

# On the Coast News



Dedicated to improving the lives of people with mental illness

Newsletter of Coast Foundation Society (1974)

Spring 2000

## 2ND ANNUAL COURAGE TO COME BACK Awards

Coast Introduces the "Circle of Courage" and "Legacy of Courage"

Shirley Broadfoot, Chair

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April 13, 1999 marked the second annual awards dinner and brings us that much closer to the completion of the new Drop-in Centre. In total, Coast received 146 nominations for the **COURAGE TO COME BACK** Award from all parts of British Columbia. This year's event saw the addition of a new award, the Youth Category.

This event demonstrates Coast's commitment to the community, where we hope to bring about a better understanding of the challenges faced by people with a mental illness and the courage it takes to get back into the mainstream of life. The **COURAGE TO COME BACK** Awards recognizes and celebrates the universal resiliency of the human spirit.

Honorary Chair Silken Laumann co-hosted the event along with Pamela Martin from BCTV. Silken is extremely committed to the event and generous with her time and assistance. Co-host Pamela Martin brought her professional-



Left to right:  
Pamela Martin, Shirley Broadfoot, Paul McGillicuddy, Karilyn Walker, Sherry Caves, Dorothy Ward, Carol Dauphinais, Natalie Lachowicz, Silken Laumann and Darrell Burnham

ism, humanity, compassion and public profile to the evening. A special thank you to all sponsors. Your contribution really serves as a launching platform for support and awareness that we need for the work and successful results of the Coast Foundation. Your support is vital to the **Courage Awards**.

Continued on page 16...

Inside

## Who Are We?

### Mission Statement:

*Coast is a cooperative community which fosters an environment that promotes restoring health, personal growth and a return into society for consumers of Mental Health Services through advocacy and direct service.*

### Publishing Schedule:

*On the Coast is published four times a year and is circulated to any interested parties.*

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### Office Location:

**Coast Foundation Society (1974)**  
293 East 11th Avenue  
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Telephone: (604) 872-3502  
Fax: (604) 879-2363

### Important Phone Numbers:

#### For more information, contact:

Clubhouse: 876-6345  
Coast Mental Health Drop-in: 683-3787  
Coast Housing & Applications: 872-3502  
Supported Employment: 873-3584  
PACT Employment Services: 877-0033  
Administration Office: 872-3502  
Eastside Rehabilitation Project: 435-5677

### Upcoming Events

*The following is a list of upcoming events, although most dates are still tentative and will be announced shortly.*

#### August

Annual Picnic - Thursday, August 17

#### November

Coast Annual General Meeting

#### December

Xmas Craft Fair

Suggestions or Letters to the Editor can be sent to:

#### Coast Foundation Society (1974)

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Vancouver, BC V5T 2C4  
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## Message from the Chair



Lenny Gagnon

Strategic Planning to determine the priorities and direction Coast Foundation Society [1974] will move in over the next five to ten years, has been ongoing since late 1999. Some critical decisions were made at our last Board meeting in the following areas:

The Board resolved to reaffirm Coast's Mission Statement, that *Coast is a cooperative community which fosters an environment that promotes restoring health, personal growth and a return into society for consumers of mental health services through advocacy and direct service.*

The most significant decision was that we will build on the understanding that we are a "cooperative community." This is defined by the fact that generally our constituents are aware that Coast provides a variety of services for persons living with a mental illness.

**Note:** It is based on the reality that Coast made the decision to begin independent fundraising about five years ago. At this time we are beginning to see the fruits of that critical choice, which enables the freedom to make independent choices about our destiny as a community.

In keeping with these critical decisions, it seems timely and appropriate to build on the theme that "*Coast is a cooperative community*" for our year 2000 Annual General Meeting in November 2000.

Community participants / volunteers are needed to produce this event of celebration. Humorous, visual, or generally entertaining performances based on this theme could greatly enhance the evening. It is an occasion to dream about where mutual support might lead us, has taken us already, and perhaps to poke some fun at ourselves around some of the places we have been.

Individuals and groups of Coast constituents are encouraged to participate. Groups might include housing sites, Drop-In, Clubhouse, line staff, members, Board members, friends of Coast and management. Everyone is invited to participate.

For information or to volunteer call Lenny and leave a message at 872-3502. ■

*Lenny*

Chair, Board of Directors  
Coast Foundation Society (1974)

### Note:

*Board Meetings are generally held on the second Monday of each month at 6:00 p.m. in the Large Boardroom at 293 East 11th Avenue. Any Coast Members interested are cordially invited to attend.*

# Message from the Executive Director

## A Plan for the Future

Coast's Board of Directors has just provided general approval for an ambitious and comprehensive strategic plan to carry the organization forward over the next five years. Coast engaged the services of John Russell, former Executive Director of Greater Vancouver Mental Health Services Society, to help develop the plan. In developing the plan, John met with well over one hundred members, staff, board, and external stakeholders in an extensive process which began last December.

