

ON
THE

COAST

WINTER 2002 Reaching Out To People With Mental Illness

Coast Expands Mental Health Resource Centre Hours

With a membership now surpassing 1,000 members the Resource Centre will now be open Saturdays from nine to five. "These additional hours are important to our members," says Darrell Burnham, Coast's Executive Director. "With the rejuvenation of the Clubhouse Program more hours are needed at the Resource Centre to accommodate members on the weekend."

Since the Resource Centre opened in August 2000 its membership has grown from 550 to over a 1,000. Coast is able to expand its hours because of reduced hours of operations at the Clubhouse. The Health Board has recognized the need to increase the services at the Resource Centre.

The Resource Centre operates in downtown Vancouver serving the homeless, those who live in rooming hotels, those in supported housing and others who live in the area. It provides a range of services from meeting basic needs to rehabilitative programs designed to improve and stabilize people's mental health.

Coast Rejuvenates & Focuses Clubhouse Program

Beginning in February 2002, the Clubhouse will begin a new more focused program designed to assist people with a mental illness return to work. Currently about 80% of the members of the Clubhouse have been using its services for meal service and social programs. The Clubhouse is unique in the City of Vancouver as being the only facility designed to have members work in units to achieve rehabilitative employment goals. Without a full-time manager for a number of years the Clubhouse has not had an overhaul of its services.

The new mission statement for the Clubhouse says that it is *a cooperative, safe and supportive community where the individuals with a mental illness participate side by side with staff in all the work activities required for the operation and enhancement of the Clubhouse community. Through the variety of vocational, social and employment opportunities, the program helps members to discover, develop and apply their capabilities, skills and interests and reach their own goals in the area of employment, self-development and community involvement.*

At the present point in planning the Clubhouse will have four units that members and staff can contribute to. The units are Food Services, Maintenance, Communications and Employment and Marketing. Each of the units will be responsible for helping run the Clubhouse in their area. Each unit will have a purpose, scope, goals, outcome measures and plans. To be a member of the Clubhouse people must belong to one of the units and work on individual rehabilitative goals that they and their staff member have established. Hours for the Clubhouse will change to Monday to Thursday from nine to five and Fridays from nine to nine. Friday evenings will be dedicated to rehabilitative social



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Give Stocks to Coast and Save a Bundle on Taxes

Good News from the Federal Government - Save Half Your Capital Gains Tax

The Finance Minister has made permanent a temporary provision to save donors substantial amounts of money when they make a donation of public traded securities or shares. If you donate shares to a charity like Coast only 25% of the capital gains are taxable, compared to 50% for other capital gains.

With the new tax provisions, if you donated \$10,000 of shares that you originally paid \$2,000 for, you would only have to pay capital gains of 25% of the capital gain of \$8,000, so \$2,000 rather than \$4,000 if you sold the shares (50% capital gains tax).

Please check with your financial advisor on how to best maximize the tax benefits of your gift to Coast.

Looking at the chart below, the net cost to you if you sold your shares instead of donating them is outlined. If you are interested in this type of giving call the Director of Development at 604-872-3502.

	Sell Option	Donation Option
Stocks Purchase Price	\$2,000	\$2,000
Value of Stock	\$10,000	\$10,000
Capital Gain	\$8,000	\$8,000
Capital Gains Tax	\$4,000	\$2,000
Government Receives	\$4,000	\$2,000
Charitable Organization Receives	0	\$10,000
Cost to Donor	\$6,000	\$4,000
Net Profit to Donor	\$4,000	0
Tax Credit for Charitable Donation	0	\$10,000

Vancouver Foundation gives \$50,000 for Financial Trusts Program

The Vancouver Foundation has committed \$50,000 to assist Coast run its financial trusts program. This program improves the financial status of those who are Disability Benefits Level II. The BC government permits a person who receives a lump sum of money to place it in a trust and name themselves as the beneficiary. The trust funds usually run between \$10,000 to \$150,000. The income from the trust can be used by the person to supplement their Disability Pension without losing their benefits. The trusts in and of themselves are not large enough to live off of but by combining the income of the trust and government pension a person can have a much better standard of living. Research has demonstrated that an improved standard of living combined with quality mental health treatment and services help improve a person's physical and mental health.

