

ON
THE

COAST

FALL 2002 Reaching Out To People With Mental Illness



2003 will be a challenging year!

There are many challenges ahead for Coast in its service for persons with mental illness. 2003 looks to be one of the more difficult years for many reasons:

- Though thousands of people with mental illnesses wait for affordable decent housing, there are no new initiatives through BC Housing.
- As costs of housing and living in general rise, 6,000 people with mental illness in the province are being forced to fill in a 23 page form in order to reapply for disability benefits. If they are not accepted, their current income (\$786/mo) will be reduced to \$607 a month or less.
- Provincial funding is at best - frozen - or will decline in 2003, even though facility, food, salary, benefits and other costs are rising.
- In this context Riverview Hospital - BC's only psychiatric hospital - is being quickly phased out over the next four years. An initial placement of approximately 120 patients will be moved from the Hospital to communities in BC - and the beds closed by March 31st, 2003.

Indeed, this year, with the support of many donors, supporters and generous partners, and with some creativity, we were able to enhance our services adding 41 new housing units, and enhancing a broad array of important services across the organization.

We are pursuing an important initiative to continuously review and improve the quality of our services. In September 2003 we will undertake Accreditation through the Canadian Council of Health Services Accreditation. Though the review is once every three years, the process of accreditation will build an ongoing system of self-review and service improvement into Coast's operations. Heather Edgar, Coast's Associate Executive Director, is leading this process within Coast and we are putting together many teams to review all areas of our operations.

To deal with the challenges of the next few years, it is clear that we will need to be ever more resourceful in finding ways to support the recovery of people with mental illness. Though our government is being very careful with its funding, it needs Coast and similar organizations to work with the available resources to deliver quality services. Coast will also need to engage more business and non-profit partners and volunteers in pursuit of our mission. In addition, Coast needs to continue to build an ever increasing group of individuals who support our mission and will commit more time, talent and treasure.

Darrell Burnham,
Executive Director

Of course, as I write, 2002 was no piece of cake for Coast or other mental health organizations. We have had to reorganize and streamline much of our organization to accommodate the funding restrictions and to maintain optimal service levels. This has been hard on Board, staff and our clientele as we have gone through considerable change, but I have been impressed with the character and commitment of those involved to make the best out of a difficult situation.



COAST

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Opportunity Knocks

In the midst of massive provincial changes and concerns about public funding, Coast has been very fortunate to have solid private sector support. Last year, an anonymous donor gave Coast a challenge – “put together a prioritized rehabilitation plan for the next three years”. Coast did develop a strategic rehabilitation plan that would maximize benefits for consumers and meet important needs of Coast as an agency.

All of the elements of the rehabilitation programs are designed to assist people with a mental illness develop the skills and experiences they require to overcome the consequences of mental illness

and allow them to meet the demands of every day life. This rehabilitation model is called Psychosocial Rehabilitation. The supports Coast provides are simple and practical. Coast encourages people

- to interact with other people instead of isolating themselves
- to set realistic and attainable rehabilitation goals (ie attend a workshop once a week or putting together a back to work plan) instead of thinking they cannot achieve things in life
- to have qualified community mental health professionals provide coaching and encouragement to achieve rehabilitative goals

The Anonymous Donor agreed to provide \$714,868 of the total cost of \$969,821. This requires Coast to raise \$254,953 in matching funds. Already Coast has received \$51,860 from VanCity Credit Union for the landscaping business – **Coast Landscapes.**

Marjorie Tunbridge and the Joseph Segal Family Foundation have committed \$20,000 and \$10,000 respectively to the Matching Fund. In addition, First Baptist Foundation gave \$2,500 to the Dual Diagnosis Program. Coast gratefully acknowledges these lead donations in support of this innovative rehabilitation program. **Coast must raise an additional \$44,000 before March 31, 2003 and another \$153,302 before March 31, 2004.**

The Program Includes:

1. Training & Support for services to individuals with an addiction and mental illness (**Dual Diagnosis**). This program will train staff and develop specific rehabilitation programs for the over 50% of people with a mental illness who also struggle with addiction to drugs and/or alcohol. Many people who have a serious mental illness self-medicate with drugs or alcohol to end the depression, paranoia or psychosis and often end up addicted. In the past, the dually diagnosed could not get help because mental health

agencies could not serve addicts and addiction services could not serve people with a mental illness. **The match required is \$16,016 before March 31, 2003 as well as an additional \$32,033 before March 31, 2004.** Outcomes include: more people living illegal drug and alcohol free lives; less hospitalizations for mental or physical reasons; better use of funds (i.e. not spending money on addictive substances); less criminal activity to fund purchase of addictive substances; more involvement in community including volunteering, other rehabilitative programs and employment.