The plan includes five key goal areas to guide Coast's evolution:

- Reconfirming the Mission and Creating a Vision
- Providing Strategies for Development
- Meeting Key Demands on the Organization
- Advocacy and Trusts
- Planning for Coast's Core Programs

## Coast's Mission:

*Coast is a cooperative community which fosters an environment that promotes restoring health, personal growth and a return into society for consumers of mental health services through advocacy and direct service.*

In discussions with stakeholders, it was decided that the original mission of Coast Foundation Society continues to be relevant. Of particular note is the emphasis on *Cooperative Community* which provides strong direction to how Coast's services are determined and provided and directs how Coast's services should be integrated. The Mission was reconfirmed at the April Director's meeting.

## Coast's Vision

Coast has never developed a statement of vision which gives voice to its aspirations and its hope for the future for those living with a mental illness. The vision should be

ambitious and, together with

Coast's Mission give a

framework to evaluate

Coast's endeavours in the

next few years. The

Board approved this

vision as a working

draft for review at our

Annual General Meeting. We are

interested in your response and would encourage

any comments or suggestions.

Coast has a vision that in five years everyone will be aware of the positive achievements of individuals who have had a mental illness. They will be aware that recovery is achieved through each individual's effort supported by a community that provides appropriate formal services and informal supports.

This awareness will be reflected in greater public and private support for people with a mental illness including:

- More people recovering from a mental illness will live in appropriate housing and fewer will be homeless,
- More people recovering from a mental illness will be able to access the full range of services that they need and there will be fewer who are receiving no support at all,
- More people recovering from a mental illness will be able to access recreation, volunteer and employment opportunities and fewer will be living in isolation,
- There will be more resources to enable universal access to needed services.

Coast Foundation will be associated with the achievements of individuals recovering from a mental illness as an organization that provides exemplary services in a member-driven cooperative community and as part of a network of organizations supporting recovery.

There are three parts to the Vision. The first paragraph speaks to a future where the community at large has greater understanding and support for people with mental illness. It

*Continued on page 4...*



*Darrell Burnham*

also speaks to Coast pursuing this through a focus on the achievements of persons with mental illness. There is far too much emphasis and focus on the negative aspects of the illness, rather than the celebration of individuals achievements. The families and individuals directly affected by mental illnesses are exposed to stigma and discrimination as a result.

The second part of the vision compels Coast to work on three fronts. Developing and advocating for better housing to alleviate homelessness. Reaching out and advocating for persons who are not currently receiving services which may be beneficial. Focusing on helping consumers integrate into the workforce, and to social and recreational pursuits.

Finally, the last paragraph reinforces the first and sets a high service standard for Coast to meet as part of a network of mental health organizations. ■

## Providing Key Strategies for Development

This section speaks to the need for Coast to develop a service growth strategy, communications and resource development plans, which are consistent with and helps Coast pursue its mission.

Coast recently has benefited from broad financial assistance from governments, corporations and individuals and expects that in these tight financial times, new and enhanced services will again require generous support from all components of our community. ■

## Meeting Key Demands

This goal reflects the need for Coast to develop a better balance between accommodating the demanding needs of managing Coast's operations, liaising with public and private funders and managing organizational development. Included are goals to enhance member/consumer participation, staff participation, and improve our linkage to the academic community. ■

## Advocacy and Trusts

Though Advocacy is part of Coast's mission and is integral to much of the day to day work of staff and members, it continues to be a key area of challenge. There are many bureaucratic barriers which impede the recovery of individuals with a mental illness. Coast wants to be able to better support individual members as well as to influence government policy development to strip away unnecessary practices and improve access to necessary resources.

A component has been the development of a discretionary trust program. The trust program enables consumers or families to set up a trust which, if administered properly, allows people to continue to receive disability benefits and utilize the trust for disability related expenses. This project which started informally a couple of years ago has expanded and our plan is to focus more administrative resources on this service. ■

## Planning for Coast's Core Programs

The Plan then goes into detail into more "planning" that must happen for Coast's services including:

- Integrating of services of Coast to provide better service for members and foster concept of community.
- Implement training program for staff and members on mission and vision and psychosocial rehabilitation.
- Develop a plan for redevelopment of East 11<sup>th</sup> (and Kingsway) site.
- Institute a volunteer program
- Bridge Coast's programs into Vancouver's ethnic and aboriginal community.
- Create a strategic development plan for each of Coast's core services
- Housing
- Clubhouse & Drop-in Centres
- Community Homes
- Employment

Full copies of the plan are available at Coast's offices or by phoning Trish at 872-3502 or by email: [info@coastfoundation.com](mailto:info@coastfoundation.com). ■

# Report from Housing

## The Avenue Creative Writers

The Avenue Creative Writers meet twice monthly as part of Coast Foundation's Apartment psychosocial rehabilitation programs. As writers we learn how to express our thoughts, feelings and experiences in words. Writing sparks the individuality and creativity within us.

Through sharing stories and poems we explore our imaginations.

We also read a variety of published writer's work, and class discussions, writing assignments, lectures and in class exercises inspire our continued quest for improvement. By incorporating the Avenue Creative Writers' varied interests

we follow different genres: nonfiction, poetry, short stories, screenplays and novel writing. This forum helps us with our exchange of thoughts and ideas as we continue to educate ourselves.

We enjoy writing as an interest avenue for creative expression. Our writing brings us hope that we will become accomplished writers. Learning new information increases the pleasure of our writing adventure and about life.