Coast is grateful that the Vancouver Foundation has once again provided funds to help improve the lives of people with a mental illness. The Vancouver Foundation has a long history of generously supporting Coast programs.

Theatre Cares adds Coast as beneficiary of 2002 concert.



Join us for a night of Broadway Show tunes at the Arts Club Theatre on Granville Island on **Sunday Feb 10, 2002!**

One of Coast's longtime consumers and tenants, Danny Maloney, sells a street newspaper called "Street Corner" on West 4th and Vine, near

Danny Maloney is long-term Coast client and tenant. His story is very gripping and a testimony of how appropriate support, compassion and a great deal of courage and hard work can remarkably change a life.

He has been nominated 3 times for the **Courage To Come Back** awards in the Mental Health and Chemical Dependency categories. When Danny first started working with his outreach worker at Coast, he was homeless, suffered from drug induced "Schizo-affective disorder", and in great need of mental health services and support. After several years of rehabilitation and significant progress in many areas, as well as actively pursuing job-readiness programs, Danny took a Mental Health Worker Program. He now helps others as an "on call" Mental Health Worker at the Mental Patients Association in their clubhouse. During this time he was also instrumental in the publication and distribution of the "Street Corner" which has proven to be very successful. Finally, Danny applied for and has been accepted in a position as a "peer support worker" with a local Mental Health Team.

Coast Foundation Society thanks Danny for spreading the word regarding Coast's services and congratulates him on his incredible courageous journey.

Capers. One day, Danny requested to publish some information regarding the services offered by Coast Foundation Society in the "Street Corner". Thanks to this article, Theatre Cares was so inspired by the services Coast offers to people with a mental illness that they contacted Coast and offered to donate partial proceeds of a theatre performance.

Theatre Cares is a standing committee of the Canadian Actor's Equity Association, Western Office, that, for the past 10 years, has been raising awareness and funds (through soliciting individual donations), for two causes: The Actor's Fund of Canada, and local AIDS/HIV related charities. However, this year they decided to add a third charity to their list and to produce a special performance as a fundraising vehicle. Coast had been adopted as Theatre Cares' third charity of choice.

A Broadway Valentine will take place Sunday February 10th at 8pm, at the Arts Club Theatre, Granville Island, Mainstage. Bill Millerd, the Artistic and Managing Director of the Arts Club, is directing the show, and the cast is drawn from Vancouver's stars of musical theatre. Tickets will be sold for \$50 and can be purchased through the Arts Club Theatre at (604) 687-1644.



Shelley Mullins

Bilby Foundation Supports Outreach to the Homeless who are Mentally Ill

Coast received \$32,000 US from the Bilby Foundation, an American Foundation of which Shelley Mullins, a Coast volunteer, is a director. This money is being

directed towards funding the outreach program at the Coast Mental Health Resource Centre.

Outreach is desperately needed in downtown Vancouver as 30 to 50% of the homeless are mentally ill. Coast has, through other private donations, taken the initiative of adding outreach to the services offered through the Resource Centre.

The Outreach Worker makes contact with people who are homeless and mentally ill and develops a trusting relationship with them. He works with them one on one. The Outreach Worker case work averages about 30 people a month.

Each of the people in the outreach program are followed through as they transition from homelessness to temporary shelter and a return to better mental health. This is a vital program that is supported by private donations. We are grateful to the Bilby Foundation for their generous donation, allowing Coast to continue this valuable program.