2. **Family Support Outreach** services to individuals with mental illness and their children. Coast now has a full time dedicated worker to help parents with a mental illness manage their mental health in a way that provides a safe and supportive environment for their children. Coast will expand this program to include support for family members of adult consumers as well. **Match required is \$8,322 before March 31, 2003 as well as an additional \$16,644 before March 31, 2004.** Outcomes include fewer difficulties later in life for children; more families remain together; parents more motivated to achieve and maintain mental health; greater involvement in community and in obtaining and maintaining employment.

During a stay in the hospital a year ago, an outreach worker introduced me to Coast Mental Health Resource Centre. I now come to the Centre on a regular basis to participate in cooking class and to socialize. Since I have been coming to the Resource Centre there has been a great improvement in my ability to relate to people.
- JR

Planning Your Donations- Giving To Coast – Saving On Taxes

If you are interested in supporting Coast Foundation you have a number of options. You can:

- Give a gift through cheque or money order. Tax savings increase substantially if you give more than \$200.
- Give a gift of stocks, properties or other items that are taxed under capital gains. You pay much less capital gains tax if you give your assets to a non-profit
- Include Coast in your will or as beneficiary of one of your life insurance policies.

If you are interested in more information return the response card or call Sharlene Hertz at 604-872-3502.



Stephen Edgar, Chair of Coast Foundation gratefully receives \$9,000 raised at Theatre Cares from Rachel Ditor

in Challenging Times

3. **Job Development** initiatives to support acquisition and maintenance of part-time work for consumers. Effective re-entry into the workforce requires partnership with employers to provide people with a mental illness with current work experience "so that they can find competitive employment. **The match required is \$24,710 before March 31, 2003 as well as an additional \$49,421 before March 31, 2004.** Outcomes include more people obtaining and maintaining market employment and less people on social assistance.

4. Startup funds for a **Landscaping Business**. Coast is directly employing people with a mental illness by developing a business plan for **Coast Landscapes** and soliciting contracts to fund this ongoing venture. Start-up capital is needed to embark on this creative and entrepreneurial approach to give people jobs. **A match grant of \$51,860 from VanCity Credit Union has been received for this program.** Outcomes include more people obtaining and maintaining employment and less people on social assistance.

5. **Outreach and support services to at-risk individuals including the homeless**, those who live in sub-standard rooming hotels and others that live in poverty in downtown Vancouver. These individuals need dedicated one-to-one support from a trained Mental Health Worker to connect them to clinical and rehabilitative services and someone who can act on their behalf to advocate for services they qualify for from government and other agencies. They also need assistance to learn basic life skills such as planning their day. The Mental Health Worker also connects with the psychiatric wards to introduce Coast's services to patients who can benefit from Coast when they are discharged from the hospital. **The match required is \$17,728 before March 31, 2003 as well as an additional \$35,456 before March 31, 2004.** Outcomes include less people living on streets; less use of expensive government services

including hospitals, prisons, police, judicial systems; a quicker return to involvement in community connection to mental health supports to assess and treat psychiatric symptoms more likely to volunteer; better physical health when they are not sleeping outdoors.

6. **Psychosocial rehabilitation program** development and operation. Psychosocial rehabilitation is a holistic approach to psychiatric rehabilitation that considers the impacts of housing, income, employment and other practical and pragmatic elements of a person's life. This includes training in basic life skills like socializing with other people, budgeting money and time, eating and sleeping habits and patterns and other elements of basic living peer support models. **The match required is \$3,750 before March 31, 2003 as well as an additional \$7,500 before March 31, 2004.** Outcomes include better life skills; strong peer supports and stronger readiness for employment.

7. **Transitional housing** to enable individuals to move from 24-hour Licensed Residential Care facilities into more independent living. Part of the transition process includes hiring **Peer Support Workers** who have successfully moved to independence themselves and can share their experience, strength and hope with the person beginning the transition. People generally have a greater quality of life if they live independently to the maximum of their ability. Independent living with some support is also less expensive than 24-hour care. **The match required is \$6,125 before March 31, 2003 as well as an additional \$12,250 before March 31, 2004.** Outcomes include use of less expensive supportive housing; involvement in volunteering and pre-employment and employment programs.

If you are interested in learning more about the opportunity fund services that better serve people with a mental illness, please contact Sharlene Hertz at 604-872-3502 ext 226.



CIBC Raises Gift Amount to Coast Foundation

Hats off to CIBC who have given Coast another \$10,000 in support of the Mental Health Resource Centre Capital Campaign. This \$10,000 gift is in addition to the \$20,000 they previously donated.



2002 Holiday & All Occasion Card Collection

Coast Foundation Society is pleased to present its 2002 Holiday Card Collection

featuring illustrations from five talented artists who have a mental illness. For the past 28 years, Coast Foundation has reached out to people living with a mental illness to help them enjoy rich and fulfilling lives in the community. Coast provides housing, employment and community support services enabling people to recover from a mental illness. Coast reaches over 2,000 people each year.