For more information on joining the writer's group, contact: Beata Zaleska, Housing Coordinator, (604) 872-3502. ■



## BC Housing

### BC Housing Chair Wins National Award for Housing Activism

Congratulations to BC Housing Chair Jim O'Dea for being awarded the Graham Emslie Award by the Canadian Housing Renewal Association's annual conference for his "commitment to community-led housing solutions from Newfoundland to B.C. over a long and continuing career as an affordable housing activist." Heather Edgar, a board member of the Canadian Housing Renewal Association and Associate Executive Director of the Coast Foundation, presented O'Dea the award for his work over the past 25 years. The Canadian Housing Renewal Association presents the award each year to a person or organization who has made an outstanding contribution in housing and community development.

Created in 1967, BC Housing is a provincial agency responsible for managing, developing and administering more than 40,000 social housing units across B.C. The BC Housing association is a national non-profit organization representing those who manage and deliver housing programs in communities across Canada. BC is one of only two provinces that continues to fund social housing.

For more information on BC Housing, contact: Susan Thom, Director of Corporate Communications, BC Housing, (604) 439-4715. ■

# Fund Raising Initiatives

## New Chair of Development Committee

Coast Foundation Society is pleased to announce the appointment of Steven Edgar, Board of Directors, as Chair of the Development Committee.

Mr. Edgar has been a member of Coast's Board of Directors since November 1999 and has been a keen contributor to the Development Committee. As a consultant with Great Pacific Management, Mr. Edgar brings strong administrative and financial expertise to the position. Mr. Edgar will liaise with the Board of Directors as Coast continues to fund raise and "friend raise".

Congratulations on your new position! ■

## Gift of Shares A First for Coast Foundation Society

Gerald and Pat Haslam, founding members of the *Circle of Courage*, transferred Nortel Networks shares to Coast Foundation Society to maximize tax savings as well as make a charitable donation. Gerry Haslam is a long-time supporter of Coast and is the author of *Heroes Next Door*. Through their planned gift, Gerry and Pat have taken advantage of a window of opportunity within the guidelines of Revenue

Canada which significantly reduces the tax implications of capital gains. As Gerry says "it is a painless process – it's money I never really had, and the tax advantages are significant". Thanks to Gerry and Pat for their support of the *Circle of Courage* through transfer of shares. ■

## Legacy of Courage 2000

Coast Foundation Society has launched the *Legacy of Courage 2000* to offer planned gift opportunities for Coast's friends and supporters. A planned gift may include:

- A gift or bequest made after deliberate consideration while creating or reviewing your financial, retirement, estate or will plan
- A gift that requires some type of discussion and involvement of your professional advisors (e.g. will, 'listed shares', life insurance)
- A gift from your current income or possibly from your accumulated wealth
- A gift towards current projects or to the recently established Coast Foundation Endowment Fund, to assist in perpetuity

The Coast Foundation Society would be pleased to assist you and your professional advisors with creative and timely suggestions on how you can make a difference.

**Let's talk.** Please contact Sharlene Hertz, Director of Development at 872-3502. ■

## Development Committee Activities

The Development Committee has been very busy planning and developing vehicles to increase revenue for the organization.

Following Board approval, Coast engaged the services of Compton International to undertake a feasibility study for a capital campaign for the new Drop-In Centre at the corner of Seymour and Davie. The cost of building this facility is \$1.7 Million. During Phase One, we have raised over \$500,000 for the construction of this facility. The Board of Directors will determine in June whether to proceed with a further campaign to retire the building costs.

The feasibility study involved face-to-face interviews with over 30 corporate executives as well as telephone interviews with our supporters. This has been an exciting process and we have strengthened and developed new relationships with potential funders.

Coast Foundation Society also engaged Compton to assist us in the development and implementation of our Annual and Planned Giving Programs. They have provided considerable expertise and strategic planning to the process. Thank you to Don Leier, JoAnne Emery, and Chris Richardson for all their efforts to build our fundraising success. ■

# Fund Raising Initiatives

## Silken Laumann and Pamela Martin Launch the Circle of Courage 2000



On April 13<sup>th</sup> Silken Laumann and Pamela Martin, co-hosts of THE COURAGE TO COME BACK Awards, launched the *Circle of Courage* in recognition of Coast's annual supporters. As the Founding Members of the *Circle of Courage*, their continuing support for Coast is greatly appreciated. Thank you, Silken and Pamela.

The *Circle of Courage* has received an enthusiastic response and to date, we have received close to \$20,000 in funds!

Through the creation of an annual fund vehicle, Coast will receive increased funds to enhance service delivery to our clients suffering from mental illness.

Thank you to all those who have joined the *Circle of Courage*. This is truly a unique opportunity to be a member of the *Circle of Courage* in the millennia year 2000. Please see the membership form next to this article for the *Circle of Courage*.

