

ON THE

COAST

COAST PROMOTES RECOVERY OF PERSONS WITH MENTAL ILLNESS

Photo: Dave Roels

The Government & Mental Health


Executive Director Darrell Burnham

With the provincial election behind us, Coast is working to build relationships with our new and returning MLA's which will help to address the issues that affect the mental health community such as poverty and homelessness.

Engaging the Public



Community partnerships are key to help sustain a supportive mental health system, and that's not only helpful for people with mental illness (and their families), but also their employers, our medical system, the police, and our community at large. Politicians and legislators have the greatest power to implement change through setting economic and social priorities.

Clearly the committee found the information and concerns placed before them to be extremely compelling. Over the next several months I hope to see some exciting new developments in mental health. 

Responding to the Need



Building & Reinforcing Our Foundation



Pursuing Excellence



Editor

Andrea Keen
Communications Manager

Contributor

Dr. Kevin Solomons

Design & Production

Freelance Mac Stuff
www.coastfoundation.com

On Monday June 8th, I presented to the Standing Senate Committee on mental health and mental illness in Canada. The Committee, chaired by Senator Michael Kirby, has been reviewing mental health care issues since December 1999. Their report from November, 2004 can be viewed at: www.parl.gc.ca/38/1/parlbus/commbus/senate/com-e/soci-e/rep-e/report3/repintnov04vol3-e.pdf.

This Committee will make recommendations for a national policy with regard to mental illness, and it was an excellent opportunity for Coast to provide input on strategies for devising those guidelines. Coast addressed the complexity and magnitude of the problem with regard to housing and employment, as well as the stigma and discrimination associated with mental illness. The concept of psychosocial rehabilitation was also the subject of an important discussion.

COAST IS THE PERFECT
EXAMPLE OF A RARE
BUT EFFECTIVE PUBLIC/
PRIVATE PARTNERSHIP
IN HEALTH CARE.

{Donor, 2004}




COAST

Mental Health Week *Safe, Affordable Housing*

Andrea Keen

Coast celebrated its contribution to safe affordable housing during Mental Health Week (May 2nd – 7th) by holding an open house in honour of Coastview's 25th Anniversary.

Coastview Apartments is a four floor apartment building that Coast built in 1979 for clients of Coast who were in need of housing. Today 33 people call Coastview home. Two original tenants of the building, who have lived at Coastview since December 1979 and January 1980, were awarded honorary certificates.

Coast is working to increase housing for our clients by 10% per year. We currently provide safe, affordable housing for 605 persons in the community. 



25 year tenants of Coastview Apartments



Weyerhaeuser
The future is growing™

04/05 Weyerhaeuser

Educational Assistance Fund

Andrea Keen

Individuals often arrive at Coast in an anxious state. Many clients are unable to work in their usual occupation for a period of time - or even permanently - because of the impact of their mental illness. The loss of productivity and human potential is costly to society and sadly unnecessary.


The Weyerhaeuser Educational Assistance Fund provides training and skill development for Coast clients. Coast is grateful to Weyerhaeuser in Canada for investing in the future of 11 Coast clients this past year.

The clients work closely with their employment counselor and develop a series of short and long term goals. The Assistance Fund is designed to support the individual in the rehabilitation process by achieving an employment outcome.

Besides being a Courage sponsor these last six years, Weyerhaeuser in Canada has provided \$30,000 over three years to help persons with mental illness gain the skills and confidence they need to rebuild their lives and obtain suitable employment.

“I don’t have the words to express my appreciation to Coast Foundation and the Weyerhaeuser committee. I am grateful for this opportunity to study my course and I am sure that with this I will be successful in teaching others English. I am sure you will feel proud of my marks. God bless you. “

“I want to thank you for the Weyerhaeuser grant which allowed me to take the course I wanted. It was very helpful and a joy to learn different techniques. A few of my works were in a student show, which were very well received. I got a lot of positive feedback for my work and my instructor said he would give me an ‘A.’”