Mental illness such as Schizophrenia, Bi-Polar Mood Disorder and Depression affects millions of Canadians.

FOR MORE INFORMATION ON THE COAST 2002 CARD COLLECTION

Visit our website at: www.coastfoundation.com

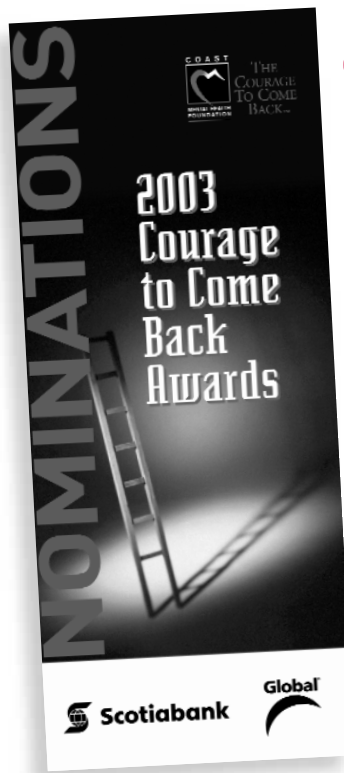
Email: info@coastfoundation.com

Phone inquiries: 604-872-3502

GIVE TO THOSE IN NEED

In this holiday season, Coast welcomes donations of clothing, particularly for men; small appliances, sheets and blankets for single or double beds, pots and pans, toiletries, canned fruits and vegetables and things such as peanut butter and other items that can be used by consumers. If you have furniture in good shape call us and we can make arrangements for pick up. In addition to furniture, Coasts welcomes you to drop off other items at the Clubhouse (295 East 11th at Kingsway) or at the Mental Health Resource Centre at 1225 Seymour (near Davie).

P.S. If you would like to drop off a holiday present this year for a Coast member we recommend gifts or gift certificates in the range of \$12 to \$20.



Courage To Come Back Nomination Forms

The Fifth Annual Courage Celebration dinner will be held on Thursday April 24th, 2003 at the Westin Bayshore. Again this year, Coast is honored to have Global, The Province, Scotiabank and Weyerhaeuser as lead partners.

Visit the website @ www.coastfoundation.com for Nomination Forms if you know, or have a personal story of someone who has been courageous in dealing with adversity, illness or accidents and has come back to make a difference in their community. Forms will be available early December. Application deadline is February, 17, 2003

If you, your family or your company wish to attend the Celebration Dinner contact courage@coastfoundation.com or call 604-872-3502 and Coast will reserve a space for you at this extra-ordinary evening. Tickets are \$150 or \$1,500 for a table of ten. Many people have found this a truly life changing experience and an excellent evening for family, friends, employees or staff.

Partnership Packages are also available. Call Sharlene Hertz 604-872-3502 ext. 226 for more details.

The Mental Health Film Series

Frames of Mind: The Mental Health Film Series is an innovative monthly event utilizing film and video to promote awareness of mental health issues. It started on September 19th, and continues on the third Thursday of each month. Coast will sponsor the December 19th event providing a panel of speakers at the event and an opportunity to pro-fo Coast.

Following the screening of each film program, there will be a moderated discussion featuring panelists made up of mental health professionals, representatives from mental health community-based and non-profit organizations, filmmakers and cinema experts and mental health consumers and their families, with full audience participation encouraged. This program represents an accredited continuing education opportunity for psychiatrists and other mental health professionals.

Fall film schedule follows:

November 21st, 2002 - "Requiem for a Dream" by Darren Aronofsky (102 minutes, 2000, USA) Adapted from Hubert Selby's 1968 novel, this is a dark and unflinching dissection of addiction. Aronofsky's frenetic, visionary, unique and disturbing style is the perfect setting for this story of four people whose intertwined lives are full of eternally hopeful despair. Special guests t.b.a. Co-sponsored

by the Vancouver Area Network of Drug Users (VANDU).

December 19th, 2002 - "West 47th Street" - Bill Lichtenstein and June Peoples (108 minutes, 2001, USA) an award-winning documentary that

follows the lives of four people with serious mental illness over a three year period. "West 47th Street" is set at Fountain House, a rehabilitation program for people with serious mental illness located in New York City's Hell's Kitchen. Special guests will be announced at a later date. This film is co-sponsored by the Coast Mental Health Foundation.

"Frames of Mind" is sponsored by the UBC Department of Psychiatry's Continuing Medical Education and Professional Development Program, in collaboration with the Pacific Cinematheque.

For more information on "Frames of Mind," contact the Pacific Cinematheque at (604) 688-8202 or the UBC Department of Psychiatry's Continuing Medical Education and Professional Development Program at (604) 822-7610. Cinema address 1131 Howe St (near Davie) - \$6.50 General Admission, \$5.00 Seniors and Students.