## Circle of Courage Members 2000/2001

### Founding Members:

Silken Laumann  
Pamela Martin

### Platinum

Shirley Broadfoot  
Darrell Burnham  
Carol Dauphinais  
Steve Edgar  
Heather Edgar  
Pat & Gerald Haslam  
Sharlene Hertz  
Don Leier  
Joan McMahon  
Shelley Mullins  
David & Diane Sayson  
Line One (Computers Inc.)  
Dr. Norma Calder Schizophrenia Foundation

### Gold

Allan Brown  
John Russell  
Bud & Vivian Walker  
Doug & Lucy Waters  
Ray & Susan Werner

### Silver

V.J. Brandon  
Archibald & Pamela Broadfoot  
Georgina Brunette  
Stephen Bornemann  
Keith Burrell  
Cynthia Chapman  
Jo-Anne Emery  
Denys & Marguerite Ford  
Lenny Gagnon  
David Israel  
Jennifer Larsen  
Larry Lazzari  
Fraidie Martz  
Elaine McHarg  
Keith Morgan  
Marilee Sigal  
Michael Smith  
Nikki Sones  
Samuel Toy  
Elizabeth Vogt  
Tamara Wojdylo

### Bronze

Anonymous  
James Burns  
Mary Ellickson  
Betty Evans  
Mary Gabriel  
Peter Huyck  
Blake Kelley  
Anne Nickerson



*“To see what is right and not to do it is want of courage.”*

Confucius

Mr.  Ms.  Mrs.  Dr.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Yes, I wish to join the 'Circle of Courage'

Platinum level .....  \$1,000+  
Gold level .....  \$500-\$999  
Silver level .....  \$100-\$499  
Bronze level .....  \$50-\$99

**GIFT**  Cheque enclosed  VISA  Mastercard  
 Pre-Authorized Debit (Please enclose a cheque marked VOID)

Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

Payment in full: \_\_\_\_\_

Monthly installments: \_\_\_\_\_ months of \$ \_\_\_\_\_  
PER MONTH

First payment date: \_\_\_\_\_

Final payment date: \_\_\_\_\_

Please direct 5% of my gift to the Coast Foundation Endowment Fund.

You may publicize my name as a supporter of the campaign.

Yes  No

Yes, I wish to join the 'Legacy of Courage'  
Please send me further information on Planned Giving.

### COAST FOUNDATION SOCIETY (1974)

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

Phone: (604) 872-3502 Fax: (604) 879-2363

Charitable Registration Number: 1 1886 6524 RR0001

# CONGRATULATIONS

## to the COURAGE TO COME BACK YEAR 2000 Award Recipients

### MENTAL HEALTH RECIPIENT - PAUL MCGILICUDDY



Paul, 42, has been diagnosed with mental illness since 1985: first, manic depression, (now known as bi-polar disorder), then paranoid schizophrenia. He controls his illness with various prescribed medications, taking more than a dozen pills a day.

Paul McGillicuddy lost his job in the mid-1980's as a result of his illness; in 1992 he left his wife and family for the same reason. In 1994 he was arrested during a psychotic episode and jailed. He spent a total of three months in the Forensic Psychiatric Institute in Port Coquitlam before the charges against him were stayed. He has been hospitalized on 16 occasions.

Paul's efforts as a mental health activist began when he organized a forensic survivors support group in 1995. He became active with the West Coast Mental Health Network, volunteered with the Vancouver Food Bank and served on several committees of the Vancouver-Richmond Health Board. Today he's a vigorous self-advocate with the Kettle Friendship Society. Paul underwent surgery for a brain abscess in the fall of 1999, had to relearn basic life skills and lost the use of his right hand.

Through all his tribulations, Paul McGillicuddy has retained both his sense of humour and his sense of proportion. 'I've learned to dream again,' he says simply. ■

### CHEMICAL DEPENDENCY RECIPIENT - DOROTHY WARD

The fourth oldest of 12 children, Dorothy, who had two alcoholic parents, spent ten unhappy years from age six at a residential school. She started drinking at 16 and remembers drinking every day while working as a teenage babysitter and housekeeper.

She married an alcoholic in 1958 and had six children. She was widowed and left destitute at age 34. But, as she says, with help from God and a lot of other people, she got sober, went back to school in Grade 7 and finished Grade 12 in 1974. She then began working to help other First Nations families as a counselor. And she added to her education, with a B.A. degree from Lakehead University and a degree in social work from the University of Victoria.

She hopes to gain her Masters in social work in spring, 2001. Dorothy has been Director of Social Development for the 900-member Penticton Indian Band since 1994. She deals with counselling, child welfare and social assistance issues. She is renowned for her honesty, wisdom and sharing spirit. ■



### GENERAL MEDICINE RECIPIENT - KARILYN WALKER



Karilyn Walker was diagnosed at age nine with Crohn's Disease, a chronic intestinal disorder with no known cause and no cure.

The disease, which can go into remission for unpredictable periods, was treated with many drugs and monitored by frequent blood tests. Karilyn was a successful and physically active student through elementary and high school and graduated from the University of Victoria in 1993. As a young adult, she backpacked around the South Pacific for five months. She is now an investment advisor with Nesbitt Burns in Victoria.

Karilyn suffered a serious Crohn's flare-up beginning in 1995: the disease, unusually, attacked her duodenum, the short passage which joins the stomach and small intestine. That passageway was effectively closed, causing great pain and vomiting. For a year, she was fed through 'J-tube' inserted in her side. By 1998, she was sent to the Mayo Clinic, then to Toronto for intricate surgery. She was in hospital for 64 days and suffered severe complications, including Grand Mal seizures which left her temporarily without short-term memory and twisted bowel which required further surgeries.