“Thanks again for all your incredible help, even helping me with my letter for the Weyerhaeuser education grant. I’m almost finished my intensive course, one more week and then exams!” 

Incorporation of Social Enterprise Foundation

Associate Executive Director Heather Edgar

Coast Foundation Society is pleased to announce the incorporation of Coast Social Enterprise Foundation (CSEF).

Support for Coast Social Enterprises was provided by BCTSVP, the Vancouver Foundation & VanCity by providing funding and leadership in the start up of this sustainable social enterprise.

This is a terrific development for Coast and the community on many levels. Social enterprises invests in the community on a human and an economic level – creating jobs and job training for people with mental illness, and a new business in the community. I commend Coast, BCTSVP, David & Dorothy Lam Foundation, Vancouver Foundation, VanCity and the Enterprising Non Profits group for their continued commitment to this rewarding project.

The Society has recruited a diverse group of professionals for its founding Board of Directors. The inaugural Board meeting for the Foundation was held on Wednesday, August 24 and is comprised of Bruce Lounds, Ed Levy, Wayne Rawcliffe, Tom Gill, Jack Beatty, Pat Zanon, Margaret Perry and Alan Huml. 🙌



I LOVE COAST.
IT HAS HELPED ME LET GO OF MY DENIAL AROUND MY MENTAL ILLNESS AND BROUGHT ME OUT OF ISOLATION, ADDICTION AND FEELING APART FROM THE WORLD.

(Member)

Fostering Independence *with Help from the Community*

Clubhouse Manager Jack Beatty

Coast Foundation is celebrating a matching grant from the Vancouver Foundation's Disability Supports for Employment Fund Committee in the amount of \$28,806.



Morena Taylor

The match in funding allowed Coast Foundation Society to hire Community Partnerships and Employment Development Coordinator, Morena Taylor. Morena will work to acquire, create and maintain more jobs for Coast members.

Supported employment is an important component of personal recovery. It will result in more consumers obtaining/maintaining employment and fewer persons on social assistance. Interested employers are encouraged to contact Morena at 604.675.2355 or email MorenaT@CoastFoundation.com. 🙌

Coast Annual PicNic *Summer Fun for Members & Staff*



Joanne Campbell & stilt walker

In June Coast held its 20th Annual PicNic at Stanley Park's Ceperley Playground. (by the red fire engine). Members had a great time and enjoyed playing games, eating and socializing! The weather was perfect for a PicNic. Members and staff enjoyed the music and entertainment provided by Frenchie the Clown, a carnival band and a stilt walker. 🎪

AMAZING, DYNAMIC,
INNOVATIVE,
ENTREPRENEURIAL

(Partner Agency, 2004)

Engaging the Public



UBC Psychiatrist Scales Mountain

Dr. Kevin Solomons with Andrea Keen

UBC psychiatrist, Dr. Kevin Solomons, recently climbed Mount Kilimanjaro, one of the most spectacular mountains on the planet to draw attention to mental illness and raised nearly \$1,500 for Coast Foundation Society while doing so.

"It was a truly wonderful experience," said Dr. Solomons. "We reached the summit at dawn, so the view from the mountain top as the sun was rising was absolutely spectacular," he said, adding that it took them five days to reach the summit - 19,348 feet above sea level.

"It was a pleasant climb until the last day when the altitude made it difficult," Dr. Solomons explained. "We were all taking anti-altitude pills to combat the effects."

He said the view was dramatic and ever changing. "We did the climb during the rainy season, so with the misty skyscape, the scenery was breathtaking. And because of the off season, we virtually had the mountain to ourselves."

Much like the people he sees who live with serious mental illness, he said the climb has shown him that people can reach their goals if they persist and believe. "In their day to day lives, they're climbing summits all the time," Dr. Solomons said. 🎪



Mount Kilimanjaro

Coast Mental Health Resource Centre *Inaugural Art Show*

Andrea Keen

Thanks to the efforts of Jesse Dlin of the Resource Centre and Jeanne Krabbendam, artist/volunteer, the 1st Annual Coast Mental Health Art Show received incredible support and was a huge success for both Coast and the artists who participated.