Coast Society creates Coast Mental Health Foundation



Coast Mental Health Foundation

Coast has established a separate Foundation to be responsible solely for fundraising. This change is vital as a separate organization helps its Board and staff to focus exclusively on generating awareness and raising funds for the programs, services and facilities that Coast needs to help improve the lives of people with a mental illness.

The Coast Mental Health Foundation has a separate board from the Society and have dedicated staff and volunteers working to achieve the financial and communication goals of the Foundation. This year's Courage event has transitioned over to the new Foundation and other activities will be transferred over the next couple of years. The new Foundation is incorporated as a society and has a charitable number so it can issue tax receipts.

Annual Meeting Approves Changes to Board Structure

At the Coast Annual meeting in November a very important change was made to the governance structure of the Society. The Board will now be composed of 18 members with six of them being consumers of mental health services. This change ensures that we have even stronger representation from the people that Coast serves.

Coast welcomes new Board members

Susan Dujmovic, Helen Gordon, Michel Roy and Sheldon Zipursky.

The Coast Employment Team presents

Celebrate our Employment Partnerships

featuring Guest Speaker

Kevin Evans

BC Vice President of the Retail Council of Canada

Monday, February 4th, 2002 5:30pm - 7:00pm

The Coast Plaza Hotel

**For more information & to RSVP
(by January 31, 2002) to Penny Scoble, 604-877-0033
ext. 254 or email: pennys@coastfoundation.com**

DETERMINATION MOTIVATION
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Heroes Next Door
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- SILKEN LAUMANN

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at www.coastfoundation.com

courage

The 2002 Courage To Come Back Awards:

Nominations Now Launched; deadline February 18th



left to right: Karilyn Walker, Courage Recipient; Tina Suter, Courage Recipient; André Spencer, Courage Recipient; Freda Ens, Courage Recipient; Tom Malone, Scotiabank; Heather Knittel, Global Television; Rita and Peter Thomas, Thomas Foundation

The 2002 **Courage To Come Back** awards - British Columbia's largest and most prestigious community recognition program - will be presented at the fourth annual gala dinner on Thursday, May 9th at the Westin Bayshore Resort and Marina. Honorary Chair Silken Laumann will be joined by our new co-host, BCTV News anchor Deborra Hope.

Before any awards can be made, though, the Coast Foundation needs to receive nominations of British Columbians who have shown extraordinary courage in recovering from calamity and have gone to inspire others. In the first three Courage years, almost 500 individuals have been nominated. Each has received a certificate of recognition. "Until February 18th - the nominations

deadline - our emphasis is on asking anyone and everyone to nominate the most courageous British Columbian they know," said Courage chair Shirley Broadfoot at the launch event on January 8th. "We think it's particularly important in challenging times like these, economically and emotionally, to find and recognize courageous people who can inspire all of us."

Nominations are being accepted in six categories: Chemical Dependency, General Medicine, Mental Health, Physical Rehabilitation, Social/Economic Adversity and Youth. Former recipient Karilyn Walker (General Medicine, 2000) told those gathered for the launch of nominations how receiving the award impacted her life and helped raise awareness of Crohn's Disease, the affliction from which she suffers. "My award led to my being the subject of a feature story in *Readers Digest* and to responses from people literally all over the world," Ms. Walker said.

Representatives from platinum partners Global Television and Scotiabank and new gold partner the Thomas Foundation all spoke warmly of their relationships with Coast and **The Courage To Come Back**. Former recipients Freda Ens (Economic Adversity, 2001), André Spencer (Chemical Dependency, 1999) and Tina Suter (Physical Rehabilitation, 1999) were present to lend their support.

"There was a great feeling in the room," said Coast Society executive director Darrell Burnham. "A lot like a good family reunion, where the family keeps growing and so do the ties that bind. That's the kind of spirit involvement with Courage can bring."

Nomination forms are available at any **Scotiabank branch** in British Columbia or through the Coast Foundation web site at www.coastfoundation.com.



speakers