Karilyn's disease is now in remission. She continues to work at her challenging job, contributes significantly to the work of the Crohn's and Colitis Foundation of Canada, raises money to help in the fight against these diseases, makes public presentations about inflammatory bowel disorders and visits hospital patients newly diagnosed with Crohn's Disease.

She walks with a knee-brace – the result of a January skiing accident - and expects to undergo orthopedic and further intestinal surgery in May. ■

Continued on page 9...

*Thank You*  
Thank you to our sponsors  
for your support in the  
COURAGE TO COME BACK YEAR 2000

#### PLATINUM



BCTV



#### GOLD



WorkSafe



#### SILVER



HSBC



#### BRONZE

- ◆ Alexander Holburn Beaudin & Lang
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- ◆ Sierra Systems Consultants Inc.

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- ◆ Christopher Richardson
- ◆ Brian Harrigan ◆ Ray Werner
- ◆ John Russell

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**MEDIA - GOLD**

**THE Province**

**MEDIA - SILVER**



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**MEDIA - BRONZE**

- ◆ TV Week Magazine

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- ◆ Mr. and Mrs. P.A. Woodward's Foundation

- ◆ Face The World Foundation

**SPECIAL THANKS**

- ◆ P.S. Films Ltd. - Pat O'Brien, Cynthia Chapman, Shel Piercy, Ellie Ericson, Jill Fairclough, Ken Craw, Dan Carriere, Erin Miller

- ◆ Recipients' Photos - Courtesy of the Province photographers Jason Payne, Colin Price, Brad Moore, Ric Ernst, Arlen Redekop, Peter Blashill

- ◆ Awards Photography - David Roels Photography

- ◆ Hotel Vancouver

- ◆ Coast Hotels & Resorts

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**ECONOMIC ADVERSITY RECIPIENT - CAROL DAUPHINAIS**



Carol was the fourth of ten children born to deep poverty on Vancouver Island. She learned how to get her younger siblings out of the house to avoid beatings and drunken parties. She was sexually assaulted at home. She missed a great deal of school but secretly taught herself to read using a Grade 8 speller.

At age 16 she was apprehended by the social services ministry and placed in a series of foster homes. Officially classified as a "low moron", she was labeled as incorrigible and sent to institutions, first the Willingdon Girls Industrial School in Burnaby and later Woodlands School (for people with a mental handicap) in New Westminster. Finally, she escaped. At 21, living in a park and jobless, she applied for a room to rent and was befriended and housed,—"it was like going from hell to heaven",— by a kind stranger named Gwen. Carol worked at hospitals and went to night school to upgrade herself.

'My life,' Carol says now, 'has been a series of miracles.' In 1975, she met a good man named Ernie; on May 14, 2000, they will celebrate their 17th wedding anniversary. Carol began writing her book, *Living with Labels and Lies*, in 1990; it was published in 1997 and carries a simple but very powerful message. In Carol's words, 'We need to stop the clock on child abuse.'

**PHYSICAL REHABILITATION RECIPIENT - SHERRY CAVES**

Sherry, now 34, was rendered a paraplegic when her family's car was hit by a drunk driver in 1973, not far from her Kelowna home. The seven-year old was moved to Sunnyhill Hospital in Vancouver, where her parents were able to visit only once every two weeks.

Sherry was moved to G.F. Strong Rehabilitation Centre when it opened five months later, the only child in an adult facility. She persevered, and, despite trials and setbacks, was finally able to return home in the fall of 1974. Despite a diagnosis of scoliosis (curvature of the spine) and undergoing five more operations before she turned 21, Sherry excelled at school and participated energetically in wheelchair sports. She was a camp counselor, graduated from high school and college and traveled solo to the South Pacific at 19.

After her return, she worked full-time at BCTel until her deteriorating spinal condition forced her to quit. Sherry married her physiotherapist; she and Darryl have a five-year old son, Aidan. She's gotten into sailing and kayaking and continues her long crusade against drinking and driving as Vice-President of the B.C. chapter of MADD (Mothers Against Drunk Driving). As a mother, she's determined to help prevent what happened to her as a child from happening to other kids.



**YOUTH RECIPIENT - NATALIE LACHOWICZ**



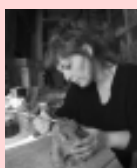
Natalie, then 11, suffered a devastating 30-metre fall in September 1997 while climbing a cliff near her home. Her brother Mark, 13, died trying to save her. Natalie had a shattered skull, fractured pelvis and punctured lung, among other injuries. She was in a coma for six days and awoke to discover she couldn't read, write or walk.

Today, Natalie remains partially paralyzed on her right side. But she writes with her left hand, she can read again and she walks without a cane. She returned to school in the fall of 1998 and is now an honour-roll student at Valleyview Secondary School in Kamloops, where she serves on the student council.