David, Resource Center Artist



Sketch by Eric, Resource Center Artist

Through their commitment to support the Art Program at the Resource Centre, the inaugural art show was a tremendous success, featuring 18 incredibly talented artists from the Resource Centre. The opening reception on May 26th featured poetry reading and a beautiful live performance by the violinist Kytami. Nearly 100 people were drawn to the exhibit, which displayed various mixed media, paintings, sculptures, drawings and photography for the entire week.

Watch for next year's show in May, 2006! 🎨

COAST KEEPS ME ALIVE

(Member, 2004)

COAST WORKS

(Donor, 2004)

Volunteer at Coast!

Volunteer Co-ordinator Val Mayne

Coast has committed to engaging the public through a variety of means, one of which is the development of a volunteer program.

Volunteers have always been a part of Coast: more than 120 volunteered with the Courage to Come Back Awards last year! However, further engagement with the community through volunteers leads to increased understanding about mental illness and helps to dispel stigma.

One Coast client is deaf and mute - his only means of communication is through the use of a few Chinese characters. His recovery has been complicated because of this isolation. We recently recruited a volunteer who writes Chinese characters and is fluent in sign language, the home manager describes the client's progress as "monumental". "The volunteer helps him communicate his needs, his wants, his goals. His

whole demeanor has changed." The manager has resolved to put more sign language into practice within the home.

Another volunteer has organized a candle-making group - and is planning other craft sessions. He has arranged a barbecue lunch and regularly cooks with groups of residents.

Call me (Val Mayne) at 604.675.2313 to find out about volunteer opportunities at Coast or email Volunteer@coastfoundation.com. 🎨

Photo: Dave Roels

Coast Mental Health Foundation *News from the Board*

Director of Development Sharlene Hertz with Andrea Keen

The Coast Mental Health Foundation (CMHF) is pleased to announce that Winton Derby Q.C., and senior partner of McCarthy Tétrault, a premier Canadian law firm, has been elected as Chair of their Board of Governors.




Winton Derby



Lorne Segal

Mr. Derby replaces founding Board Chairman, Stephen Edgar, of the Sora Group. In addition, CMHF has appointed Lorne R. Segal as Chair of The Courage To Come Back Awards, Coast's premiere provincial event. "We are honored to have both of them," says Director of Development, Sharlene Hertz. "Both are prominent figures in Vancouver, and their proactive role will raise awareness and challenge the stigma that is so prevalent."

Mr. Derby was appointed to the CMHF Board in October, 2004. He has had an extensive career in the area of corporate commercial and securities litigation.

Mr. Segal is President of Kingswood Properties Ltd., and an active community member. He is also a Director for the Vancouver Board of Trade. 

I am pleased to make a gift to Coast Foundation

Mr. Ms. Mrs. Dr.

First Name: _____

Last Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Phone: _____

E-mail: _____ Fax: _____

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

You may publicize my name as a supporter of the campaign. Yes No

- GIFT Cheque enclosed VISA MasterCard
 Pre-Authorized Debit (Enclose VOID cheque)



Card Number: _____ Expiry Date: _____

Authorized Signature: _____

Payment in full: \$ _____

Monthly installments: _____ months of \$ _____ PER MONTH

First payment date: _____

Final payment date: _____

I will designate my donation through the United Way Campaign to Coast Mental Health Foundation in the amount of \$ _____ over _____ years.

Please send me information about Planned Giving.

I have made provisions for the Coast Mental Health Foundation in my Will.

Make cheque payable to Coast Mental Health Foundation and mail to:

COAST MENTAL HEALTH FOUNDATION

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

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

campaign@coastfoundation.com www.coastfoundation.com

Charitable Registration Number: 86150 8018 RR0001

Recovery *What Does it Mean?*

Andrea Keen & Clean Start Manager Beata Zaleska

At Coast you will hear a lot about “Recovery.” Our mission statement, after all, is to “promote recovery of persons with mental illness.”

