Award Category

PLEASE CHECK ONE OR MORE:

- Addiction** **Physical Rehabilitation**
 Medical **Social Adversity**
 Mental Health **Youth**

Date of Birth _____

Necessary to process a Youth nomination.

Nominator Information

Mr. Mrs. Miss Ms. Dr.

MY NAME _____

ADDRESS _____

CITY _____ PROVINCE _____ POSTAL CODE _____

TELEPHONE (BUSINESS) _____

TELEPHONE (HOME) _____

CELLULAR _____ FAX _____

EMAIL _____

RELATIONSHIP TO NOMINEE _____

* Please note this form (signed by the nominee) must be received by fax or mail by February 20, 2012 to be valid.

Why We Present The Courage To Come Back Awards

At Coast, our clients with a mental illness show tremendous courage in their daily lives. In our housing facilities and service centres, a community of individuals strive to overcome illness, adversity and stigma, and we strive to support their recovery. Their triumphs, like those of the Courage Award recipients, motivate and inspire us.



If you would like to purchase tickets,
please contact Coast Mental Health
Toll-free at 1.877.60COAST (1.877.602.6278)
or in Vancouver at 604.872.3502.
Or visit our website at coastmentalhealth.com

Proceeds from the event support Coast in reaching
out to people with a mental illness.



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