Helped by her indomitable spirit and a joyous laugh, Natalie continues to make physical progress. She wants to be a photographer. She wants as well to continue helping others. She helped organize drives at her school which raised more than \$1,200 for the Kamloops Brain Injury Association and the B.C. Children's Hospital, in whose 1999 telethon she was a volunteer participant. This spring, she'll be visiting Kamloops-area elementary schools to talk about safety and preventing brain injuries.

*Special thanks to the many Nominees for sharing their stories of courage.*

**1999  
INAUGURAL  
COURAGE TO  
COME BACK  
AWARD RECIPIENTS**



APRIL PORTER  
MENTAL HEALTH



LORNE KIMBER  
GENERAL MEDICINE



TINA SUTER  
PHYSICAL REHABILITATION



ANDRE SPENCER  
CHEMICAL DEPENDENCY



PAMELA ANDREWS  
ECONOMIC ADVERSITY

# Courage: A Picture is Worth a Thousand Words...



*From left to right:  
Pamela Martin and Silken Laumann*



*From left to right:  
Art Reitmayer,  
Carol Dauphinais  
and Silken Laumann*



*From left to right:  
Karilyn Walker,  
Pamela Martin and  
Michael Smith*



*From left to right:  
Pamela Martin  
and Carol Dauphinais*



*Keith Morgan, Province Newspaper*



*Recipient of the new youth award,  
Natalie Lachowicz and parents,  
Princess for a night.*

# Courage Volunteer Recognition

*Thank You*

*to the many people who gave their time  
and to their families for their patience  
and understanding.*

Pam Aikman	Donna Freeman	Anne Murnaghan
Judy Alexander	T.N. Foo	Michele Newnam
Pamela Andrews	Lenny Gagnon	Marty Norgren
Kim Au	Rueben George	Jim O'Dea
Sheyda Azizi	Peter Gibson	Brooke Opaloch
Marianne Baharustani	Tom Gill	David Ostrow
Istephan Bajkay	Lillian Goodman	Ric Ouston
Renay Bajkay	Jeff Haack	Terry Phillips
Jack Beatty	Dewar Harper	David Podmore
Nan Bennett	Brian Harrigan	Terry Power
Dana Bourne	Jack Harrigan	Sadia Ramirez
Shirley Broadfoot	Gail Harwood	Nadia Reitz
Carol Broomhall	Gerald Haslam	Susan Rhodes
Brenda Broughton	Cathy Helliwell	Laura Robinson
Brenda Burroughs	Brad Hornick	David Roels
Jim Byrnes	Dianne Joost	John Russell
Rob Carriere	Jenny Kaderali	Bill Sample
Maggie Caunter	Michael Kalanj	Michael Simmonds
Andrea Chambers	Pansy Kearey	Nikki Sones
Joan Chan	Lorne Kimber	Willard Sparrow
Linda Chandler	Heather Knittel	Andre Spencer
Karin Cleven	David Larsen	Tina Suter
Mavis Constantineau	Silken Lauman	Judith Tompkins
Rui Luis Coelho	Jeff Lewis	Sgt. J. P. Tremblay
Sandy Cook	Yan Ni Li	Barbara Trerise
Deborah Cushing	Scott Lightowlers	Cindy Tu
John Davies	Robert Lloyd-Smith	Julie Wakelin
Nicky de la Roche	Eliza Lum	Linda Walsoff
Lora Dujmovic	Const. Wayne MacDonald	Lucy Waters
Susan Dujmovic	Genny Mangiola	Brent White
Steve Edgar	Amanda Marshall	Gail Whitney
Will Elston	Pamela Martin	Tania Wicken
Susan Evans	Hugh Mitchell	Chris Wilson
Catherine Fenn	Richard Mulcaster	Baldwin Wong
Ken Fraser		Janet Wortsman

# Report from Employer Advisory Council

By Cathy Johnson

## Mt. Pleasant Business Survey

Coast Employer Advisory Council and Mt. Pleasant Business Improvement Association (BIA) using Job Creation Partnership funds from our local East 10<sup>th</sup> HRCC, successfully hired one staff to conduct an Employment Needs Survey of the Mt. Pleasant businesses.

The survey was complete by the end of April. The return rate was very good with 79% of Mt. Pleasant businesses completing the survey. Over the last 12 months local businesses hired approximately 185 full time and 208 part time jobs. Approximately 34% of the businesses predict they will be hiring a total of 174 new employees.

Of the businesses that have hired new employees, 25% indicated employees are no longer with them. The biggest reason cited for leaving a job was to simply move on to a better job or for a promotion.

Businesses were asked what skills they look for in an employee. The response was an overwhelming 96% are seeking employees that have a good personality and ability to get along with others. Other relevant skills were flexibility, speaking another language, handling cash and computer skills.