Some say recovery is a lifelong process or journey: others say it's an outcome or goal. Medical professionals often define recovery as the process of “regaining a former state of health.” However, having a fulfilling and meaningful life despite living with mental illness is possible. Many members of Coast prove it to be so.

This is how we define what recovery means at Coast: “Recovery is a process during which Coast assists a person with adjusting and maximizing their ability to lead a fulfilling life.”

Recovery begins with the restoration of self esteem and identity and on attaining meaningful participation in society. EVERYONE with a mental illness can recover.

While there is neither a single agreed-upon definition of recovery nor a single way to measure it, the over arching message is that there is hope that restoration of a meaningful life is possible, despite serious mental illness. 🎯

AS A PARENT, I SEE THAT COAST PROVIDES SUPPORT TO OUR LOVED ONES, OUR SONS AND DAUGHTERS. COAST GIVES THEM ENCOURAGEMENT, ACCEPTANCE, A ROOF OVER THEIR HEADS AND ASSISTS THEM TO MAKE THE MOST OF THEIR GIFTS
(Family Member, 2004)

Coast Helps *One Person at a Time*

Andrea Keen

Coast serves over 3,000 clients every year, many on a daily basis. 605 are in Coast housing. More than 2,000 are active members at the Coast Mental Health Resource Centre.

Catering with Heart provides employment for eight people, Landscapes for a few more than that. In March of this year, 67 clients were working with local businesses through employers recruited by the Clubhouse, of which there are more than 400 active members. Coast also manages 260 trust accounts. The combined value of these assets totals nearly \$6 million.

To some, the numbers may not seem huge. But numbers don't tell the entire story. It's amazing what can get done, one person at a time, one day at a time. One person attending a recovery program has a huge impact, not only for the participant, but for their family, their workplace and ultimately, our community.

So, Coast is working strategically to identify best practices, to train, to track progress, to build leadership. We believe that our work is important and more importantly, that it is working.

In the same way, contributions from our donors and volunteers expand beyond what one would expect the results of these actions to be. We invite you to contribute what you know can make a difference for persons with mental illness. Thank you for supporting Coast! 🎯



Pursuing Excellence

JOIN US *For Coast's 2005 Annual General Meeting (AGM)*

Annual General Meeting

Thursday, September 29, 2005, 5:30 pm

*Alice Mackay Room, Vancouver Public Library Conference Centre
350 West Georgia Street*

Individuals wishing to vote must be registered members (\$10 annual fee). Become a member by contacting Andrea Keen at 604-675-2319 or register in person at the AGM.

Become a member of the Coast Foundation Society

Joining is easy – you pay \$10 (not tax deductible) to be eligible to:

- vote at the AGM, and
- be nominated for the Board of Directors.

You'll become a member of a dynamic society making a difference in the lives of persons seeking to recover from mental illness.

Membership is free to persons with mental illness.

Engaging the Public



C O A S T



MENTAL HEALTH
FOUNDATION

Changing Lives *The Coast Community Tour*

Date: 3rd Tuesday of the month
2005: Sept 20 & Nov 15
2006: Jan 17, Feb 21, March 21

Time: Noon 'till 1:00 pm
Lunch will be provided

Location: Coast Mental Health
Resource Centre
1225 Seymour Street (at Davie)

Purpose: To inform the community about
Coast mental health services

RSVP: Sharlene Hertz
Phone: 604.675.2316
sharlene@coastfoundation.com

SEE FIRST HAND

the front line work Coast does to respond to the needs in Vancouver's downtown area for people with mental illness. This information tour and session is EXACTLY one hour. We do not ask for money.

NEED A CUSTOM TOUR?

No problem! If you would like a tour on a different date than those listed, or if you would like to visit Coast licensed care homes or learn more about our employment or housing programs – please contact us with your ideas. We can also conduct a "virtual tour" at your workplace or service club.

For more information about Coast visit www.coastfoundation.com