This is good news for the participants of Coast Employment Programs as there are job opportunities in the Mt. Pleasant area. Hopefully we will see some familiar faces working with our local employers. ■

## New Appointments

### New Human Resources Manager

This spring saw Coast Foundation Society create a new position of Human Resources Manager. The position is a member of Coast's senior management team and is responsible for the development and co-ordination of various human resources services. The position is in a leadership role and functions as an advisor to management and staff. Bob Kenward, a life long lower mainland resident with twenty-five years experience in Human Resources and management has joined the organization in this role. Bob was recently employed by Delta Community Living Society (Adults for Community Living) where he occupied a comparable position. ■



Bob Kenward

## Thank You, Pacific Wellness!

We would like to give a special *Thank You* to Pacific Wellness for a donation of \$850.00. These funds were designated to be used for career development within Coast's Employment Program. ■

## New Faces

### New Employees

(since January 1, 2000)

Lynda L.M. Bowes  
Robert A. Kenward

### New Oncall Employees

(since January 1, 2000)

Ian A. Backs  
Jessica S. Dlin  
Sheila B. Gradie  
Glen Taylor  
Jeremy R. Wright

*Welcome!*

## EAC Member List

The Employer Advisory Council is seeking employers for the council as there is a need for representatives from a number of industries both big and small, retail, private and public.

Council meetings are once a month over lunch. If you are interested in attending, please contact Cathy Johnson at 877-0033. ■

### MEMBERS OF THE EMPLOYMENT ADVISORY COUNCIL

B.C. PAVILLION CORPORATION

B.C. TRANSIT

CAPILANO COLLEGE

CITY OF VANCOUVER

GREATER VANCOUVER REGIONAL DISTRICT

HUMAN RESOURCES  
DEVELOPMENT CANADA

HSBC

I AM CARES

INSURANCE CORPORATION

OF BRITISH COLUMBIA

MT. PLEASANT BUSINESS  
IMPROVEMENT ASSOCIATION

SEV MORIN CONSULTING

THE BANK OF NOVA SCOTIA

WEST COAST ENERGY

XEROX

## Clubhouse

### Renovations at the Clubhouse

If you've dropped in or driven by the Clubhouse recently, you may have noticed some changes. Coast and the clubhouse is currently undergoing long awaited renovations. ■



## Administration Report

*By Trish Walley*

Just as the world moves into the 21st century with anticipation, so does Administration Services. We see some of the new challenges ahead with the five year Strategic Plan for Coast and the Pump up the Volume Mental Health Report. In January we established four objectives to benefit all staff for year 2000. Administration supports and advises many areas of any organization. In the first quarter, we shared our resources with the COURAGE TO COME BACK fundraising campaign in its successful spring event. Administration staff, in its annual collaboration, worked with the Accounting department to help with its fiscal year end. Admin. Services welcomed a new Human Resources Manager, sharing information and ongoing processes.

*Continued on page 16...*

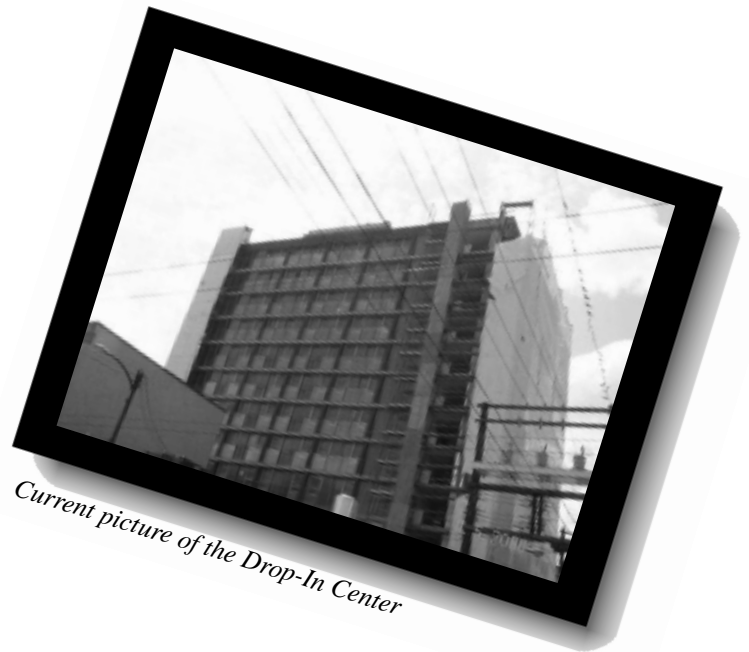
# Clubhouse News

## Coast Mental Health Drop-In

By Susan Ramsay

**A**ugust is approaching and Drop-In members are getting very excited about the move to our new centre on Seymour Street. A new name is in the works to reflect the state of the art centre and the many new services we anticipate we will offer. One of the most exciting developments is that the Drop-in is now open seven days a week. Since our opening in 1994 with a five day a week service, many members have found Sundays and Mondays difficult. Now as people sit down to a Sunday

brunch at the Drop-In with their friends, they wonder how else they could have spent their time. ■



*Current picture of the Drop-In Center*

## Clubhouse News

By Susan Ramsay

**A**fter several months of hard work and debate the first Clubhouse Council has been elected. The Council will be responsible to make recommendations on program direction at the Clubhouse, develop relevant educational opportunities for members and staff on subjects of common interest, facilitate formal evaluation processes on Clubhouse programs and respond to expressed concerns and needs of Clubhouse members. The process of a Steering Committee composed of staff and members to develop terms of reference and run an election has been an exciting one. The council is composed of seven elected member reps and five staff and will formalize the value the Clubhouse has in staff and members working side by side to provide service and solve problems. ■



*Original architecture rendering of the Drop-In Center*

## Transitional Employment Program

By Susan Ramsay

**T**he pre-employment programs at the Clubhouse have been very successful over the past few months. Members are finding competitive employment with the addition of a Supported Employment Councillor to help bridge the gap between out Transitional Employment Program and PACT.

We also have several new TEP employers including the Mount Pleasant Business Improvement Association and the Davie Street Business Improvement Association which have greatly added to the list of opportunities for members to participate in a vocational rehabilitation program. ■

# In Memoriam

## Brent Boyes

MEMORIAL SERVICE HELD IN  
PRINCE GEORGE, BC ON MARCH 20, 2000

Unlike some of you I have only known Brent for a relatively short period of time, and in that time I only got to know him slightly. He wasn't blood, he wasn't even a close friend but he was FAMILY. One thing that family and friends knew about Brent was that he loved to express himself through writing and I thought that would be a fitting way to say bonvoyage.

Brent lived his own life on his own terms, some of it he directed and some of it directed him. Some people looked at his life as a waste, something that could have and should of been changed. Judgement of others always seems simple until you have to walk in that persons shoes.

Brent fought his demons sometimes with the help of family and friends and sometimes by himself. Whether he won in the end to his own satisfaction is not up to me to decide, only he could have answered that question. I only know that he tried and that is all most any of us can do.

It is often said that a person's worth is judged by what they accomplish in; this life and by what they leave behind for future generations. Due to Brent's lifestyle, some might consider him a failure, well, I disagree.

Brent was in a book written several

years ago detailing the hardships, the tragedies and the joys, of living on the street. Then this last Christmas he had his own book of poetry published (Inkdom). In this book he tries to explain his life, the choices he made and the price he had to pay.

So when all is said and done, maybe Brent left more for posterity than you or I will ever know. Bonvoyage Brent may your trip be everything you hoped and more. ■

*P.S. Have one for me Brent  
because I plan to have one for you.*

*Submitted by Al & Deb Gray*

# In Memoriam

## Carma Rogers

Carma Rogers, a long time member of the Coast community died on March 9, 2000. Carma was Coast's artist in residence and a valued spokesperson for mental health consumers.

# Poetry Corner

## Our Lovely Carma

By Sharon Taylor

Our  
Lovely  
Carma  
Is gone  
From our lives

I cherish  
Warm, pleasant  
Memories

Of our dear  
Wonderful  
Friend  
Carma

Sharing her  
Bright smiles  
Friendly  
Sparkling eyes  
Her always  
Soft  
Sometimes hesitant  
Replies

Once on a  
Particularly difficult  
Day  
I received a big  
Warm  
Comforting  
Hug

That meant a lot  
To me

Carma  
You  
Will continue  
To be  
Our well  
Loved  
Gifted  
Artist  
And  
Friend

Who continues  
To paint  
Our days  
With rich colors  
Of happiness  
Warm  
Loving memories  
Forever ours

Forever in  
Our hearts  
Carma  
Our friend  
Lives on.

Administration Report continued from page 13

The Administrative team has “the little engine that said it could” attitude and staff are quick to multi-task throughout the day’s activities. Since the last newsletter, we have a few changes. We have two new staff members with the team, Melanie and Rocio, administration Transitional Employment placements [TEP]. Additional opportunities in our department include extensive vacation coverage in May available for our Casual staff. Administration Services boasts an 87% complement of consumers filling its various positions. New software programs give us opportunities to expand our skills. And we are also sporting a new spring outlook at our building on East 11th as we move into another season. We hope you are ready for a ‘much to do summer’ and for some foreshadowing-see you at the Annual General Meeting! ■

2nd Annual Courage to Come Back Awards continued from page 1

This event is vital to the successful would not be possible without the dedication of the team of approximately 95 volunteers that worked behind the scenes to organize this event. Thank you to all the Committee Chairs and volunteers, and a special thank you to their families for their understanding as these dedicated people juggled work and family commitments to ensure no detail, however small, was missed. This team of volunteers took ownership of the project and really brought it to life.

We hope that those who were in attendance will continue to support this fundraiser for many years to come. Coast looks forward to your support for next year’s event. ■

## Heroes Next Door

**Heroes Next Door**, a 200 page book celebrating the achievements of ordinary people caught up in extraordinary challenges is now available. Written without fee by respected Vancouver journalist Gerald Haslam, the book will spread the message of the COURAGE TO COME BACK across British Columbia.

For more information, please call 872-3502 or fax 879-2363 or email [info@coastfoundation.com](mailto:info@coastfoundation.com).



*They inspire me to face my own challenges with the kind of resolve they've shown. I hope and believe they'll do the same for you.*

SILKEN LAUMANN,  
THREE-TIME OLYMPIC MEDALLIST AND HONOURARY CHAIR, BRITISH COLUMBIA  
COURAGE TO COME BACK AWARDS

## ORDER FORM

Mr.  Ms.  Mrs.  Dr.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

**Please complete the following:**

Cheque enclosed  VISA  Mastercard  
 Pre-Authorized Debit (Please enclose a cheque marked VOID)

Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

Payment in full: \_\_\_\_\_



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